

not see into the darkness of this particular visitor, for it is not this instrument's visitor, and so we are grateful that the instrument paused and responded to our request by tuning the group. With your strong and unified dedication to light, with your unified consciousness of love, there flows betwixt us and you an impregnable road, a highway of light through which information may flow. We ask that you guard that highway for us and for this instrument. Be vigilant in your consciousness and channel this to the best and truest that you know. We shall proceed, thanking the instrument also for not losing the contact when we told her a private joke, for this instrument is given to fits of giggling and it would have broken the contact which we had just reestablished.

24: Yet this entity found herself in love, in love with someone she knew better than her mother or her father or herself or any friend or enemy. This entity called this man her savior, and knew that for this man, who was more real to her than flesh and blood, she would live and would gladly die. The entity joined a convent and worked at menial tasks as do those who adopt the bridal ring of poverty, chastity and obedience. That for her was the knowledge of the scholar. Yet, as she touched, she healed, and so she was sent to be a nurse.

26: Yet each of you knows, too, that it was not given you to love the face of the Savior more than flesh and blood. We say to you, my friends, that if you wish to make contact with intelligent infinity, you must know what you love more than flesh and blood and your own life. Look deep in the ideal for the mysterious One whom you may call a savior. And when you find that face that you can love and love [wholly], then you shall find the gateway to intelligent infinity. There is no knowledge or understanding that will move you upon the journey to behold the face of the One who will save you from death, the death of limitation in consciousness.

27: Thus, you must examine day after day, and in meditation seek endlessly day after day, love itself. You cannot serve others and find the face of love—first you must know love, you must have subjective validation. Light and love must become real to you and more precious than all those things which you shall be asked to surrender and give up for the sake of that which you cannot see and never shall, that which is closer to you than your own breathing, dearer to you than any anything of which you may think. How can you love a face you shall never see? How can you personify the unfathomable mystery of creation? Love has as many faces as there are consciousnesses to behold love. Your savior will come to you when you have sought with [it]. Each day, each moment is pregnant and fecund with the infinite possibility of the full realization of the love for which you would gladly surrender all. Yet it is not known by any what moment you shall choose to open at last to love itself.

28: We can say that if you can think only in terms of action, by all means seek the face of love in action, but know that each hour that you spend acting in manifestation of the search for love needs to be matched in twice or four times the intensity, whether in duration or in simple caring, by the seeking within of the silence. For in developing your consciousness, in disciplining your personality, you shall at last draw near to an irresistible infatuation of puppy love, an innocent, crazy calf-moaning after the Creator. If you are not capable at this moment of falling in love, then the gateway of intelligent infinity is not yours at this moment, for you are not extravagant enough to know of love. Love is folly, for only folly could create the wonder that you see all about you. Only folly would wish to know itself. Only love can see life.

29: We are sorry to have no techniques to offer you, save one. Seek, and seek, and seek again, patiently, persistently and extravagantly. Find ways to laugh and bless your tears. Attempt to see love in everyone and everything and forgive yourself when you do not. Never let any seriousness, guilt or unhappiness divide you from your seeking for the love of love. Knowledge is not of your illusion. You [seek] to choose fully, to know the face of the Creator by a love that is full of compassion and service to others, a love that is radiant unto them, and so you must love and enjoy and cheer each other and know that if you bring each other to the resting place another may desire, it is love that has lead the way and not your knowledge. Seek, my friends, love, in love, for love's sake. All else will follow.

16 1987

16.1 1987/01/04

7: We have said to you often that one entity's light is visible amongst the darkness of the whole planet, and so our modest estimate of spiritually oriented events must be confusing. Yet it is a question of bad news and good news, for we would not wish you to think that the running sore which constitutes your planet's yellow ray propensity for aggressive action can be healed by the application of one day's bandage. However, it is only through not only such events as these, but any other well-intentioned events whatsoever that your people's consciousness can be transformed, so there is no discouragement in our assessment of the actual event. Rather, we encourage each to focus upon that fine instinct which lead to the decision to commit time and energy to a light-filled purpose so that each entity which included peace, love, light and brotherhood in consciousness for one day may begin to include it in consciousness for all, for it is in the persistent turning of the perceptions toward one tenor of thought which eventually will transform consciousness, although consciousness is in great part a matter of one's perception of it. Nevertheless, by an effort of will and faith, consciousness can be taught to reverberate to the sounds of hope and peace, love and light.

25: I am Q'uo. We find, my sister, that in responding to this query we must first lay a certain groundwork by suggesting that the receptivity which became apparent to you at an earlier portion in this day is a product of many energy patterns or rhythms which are known to your peoples as the biorhythms and their coincidence in your pattern of living. The coil of which we spoke is most easily described as the pattern that intelligent energy, or the love/light of the Creator, takes as it moves through your energy centers, both the primary centers and secondary centers as well. There is a rhythmic spiraling of energies that are, when seen, closely approximating the shape of a coil or spiraling light.

40: The communication upon your part of love and good feelings to those who have departed their physical vehicles is a blessing which is greatly appreciated in most instances, for it is a reassurance to such entities that they indeed live still and receive interaction from others, even though they may feel themselves somewhat between worlds, shall we say. They are quite sensitive to the expression of love and affection and utilize these good wishes as they prepare to begin a journey that will finally take them into another density of existence in which they shall begin a study of the incarnation now complete and preparation for that which is to come.

41: Thus, it is quite helpful for all those who have recently known one who has passed through the door of death to send to that entity the heartfelt love and joyful farewell in order that the entity might be speeded upon its way and find the path through...

16.2 1987/01/10

0: [overview] (A question from S regarding this statement by Q'uo) "We would speak to you this evening about love. The call this evening circles around many concerns, yet there is only one response to the many-sided concern of illusion, and that is gently, cleanly and with grace to suggest the turning of the attention always to that which is the unity, the mystery, the love which is behind all the many scenes that shine, as if each part of the illusion were a sequin sewn on to an almost unimaginably large structure or model for the delight and benefit of all, that all could walk around and behold the beauty of the illusion."

3: We would speak to you this evening about love. The call this evening circles around many concerns, yet there is only one response to the many-sided concern of illusion, and that is gently, cleanly and with grace to suggest the turning of the attention always to that which is the unity, the mystery, the love which is behind all the many scenes that shine, as if each part of the illusion were a sequin sewn on to an almost unimaginably large structure or model for the delight and benefit of all, that all could walk around and behold the beauty of the illusion.

5: Thus, we wish to speak with you this evening about love, for it is not helpful to speak of that which is not, unless we

Love Paragraph Book

L/L Research (Louisville, KY) (llresearch.org)

excerpts compiled by Andrii Logan Zvorygin February 18, 2023

1974-2022

1 Introduction

This is an extraction of the L/L Research works that contain the words Love in the line. Each line begins with the year and date of the transcript and line number from which it was extracted. To see the original transcript please visit <https://llresearch.org/channeling/YYYY/MMDD> for the session. For example the first session references is at <https://llresearch.org/channeling/1974/1031>

If you're feeling a certain emotion, it may be of benefit to check the index for the emotion, and see what the Confederation of Planets has said on the topic.

2 Disclaimer

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

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3 1974

3.1 1974/09/21

17: You see, my friends, you are at the beginning of a truly new age. The vibrations are being made new at this time, and those who embody within themselves the consciousness of great beings will become that which they know and that which they are, and we desire to bring each of you who is seeking into this new vibration, content to fulfill your own great destiny in the new age. We have made the step. We exist within this environment, at this time, and we know of the help that, what you might call, a cheering team can do for you, and so we cheer you along. We urge you to, shall we say, do your technique, do your homework so that you may be what you desire to be. These things do not happen by accident, they happen by desire. That desire must originate within you. We are attempting to stimulate the desire which is already within you. There is much joy and much beauty in constant presence of the Father of us all very apparent within the new vibration. The new vibration is love, as is the old vibration and yet, my friends, the truth of love becomes a little more obvious with the higher vibrations.

18: Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be a great deal of difficulty. There may be misspent time and mistaken words and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change. Yet, the heart of all action is love. Know this in your inmost self and then you cannot be touched by that illusion which attempts to strike you. The freedom that this gives you to give forth love in its original state, at all times, to all people is a very precious gift, we think. This is why the Confederation is here. We are all here, many, many of us, from different planets, from different vibrations, from various densities, in many circumstances, yet we all work together, for we all have come to know the Creator and we all wish to be of service to Him, and that alone is enough for us.

3.2 1974/09/22

8: This massive indifference that you find may be turned, in an instant, my friends, by the service of your own thinking from a neutrality to a glorious joy. The indifference, the difficulties, the hindrances of service are part of an illusion which is not yours to understand. For, my friends, it is not understandable. It is simply yours to experience. This service begins within your heart which is completely empty and open for you have given all that you have to the Creator. And in return, my friends, the Creator has come into this empty and open place. The Creator has filled your essence with His love and His light and you have become a true channel, able to illuminate each moment with love.

29: There is much joy and much beauty and the constant presence of the Father of us all very apparent of the new vibration. The new vibration is love, as is the old vibration. And yet, my friends, the truth of love becomes a little more obvious with the higher vibrations. Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be a great deal of difficulty. There may be misspent time and mistaken words, and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change.

3.3 1974/10/04

11: We were speaking, my friends, of the many, many inhabitants of planet Earth whom we cannot serve at this time for they do not wish our service. Why is this, my friends? What is it that has brought you to this meeting and has left others with no desire to seek and to know the truth? What is the great choice-maker? My friends, it is not an easy concept to understand, the concept which answers these questions, however, it is an extremely simple concept. What you know of as energy or consciousness or love is extremely wider spread in its definition than you can imagine. The vibration level which forms the density which you now enjoy, has a lower and an upper limit. There are infinite varieties of vibration within this finite vibration level. And those who are at present upon this planet are existing within many, many of these various vibratory levels.

3.4 1974/10/13

2: It is a very great privilege to be able to perform this service for the people of Earth, for this is the only service that is of any real importance. For, my friends, everything that you seek is in the direction of this understanding—total, complete understanding of the truth and love of your Creator, the Creator of us all. This is what men in all places and at all times are seeking. Whether they realize this or not, this is what they seek. So, my friends, tonight we will speak to you about understanding. We will speak to you about reality. We will speak to you about what we have to do.

5: All men in all places are taken to understanding the single truth that lies within them, the truth of the creation. For the truth of one thing is the truth of another. For all things are one and the same, impossible to separate. They have all been created by the same Thought. They are all made of the same substance and they are all related in the same way. Avail yourselves of this knowledge through meditation. Become aware of this. Become aware of it in such a way that it is the knowing within you that is not an intellectual knowing, but a knowing that transcends everything that you could think or do. A knowing that is. A knowing that is the love, the infinite wisdom of the Creator, the Creator of us all.

6: This is only available to you, my friends, through meditation. You cannot spell it out. You cannot set it down on paper. You cannot express it in words, for all of these things fall very short of this understanding. This understanding, my friends, is infinite. It is total wisdom, total love. It is within you when you learn to express it in every thought and every deed, in every move, in every breath. Regardless of what you do, regardless of what confronts you, when you are expressing this understanding you are then at one with the truth, at one as you were meant to be, meant to be as a result of the original Thought, the Thought of your Creator, the thought of our Creator.

3.5 1974/10/31

7: This testing, each day, this testing, each moment of time, is automatic, for it is simply your reaction to each experience that is sensed. Each of you has had reactions to experience that were reactions that you now see as foolish. If one is to reach the goal that he desires during the experience, it is necessary that he adjust his thinking so that his automatic reaction to any experience is always a reaction of love and understanding.

9: Because of the consequence of individual experiences within the present illusion, it is a much better test than a less dense illusion. The consequences within the illusion that you now enjoy are seemingly of relatively great magnitude. All of this is for the purpose of testing your ability to express love and understanding. Each of the experiences, regardless of how they seem, are simply illusory tests, operating upon you directly to produce an opportunity for you to display your understanding of love.

10: This is the only reason for the illusion which you now experience, my friends. If this is the only reason for this illusion, it should be obvious that once an individual is aware of this, that he spend his time in learning to react to each experience with only an expression of love and understanding.

14: For this reason, they have required repeated experiences

sidered within the inner being to be likened as to a foundation for that which is to come. Within each entity that seeks these truths of experience there comes the time when there will be a new beginning. This is often preceded by the trials which test that which has been known and applied to experience. From these trials, then, the entity moves to the limits of its being, and through a sacrifice of its own knowing and unknowing, and a surrender of these to that force which is paramount in the life pattern, call it the one Creator or love or the Christ Consciousness, if you will.

36: I am Q'uo, and we find that this has correctness to it, though we see some difficulty in a full explication of the nature of the awareness that was experienced by the one known as Jesus. This entity was able to retain pathways of perception, shall we say, in its incarnate state that were easily activated in a sequential fashion according to experience gained throughout the incarnation so that at a latter point within the incarnation this entity was able to channel and experience the love of the Father which you would call the Logos in a fashion which was in harmonious resonance with the personality, shall we say, of the one known as Jesus without obliterating that per...

53: I am Q'uo. We began speaking of such a preparation in the final portion of our opening message for this evening when we spoke of those seekers of truth who retire to the inner portions of the self to stand upon the foundation of what has been gained of experience and reach for that which is cloaked in mystery and attempt to bring forth within the incarnational pattern the proper conditions that will allow the same channeling of love which the one known as Jesus accomplished in its life pattern.

61: I am Q'uo. The entity known as Jesus at the time of that known as the resurrection was able to channel the love of the Father or the Logos to such an extent that it was able to affect the structure of its physical vehicle in a way which filled it with light so that it was able to manifest both the characteristics of your third-density illusion when appropriate, and able also to refine its focus of light to the point of being able to move through what you would see as solid material of your third-density illusion.

94: I am Q'uo. This is indeed the mystery, my sister, for within the third-density illusion, each seeker of what you call the truth places itself in a position of receptivity to that truth by the intensity of the seeking, the strength of faith and will, so that at some point within the cycle of incarnations, it is possible for such a seeker to not only discover that which it seeks, but to become that which it seeks. Thus is the meaning of the resurrection within third density. The seeker builds with mortal hands a manifested life that may be constructed in such a fashion in metaphysical terms that that known as love may move through the being in such a pure fashion as to shine as that which it is, the pure and virgin consciousness of the one Creator, moving to gain the experience of the creation which it has made of Itself, and doing this within the life pattern of incarnate third-density beings who have prepared this place within their life patterns and, thus, not only receive that which was sought, but become that which was sought.

101: I am Q'uo, and this is correct, my brother, for the inheritance of each portion of the one Creator is the one Creator. Much there is that shall be learned during that time of incarnation within the third-density illusion where the veils of forgetting are moved into place to enable that experience within this illusion to be of an intensity that provides each portion of the Creator the fullest range of opportunity to know the power of love to redeem and resurrect even the tiniest portion of the one Creator. Thus, when each seeker moves to the point at which it may so perfectly channel the one Creator in its love aspect, then each portion of the life pattern takes on an holy appearance and all is seen as sacred.

15.38 1986/12/20

3: You ask us about the companionship of money and spirituality. It is written in one of your holy works that the love of money is the root of all evil. We would like to point out that it is the love of money, as it is any idolatry, which is at the root of separation, whether it be the separation of true worship of the great divine mystery because of pieces of wood and stone or the separation of one's focus from that same mystery because of the love of counting. It is not the money itself

which is contrary to a life led with a spiritual center, but the idolatrous love of that which is builded by man in imitation of the Creator's abundance.

4: The love of power is understandable within your illusion, for quite purposefully did you design your physical vehicles to be nearly powerless in any natural sense, shall we say, against the greatly powerful forces of your illusion's environment. Indeed, you were given both the instinct for survival and the challenge of survival as the foundation for your learning in third density. The love of money is a sub-type for the idolatry of power, for among other things, the having of this artificial substance which mimics true prosperity causes one to be able to manipulate the environment about one in a simple arithmetical formula: more money equals more time.

5: You will note that those who have experienced the having of large amounts of your money have virtually no consciousness of idolatry towards that substance, but instead, having become fully aware of the ramifications of the having of artificial abundance, seek instead for truer reality, a clearer picture of the nature of the self. It is not that the fear of the loss of power is not there in potential, for all alike [out of] true sheer [habit], even artificial abundance can create a consciousness of prosperity which automatically generates abundance. However, because this removes a large portion of catalyst from the illusion, most souls which choose to incarnate upon the Earth plane elect to manifest in situations in which a consciousness of true abundance is absent and concern for survival creates consciousness of lack. How easy, how understandable, how logical to love money when the lack of it has caused numberless discomforts in one's person and vivid experience. Thus, we say to you that you must not waste time being concerned that so many have the love of money fighting with the realization that true prosperity does not equal the idol called money.

6: Perhaps the most helpful thing we can suggest is that through meditation the consciousness of abundance may be encouraged, and as truth always drives out falsity, as love always drives out fear, so true abundance drives out the false idol. The consciousness of abundance does not mean that all that one wishes will come immediately, or at all, within any particular length of time or any incarnation. It means rather that there is an awareness that that which is to be shall come to one through natural plentifulness.

7: Observe those who have found abundance. Some may be wealthy and some quite poor, but what they have is an awareness of the excellence not only of life, but of the very life which is being lived by them. This is most often earned rather than given to them, especially among your people who are perturbed with great earnestness by their consciousness of lack. There are those whose happiness lies in children, those whose peace lies in love, others who find satisfaction in learning, still others, those who have the gift of being who they are. It takes a certain level of comfort to achieve the consciousness of abundance for most. It is difficult while starving to death to rejoice in the plenty all about one, yet there be spirits who have done so and gone to their graves singing in praise and thanksgiving for all the blessings which abounded in the creation of the Father.

9: Seek first the consciousness of love through meditation and analysis of action and thought, and that which is needed shall be given unto you according to the circumstances needed by you in your own opinion before this incarnational experience. All shall be given to you, for you see, no matter what the illusion of manipulation and manifestation may be, all this can be given unto you. All is indeed free. And that which is not, will not be. Each has designed for himself a special incarnation offering powerful experiences of lack and plenty, pain and peace. If you have little money, think not that you do not deserve more. If you have much money, think not that you deserve less. But whatever your environment, fill it with your love of the Creator and allow that love to reach to the infinity of the Creator's laughing face, that His light may shine infinitely through you that you may become plenty to others.

10: Money is relevant in your illusion. Enjoy it if you have it, seek it if you must, disregard it if you can, but manifest plenty and the consciousness of love.

21: As each moves closer to the seeking of light, there will be the equal opportunity given for those who wish to give a darker message and the sadder one. And of ourselves, we can only wait and hope and ask that those who act as instruments for the forces of light may be vigilant. This instrument does

tory pattern, unique to you alone, is a unique holographic representation of the face of the Creator. How distorted is that face, how close to love has your perception, your beingness, your consciousness, come?

24: Within the holy work you call your Bible, there is the parable of the maidens who await the bridegroom, who watch and pray and trim their lamps. Some there are who think perhaps they have a little time before the stroke of midnight, yet midnight comes, and the lamp, the light—the love—has not been lit, and it may be a long day before that midnight comes again, though come it will and there is no shame in studying a bit longer.

39: I am Q'uo, and we may respond to you query in two ways. The first is to suggest that the lessons provided by any third-density planetary sphere are those which are ever and always the same, the learning to give and receive that which you call love without condition. Thus, the lessons will cause a remembrance and a familiarity of remembrance within the mind/body/spirit complex as it is called of each entity during the incarnational portion of each entity's experience. In the inner realms, shall we say, which are inhabited between the incarnational experiences, these entities will be aware that the entity they now inhabit as a planetary sphere is unique unto itself, and is that which provides the new environment in which the lessons of love may be attempted.

46: The honor of an early entry is for the purpose of aiding those of the planetary population who have yet to achieve the level of ability to give and receive love without condition. The atmosphere, shall we say, or nature of experience which is now available upon your planetary sphere as it nears and experiences its own harvest is of such an intense level that these entities may not only aid others in their progression towards third density, but say also greatly accelerate their own beginning into that density of love and the perfection of that love.

66: No, that's fine. I understand what you're saying, but I'm glad that there is an individualized person representing the social memory complex because I feel a lot of love from you, and I like to be able to return it, seeker to seeker. Thank you very much.

74: I am Q'uo, and am aware of your query, my brother. We might suggest that this is possible, as are many opportunities of various natures possible. We suggest that one not worry overmuch as to how the specific functioning of the ending of a cycle occurs, for all movement of experience is enabled and ennobled by the love of the one Creator which exists within all things. Within your illusion, much is hidden from sight, yet if one may remember and have faith that all is truly well, for all is, indeed, one, then one may move most easily in harmony with all cycles which provide the opportunity to know the one Creator in each moment that presents itself to your notice.

80: Well, you spoke about service to others and the importance to others and having just one moment to show love to somebody else, but a lot of times people don't react at all consciously to any kind of love that you show them or anything like that. You have absolutely no control over whether somebody's ready to see love or whether his mind is somewhere else, you know. It's really rare that you're reflecting love and really in the groove and the person sees it that way all at the same time. Does that matter? I mean, when you were talking about bearing fruit, I thought to myself, "Well that's tricky." Could you comment on that?

81: I am Q'uo, and we may suggest, my sister, that you cannot know the result of any action or the fruit that shall be born from intention. That which is of importance in your own evolutionary process is your intention which motivates any thought, word or deed. To cast the bread upon the waters, then, without regard for whether they shall return in one form or another, or return at all, is that which is of most importance, for within your illusion, you only begin to see, and much is mystery. And that which you call faith, powered by that which you call will are the truest guides one may call upon, and all action and thought and word then which is activated by the intent to be of service and to share that which you know of as love become ennobled by that intent to love without condition. This cannot be affected or changed in any way whatsoever by how another might view that thought, word or action.

86: Q'uo, in the knowing that we are all one, that the love for all creates the One, does that not seem to be, does that not put an insurmountable load or cause for us to be very ac-

tive or to be—it's very difficult for me to say this, because it comes so unusual. To accept all as One, how can we thus aid all as One? How can we be of assistance in our love? How can we bring love to all as One?

87: I am Q'uo, and, my sister, since all are indeed portions of the one infinite Creator and move in harmony with that Creator, whether the harmonious pattern of movement is known consciously or not known consciously, one may have faith that the life pattern has been described and conceived in a fashion which will bring to one those opportunities to be of service to all which come before one's notice and to share what you call love in a fashion which is most appropriate for each moment. Thus, it is not necessary, my sister, to look past the present moment and wonder at how it shall be possible to be of service and to radiate that love which one seeks in one's life pattern, for that has been given to you to recognize in each moment if one will but turn the desire to seek the truth toward each moment and continue to find the face of the Creator in each face which meets yours, and, indeed, within your own face and within each portion of the environment which supports and surrounds you at all times. Thus, you have as a life pattern that which has been designed to provide you with opportunity after opportunity to give that which is possible and to find that love which is there.

91: I am Q'uo, and we hope that we have been of some small service in that direction, my sister, for we realize the difficulty that any seeker of truth meets when looking upon the illusion which is your world. There is much of sorrow and suffering which seems without just cause and even more seemingly tragic without a possible resolution. We can only suggest to each that one attempt to look beyond the outer appearance of any situation and see the heart of all entities and events as being the one Creator knowing Itself in yet another way that might seem incomprehensible, yet in such mystery lies infinite potential for love to be found, for, indeed, there is no thing or being made of any other substance.

105: No, thank you, but I wish to say that I really appreciated your answers and your love. Thank you very much.

15.37 1986/12/14

8: The entity Jesus was loved and loved in return, but his mind drove him to be alone, for though too young to have established to his own satisfaction the nature of his being, he had tremendous hunger for wisdom. You would call this entity a child prodigy. The entity taught many, many more things than are written, and could continue teaching for an eternity, yet what has been recorded is typical enough of the teaching's content in general that we do not choose to take this opportunity to adjust the teachings that are recorded. It is not only that there is some infringement upon free will, although that is part of our caution; we also do not wish to sway those who have not become interested in the Christ to alter their viewpoints.

11: In the end, Jesus the man became so able to bear both joy and agony that this entity stopped experiencing the Creator and for long periods of time became the Creator experiencing third density. Such is the perfect channeling of love. The achievement of the perfect channeling was the mystery of union between Creator and illusion.

12: After this bonding, the burden of channeling rather rapidly began to tire the master teacher, Jesus. At the time of the crucifixion, as this instrument calls it, there were almost no tears left, there were no bones unbroken, there was no companionship that had not been betrayed in one form or another. Nevertheless, Jesus the Christ lived well and did not stop the channeling until the breath left the physical vehicle. We witness to this Christ with thanksgiving and joy, not suggesting that any worship or not worship, but celebrating the Creator poured into a channel who could share in full the nature of the Logos, the nature of love, the Creator's powerful, terrible love.

13: You ask what Jesus the Christ would think of the way your people celebrate Christmas. My friends, Jesus is very pleased. He is pleased [to see] all that is given and received of love, generosity and cheerfulness. This entity never confused the personal life that he lived with the Christ he channeled and in the end gave way to completely, but always knew the source and called it the Father. Call it what you will. We have no dogma or doctrine, but celebrate love.

19: The fruitful time in the sense of experience gained is con-

in the physical, and will require in the future repeated experiences to make the simple step from reacting to experience blindly, and, shall we say, without suitable expression of love and understanding, to a future goal which is exactly the opposite.

16: To do this is very simple. It is simply to express love and understanding, regardless of the experience that confronts you. All that confronts you is illusion—everything. This is very clear to us. It is not always clear to you. It is not clear to you because the illusion in which you find yourselves is a very, very good illusion, a very satisfactory illusion, a very efficient illusion. It is accomplishing exactly what you wish for it to accomplish. It is accomplishing a deception. It is putting before you continual tests of your ability to express our Creator's love.

18: Realize in meditation the truth of what I say, and then realize in meditation the way to implement your desires, to bring them quickly into reality. Do not make the mistake of so many of those who have gained some intellectual knowledge of their true desires. Do not make the mistake of assuming that the simple intellectual knowledge of these desires is of any real benefit. It is not, my friends. The only thing that is of real benefit is if you are able to express with no reservation the love and understanding of your Creator.

21: This is what we are all attempting to do. This is our only objective. Anything else is simply a part of a game. And there are many, many games in this creation, my friends, at many levels. Each of these are played with different sets of rules, but they all have the same goal: the goal of understanding, the goal of arriving at that ability to express love that is the Creator's.

35: My friends, to give love, to emit a vibration of understanding, is to form a consciousness which is not an illusion, but what one may call a reality, although as an ultimate form, one could not call it a reality. But one may call it a reality to express love compared to the illusion as you understand it.

36: And how does one express love, and how does one express understanding, and how is it possible to express these things at all times? What I wish to tell you, my friends, is that it is impossible to express these things if you are attempting to relate to the illusion. It is impossible, my friends, to react with love and understanding if you are dealing with the imperfect, foolish and sometimes ridiculous people that you will encounter in your daily life.

37: Of course it is impossible, my friends. The illusion is designed so that it is possible to act correctly only with knowledge. It is only possible to express love when you begin to have an awareness of the Creator.

38: My friends, each person may seem to be a human entity. Yet he is the Creator. Each natural object, each manufactured object, the very air around you, my friends, has a consciousness which is the Creator. You yourself, the originating agency of this love which you wish to express: you are the Creator.

39: If you can remember that the one known as Jesus saw each individual entity as part of the Father, then, my friends, you will be able to better express the love of the Creator.

3.6 1974/11/01

5: We speak of beauty to those who are beginning, for truly, all is beauty; all is joyful; all is full of love. All these things are true. But they are more than true, my friends, they are actual. And, in that they are actual, there is no beauty, there is no joy, there is only one thing, and that is the Creator.

6: And yet, we cannot say to you, that is the Creator and that is reality, for that is a word. We are speaking the very limitations that we wish to bring you past. Your desire is to come past these limitations, so that you may express the infinite and incandescent love and light that is within you and is the Creator.

7: And so we are here, in love and in light, to sting you, to stimulate you. For there is peace beyond peace, and there is understanding beyond all things. And these things must be found through the paradoxes of spiritual awareness, through the limitation of all that is a word.

3.7 1974/11/10

15: Their beauty is a blessing, and their fruit of benefit. Plants give love and service without question, for they know the one question. They know that they are reaching for the sun and for the water which gave them their life.

3.8 1974/11/12

9: That which is known upon your planet as illness is due to lack of understanding of the principle of living which is that there is only one, one place and one Being. The time is the present; the place is here; the Being is love. These things equal what is known in your intellectual framework.

10: It is in the misunderstanding of these truths that all lack, which shows itself to you as physical discomforts, physical needs, mental agony, and emotional need, come forth. If, my friends, you were able to live completely within the moment and to realize the love which is all around you, and to sense the immediacy of your surrounding, you would no longer be other than truly perfect within the illusion as well as outside of the illusion.

12: There is a higher truth, my friends. Each of you may consider that your discomforts, whatever they may be, may be alleviated and finally removed by the application of the higher law of love and understanding of the eternal present and the eternal immediacy of the entire Creation.

14: I am aware that there was a question which was asked about what you call the New Age. This, my friends, is a large subject, or, shall I say, we may speak upon it at length. And yet, if you may understand what we were saying about the truth of love, oneness, of here and now, you may begin immediately to comprehend your New Age.

3.9 1974/11/15

3: I would simply like not to let the opportunity pass to remind you, my friends, of the unity of all things. Meditate, my friends, upon the complete unity of yourself and all that you see. Do this not once, and not simply in present circumstances, but at all times and especially in difficult circumstances. For, my friends, insofar as you love and feel at one with those things which are difficult for you, to that extent will those circumstances be alleviated. This is not due to any laws within our physical illusion, but is due to the law of love. For that body which is of spirit, which is interpenetrated with the physical body, is higher than your physical body. And those changes which you make by love upon your spiritual body, will, of necessity, reflect themselves within the physical illusion.

5: Even if the universe for those around you remains disharmonious and difficult, if your mind is stayed upon the unity of the Creator, your own universe will become harmonious. And this is not by your doing but by the simple love of the Creator.

37: My friends, we tell you when we refer to God as the Creator, we tell you that He is all that exists. To look upon the face of the one next to you is to look upon the face of the Creator. Those who experienced those great moments were not totally aware of this. They met with beings who, to them, radiated the beauty and the love and the knowledge of the Father, which they considered to be held by the one called God.

3.10 1974/13/t

0: [overview] Hatonn: My friends, of what substance is the universe made? We have told you that this substance is light. You may also call this substance energy, vibration [or] consciousness. And yet, my friends, by itself, this substance, this fundamental unitary substance would remain in an uncorporate state. The shaping force, my friends, is love.

2: [overview] Hatonn: We of the Confederation of Planets in the Service of the Infinite Creator are preparing to launch a new attack upon your planet, an attack of love. If one is to attack with love, it is necessary that it be done with utmost care. The only possibility, if one is to attack with love, is that the ones attacked desire that they be attacked. More and more of the people of your planet have become aware

of this attack. More and more of them are now welcoming this attack. For this reason, it is possible to accelerate our program.

4 1975

4.1 1975/11/23

4: Oneness, my friends, is indeed not limited. Oneness is all things. Within one, all things are found. Within yourself, my friends, the true identity of the concept of one has been implanted by our Creator. Within each being on your planet and throughout the creation there is the concept of one, there is its knowledge and understanding. Within you lie the answers to all problems. Within you lie the experiences of all other beings, for once you realize and are totally aware of the oneness of the entire universe then you cannot separate the experiences of your brothers from the experience of yourselves. You shall not realize self-identity as you do now. For self-identity, my friends is something which you have adopted for a short period of time while existing within the physical realm. It has been adopted by you so that you may learn. And within this physical realm, the lesson you must learn is love. And love is one, and love is all.

5: These words may seem contradictory, yet that is because you have taken these concepts and you have separated them within your physical illusion. My friends, realize that within the creation there are no separations. All things are indeed united and can never in any way be truly separate of each other. Your thoughts, as thoughts of all other beings, are emanated truly from one source of intelligence. And that intelligence, my friends, is the love of the Creator. And it is the Creator.

7: Yet within each particle are His abilities. We must learn to focus our consciousness on His love, which is readily available to all. And we must learn to utilize properly the abilities which have been implanted within us. For within us, my friends, is the ability to create, the infinite ability to create experience through all eternity. This should be thought of, for you should not take lightly your ability to create. For as you go through your day, you have many thoughts. Many thoughts are kind and loving. Yet within your world you are constantly bombarded by negative experiences and thoughts. Your thoughts, negative and positive, are in reality creations of experience within other realms than [this consensus] reality. Therefore, you must learn to control and utilize properly your ability to create.

4.2 1975/11/30

6: When you concentrate upon your mistakes, you dwell within the world of mistakes. And mistakes will occur again and again. If your consciousness is dwelling at a higher [resonance] within the realm where you know that you are a creation of the Father, you know that you can manifest His love. Then the opportunity for you to make a mistake and manifest that which is not love will be that much farther from you. Meditation is not upon your mistakes; is not upon the past. It is upon the eternal present, and upon your innocence. You are a child of love.

10: My friends, it is as though the world were deep, deep asleep, and a few of you are attempting to remain awake. For you, my friends, love may yet light up the sky. For those who sleep, it may be a long night.

4.3 1975/12/07

4: All the members of the Confederation of Planets in Service to the Infinite Creator have reached this unification of consciousness and desire. This brings us to our purpose. Our purpose is the same as our desires and our desire is to share our love and knowledge with the inhabitants of planet Earth, and with all others who would request it. We of the Confederation claim not to be beings of a supreme nature. We are not infallible in our judgment or knowledge.

9: We dwell in a dimension, if you wish to call it that, which

does not contain physical reality as you know it. In our domain, spirituality and spiritual awareness overwhelm all existence. If you are not within the harmony of the laws of creation, then you are not able to exist within our domain. Within our domain, there is not that which you consider to be negative. All that there is is love and light, love being the physical manifestation of all things.

10: Love is all things. The Creator is love, and He resides within you. Each time that you express your love, you have created. And each time you pass up a chance to show love, you have also passed up your chance to develop your birthright of being a creator.

17: We do not know what the Creator is. We do not know His nature. We do not know His actions, His purposes, His intentions. The Creator is infinite, invisible. This we know, for this He has shown to us again and again: that He created us in a vibration of pure love, and that He considers all of us as Himself. And so we tell you this, not knowing the ultimate reason, only knowing that reason enough for our infinite existence as entities within a loving creation exist and may be told to all.

18: We come to give you a message of love. We come to tell you that you are gods, not because you are so wonderful, but because the Creator is wonderful.

20: And so you may say, my friends, the Creator is you. For all practical purposes, my friends, you may cause your life to become a channel through which the Creator may live and move. In many cases, it may seem as though this human personality of yours may never get, shall we say the hang of showing the Creator's love to others. It may seem that the possibilities of the situations which you are in are very, very limited for showing love. But I say to you: that it is truly written that the place whereon you are standing is holy ground. You do not need to put yourself into a situation which may seem outwardly spiritual in order to be in a spiritual situation. For, my friends, the universe is a spiritual universe, and what you are going through is an illusion called the physical existence.

21: Spirituality, as it is called, may often seem to be a joke. One cannot be spiritual in a church and walk away from the church and become nonspiritual. This, may I say, my friends, makes no sense at all. For one is spirit and one carries the spirit within the temple of his body, into and out of church. Into and out of every situation. When the situation seems difficult, wait for a moment for the realization to come to you that in you is a spirit, and within that spirit is enough love to carry you through that situation so that you may show the love of the Creator.

4.4 1975/12/21

2: We of the Confederation of Planets in Service to the Infinite Creator have come to Earth at this time to offer whatever assistance we may be able to render. And presently we are limited to this assistance in the form you are experiencing now. We are communicating through instruments such as the one speaking to mass numbers of inhabitants upon your planet. The words which we speak are offered with love and as guidance, intellectual guidance along the pathway of enlightenment.

4: My friends, man upon planet Earth presently stands upon the threshold of unlimited knowledge, unlimited love. Unlimited, my friends, infinite, never ending. It is your birthright to know these truths. Yet there is only one way to truly comprehend and to truly be enlightened. And as you may well be aware, that way is through the practice of meditation.

5: My friends, we have told you that the truths, the unlimited and infinite truths, lie beyond the capacities of your intellect. Therefore, in order to explore these truths, to learn and know of these truths, you must go beyond the intellect. Allow it to still itself. Allow it to rest. And let the spiritual intellect begin to avail its information to you. You may not hear words, my friends, but you shall hear truth and love. In your moments of silence, you shall hear the universe speaking through the lips of the Creator the truths of infinity and love.

15: But there are many, many colors. How many colors can you think of? Perhaps the number is infinite, for there are shades and gradations within each color that go on and on. And each one is distinguishable from the next. And yet in reality, each is a part of the white light. So are you, my friends. And all that you meet are other portions of the same light,

of phenomena are occurring with her; everything from spontaneous hearings at long distances to many, many prophecies, visions and the ability to see everyone's electrical body, whether she wants to or not. It's a very uncomfortable situation; it's changed her life a great deal. Her consciousness has suddenly become a very packed bunch of phenomena happening one after another, and she wants to know, really, I think, how to direct all of this. The answer that you gave simply had to do with surrendering to a greater will, a greater love, a greater way. Is there anything that you can add, having to do specifically with phenomena, with psychic abilities and the use of clear metaphysical senses for the good of others or service to others?

76: There are many events occurring upon your world stage, shall we say, that seem interesting and even at times important. Yet we might suggest that these are but training aids that will allow the seeker of truth to penetrate beyond the appearance of importance to the heart of all things, which is love, and which binds all entities together, whether their part upon the stage of the world may seem that of the villain attempting to control those about it with the tools of your cultures. Each seeks in a more or less distorted fashion to serve the one Creator in its own way. Many are the side roads upon this journey.

15.36 1986/11/30

11: The concept of an instantaneous harvest has not been helpful, we have observed, and we would discourage each from contemplating harvest as an event, for although we who are not within your illusion see your harvest as what seems to us to be, shall we say in your terms, an afternoon's excitement, a cause for rejoicing that is all too short, yet we cannot translate our time to yours, for your time is that of planets revolving about a sun, and it is not the time of the timeless One which dwells in infinity and moves in light. Your time is a separator out of time, a unifier. How greatly you desire to know when you should be ready, when you should be prepared, and yet we say to you, it is this moment that you must be prepared and that you must be ready, and if you be not ready now, then you must work now, pray now, meditate now, surrender now and ask now to be channels for the love and the light of the one original Thought of love which is the Creator.

12: Let us look at this in a slightly different way. Each of you moves down streets and into buildings through your work, your chores, and your social life, meeting one entity after another, entities which hope to receive something from you or avoid you, entities which may ignore you. It is unknown to you in advance whom you shall meet, and what that entity may wish from you, yet that entity may be desperately looking for love, not the love of the glad hand and the pat on the back, but the total and accepting love of compassion, the love without judgment, the love that flows through rather than from, each of you.

13: You may have only one moment to be a channel of love for the infinite Creator, to show His face to this entity. One moment, my friends, no more. Shall you be a channel for love, then? We know that you hope so. Yet if there is a moment when you are not a channel for love, then we ask you to go into mind and heart to search out these things which have kept you from being such a channel, and do your utmost to bring your consciousness to the consciousness of love. You do not know when your harvest shall come, yet we have been speaking with you and urging you to understand that these are indeed the final days of your third-density experiences.

14: Are you eager for fourth density, and do you wish to graduate? Then rest your anxieties and your burdens about the future, a future which may never come, and gaze instead upon your being that you may channel love now, for if you are not ready for harvest at this moment, perhaps the next moment may be too late. We do not wish to suggest, as this literal-minded channel wonders within her all too analytical mind, that we may be hinting that the harvest is now. No, my friends, not even next Tuesday, not next month or next year. We are not able to suggest these things to you, for when one moves from dimension to dimension, when one describes events that are indeed processes, when one speaks from time to time, the translation is at best approximate and fuzzy and unsatisfactory.

15: We wish only to train your mind upon your mind, upon the goal, to urge your legs to be strong to run the race, to

urge you to actual present effort, not for others, but for yourself, for you cannot harvest another, but only yourself. Yet the harvest of yourself depends upon your relationship with the Creator and with the face of the Creator in yourself and those about you. And so in order to be more and more of the consciousness of love, it is well to pay great attention to the way you perceive your other selves, your own selves, the Creator incarnate all about you.

16: There are many who have incarnated among you from higher dimensions due to the lateness of the hour and the nearness of what you would call the midnight of the last day. There is much distress among your peoples and among those you call wanderers who have come to aid you, for we see that many are taking the concept of the harvest and turning again and again back to the illusion in order to express their desire for love. One cannot, among your peoples, mate two pears and receive an orange, nor can one improve outer things and receive inner blessing. Those things which you feel may make you comfortable and content, loved too dearly and valued too highly, may create for you a wavering of attention which denigrates and diminishes your being.

17: Try, then, to focus your energy, your desire and your seeking upon those things which are eternal, upon those values which are infinite, until you are so full of praise and adoration for the Creator, that you are indeed a channel for love. It is well not to be dispassionate about your consciousness, nor about the Creator of that consciousness. Do you not love your parents, are you not grateful for the opportunity of experience that has been given you? Think, then, upon the value of knowledge, realization and understanding, if it does not end in love for the one infinite Creator and in a grateful desire to be for your Creator the hands that express love and the mouth that speaks of joy.

18: As we understand your time, the harvest shall be an event which is in process for many of your years. You shall come to it naturally, unless by your own artifacts you remove yourselves from your bodies. Be ready to die now. Be ready for harvest now. And then you are free to live for the Creator and in His service for however long you draw breath within the physical vehicle which loves you and has given itself to your use. Love it also, and see it as the helpful thing it is, but do not be its slave.

19: We rejoice with you that you experience third-density illusion at this time, that you have these choices to make, that you seek realization in darkness, in unknowing, and in great mystery. Know that no matter how rocky the road may seem and how blind may seem your choices, you are never without aid. You are never without comfort. You are never without confirmation. For the source lies within. The entire infinite creation exists within each of you. Each of you bears all that there is within the universe, for all its illusion is a thought, and you have thought it. And as you think it, so it shall be, from the smallest to the greatest. Let your universe be as kindly as the Creator, as full of love.

20: You cannot do this upon your own, for you are finite within your density at this time. Yet infinity lies within you, and you may choose to channel an infinite love which does not fail. The more you are in contact with this infinite love, the more you may manifest it and so bear fruit, not fruit that you may judge as fruit, but fruit which adds to your beingness which the Creator shall see, bless and amplify.

21: Go into meditation regularly and faithfully and never condemn yourself for your lack of skill therein, for one instant's tabernaculating with the infinite One is all time and all space insofar as your deep mind is concerned. It is not length of time in meditation, but intensity of desire to seek the face of love which will draw to you a deeper and clearer perception of that one great original Thought.

22: You have companions along the way, my friends, and you were given them for a reason, for those who seek together may help each other, exhort each other, admonish, encourage and praise each other by turns, and every mistake that is made by one who is admonished or by one who admonishes falsely is made up for by the love which prompts the caring, the giving, the sharing, and the supporting.

23: Above all things, my friends, love each other, for you shall feel love only as you love others, only as you truly love yourself, not that which you see about yourself or others, but that which is beingness in yourself and others, that which is by definition perfected and whole, without flaw. You are acceptable to the Creator, for you are the Creator, my friends. Each of you carries the creation within consciousness. Your vibra-

and use what you have learned. This environment which we have called third density is a gift. Every tear, every ache of the heart is precious.

24: We would transfer at this time, having greatly enjoyed talking with you. We are sorry not to have been more helpful, but, you see, we do not speak of right or wrong—we speak of love. And I am afraid that questions of mated relationships in your culture do not usually revolve about the love of which we speak which is not defined by red ray or any ray, but by that which comes through one and is more than one could ever be. For love has the power of infinity, and you who attempt to generate are generating a very finite version which will, as your red ray itself will do, die away.

35: This is a natural conclusion, my friends, for the fatigue that comes at any of these levels of experience is a very real thing, and within your limited third-density experience with its great potential for limiting the point of view it may seem to many a seeker of truth that such an alternative is obvious, appropriate and acceptable, when, indeed, it might be that if a slight alteration in perception could be achieved, another possibility for the relationship's continuance might present itself to the seeker, who could invest yet one more effort in this direction. The pearls of wisdom and love within your illusion are not cheaply or easily won, else there would be little value in that which those of third density seek throughout all incarnations.

36: To find the love of the Creator in any moment within your illusion is a challenge, my friends, for there is much that hides it, and to find it in those situations in which there seems to be great difficulty, trauma, stress, pain and suffering requires the dedication of one who looks beyond the moment of suffering and sees that which no outer eye may perceive—the love of the One that dwells in all, and the dedication of the seeker to find that love in each of its moments of all incarnations.

46: I am Q'uo, and we might suggest my brother, that not only is that assumption basically correct, but any action that is able to produce love and acceptance of another is an action more to be desired than one which produces less of that quality of love.

56: The higher self, as you call it, has gone to some lengths, shall we say, to aid your beingness in placing yourself within your current incarnation with the forgetting of previous incarnations firmly in place in order that your current incarnation might be a finer and more purely [made] effort at achieving certain biases of thinking or expansions of the point of view which will enable the experience of love to move more freely through your being. It is recommended that entities within the third density look primarily to the current experience of the daily round of activities to indicate those areas where work yet remains and opportunity presents itself for growth and service.

60: I don't know as there's any more questions on that. But what about the term we use as "unconditional love"? Is that the true love that we're supposed to have for everybody? When I look at my work mates, is that the intense level of love we're supposed to have for everybody we meet? And if it is, how do we go about that without people thinking that you're weird or something?

61: I am Q'uo, and this term, unconditional love, is a phrase, shall we say, which has been developed within your culture or a portion of it which describes a facet of the love which [is] the Christ consciousness, shall we say. If one is able to love without condition all entities and experiences which come before the notice, one is expressing the kind of acceptance upon the deepest of inner levels that is a—we search this instrument's mind for the proper term—hallmark of the love of the Creator which animates all creation, for the ability to love without condition or desire of return is the beginning of the Creator within the self to recognize itself within all other portions of the creation. For an entity of the third density to experience this kind of expression of love requires that the entity move in harmony with those choices which it has made prior to the incarnation that were made with the wider point of view easily accessible to the entity.

62: This is another means of stating that each within the third density illusion has programmed for the self a program of study which when completed to a sufficient level will allow that entity to experience this condition of love that has no boundaries and seeks no return. Thus, to work with those experiences which one finds in the daily round of experience and to attempt to find love in each moment is the means by

which such love may be found. Each has the program most appropriate for the self, and, as that love is found, one need not worry as to how it might be expressed, for it shall find its own level and means of expression that will be as natural and appropriate for the entity as is drawing one breath after another.

64: So you're saying that love is not an emotion, but a consciousness. How we express it has to do with our emotional make-up and how we like the person that we're looking at. But whether we feel it or not has to do with a consciousness—unconditional love, I mean. Excuse me for butting in, but that's an important point to me.

15.35 1986/11/23

8: When one can surprise oneself in a state of unthinking beingness, one has the evanescent glimpse of the face of the Creator, for each of you is in the basic consciousness a holograph of All That There Is. Just so can one observe the Creator's face in space or tree or idea or emblem. Whether one goes to myth or to observation of the smallest natural detail, one is working to gain a more rounded awareness of the consciousness of love.

9: You will notice that we use love in the same way that we use the word Creator. We are sorry to use words that pale besides the meaning they are intended to convey. However, channeled information has as perhaps its tightest stricture the clumsy limitation of words. We attempt to connote such by the word love, but we intend to convey a fiery, creative love which is far more primal than any sense of love which is used to express emotion. The use of the word Logos in your holy work known as the Bible is perhaps the closest to our use of the word love, intending a meaning of the Creator that we could approach within your language. Your consciousness, that which is the tune you hum before you have learned to song, is that of love. You share the Thought that created all that there is, all the worlds that there are, and all the beings that live upon them, between them, and, indeed, all the beings that are them.

12: There is a kind of awakens of consciousness which is perhaps the best way to express in a short period of time—which this instrument informs me we have—a proper and appropriate goal in consciousness, and that is the state of present joy, for the consciousness of creative love, the consciousness of the Logos, is ecstasy. This instrument did not wish to express this word, yet we insisted. We do not mean to suggest that those who seek pleasure are moving necessarily in the correct direction for the best use of their beingness. We wish rather to suggest that the nature of love is a joy beyond expression, and we find that that is the definition of the word ecstasy. The Logos is orgasmically joyful; that is a steady state. That is our perception at this time, if you will pardon our use of that inaccurate word.

17: The uses of creative love are subtle, and service to others has never been easy to penetrate. What seems to be of service is often not; what seems to be directly not of service sometimes is. What seems to be worth doing, may not be—and vice versa. Creative love has an infinite capacity and patience and may burn long after human energy has given out.

18: We do not suggest that you go immediately towards a surrender, for first you must discover for yourself the nature of your journey and your quest and a great enough respect for your own being and for the Creator that you place your being and the Creator's together. We would not have you do these things because we suggest it. However, if we can inspire you to meditate and seek the experience of your own being and the further experience of placing your beingness in the presence of the consciousness of love, then perhaps you can make your choices with some awareness that will enable you to penetrate the nature of the journey that you are upon more quickly.

53: I believe that what you're saying is that you have such a simple message that the most conscious channeling is accurate if it talks about love, and I accept that understanding. I do have another question—if that is wrong, please interrupt me.

57: I lived for at least thirty years as a relatively garden variety person, and then her psychic abilities opened up very rapidly and very undistortedly, from everything that she's told me and all that that I've observed. Tremendous amounts

formed in perfect love also. How hard it is to see the perfection of the Father in each person! For each person is a different shade, and some shades seem to clash with yours. But all are formed of white light. All are one with you, and you with them.

20: All are Earth. And were you not to be here in the physical, but by reason of what you call death have passed into one of the other planes, you would also be aware of our presence. Our presence, we genuinely hope, is of support and love. We come to tell you that there is no end to the Creator, as far as we know, and we have been somewhat further than you. We come to reach a hand out, for those before us have done it for us, and so we do it for you.

24: I am Hatonn. I am now with this instrument. I will say but a few words through this instrument, and that is, my friends, that all that was created by the infinite Creator is what is known to you as love. Now, my friends, due to ties that you have evolved upon your planet, this concept is seemingly sought by those of your planet. My friends, through living out your existence surrounded in love, you may say that you protect yourself from all that you do not wish to experience. For, my friends, there is nothing stronger than love. But, my friends, it is not something to hold onto. For, my friends, you do not evolve by holding on. We ask you to meditate daily. Surround yourself in this love. To all that you come in contact with. My friends, it is an existence that we have experienced for some time. And, my friends, I can honestly state that the happiness we experience cannot even be imagined by you. This is, as we said, your birthright.

4.5 1975/12/21

3: We ask that you remember that the universe is not deadly serious, but rather is a universe of love and joy, of lightness and laughter. It is not necessary that you be so deadly serious that you insist upon absolute compassion within yourself. It is enough, my friends, if you accept a certain lighthearted desire to pretend, shall we say, to be somewhat similar to a compassionate shepherd. You are not attempting to fool the sheep into thinking you are compassionate. You are attempting to fool yourself, from a condition of illusion to a condition of reality. You know, my friends, you cannot bludgeon yourselves into this state of shepherd. Yet you must shepherd yourself, gently and coaxingly and with humor. You may act similarly to that which you would consider to be compassionate and slowly you will discover that you are not acting. But allow yourself that imperfection of ambition which is within the illusion. For you are learning, my friends.

7: I am Hatonn. I am once again with this instrument. We have had some difficulty, yet we shall continue through this instrument. As all are aware, we are presently within a time, or shall we say, a season, of your year, and this season is one of great expectations of great joy and love. The season we speak of is that of what you would call Christian, the celebration of the birth of the infant Jesus. And of him we would wish to speak.

8: Jesus, as you call him, was a being who resided upon the planet Earth for the purpose of demonstrating a proper, shall we say, way of living, a proper way of loving. My friends, this great teacher did not die for you. He demonstrated for you that there was in all actuality no death. For no matter how much they were able to torture him and maim his body, he was able to overcome his oppressors with love. And with that same love he was able to demonstrate to all the great power contained within his love: the power over life and death, the power over nature.

9: My friends, you may have been taught that his death was necessitated in order to relieve us of our bondage and sins. In a concept such as this, there is also truth, for is not the realization of the power of love redemption? My friends, the answer is love. The realization of love is indeed your redemption. So in all actuality the physical death was not your redemption, for all beings have experienced this. But the awakening to the abilities and the power within the concept of love, indeed, was your salvation.

10: We of the Confederation of Planets state that we are the same dimensional existence as this great teacher. Yet we do not claim right to his accomplishments, for we must acknowledge that the great teacher known as Jesus was the one of the greatest teachers whom we have encountered, or whom you have encountered. And he is still present upon your planet,

in the form of consciousness and residing over the spiritual vibrations which are channeled to the people of planet Earth. He is your assigned teacher, and we are his assigned helpers. This is our claim. Accept it if you will. We realize that this one point to many has been the one point of our information that was unacceptable or controversial, shall we say. But remember, my friends, the story we have told you of the love of the teacher Jesus: love, my friends, is what is important. With it, you may discern the truth. Know the love that you possess. Learn to understand this. And through the knowledge you shall find the capacity to channel the abilities contained within the love. At that time, my friends, once you have mastered the concept of love, my friends, once you understand this concept, then shall you not also be capable of achieving that which the great teacher Jesus demonstrated for us?

11: This is the purpose, my friends. Love was the ingredient that caused, or shall we say, made able, these accomplishments. Not the being himself in physical form, but the love within the being. That love is also within you. It is within all things. Accept this, my friends: love is all. Love is omnipotent. Love is Jesus, and love is you. And all together, all of these loves combined, all of these beings combined, are the Creator. From the Creator we have come, and we are manifestations of His thoughts of love. His love being equal for all enables all to achieve the same. Each being shall achieve these great heights of awareness. Yet each being shall achieve them when they so choose. Think of this, my friends. Do not look upon yourself as an omnipotent ruler or teacher. Look upon all, all of the beings you have known or shall ever know, as being these teachers and rulers and overseers of the creation and its inhabitants.

12: It has been a privilege to speak with you once again this evening. And in the spirit of the season, we thought that these concepts would be quite appropriate. And we wish to all a loving and a happy Christmas. Adonai vasu borragus.

4.6 1975/12/28

4: There are several different topics upon which I will to speak this evening. But, my friends, I believe I desire first of all to speak to you of love. It is known to us that each of you desires to seek wisdom, to seek spirituality. Yet we would say to you at this time, please allow this search for knowledge to begin and end within your own experience. You are not seeking a substitute, a different reality in place of the present reality. You are seeking to know your own reality for the first time. You are even now, at this moment, dwelling in reality. It is truly written: Heaven is all about you. You are not seeking a far-away, long-distant kingdom. For the kingdom of Heaven is with you, within you, and about you. Your experience contains the kingdom that you seek.

5: Let us again observe the teachings of the one known as Jesus. If you do these things to the least of these, my brethren, you do them unto me. The kingdom is all about you, and the Creator is within the face that is across from you, on the street, and in your house. Each stranger, each friend, and each enemy is the Creator. Know ye not that all men are brothers? You seek love, you seek to know the Father, and yet the Father is in each face that you see.

6: My brothers, look at each other, and, for the first time, truly see the very best within each other. Within the one known as Jesus was a sight which was of love. Those who were about him could be described in rather unfavorable terms. Those whom he loved could be described as harlots, tax-collectors, publicans, beggars; there were many sick and crippled. And in no case did the one known as Jesus see them as anything but the Father, the Father who was directly before him on the physical plane. He looked with love. He saw the possibilities within each of his "fallen" friends. To the sinner, he said, "This day, you will be with me in paradise." My friends, these things are familiar to you, and so I use this channel, and this mode of discussion, as a good example. There are other masters, and they have showed this Creator-within in other words. But we believe that it is through this example that you will most easily understand what we are saying to you. We look at you, and we see the light, we see the perfection, and it is our delight to be in communication with you.

7: It is very possible for you to become one with this vibration. And, my friends, this vibration of love, this vibration of compassion will transform your life into that of the Kingdom

of Heaven. It is a matter of balancing between two opposite attitudes in your seeking. There are two dangers, and we [say] this with a sense of humor, for the dangers are not real. It is the balancing between them that causes your progress. These two dangers, my friends, are pride and humility. Woe be unto the man who begins to feel that it is his love that is setting those about him on the path of light, that [it] is his compassion that is such a light to others. Woe be unto this man, for the love of the personality is limited. It will run out, and in its wake will come much sadness.

8: Woe also to the person who says, "I am unworthy. In my humility I must admit I cannot be a fit channel for the love of the Creator. Do not expect me to keep trying the impossible, for I am not worthy, and I cannot do this."

9: In neither case, my friends, have you quite hit the balance. And if you find yourself in either the pride or the humility, balance between confidence and the knowledge of your own imperfections as a personality. You see, both of these things are true, and neither of them matter. You are a channel through which the Creator may express Himself. The Creator is love, and His expression is love. When you see someone, to your outer eye, he may be nothing but, shall we say, a very common-looking or even unpleasant piece of stone. A large rock, awkward and peculiarly colored. Yet to the eye within, the eye of love, this rock will be the shape which the master may carve from the rock so that it becomes a beautiful statue, a statue with beautiful lines and coloration, with all the potential of that piece of rock set free in beauty of line. People are both their raw materials and the possibility of perfection. It is the Creator Who causes these possibilities to become manifest in the physical world.

18: Nothing else, my friends. Nothing else within this universe is worthy of desire. Desire only love, for it is all things. 22: I would like all of you now to go with me to a field in which the odors of flowers are heavy in the air. We ask you to relax now. Stand with your feet on the springy, soft green grass. Feel the warm sun beaming down upon you, upon your shoulders, your head. Listen, my friends, to the music of creation. Feel the love and the light in its physical incarnations within the creation of your universe. We ask that you meditate. If you listen to us ever, you will hear us ask this. Within meditation, you may find the key that will open the door. No matter how many times we tell you this, it will never be enough. Meditate and listen; the love will be beating against your ears. And look; the light will be flooding your inner eyes, and touching you in many, many ways. If you will only listen and see and understand, within.

5 1976

5.1 1976/10/17

4: It is a difficult thing to give up, that judging of yourself and of others. It is a difficult thing to love yourself and others in a totally trusting way. Yet this is precisely the key to understanding. If we could offer you this understanding of yourself as a being who is capable of many, many imperfect acts, yet whose heart is perfect, then we would have succeeded in a great thing.

5: For you see, my brothers, brotherhood is only possible to be unified with your brothers through the Creator. You will never be one with your brothers on the level of man to man, or man to woman, for imperfections breed discontent, and misunderstandings always occur. Yet, by the grace of the Creator within you and within your brother, there is a link so strong and so perfect that it can make the most opposite and diverse personalities one. It can cause the most unsympathetic situation to come into harmony. And this transformation occurs when a brother stops seeking a brother in love, and seeks only to rejoice in the Creator who is in his brother, be he a friend or a foe.

7: People are not alike, yet love has created them all. And the Creator within them is lovable, is love itself, and can speak to you of love in the face of the most inharmonious aspect on the outer plane. The spiritual path is not an easy one. You have known this, my friends, for some time. And when we say to you that our message is simple, we do not for a moment think that it is a simple thing to put into action. It has been written in your holy works that the master who teaches

the consciousness of Christ brought not peace, but a sword. And this is the sword we ask you to accept in your lives, the sword of not judging, the sword of even willing to be foolish in another's eyes. For when one does not judge, when one is willing to trust to the Creator, those around that person may think of him as foolish. Moreover, there is a great satisfaction on the love of a personality in, shall we say, vengeance or getting even. But what you are doing, my friends, when you answer those who judge you with an answering judgment, is collecting your karma, as you would call it, there on the spot. Yet your karma to them has not been collected, and you will answer for that karma. Far better that you allow the karma that has come to you to die, as you forgive, and in that forgiveness, the karma that is reflected from you is satisfied.

11: I am Oxal. I am now with this instrument. We speak often of brotherhoods and of love. We speak often of many things, yet it is most often that we speak of the need for personal, shall we say, progression through the proper utilization of your experiences, and through the advocations towards your meditations. It is for you to realize that you progress not only for yourself but for the benefit of the universe, for the fulfillment of the Creator's will. For as you have learned, and as we speak of it, all things are indeed one with each other, and one cell, shall we say, cannot live without reflecting that growth upon the others. The universe is forever expanding, and it becomes more illumined, as do you. You, my friends, are the reflectors of the light of the Creator, and as your capacity for reflection becomes greater, that reflection of light throughout the universe is enhanced, in order that it may be spread to the farthest reaches in order that it may be shared by your brothers.

12: You are the mirror of truth and of light. Each individual must take upon himself the responsibilities of what you would call light, and that is to progress spiritually, and to allow the love to take form within you, and to be shared with those around you. It is your responsibility to refrain from those avenues of expression which will be negative, not only to yourself but to those around you. You should not indulge in mental, shall we say, activities that are harmful to you or your brother: activity such as judgment, activity such as possessing, or limiting in any way the thoughts or actions of another. 13: My friends, you are unlimited beings, and you lead an unlimited experience. You may accept upon yourself those limitations by which you unconsciously desire to learn, yet when you are done with them, you shall release them and realize the capacity within you to create and to become equal, or shall we say, become aware of your equality with all mankind, and all things within the universe. What you do unto yourself is not only done to you, but it is done to all around you. The Creator finds no separation between you and your brother, for your energy fields coincide and enmesh together to present a group energy field that reflects the light and the wisdom that is contained within it. Self-motivation upon your path of evolution is important. It cannot be for yourself that you desire to progress, or for your fellow man. It should be for the benefit of the Creator and all of the Creation, knowing that you are a portion, that you are important, and that you are capable of assisting [in] bringing about the love and the light in greater clarity throughout the universe.

5.2 1976/10/24

4: My friends, when confronted with situations which are incomprehensible through the processes of your intellect, accept it and face it, knowing that it has been desired by you as an experience for the opportunity of growth. Righteously confront that situation. Enter into the experience with an attitude of love, of love which contains no resentment or fear. Accept that which you have created, for indeed, you have brought it into existence. Know that, no matter how it appears, it is for the best. Know that within you is the ability to properly react to any situation.

5: My friends, when we say to know that this ability is within you, we cannot stress the importance of the factor known as faith at these given times. You have been taught that within you is that which you call the Creator. You are portion and particle of the creative force and vitality that permeates the universe. Attune yourself to that presence within you, through the utilization of your meditations, and learn what it is to truly know the ability within you. Your abilities are infinite. Your love is also infinite. There are no limita-

eventually produce a loving acceptance of all that one experiences within the life pattern, when one is able to utilize the experiences to their fullest extent.

25: Doubt not that you have attained, but continue to doubt that you know what you have attained, for that which you seek is truly born of mystery and will continue to attract your seeking. Only one who is either unaware that such mystery exists, or is satisfied that the mystery is solved shall fail to make progress in moving closer toward the heart of that mystery. In time you will see with clearer eyes the nature of that mystery more and more clearly. Yet within your illusion at this time you must content yourself with continuing upon the journey toward mystery and accept that you do not know what you do or how to do it, but that you wish to do that which will make the mystery move within your life in the pattern that may only be described as love.

15.33 1986/11/09

3: We are those who would inspire each of you to seek, to ask your questions with more and more care and love for the search itself, for your answers, as all answers, shall turn out to be illusion and with each revelation and transformation you shall discover that you have pushed back the frontier of mystery, only to find that same mystery beckoning from the new frontier. There is no information so complete and so satisfying that it constitutes the ultimate answer, for if it can be said, it is not the truth and he who says it has pride, not understanding.

9: To put that another way, and more simply, each of you falls headlong into a blazing white light, the white light of an infinite Creator whose very nature is love. You are falling unbelievably quickly, and you shall fuse and become one in your perception as you already are in reality with love itself. This is your destiny. And yet speed is such a relative thing. None of you knows how quickly spiritual gravity pulls you toward that great center, that great unity. Each of you feels you cannot possibly be moving quickly enough, you need to know more. And so you draw yourself along. Yet in reality, you could not hold yourself back if you tried.

13: We would that you would stoke the fire of your desire to know the Creator by allowing knowledge to come into all of your being, for there is no cleverness in knowledge of the creation or love of the Creator. There is no right answer, there is no argumentation. If you have a longing, a yearning for the presence of the Creator, and if you allow that longing to persist and to grow, if you encourage that desire, the study and meditation, mind and heart both exercised, then shall that longing deliver you into the very presence you seek. Expect it, look for it, and when the moment comes that you feel that you have been given something you cannot describe or name, rejoice and let that go too.

44: I don't really have a question—I've just kind of been wrestling quite a bit lately with the concept of self-love, attempting to understand a little more how to accept myself and how to love myself more, and I guess I don't really have a question, but do you have any comments that might provide any sort of illumination on that subject? Anything would be appreciated.

15.34 1986/11/16

2: I am Q'uo. I come in the love and the light of the one infinite Creator, and because we speak through this instrument, we say to this group alone, we do come in the name of Christ, for it is not your Christ only, but Christ, a love, the love, the love of the Creator. How could we not come in that holy name, for indeed we too hallow love as we would hallow our mother and our father, for love is mother and father of all of us.

4: My children, we offer our answers in love and in hopes of being of service, and yet because your question is about divorce, as you call this custom, our points of view diverge dramatically, and in sharing with you our point of view, we so far wish not to influence any unduly that we ask most especially for each seeker's careful discrimination in using any part of what we say, for we would not wish you to act as you think you ought, but as you feel. It is your discrimination and your choice at all times, and the greatest teaching, the most ideal rule, the most exalted creed is as nothing if it is not the

echo of your heart and your mind and your will. It is indeed doing damage to yourself to take concrete and irreversible steps which are not of your own choosing. It is less unfortunate if the choice is temporary, and yet we would wish not to be of disservice at all. Therefore, please take those things we say and weigh them carefully.

10: Thus, it is well to choose the mate you want to suffer with and for the mate you feel will pull and pull as strongly as do you to carry equally the burden of illusion. Certainly it is well to choose in love, yet, my children, do you think you were given your physical vehicles, as they are, for play? We suggest that in the divine play that is your sexual network of responses, there lies the great wisdom of bonding and creating a reason to consider one particular mate over another. The choices are often too many, for one may seem good, and then another, and then another. And so we observe most sadly that the motives for your mating often include the interest of the physical red-ray center, and often also include desires for benefit. This is service-to-self in orientation, as is an unenlightened active red ray, and will lead to exactly the kind of catalyst for which each in actuality enters into a mated relationship.

13: We would suggest that there be made special time for meditation. What could be gained in meditation, you may ask, when the problem, the catalyst, is coming from another? And we do not give a sympathetic response this time either, for the only sphere in which any entity has power is the sphere of himself. True power is power over the self and the right use of power involves the self. There are in any difficulties which you experience, whether or not another has difficulties, problems of perception within yourself, my children. If you see anything except the face of love, you are having difficulties with perception. The distortions are understandable and unnoticeable relative to other entities within the illusion. You may even feel that you have a clearer picture than others, and indeed you may.

14: However, we are speaking of something that is removed from the illusion, and that is love itself. For each entity has as its core reality the face of the Creator, the heart of Christ, the mind of love. If you do not see that in your enemy, your mate, or the earth and sky itself, then you must polish your glasses and set yourself to study silence again. Do not be easy upon yourself here. For no matter what your actions, my children, it is well to have a bedrock within yourself where you have a metaphysical honesty that will give you strength. You may not be pleased with yourself, but it is well to attempt to continue to know and to bless the self in all its distortions.

15: Any experience may be reexamined at any time for the possibility that the catalyst has become too much for the flawed illusory entity that you experience to buckle under, and so, rather than destroy your body or your mind by allowing truly impossible abuse, it might, of course, be possible and even necessary that there be a mated couple which must spend some time apart. It is our admittedly biased point of view that it is well to persevere at all times with only one question, and, as always, that question is "Where is God (Love)?"

16: My children, if you or your mate find love in another, remember your own time of romance with gratitude and thanksgiving, and then wish the best and the highest and the most for your love regardless of what your mate wishes to do. If the difficulty is a difference of opinion, turn from defending self and begin defending your love, for does your mate not need you now more than ever? Is your mate not in pain? Words, gestures, any attempt at communication will heal much. And if they do not seem to be efficacious, that also is acceptable to us, for we expect the catalyst and do not attempt to rule its flow into our experience.

20: If you have been left, and you have found yourself acting in negative ways, ways demeaning to your mate or to yourself, we urge you to take hold of your will and your powers of love, for if you have not been tested again, you shall be. You will feel betrayal and rejection somewhere and somehow. Next time, my children, offer your love back to the situation. 22: Forgive and forgive again. Forgive yourself, forgive any who seem to have hurt you, remembering that you have faulty perceptions if you do not see love in every situation. You have the power to create children of your thoughts, daughters and sons of your heart by what you say and how open your heart and hands are. We ask you to create love. Love one another, my children. Always do what you must with no excuses and no need for recrimination, and always turn your face forward

15.30 1986/10/19

2: When you request information on enlightenment and appropriate methods for attaining it, you are speaking of attaining a manifestation rather than an essence, for enlightenment can only be seen by its reflection. Just as light itself is the creature and creation of love, so also is enlightenment the creature and manifestation of the thought of love which an entity has made his own.

3: Let us turn then from the manifestation to the essence. How to achieve communion in the unity of consciousness and love is perhaps the most basic magical question which could be asked. Magical in the sense that any entity which desires power, whether on the positive or negative path, must form a congruency of a kind with the original Thought of love in order to create personal power. Each pilgrim which embarks upon the path of attempting to increase the pace of the spiritual journey...

13: Once you have meditated—frustratingly or pleasantly makes no difference—for long enough to perceive yourself differently than you did before you began to meditate, you will begin to experience outward changes in your perceptions. This is due to the fact that contact with the essence of love, the one original Thought of the Creator, causes a continuing shift in the point of view. The method of evaluation of data becomes far more regularized and polarized towards valuing those things which are considered to be of service to others and to the Creator and devaluing those things which are seen as unethical or service to self.

17: Once you have begun this journey, you shall never arrive, for part of you is always aware of what you do not know; another part is learning and is quite disorganized; and another part has learned something recently and is resting and is waiting to see what the next lesson may be. My friends, you are complex people. However, enlightenment is essence in importance, and your perception of enlightenment is the shadow of the reality of compassion. As you meditate, as you begin to widen your point of view, never rest, for there is always another refinement which may offer more beauty to your own consciousness of love, and for you to reflect that consciousness, for you to seem enlightened, a light to those around, is a most helpful thing to wish. Never suspect that enlightenment benefits the enlightened one. Enlightened entities, my friends, for the most part, work very hard and do not consider themselves enlightened.

18: No, enlightenment is for the benefit of lightening others' weary loads, lifting other people's spirits with an enlightened smile or a few soft words. Seek the essence of compassion. Seek the Creator which is all truth and all love. Enlightenment will be your harvest. We wish you a good appetite for meditation, my friends, for it will stand you in good stead.

30: That is, in the process and state of meditation, one begins to become aware of the unity of love which binds all things and which moves all experiences in intricate patterns which then offer the lessons of love to those of your illusion. The desire, then, to seek the heart of the life pattern is that desire which is most helpful to propel one into the meditative state, no matter what technique of meditation is chosen.

69: As this process continues and feeds to the conscious mind more of the nature of the daily experiences, the seeker may for a varying portion of time or experience see that about it in a new configuration which tends to confuse or fuse together with that manner by which the experience [was] previously perceived. Thus, there is the fusing of perception, that which is more exterior, with that which is less exterior or more toward the heart of experience that is Love.

15.31 1986/10/22

7: We suggest to you, my friends, that there is one consciousness, which in its original and undistorted form may be called love. The consciousness of love is the great original Thought, crystal clear and pure, and by its profound, generative nature, the Creator of all that there is.

8: Thus, the consciousness that is your identity and nature is some distortion, one representation of that one great original Thought of love which created all that there is. When the conscious mind of man is used without the aid of the deeper mind, very little of the consciousness of love can be channeled through you from consciousness to manifestation. The person who lives in mind and not in heart lives a dry and arid

life, unrelieved by the beauty of love or the joy of passion, for, indeed, it is those with a passion and joy for knowing the truth, for celebrating friendship, and for seeking love, that creates the full potential of consciousness for each of you.

10: You are an eternal essence, part of the Creator, and before your planet hung, round and beautiful in its orbit, you existed, complete and perfect. It is your birthright to experience infinity. Your conscious mind keeps you limited. In meditation, you enter the eternal, and as you allow your mind consciously to run down and become quiet, you tap in more and more to the great stream of love and wisdom which runs underground, shall we say, in your consciousness

12: If all whom you meet and all that you meet are love, then what shall your perceptions be after meditation? The more you meditate, the more you will discover the expansion of your viewpoint, the increase in tolerance, in awareness, in understanding, for, my friends, the creation is far other than it may seem to those who view the incarnation, the lifetime, as all that there is.

14: Turn then regularly—daily, if possible—from the endless wrangling, disputing, proving and disproving of the conscious mind, long enough to swim in the sea of eternity, so that you may cleanse yourself of dailiness and emerge clear, clean, spotless and perfect, resting in infinity, bathed in the love and the light of our infinite Creator.

15: My friends, you are experiencing changes as it is, and the more you meditate, the more changes you will experience in addition to that which by nature is changing in your perceptions. The path of one who seeks through meditation and opening to infinity is not always an altogether easy one, although it is a joyful one. There is often little peace in perceiving more love in situations than others perceive. Yet, may it be a joy to you, and may you always seek the truth.

16: We surround you with our love, which is only that channeled from the Creator through us, for all things are the Creator, and the Creator is in all things. If we have said any words which do not seem to ring true, use your discrimination in removing and forgetting those things we have said which are not for you, for we make as many mistakes as any other friend. Yet, we are your brothers and sisters, and we hope that we have been able to assist you. Love each other, my friends. Care for each other, and experience the Creator in every face you meet.

15.32 1986/11/02

3: In answer to the queries of the instrument regarding the nature of prior contact, we may say that the previous messenger was not acceptable as a spirit filled with love of service to others, and we are pleased at the instrument's determination to name and dismiss the persistent contact. We ask that this instrument attempt to erase from the mind the name of this entity, as thought of the name is an attraction, forming a bond between instrument and contact.

7: Thusly, we wish neither to commiserate nor inspire. We wish to explain to you that you inspire us, for you cannot see any good that you do, nor can you know what you have learned within this incarnation. And yet you struggle onward, ceaselessly valiant, forever spraining your metaphysical ankles and breaking your bones, picking yourselves up, putting yourselves in traction and moving back into your search, your fruitless, hopeless search for a well-ordered, productive, maximally service-oriented expression and manifestation of love.

9: Would that we could teach those within an illusion to pay sufficient attention while peaceful and happy, for then discomfort and pain would have no spiritual use whatsoever, these being the two-by-fours which are applied to your foreheads by your higher selves in a loving effort to get your attention.

12: Things are simple, as our message always is. You may put on light; you may put on love; you may put on commitment; you may put on honest doubt. In all of these ways, you are declaring that your element is wakefulness and that your goals are not surface, not sleep-ridden, but further into the light, further into life, further into that which is conscious, for there is that within each life which is conscious, but hides beneath the waters, and the waters hide beneath the ice.

20: By so experiencing these various geographical configurations, to continue, one may then, through this experience, fashion that which is truly born of wisdom and which may

tions placed upon you by your Creator. They are placed upon you by yourself, in your acceptance of them. There are no situations which you, as your own personal creator would place before yourself, that you could not properly confront and overcome.

12: My friends, you may have asked yourself before this many times: "If indeed I chose these tribulations, whatever was on my mind when I did that? What was my higher self thinking about?" We cannot penetrate the nature of the Creator, nor would we pretend to. And if there is a reason that the white light and perfect love of the Creator was generated into what you have called the Word, so that entities may appear to people the cosmos, we do not know it. Nevertheless, that this is so, we do know. It is possible that, in infinite humility, the Creator offered to all of His infinite parts total freedom to remake that creation. This is, indeed, the option that was before you as you contemplated your entry into the physical illusion before your physical birth.

13: Before you came into the physical illusion, you were in an atmosphere where thoughts were obvious things, as real to you as the physical objects of your illusion are now. And the choices that you now find so difficult were not even choices. And you asked yourself, if you were put to the test, would you still know what love was? Would you still know how to serve your brother? Would you still seek the Creator with all your heart?

15: And so it is with you, my friends. This was your motive. Whatever else you needed to do while you were here, your basic motive was to penetrate the things of this illusion with your discrimination so that you could see the love and the light, as you would call it, the heaven that penetrates all that there is. In order for you to see those things that are lasting, it is necessary for things not to always go, on the physical plane, perfectly well, for if your day-to-day existence was not at all troubled, you would perhaps be satisfied to live out your physical existence without seeking further knowledge. It is when things become difficult that you seek to know the reason.

29: My friends, the wind of experience can blow hot and cold, harshly and gently. Yet, you have the key: you may tune yourselves. Meditate, my beloved brethren, you are all one. You are all in harmony. It is only a matter of finding that sweet harmony.

5.3 1976/10/26

1: ...in the love and in the light of our infinite Creator.

6: My friends, your thinking is all that exists. The entire universe is thought. All that is necessary for any condition or any experience is thought. We extend to you simple instructions to be used in an extremely beneficial environment to create a very rapidly accelerated evolution of thought. Make use of your present condition, for it has been chosen, it has been desired, in fact, as you say, totally programmed by yourself. It is for your benefit, my friends, each of you individually. Make use of your present condition, for this is what you planned to do. Do it, to reach that goal that each of us so earnestly desires: the goal of union in thinking with our Creator. For in this union, my friends, is all that you could ever possibly express in love.

16: We are here, as have been many before us, to bring you good news! to tell you that love and the thoughts that proceed from love are all that there is within the universe. We are here to ask you to claim your birthright as the creator of your thoughts and therefore of your universe. Link your thoughts with the Creator, and let Him think your life.

91: That there are many, many here to aid you at this time, my friends, is true. There are many levels of consciousness. Your planet goes through a transition that is monumental in its experience. There is no one single answer to any of your questions, except the question with respect to the Creator and His love. All of the other activities are very numerous in their orientation. As you know, the numbers of people upon your surface are many. The conditions of thought upon your surface range in a wide polarity of development. Consequently, those whom you meet from elsewhere may have a wide range in their methods.

5.4 1976/10/30

1: [I am Hatonn.]... the love and the light of our infinite Creator. It is once more a very great privilege to be with you. We of the Confederation of Planets in the Service of the Infinite Creator are always ready to serve you. Our service at this time is limited, but shortly the limitations under which we now serve you will be lessened.

5.5 1976/10/31

7: And what is this message that we have come to give you, my friends? It is a simple message. We have one Creator and we are that Creator. We have been created by love and we are love. In all things that are apparently so different there is an underlying unity and that unity is love. In all experiences that are so difficult there is an underlying understanding that unifies the disparity and that underlying essence is love. At your beginning and at your ending is love. Instinctively, those upon your surface know this and from this inner instinct has come many, many of what you would call religions and philosophies. And yet, due to those elements which are of an illusory nature, the information becomes complicated. Distinctions and differences begin to be made between brothers and between understanding. And the unity is lost.

8: Again and again this has happened among your peoples. That which is begun in total love and unity is divided and set against itself by the intellectual understandings of men.

9: The nature of the illusion which you call physical existence is such that the intellect will, by its very nature, analyze, criticize, discern each experience with which it comes in contact. Therefore, that which you perceive with your intellect, that which you touch with your physical fingers, will forever seem to you to be of a certain type and therefore not of a more general type. This and that and not love.

10: It is for this reason that we have so often said to this group that the most important thing that we can say to you is that you must form a habit of meditation. It is only when you allow your intellectual mind to become quieted so that your inner self may begin to function that you may begin to realize your connection with the infinite love of the Creator. That you may begin to feel that love flowing through you and making a mind of unity between you and your brothers, be they your friends, your enemies or even total strangers. In meditation you may begin to feel that strength of that unity. You may begin to feel your own power as a perfect child of the Creator. Only in meditation can you find these things, for they are not apparent in your waking consciousness.

28: We are aware of your question. Among your peoples it is not common to actually see those thought forms which are of healing or helpful nature. Therefore, it is difficult to tune, as you might say, those thought forms. Yet, the ability to send thought forms, or as some would call it, to pray, is a matter of simply, in a confident and quiet manner, visualizing that object or person whom you wish to help and then visualizing the white and perfect light and love of the Creator flowing from the Creator through you and to that object or person so that it totally surrounds the entity whom you [visualize.] This is all that is necessary. It is most helpful if, when you visualize the entity who needs help, you visualize this entity in its real condition, that is, in a perfect condition. For although within the illusion your thoughts have caused many and apparent difficulties, each true entity in its true form is perfect. Therefore, visualize that perfect image surrounded by the light.

34: In all humility, my brothers and sisters, do that which is in front of you to do and love. For this is your first mission. If you continue in your seeking and meditation you will be guided.

5.6 1976/11/07

6: In order to know yourself, you must serve others. You must render unto others that love that you find within you. You must share with all around you that which you have learned in order to proceed further and further into the depths of your being. It is as though there were doors and you contain within you the key to each door. The key to one door may be service; service to a particular individual. And the key to

another may be service to a group of individuals. And the key to another may [be] the discipline of willingly accepting a profession by which to acquire material needs. And the key to another may be the acceptance of the discipline of studies through your educational systems. Yet, my friends, the key, the key which is of greatest importance, the key which unlocks the door of knowledge as to what other keys to utilize, is the key which we have called many times, meditation. There is, to our knowledge, no greater way to come into the realization of one's true identity than through the proper and disciplined utilization of the art of meditation.

7: Certainly this can be attained through other avenues of discipline. But none, to our knowledge, are more swift in their actions and reactions upon you. We of the Confederation have been aware of the movements and of the decisions within each person upon your planet for a vast amount of your time. And we are aware that the dawning of the consciousness which you may call Christ consciousness has indeed begun upon your planet. My friends, it is your responsibility to continue feeding, shall we say, that consciousness, so that it may grow. And in order to feed it, my friends, you must know thyself. Know what your portion within the overall view and the overall raising of that consciousness contains. Know what it is that you are to do. And once again, in order to know this, you must know thyself. Love one another and you shall indeed love yourself. But love not yourself and indeed you cannot love another. For you must know what love is from within you in order to share it with others. All things lead back to the same position no matter in what direction you turn; no matter what avenue of seeking you choose, it shall lead you back to the center of your being and bring forth from within you the love and knowledge of the universe.

14: Within your illusion, although you are in a community you seem to be always alone. And we say to you your aloneness is the key to many understandings. Until you understand [how] to be alone you will never be able to fully be a part of a group. Many among your peoples have the need to be with others and yet they find that they are not satisfied. Conversely, my brothers, it sometimes seems that to be alone would be the most precious thing because one seems to be always dealing with others in your community. Yet, until one is able to share in community, one cannot totally use the time alone. And so it is a circular problem. For to be alone is in the end impossible, for you are one with all that there is. For to be with a group is impossible for there is only one. So you are within the physical. It is a mystery. Yet, through meditation you may find the heart of being alone and the heart of being part of the community. For in both states you are inspired by the Creator and His love which you have called the Word.

15: In your solitude, realize first that you are in direct relation to love, and that this love is your whole existence and all else is the appearance of love. In your communion with others, realize that the blessings and the troubles are possible only through the relationship of love between you.

5.7 1976/11/14

3: We of the Confederation of Planets in the Service of the Infinite Creator have, in what we consider to be recent times, experienced similar existence to that which you experience at the present time. And being aware of those lessons which can be learned and also those pitfalls which can be experienced, we have chosen to come forth and share with those who would accept them, informations and guidances that would be to their benefit. We of the Confederation do not wish to interfere with any individual who would choose not to listen. It is only our desire to be completely open and free with knowledge and love we have come to know. And freedom, my friends, can only be found in the recognition of the choice of others.

4: Generally, we address these groups and share with them philosophical viewpoints. And within these viewpoints there can be found in-depth meanings and clues to assist you as you journey through this life experience. And among these clues, shall we say, the most two important which we can stress is the practice of meditation and the practice of service unto your fellow man, which is in itself is the expression of love.

5: Service, my friends, comes in many various forms and it is your choice as to which you would choose to utilize. You need not lift a hand. You need not render physical assistance. All that is needed, my friends, is to truly love one another. A

love which is not possessive. A love that is pure from the very existence from which it has come. Love, my friends, is much more than man upon planet Earth realizes at this time. For one who truly loves can look upon disease and one who truly loves can look upon all forms of decadence and view perfection and know that underneath or within that which is viewed lies the potentiality of perfect being, perfect expression. For, my friends, within you there are both portions which are vital to bringing forth the balance of being that you seek. There is that aspect that you would label negative and that which you would call positive. And yet if it were not for both poles' existence, both sides, there would not be the knowledge of one or the other, and the true recognition of balance and the true knowledge of value. And that value, my friends, is knowing that all things are indeed balanced and in perfection. What seems to be imbalanced to you is but an experience through which you may learn.

7: And each individual upon your planet is important in the universal scheme, shall we call it. For, my friends, as you sit in your periods of meditation, as you love one another, and as you render service unto one another, from within your being is projected those energies which will flow throughout not only the sphere on which you live but throughout the universe. Energies of love attracting to itself like energies of love, each magnifying the other. Each blending those energy fields of all of the men upon this planet. With each little portion of love that you send out upon the ether waves, you have rendered service unto your fellow man. And you have brought unto yourself greater portions of love from those around you.

5.8 1976/11/21

1: My beloved brothers and sisters, it is a great privilege to make contact with your group. And I do so only to say my blessing and my peace are with you and your world. I am known to you as Philip. And I send you all the light of my brotherhood. I have wished to give encouragement to you and I know that you have felt it.

2: My beloved brethren, love each other. Serve each other. Know that throughout all of those who dwell upon your Earth at this time are your brothers and sisters. With your aid all will one day live in harmony. Do not falter. I may continue in a moment.

10: Each and every individual upon your sphere of existence is an instrument of the Creator. Each instrument by choice previous to the incarnation has chosen to fulfill that which many of you would call destiny. Many of you have chosen to work with one another and to love one another in simple fashion. And some have chosen to take upon themselves the responsibilities of what one might call a teacher. Some have chosen to enter into fields of endeavor in their life. Yet, we must stress, no matter what it is that you have chosen to do, whether it seems to you to be a task of simplicity or a task of great magnitude, it cannot be measured, my friends. Your worth to the Creator, your worth to your fellow man, and your worth to the entire universe is immeasurable, as is your existence. You are an infinite being. You are instilled with divinity. You are of the utmost importance. You are a portion and particle of the divine Creator. Without your existence the creation would be incomplete.

11: Never, my friends, judge that which you are to do once you become aware of it. And seek out that which you are to do. Know what it is that you have come into this existence for. And proceed to do it knowing that you are going about being thy Father's business. Do not attempt to do the Creator's business. Be that business. Judge not yourself. Judge not others. Accept all things freely and lovingly, and in saying this we do not mean that you must submit yourself to the onslaught of negativity.

12: Learn, my friends, to control those forces which influence. For indeed you have this ability instilled within you. Learn to be able to be, shall we say, bombarded by all negativity and meet it with your own positive energies and with the love and light which resides within you and overcome that negativity, purify it, encase it in the light, and send it back from whence it has come with your blessings.

16: My friends, as I have said, you are divine. Know this at all times. Recognize and learn to see the divinity within those around you and know that that divinity is within all beings. No matter who you come across in your life, whether they

you subjectively see yourselves to be. Thus, at this point in your third density, as it moves into fourth, you find yourselves at bitter odds, torn between compassion and comfort, between patriotism and peace, between love and anger. And your creation is reflecting this.

16: Each time you send light to that entity who loves you whom you call Earth, the Earth changes. The question was a simple one, and we have commented on Nostradamus. However, my friends, we hope that we have turned your minds to a new consideration [of] prophecy, one that offers you room for praise and rejoicing, for excitement at new things and for hope in the future. As you mold your consciousnesses, so in echo will your growth mold itself.

15.26 1986/10/09

22: The inward form is malleable and will be brought into your consciousness in the shape and feeling it possesses due to your desires. May you crown each question you ask of others or yourself with the desire to know and serve the Creator, to know and serve love. For your journey shall end according to the shape of your desire. And in that ending shall be your beginning.

38: We speak through instruments such as this in order to share the simple message of love and light which is ever unseen and yet which is perceived in so many different ways. We are delighted for the opportunity of sharing our humble perceptions with each of you who have asked for it. At this time we transfer the contact once again. I am Latwii.

15.27 1986/10/10

4: Always do we speak of that great original Thought, that thought of love of the one Creator which binds all of the creation and all entities within it together as portions of that one Creator and that one great Thought of love. Each of you in your daily patterns and in the larger patterns and rhythms of your incarnation, and, indeed, throughout the many series of incarnations that you have experienced, gather to yourself biases in your thinking and experiences within your being which then serve as resources upon which you draw as you do all that you do, as you think all that you think, and as you serve as vocal channels in this particular manner.

5: Thus, from each we find a great library of resources of experiences, of thoughts, of joys, of sadnesses, of what you call success, and what you call failure, and much, much more that we may utilize in expressing the simplicity of the great Thought of love, the one Creator as a general principle which motivates all of the many complexities of your illusion and of others.

6: Thus, as you move through your incarnation you gather a certain kind of momentum, shall we say, that may be seen as the present moment's culmination of all that you have experienced. This is a very, very rich resource, my friends, and we rejoice in the uniqueness which signifies each of you one from the other, and yet is an emanation of the same Thought of love.

7: Thus, in the vocal channeling type of service, we feel that it is most important that each instrument feel as much acceptance and love for its own experiences and identity as it does for those of others, for in this way we are aided in our attempt to unify those many divergent thoughts and experiences which each of your peoples gathers about it, and as you serve as an instrument in this process and are able to see the love and joy—perfection—within your own experience, and as you are able to see it as equal to any other's experiences, then are we more able to utilize that which is yours to offer into this service by means of the transmission of thought.

15.28 1986/10/12

4: We hope that you may bring that silence with you as a tool to use not in the dark with your eyes closed only, but in the harshest of daylight and under the most trying of conditions, for if there is a portion of you that remains in the silence of that which is most precious to you, then all else is but a shadow which moves across the sun at the center of your being, and no cloud is large enough to blot out the joy you may take in living, and if the silence be gone from the

noon day, then you are lost to the hustle and bustle of your conscious daily thoughts. It is difficult to love when one is busy. It is difficult to perceive or experience the consciousness of the Creator or to take part in the one original Thought which created you.

6: None of you who feels that these words have truth is alone in this perception, for it is the nature of your culture to distract yourself from the consciousness of the love and light of the one Creator. It is difficult to turn [from] the riches of an earthly, shall we say, kingdom and choose the bright and shining ideals of an unseen kingdom. They do not glitter in the hand nor are they grateful to the touch. Pursued, they retreat. Those unseen values which you desire have no market value. It is difficult to explain the spiritual path to any who do not love the silence already or at least hunger for that which cannot be held in the hand or assessed for material wealth.

7: Yet, if you are dwelling in the silence to the extent that you can carry a small portion of it with you, it will not disturb you that many do not understand what motivates you. It will be enough that you have the opportunity to express yourself in love to other portions of the Creator. What entities may think of you is irrelevant to the excellence of your effort. Indeed, what you yourself estimate to be your excellence is irrelevant, for in the world of invisible things, where truth and beauty lie waiting to be found, all that is needed, all that is relevant is your seeking, that is your power and your peace. It is your very identification, for you are what you desire.

29: I am Latwii, and we perceive a comment upon your experience that may also benefit from a comment from our point of view, though we have not been queried specifically. We may suggest that when you have the ability to look upon those experiences that are a part of your history, shall we say, without a feeling of joy or sadness, you may assume that those experiences have been utilized in an efficient manner, for when there are emotional charges, shall we say, that are apparent and connected to any experience, then one may assume that there is work in that experience which one may undertake, for the emotional colorations that one feels for any thought, experience or entity are distorted perceptions that are distorted in such and such a fashion in order that an entity will be drawn into the process of balancing these perceptions so that the final product of all experience is a quiet acceptance that may in metaphysical terms be translated as unconditional love.

57: I am Latwii, and am aware of your query, my sister. It is quite a large subject, for all things and people which come before one's notice within the illusion in which you experience your current incarnation are a portion of the self in one degree or another. The attraction of the self to the self is that which is a natural portion of the creation, for the creation, as you know, is of one thing, that great Thought of love which motivates all that is and is the fabric of all creation.

58: If you are able to perceive in a relatively clear fashion more of the heart of your own being within yourself and are able then to look with this same eye upon those about you and recognize a clearer reflection of that which each is, then you may feel an attraction which is unhindered by the disguises, shall we say, that are the personalities which allow entities to pursue lessons in a unique fashion. Thus, it is not so much the uniqueness of entities which attracts one to another as it is a clearer and clearer expression of that which is the same for all, that being the expression of the love of the one Creator.

15.29 1986/10/14

7: So we do to you when we contact you, and if there is not a certain comfort or sweetness in the call, it is well to ask for it mentally that you may know that there is indeed a contact, a contact of compassion and love, of spiritual truth and of peace. And when you feel the touch of that emotionally palpable contact, it is to you as conditioning [is] to others, for your area of sensitivity, your area of surety, your particular mental makeup, is circumscribed through the emotions, and it is in the emotional area that you may look carefully for conditioning.

there is of Itself, each of you is an holographic representation of the Creator, and herein lies your great and fundamental equality, for each of you is in all ways perfect. That is your reality. You are channeling a distortion of your actual original self. You are dimly perceiving your true nature, and you are gaining in experience in this illusion so that you may refine your perceptions and more and more define yourself in terms of love and all others in terms of love until your perception becomes clear.

12: I am Q'uo, and it is our privilege to do so, my brother. Each person will find that much is shared, yet much is unique in the pattern of life as one may see it compared with others and as one looks upon it in one's own experience. Thus, as one proceeds through this pattern and sees the daily round of activities repeating in a certain fashion, one may note how the learning of love which each attempts is proceeding in the life pattern.

14: Among these, a general suggestion may be made that a certain portion of the day be set aside as a quiet moment of reflection, whether it be meditation, prayer or contemplation. During this quiet portion of one's day, one may review the process of learning this general concept of love and acceptance that is ongoing in the life pattern. During this time, one may note those areas where added attention would be helpful. One may note those areas of success, shall we say, and attempt then to build upon these strengths and to utilize in some fashion what has been well learned there in the areas which yet lack the proficiency of loving without stint and accepting without condition those offerings of others about one.

21: Thus, the heart of all is that which one moves closer to in such a movement and if such be the motivation for seeking the high mountain cave, then, indeed, such isolation may be an effective means of learning those lessons that one has set forth in the life pattern, all reflecting in some degree the general understanding of love. Yet such isolation is not in the physical sense necessary if one can find those quiet moments in the high mountain caves of one's own daily meditation.

30: I am Q'uo, and it is possible only in a general sense, for to delve in depth into this entity's incarnation and to report those experiences which were of particular and singular importance in that entity's life pattern would require a great deal of focused attention of a nature on this instrument's part which would be quite fatiguing and lengthy. However, we may suggest that the one known as Jesus of Nazareth who became the Christed being dwelling in the consciousness of love, that this entity was from the beginnings of its life pattern one filled with the desire to penetrate the illusion of appearance and to seek the heart of all being, which it perceived as what you would call the power of love. This entity was greatly desirous of being of service to those about it by aiding their own journeys of seeking this same source of power, that called love.

33: The entity thus having penetrated, as it desired, to the heart of the power which sustains that known as the creation, thus it was able to realize that that power which it sought and called love and the one Creator was available to each person as a result of this same process of seeking which the one known as Jesus the Christ had itself undertaken. Thus, having realized that which was its great desire, it then moved again to that area which was its place of birth and began the activities that are recorded in the holy work that you call the Bible.

44: I am Q'uo, and am again with this instrument. To continue our response. Thus, the accumulated experience that has accrued to the population of your planet has provided each entity now incarnate with the opportunity to utilize the heart chakra in a fashion which is congruent with the King's chamber position and provides to each entity who seeks consciously the keys to its own evolution the possibility of utilizing the energy of what you would call love in a fashion which may balance and heal not only the self in further processing of catalyst and others about the self, but in visualized meditations may affect the balance of your planetary sphere itself. This potential becomes available to an entity when that entity becomes consciously aware that it is proceeding upon a path of evolution and undertakes to accelerate that journey in a studied and continual fashion, thus becoming what we have called a seeker, a pupil.

52: Thus, for one to truly be of aid to another, one can only desire to be of such aid and to reflect the love that one has found in as pure a fashion as possible, giving always with an

open and cheerful heart without expectation of return so that the greater will of the one Creator which has been planted as seed within all entities might in its own time be nourished and grow in a fashion which, [while] perhaps not understood by those about an entity, yet is appropriate to that entity.

15.23 1986/10/02

3: Yet if any portion of the complexity of your daily round of activities be followed, the source will be found to be that which is quite simple. The love of the Creator enables all portions of the creation to move in their various dances and to play the parts that allow experience to ensue and allow contemplation of that experience to distill from it the crystal seeds of thought that are love in a simple form.

37: I am Laitos, and am again with this instrument. To continue our response. We find within this query greater possibility of infringement upon your own powers of discrimination and use of free will were we to give specific response. We may speak in general, and suggest that at any point in one's experience that one feels influences of a negative nature, that is, of a nature which seems to oppose the movement of one's free will, that the response which is most helpful is that response which moves with greatest freedom without distortion and with the widest possible view of the experience which has been encountered. That is to say, as one is able to see all entities, thoughts and experiences as portions of the one Creator and is able to bless and love these experiences, one then moves to their heart and at that point joins in love with them. If any outer expression by another entity, then, is not congruent to that heartfelt expression, such an entity will find it necessary to remove its presence from the mirror which reflects to it the heart of love which it itself has denied in order that it might progress upon that path which may be characterized by the phrase, "the path of that which is not"—separation.

15.24 1986/10/03

4: You who have gathered here this evening have chosen a more specific means by which this transmission of the power of what we have called love may be accomplished. It is no more or less better or worse than any other choice. It is simply a choice which will be useful to some and less useful to others. That it is offered in the desire to be of service to others is that which truly matters, shall we say. Thus, this desire is that in which we rejoice this evening and we share it with you.

49: If those concepts do not rise in your consciousness, challenge immediately, my sister, for the source is questionable in that event. That is, it is certainly not necessary to question that it is not the Confederation which speaks. Thus settling into the night and enjoying this added few moments to hear the sounds of your katydids, we do bid you farewell in the love and in the light of our infinite Creator. We are known to you as those of Laitos. Adonai.

15.25 1986/10/05

6: Begin with the original Thought, the unified, ceaselessly eternal, all-encompassing Thought that created all that there is, creates all that is to become, and yet remains uncreated. The Logos—love—has no mate but the divine spirit of free will, and its creations are of itself. Thus, each portion of the creation is a hologram of love. Each portion of each illusion contains within it all that there is, all truth, all wisdom, and all understanding. Is it any wonder, then, that there is a marvelous amount of redundancy within the objects which make up your illusion? Is it any wonder that the energies of the atom mimic in miniature the very visible heavenly arrangements of planets, solar systems and galaxies?

12: Remember also to take yourself seriously enough to realize that this creation is more and more created by you as co-Creator, for during the third density man becomes more and more the true captain of the craft which is his consciousness, becoming more and more self-conscious, self-aware, self-sensitive and aggressive towards the environment which previously has been molded by love alone. More and more the third-density illusion becomes a metaphor for the self as

would be what you would call criminal, evil or good, they are divine. They are either fulfilling that which they have chosen to do or they shall do so in the future. Know that each person progresses at their own rate. Know that each person has that right to choose in what direction to go. Give whatever assistance you can to those that would request it. Give whatever assistance [you can] to those [who] would not request it when you know it would not be violating their will. And, my friends, the hardest, the hardest thing to do for those truly dedicated is to render no assistance to those that they know would not accept it. For to share your energies with those who would rebuke it is to waste, shall we say, precious time and precious energy. All that you can do for those is to love them and to bless them and allow them to go their way.

17: Each of you, my friends, has in one form or another begun the journey; the journey that shall lead you into the knowledge of that mission you have chosen. Advance forward and never look back, for what is behind you, my friends, is experience. Utilize it properly and continue to go forward knowing that you shall indeed achieve those goals which you have entered into life for. Indeed, you are the servant of the Creator and the servant of your fellow man as the Creator is your servant and your fellow man your servant. But service, my friends, comes only in love and love does not demand and love does not possess. Love does not criticize. Love does not place judgment. Love my friends, as this instrument has been told before, can be simply defined: the L is for luminence, the O is for omnipresence, the V is for vacillating, the E is for eternity. Love is luminence, the light within you; the omnipresence everywhere vacillating and flowing forever eternally within you and within all your men who walk this plane of existence. And within each particle, within each molecule, within atomic structure that your scientist's observe, this love is and this love shall always be. It cannot be smitten. It cannot be hidden. It cannot be denied. Love is the most potent energy of the universe and it shall succeed over that which you call darkness or negativity.

18: Take these words of wisdom. Do with them what you will. Know that I love you, that my brothers and I continually send you our love, our light. We work upon a plane of existence which is what you would consider above yours. And we do many things which you do not see to assist you, but, my friends, it is your life and it is your mission. Do with it as you will and know that we will assist you.

5.9 1976/11/28

7: It is very important to your peoples at this time that you seek the knowledge of who you are and what you truly want for your planet, and indeed your whole solar system is at this time progressing into a new area of space and a new vibration of experience. This has been said by so many of your own people we do but echo this truth. It has even been given a name. Many of your people speak of the Aquarian Age, or the Golden Age. You may join the Age that is to come, that is already becoming apparent, if your vibrations are such that they are in harmony with that vibration. That is what we are here to tell you. That is our purpose here: to share with you our understanding. Our understanding is that we are all created as one being. That that one being is in a state of perfect love and harmony. And that our purpose in this and every experience is to more fully realize and understand the reality of that perfect love.

19: Divine in nature are all your fellow beings. Recognize this within them. Allow them to do that which they choose and assist them in any they may request. But place upon them no limitations or judgments for it. It is they themselves and only they who have that right to limit and judge what they are to be and what they are to do. Go through this experience of life knowing that all things are indeed the reflection of the divinity within you and accept them and learn from them what you can. And love them at all times as your Creator loves you.

5.10 1976/12/12

59: We say only to you that we are completely with you and send our light and our love to you. You must be aware that our basic desire is to tell this planet that love is all that there is; to let this planet know that the creation is the Creator's

and that many, many within its infinity praise His name. An earlier voice than ours, that of the master known as Jesus, instructed his followers to go to the ends of the Earth and tell all that they met about the Truth. This is the time honored [so] and we subscribe to it. We are instruments of the Creator and so are you. We have our limitations and so do you. But your limits are far, far more capacious than ours for you have chosen to incarnate and this gives you greater scope and greater responsibilities.

6 1977

6.1 1977/04/13

16: You see, my brothers, you are not on the same order of the apple tree. You are not out in the weather. You do not grow, wither and die. You are a consciousness that is not born and does not die. You are joy. To touch this place within yourself is all-important at this time, for if you can but make contact with your higher self, you can be of great comfort and of great service to many in the days to come. For in the days to come, as we have said many times, there will be many who are afraid, and many who have put off their voyage of self-discovery until the very last minute and who, when they finally realize that they must now decide who they are, will be absolutely terrified. One person, who is sure of who he and is radiating the joy of that knowledge and who can reach out with his light will be of infinite service, as people always have been when they are able to shine with the light and the love of the Creator.

6.2 1977/08/10

4: Your own higher self is your greatest friend. Your own higher self retains the memory of all that you have learned. Not only in this experience, but in that great sum of experience through which your true self has traveled on its path to where you are now. It has been written in your holy works that the master known as Jesus came to declare the acceptable year of the Creator, the acceptable time for understanding of unity. At the beginning of your cycle, your people were unacceptable, for there was a great darkness, a great forgetting, for all the souls that had begun in this cycle at that time had to begin with total lack of memory, had to begin in the darkness of total illusion to rediscover independently and of free will all of the truths of the Creator; all of the truths and of love and brotherhood; all of those things that separate the conscious awareness of the living soul from the instinctive rise of awareness of your animal life.

9: Therefore, my friends, [it] is not the tool of the fanatic or one who is mentally deficient or one who is mentally lazy. Faith is the conscious tool of the intellect used to link your intellect, which is a rather weak tool, with your intuition and your deeper awarenesses, which are very strong tools, but about which you know nothing intellectually. Many have said that there can be no link between the intellect and the intuition, or the heart. But, my friends, this is not so for all people know those things about which one has faith. All people are aware that it is possible to believe in love, in hope, in giving, in healing. All people, even the most materialistic, my friends, are aware of the legitimacy and the worth of these unseen powers. Their faith may be greatly diminished, but the words, concepts and the possibility of faith are meaningful. Ask yourself what things you have faith in; what things are of worth to you. And allow those things to expand as you bring them into your conscious, intellectual awareness. First, through meditation and then through the actions given to others in joy.

11: As we said many times, we do not know it all. We are not very wise. We have simply been a little farther up what you might call Jacob's Ladder. And we know that the journey is far, far more beautiful, more rewarding, and more deserving of faith than any possible journey to any possible place in space, in time, or in imagination. The journey for truth, my friends, is a journey for love, a journey for yourself, for you are truth and love. We hold out our hands to you on this journey and if at any time you wish our thoughts or the simple strengthening of our vibration, request it mentally, and I and

my brothers will be there. That, my friends, is another thing in which you may have faith.

31: This information is beyond our understanding. It is our intuitive feeling that the Father has no beginning and no ending, has no limits of any kind. It is our intuitive understanding that the conscious universe as we know it with its infinity of expressions, vibrations, times, spaces, dimensions and thoughts was an instantaneous expression of the Father in a single vibration which in your holy works has been called the Word. The Word, my friends, was love. There was one original Vibration that expressed itself out of the infinite, out of the invisible. Love then formed gradually, step-by-step, all that the individual consciousnesses which were expressed by love at that time could begin to create. The universe has been peopled more and more by the individual imaginations and thoughts of all of those infinite beings that were created as part of the love vibration. Each of you, my friends, has dwelled since the beginning of time. Before the beginning of time, there was the Father. It is our intuitive understanding that after the end of time, when all of the particles of infinite love have made the journey back to the Father, there will still be the Father. There is no beginning and there is no ending, but our universe is love.

6.3 1977/09/26

5: The reason it is this way upon your planet is because your peoples are still endeavoring within their personalities and seeking means of personal identification. Therefore, each shall choose the path that is most comfortable for them to follow. In understanding this, you can see that it is not the responsibility of anyone to point the fallacy of any path out to one who is consciously following that path with love in their heart. Though the path may not be the purest in your eyes, the love within their heart is. And that love shall eventually draw all to that universal point where all is indeed one with the other.

6: Look not upon your brother as someone different then you. Look upon your brother as a reflection of a portion of yourself and of your Creator. The Creator, my friends, is a term which we use to signify that which we consider to be the omnipresent energy and intelligence that is, shall we say, the maker of all things. We see the presence of that Creator within each individual and within all matter. For if indeed, as many of your major philosophies have stated, all things are one, then the Creator must be within them. The greatest law which you may observe is to love and respect one another as you would yourself; to love and respect the Creator within each individual. Do not attempt to focus upon those points of personality which seem undesirable to you, but focus your attention upon those points of universality, one with the Creator, within your brothers. And in this way, you shall commune more quickly, in love and in harmony, with not only your brothers upon this planet, but with your brothers throughout the universe,

15: Yes, my friends, we ask you to meditate in silence, each of your days. And we do this for a reason, my friends. We have said to you love is all that there is. You must love your brothers and sisters. But, my friends, the beginning of love is the love of yourself as a whole and perfect being. It is in meditation that you become aware of the true nature of yourself and therefore, my friends, the true nature of the universe, for you are inseparable, completely linked with all that there is. That is why you and we are brothers, for neither time nor space, nor all the dimensions of creation can separate the oneness of consciousness.

20: Now we return to meditation. As you begin to go into the silence, perhaps you have games you play, as we would call them, in which you attempt to carry your clothed spirit, your limited spirit into the silence. Do not do this, my friends. Picture yourself, mentally, taking guilt and discarding it as you would a piece of clothing. Taking resentment, fear—putting it aside and walking as your shining naked self into the waters of cleanliness. After you have bathed yourself in total forgiveness, total cleanliness for the moment, you can emerge and in your mind you can sit down and listen. Listen for those signals which will come to you in the silence. You are a whole and complete person. Within you is perfection, wisdom and all the attributes of love. Yes, you will come out of meditation. Yes, you will begin to wrap the bandages about yourself. But as you come again and again into meditation, strip

yourself clean and allow that soothing feeling of wholeness to come into your awareness. You begin to view your brothers and your sisters with something that does approach true love, for you will see, behind whatever manifestations may occur, that whole and perfect being that dwells perhaps very far beneath, perhaps very obviously beneath the mental, the spiritual, the emotional, and the physical clothing.

32: Is there another question? My friends, this has been a longer meeting than usual. And we are very grateful for your patience as we have had a good deal to impart to you. We ask you again to understand that we come to you not to give you technology—for, my friends, you would not be able to handle technology—but love. For, my friends, you badly need love. 33: Let us share with you this. If all of you could love each other, you would refrain from your war-like efforts and from your defensive efforts. And, my friends, that money which you now have to spend on your technology would be enough to give you the breakthroughs that your scientists would like to make. We may tell you that we are aware at this time on your planet that [there] are [those] close enough to understanding methods of propulsion, fusion power, and other helpful pieces of technological breakthrough that an application of money sufficient to fund their research would make the breakthrough. But your governments will not spend the money on research unless it has defensive abilities.

34: My friends, technology will come when you have love. We realize this must seem to you to be, as this instrument would say, a great cop-out. But it is not. We can only say to you that when you have love, you are joyful and full of energy and that which has been given to you to do you will do. And the breakthroughs will come and the technologies will come. If you do not have love, as it has been written in your holy works, all that you do will be hollow.

35: It is especially important that we say this to you at this time, for you are at the end of a cycle, and if you had the time, you could not use it. For time is coming to a kind of ending and you are coming to a beginning. Therefore, attempt at this time to find the love within yourself, and to reach out to your brothers and sisters.

36: If your path takes you into science, into politics, into any manner of interaction with your brothers and sisters, so be it. Philosophers and spiritual-minded people are not off on top of a mountain. They come down from the mountain and live for the good of their brothers and sisters and for the love of the Father that gave them the life, the consciousness, the talent, and the will.

6.4 1977/10/27

3: We would tell you a little story about a young man. We shall call him John. John was a fine young man, intelligent and well-loved by all who knew him. He was successful in his work and he achieved all that he wished to achieved very easily. But there was one thing he could not achieve. He could not achieve wisdom; he could not achieve peace of mind; he could not achieve joy. In other words, my friends, he was not free. He was not in a state of love.

33: I am again with this instrument. I am Laitos. And as this instrument would say, hip-hip-hooray! We are very happy for we are making good contact tonight and we appreciate and love the one known as M1 and each of you who are attempting to be our instruments, for we love those of your planet very much. And we are most grateful for your aid in sharing with the peoples of the planet.

47: I am aware of the question. We spoke earlier of the fact that we do not need to be limited to a physical body, but that we can be aware of everything at once. This is true of reality. There is no time and there is no place. And all things occur simultaneously. However, within your vibration you are caught in the tide of time and in the shore of space. However, from time to time there is a small hole in the veil of the illusion and you are a witness to the future or the past. It was this type of experience that you described. The, as you call it, soul, of the one known as Bing Crosby was not a visitor of yours. Rather, you became aware of that part of the record which had to do with events that would occur in the future. This is a skill which has its uses among your peoples. It can be a healing skill, for if you can begin to know that which is occurring, you can then offer your love and your light in such a way that you can mitigate the extremes of difficulty that you may have seen. For the future is not certain until it comes

love which makes all one, for all are holographs of the same Thought.

21: Yes, I have a question. It's about trees. When we go to trees and we recognize in our consciousness that they are a first density—I think they're first density—and that they were created by the one Creator, do the trees understand when we talk to them? In their own way? Do they give out love? If you hug a tree, do they feel the love that you give to them in a certain way? This I would be very interested in knowing the answer to.

42: I am Q'uo, and we can speak upon this topic by suggesting that indeed each entity within what you have called the third-density illusion has entered this illusion or experience with a purpose that has been agreed upon, and in fact constructed before the incarnation has begun, and this construction has had many loving hands and hearts to add to its strength, to its purpose and to its potential means of implementation, for before each incarnation begins, an entity will assess those lessons that have been well learned in previous incarnations and will look at those which remain for the, shall we say, graduation from this particular level of experience.

15.21 1986/09/21

2: Our native home is the density towards which you now strive, the density of love, compassion or understanding. It is a density when lies are no longer necessary and masks may be tossed away, for our thoughts are all shared, and we accept and harmonize each other's characteristics and seek together to be of service. Each of you has many impulses to live in just such a way, and we assure you that it will be your native land too when you have finished learning the lessons that you have set for yourself in this density of yours, the density of conscious awareness. Your density, my friends, must learn that consciousness has a certain characteristic which is its original characteristic. Consciousness is not a neutral thing, but rather sprang from a creative force, that creative force we call love.

4: It is easy for us in hindsight to tell you that the original Thought from which has sprung all consciousness and which is the nature of consciousness in whatever distortion you may find it, is love. All that you see about you manifested in whatever form, is made of a direct emanation of love which is called by your peoples the photon or light. Light in various rotations forms itself into all that you see, feel, use and call by name, all elements and combinations of elements.

5: And yet, my friends, your lessons involve something beyond this simplicity, for you are not simple, but complex, and you have made for yourself an illusion that is not simple, but complex. You have made this for yourself because you have found it helpful in learning the lessons of awareness and consciousness, to pose for yourself the seemingly impossible and insoluble problems in order that you may through meditation and contemplation and analysis discover the love that lies in all its simplicity at the heart of every tangle of illusion.

6: The seeker must gaze at all that passes before his eyes with a determination to see—that is, perceive—what he is looking at in the light of creative love, and so move from complexity back to simplicity, breaking the illusion and entering the density that is to come.

9: You see, my friends, the one who irons a shirt, praising it as part of the creation of the Father, dwells in the kingdom of the original Thought of love. And that kingdom is within him at that very moment that he wields the humble iron. The cook who praises the broth and smiles at the soapy dishes has garnered far more riches than good food and a clean kitchen, for the consciousness of joy and peace has come into the domicile and softened the neutrality of everyday things.

12: That path to the consciousness of love does not go anywhere—it is always with you. Your perception of it may shift and change, but it is as near to you as your breath. You have only to calm the mind and feel the key turn within the door that opens your heart to that path. For you see, my friends, the path of spirituality is a path which is taken by the heart as well as by the mind, and, for the most part, it is a difficulty in feeling universal love that distracts the attention from the path.

13: We do suggest that you attempt to spend some minutes of your time each day in meditation. No matter what else you may do during the day, the silent meditation is the most efficient tool for seating within you the awareness of the love

of the Creator. When you dwell within that consciousness, you are no longer working under your power, a power which fails much like batteries fail and which must be replaced by your sleeping periods. No, meditation is much like finding the electrical cord for constant power. It may flow through you, then, and not from you, and you will be far more radiant and able to dwell in the consciousness of the love and the light of the one infinite Creator.

20: I am Latwii, and am aware of your query, my brother. Those of the vibration known to you as Hatonn are of a planetary consciousness, much as your own planet would appear if each being upon it shared the mind of each other and thus had a great resource upon which to draw in seeking the light and sharing the light with others. Their vibration, shall we say, is that known to you as the vibration of love, the universal love and compassion that sees the creation as one thing, the one Creator in many parts.

30: I am Latwii, and we find that the third-density experience, that experience which is now reaching its culmination upon your planetary influence, found its origination some seventy-five thousand of your years in your past. However, there are many of your population now inhabiting your planetary influence which experienced previous third-density experiences upon other planetary influences in other solar systems, as you call them, and thus have within their memory banks or resources recall of third-density experience that far exceeds that of the seventy-five thousand year period that is the normal length of time necessary in order for the self-consciousness awareness to develop to the point that the possibility of experiencing universal love and compassion is available.

42: I am Latwii, and we shall attempt to give a general description of that which is somewhat complex in its nature. Each portion of the creation, and each planet in particular, is formed of and by that force which you may call love. Each entity of the third-density level of vibration which walks your planet and the planet itself receives a constant infusion of this intelligent energy which we have called love, and this infusion of love moves into the entity, whether it be one such as yourself or the planetary entity, through vortices of entrance, shall we say.

43: These lines of force that surround an entity or a planet, and which may be seen as analogous to an aura, move and cross in various patterns. Certain intersections of these lines of force permit an influx of the energy of intelligent infinity which we have called love. This love then invigorates, ennobles and enables the entity, be it an individual or a planet, to continue upon the evolutionary process.

45: As the release is sought, the spin, shall we say, of the planet itself as it moves in its orbit about that body that you call the sun becomes somewhat unstable. This instability makes the influx of intelligent energy or love somewhat more erratic than is optimal for the steady progression along the evolutionary path of the planet itself and of its population.

46: Thus, the pyramid structures are an aid in rebalancing this imbalance because they have the ability to influence the planet's spin, shall we say, or use of the intelligent energy of love. Thus, this type of balancing pyramid may serve not only the planet, but may serve individualized portions of a planetary population which have also found certain imbalances within the mind/body/spirit complex.

15.22 1986/09/28

5: How much of yourselves are you willing to empty in order that you may behold the perception that is possible for all of the infinite Creator? We assure you that it is not necessary to give up all the responsibility except the responsibility to engage in any specific spiritual activity, for many entities, having made contact with a consciousness of love, are then capable of keeping that relationship with direct perception of the Creator as a part of the point of view which is used to evaluate all those things within the illusion. May we suggest that this is indeed a worthwhile process. It will intensify experience from the point of view of generating more catalyst for your heart to digest than meditation in a cave would.

6: Yet the emphasis on something outside the illusion rescues one from unawareness of the process, therefore the process is accelerated, for you are able to manipulate it for greatest and most efficient learning. All entities that you meet are a portion of the Creator. Indeed, as the Creator created all that

is heightened consciousness, increased perception, and the pain, travail, peace and freedom of the road you wish to be on. In order to move along that road, it is well to acknowledge that you are working for that which is not within your conscious mind and not within your control. Polarity has as one of the secrets of its effectiveness the surrender to your employer—consciousness itself. Many have defined consciousness in another way and called it love or the Logos or the one original Thought.

13: To this you shall surrender if you wish to polarize, and in that surrender you shall find the ability to become a receiver of the knowledge that you need—not for tomorrow and not for yesterday—but for the present moment. Both those who polarize towards the positive of love for others and those who polarize towards the negative of love for self, surrender themselves to the consciousness that they not only are, but know not, and thus they become what they know not. And in becoming, know for the first time.

14: Now, my friends, when you are working for yourself, you may use your consciousness in many ways, and yet the more you exercise your will without asking for help, the less effective you will be until you lose contact with love and become only that which seems not good, not bad, not positive, not negative, but swayed by the cross currents of a shifting and uneasy sea of phantasmagorical appearances, and you become prey to all the minor ills of your illusion, and at the same time become less and less able to create a polarized alternative to what you feel and are in the illusion.

17: The other portion of the other is that which this instrument would call grace, that is, the kindness of the Creator, of love itself, which offers to the one who surrenders its will the ability to manifest the greater will that is made known to it through the overshadowing influence of the higher self.

20: For you do not own your consciousness—it owns you. You are a fragment of a great consciousness and the struggle towards unity shall be long. And you who must be on your way will do well to turn to the source that has the provender, the outfitting, and the map for your journey. And when once again you open to the infinite consciousness that is available to you always and you are overshadowed by love, you will wonder why you stopped, why you shut away that awareness, why you put down your consciousness. Do not look back, but count yourself most fortunate to have turned again to the road ahead, to have emptied yourself of indifference and to be filled with the consciousness of life.

21: You are a people used to stimulation, and we suggest as a practical matter that when you become aware that you are impatient to take up consciousness once again and be on your journey, that you allow stimulus of a loving kind to replace casually received and uncontrolled stimulus. For it is difficult when one is stopped and caught in the illusion to listen to silence and be saved, though it happens quite frequently that consciousness comes in where there is any seeking at all, under the most adverse conditions.

22: But if you wish to accelerate the process of getting back on the road, use the principle of stimulation. Read that which is inspiring, listen to those musical sounds which appeal to the highest and best within you and give you the proper environment for the opening up to love. If silent meditations are not helpful, use music, reading and inspirational discussion with others to stimulate yourself as is your culture's custom. Realize that when you are stopped and indifferent, it is not all entities who have experienced incarnation in your culture who can be started easily on a diet of silent meditation.

23: We encourage you to persevere. For although it may seem that you are being insincere by striving for that consciousness of love when you feel anything but loving, yet as you seek, so shall you find. And if you are too tired today to remove the glamour of your illusion from your mind and the fog seems very thick between your eyes and what you wish to perceive, take heart and realize that it is well for you to rest and then strive again by seeking, by meditating, and by asking to start once again to polarize and become more and more that which you seek.

24: All that you wish is ahead of you. All that you wish is available in the consciousness of the present moment. Love is a perception away. May joy fill you, may peace flow from you. May these things happen to you because you have surrendered to the one master, the Creator, love, consciousness, that which you are and that which you will more and more perceive.

60: Thus, a disease that seems in some ways recognizable to

those of the medical community, as you call it, will appear and according to the opportunity provided and taken advantage of, will then begin to recede in a manner which may not be fully understood or understood at all. Perhaps it has been decided in a preincarnative sense that the entity with the disease shall galvanize those with whom it shares experience in such a manner that that quality which you know as love shall be generated in a fashion which not only serves to heal the disease, but to bring a greater sense of unity to those within the grouping of the entity with the disease. It may also be the case that such a generation of that quality of love will provide for each individual expressing this quality opportunities for enhancing the personal expression of this quality of love in a fashion that is congruent with the potential brought into the incarnation which has heretofore remained dormant.

15.20 1986/09/14

2: It is an interesting unity that all your energies make together, and we shall pause from time to time in our message in order to align ourselves with the shifting nuances of the group unity as it is more subtle than most within the harmony of those who seek. And perhaps it is to that diversity in unity that we would speak this evening, for although love is always the same and the one original Thought remains the mystery that it always has been and always shall be to the conscious rational mind, yet the codes of perception of this one original Thought of love are many and varied, not only from person to person, but in each person from moment to moment.

10: There is much that we would say to you of courage and cheer and yet we know that those are empty words, and so we offer a feeling to you, and would ask you to feel with us the love that we have for you. We ask you to relax and to allow the truest self that you know to be vulnerable to the love of the Creator which we hope we reflect, for beyond all transformation is the creative power of love.

11: It is so easy, my friends, to take the spiritual temperament, to be critical of the self and judgmental, and yet, we ask you to consider whether it is most helpful to rely on the one strong point, the great forte of conscious seekers, and that is the love that they have felt and found and wish to know more about, whether that love is defined as the beauty of truth or that which created all that there is, or is personified in a religious sense according to the needs and distortions of any particular seeker. That love, my friends, whatever it be called, however it is perceived, is truer than other perceptions, for it is a distortion of that which is original, whereas all other things are distortions of that which was created by love. All other things, therefore, are the shadows of a shadow.

12: Focus, then, on love, a feeling, a non-thing. It cannot be grasped and yet all have felt it, have basked in its glow, and we come to you because you called to us and said, "Tell us of love, speak to us of light." My friends, would that we could inspire you with words as we can inspire you with feelings. Yet feelings lie beyond words, as their source is a deeper river of consciousness, closer to the source of love.

14: The more you allow naive emotions like enthusiasm, joy and laughter to pervade your experience, the more you encourage the innocent things in yourself, the quicker will be your progress in polarizing to a positive enough state where that which is love may be touched, not just when the fogs of perception lift, but between those times, because you have contacted enough of what this instrument would call intelligent infinity, what we call the one original Thought, that you are able to reproduce the vibration which opens perception to love.

15: May your meditations be regular and fruitful, and if you do not think they are fruitful, may they be regular, for my friends, you cannot accurately predict your spirituality. We have yet to find a third-density entity of sufficient objectivity within your illusion to assess the self accurately. Turn from criticism of the self to encouragement. Turn from negative and neutral to positive in your assessment and your directions to the self. If you are disappointed, be disappointed in one who has made an error, but let your positive affirmation be that you shall avoid error, that particular error, in your next experience. And with ill negative emotion washed from your self assessment, feel your load lighten and your step become more brisk, for all of you, as do all of us, rest in love, that love which has created you and all that there is, that

up on the shores of your particular moment. Therefore, until that wave of time rolls in you can change that which is to be. Perhaps not completely, but in intensity certainly.

6.5 1977/11/02

7: Let us talk to you about reality, my friends. It is important to talk about reality. We have talked with this group many times about love, many times about meditation. We wish to talk about reality. We are giving you the same truth but through a different filter. For it is this filter that you need at this time. There is in creation...

43: We are aware of your question. Indeed, my sister, that is our position to a great many... we have much confidence and yet, cannot give... but we can give to peoples of your planet is our presence... love... and this we give in total freedom. And this, my sister, is your best gift... may be reaped by a sister or a brother. Not the words, unless they are asked, not the gestures, unless they are needed, but a true heart and that... complete love... this is not... as you would call it... love... we use this... rather than love... for we do not wish to limit the concept of love to that of the parent of this child. But that love... wind... love is that...

48: I am very pleased to speak through this instrument. We do not often use this instrument, for ours is a strong vibration, a very pointed contact. This instrument... quite a bit. We wish to come through because our vibration is... to this group. We want you to ground yourselves... reality... that vibration which is Hatonn is a gentle, kind... Oxal is a stronger one and bears more of the, shall we say, stark power of love. That which we call love is the... force, shall we say, the mathematical equation behind our force. There is no law but love... higher... you cannot understand our love without... reality... meditate... my friends, you remind me somewhat of what you would call your aborigines, stalking through virgin jungle. They know no other tribes. They are aware of no other beings. Then one day, knowing that there is no one else in their entire... they come across one footprint. All the other footprints have washed away thousands of thousands of years... Fire... suddenly they know that in some inconceivable... some creature like them stood where they are standing...

6.6 1977/11/09

7: Man upon planet Earth is residing upon a testing ground of spiritual awareness; testing grounds in which he may grow and gain all of the knowledge necessary in order to expand into the universe and spread the love and the light, the truth and the understanding of our Creator. It is indeed, shall we say, your opportunity and obligation as inhabitants of planet Earth to become the teachers and the servants of your fellow beings within this area of space in which you reside. There is around and about you, throughout your system, intelligent life; some with greater understanding than what you possess on planet Earth and some with less understanding. But in no other civilization, within your confines of space, is there the magnitude of possibility for progression that you may experience on the planet Earth. You have not been chosen idly to abide upon this planet. You have progressed throughout the evolutionary scales, throughout thousands and thousands of what you would call years and you have earned the opportunity to reside upon this particular planet, to fulfill your own particular purpose in this creation.

9: You are constantly, what you might call, monitored by this hierarchy. They pass not judgment on you, but they watch with great concerns your activities. For they are aware of your purpose, and they are awaiting its fulfillment with great patience and compassion for their fellow beings upon planet Earth. They in turn send forth to you emissaries of truth and knowledge and understanding and love. We, my friends, are those emissaries. Yet, we claim not to be of any greater value than man upon planet Earth. For, my friends, we could not bring these truths to you if it were not for your presence. We could not serve you if you did not inhabit this place—in time. So we are grateful that you have come to listen. For expressing your desire to listen to our words, you have given us the only means of fulfillment of our purpose at this point in time in this universe.

10: We are always grateful to you, we shall always love and

respect each and everyone of you, and we shall always be here to help. Whenever it is desired, this is our purpose, to assist you in the awakening of your inner self. Once this awakening has been achieved, then no longer shall you need our assistance. For you shall be with us, perhaps not in physical form but in what you would term "spiritual essence."

7 1978

7.1 1978/03/27

3: In your so-called orthodox medicine, it is understood that when a cancer attacks your physical vehicle, your attempt is to remove it, cut it out, and dispose of it. But, my friends, if your doctors could understand the true meaning of cancer, they would not cut it out but would, instead, reinstruct it so that it would become benign and proper. And this is what we are attempting to do to you. For you are conscious, and all of those on your planet are conscious and what you continue in hostility and fear—one to another, brother to brother, nation to nation—the answer, my friends, is not further violence to cut out those who are wrong. The answer, as always, is love. Love is an atmosphere in which consciousness can be restructured in the original Thought.

7: We offer you our love and our serenity and encourage you to seek those qualities in meditation. When you are upset, do not blame it upon little things which have occurred in the outer world: blame it on the lack of meditation. When you see your fellow man in a hostile manner; don't blame it on his actions but on a lack of meditation. Your environment does not have to have any power over you, for all that there is within you. The environment is only a shadow compared to the power of love within yourself. Meditation can unlock that power.

19: Remember, my friends, you are the light of the world, as are all those who have consciousness of what you would call Christ or Creator or love. Call it what you will; there is no difference. It is a feeling we are a magnetism of love that permeates those who seek it. Take confidence, and forgive all those mistakes you may make. Each day try again, and each day you will gain.

7.2 1978/06/26

2: Those within this group and those not in attendance associated with this group are all very special to us. Many of you have known of us and have sat with us a great number of times over spans which you call years. In this time we have watched over your patterns of life. We have witnessed the ebbs and tides as your life flows in the stream of consciousness and love and of the universe. Man upon planet Earth does not understand in totality the creation in which he lives. And it has often been the quest of many of the great minds upon your planet to seek out truths which would unlock doors to man upon planet Earth and assist him to understand his universe. These great minds have been inspirations to many of your peoples. Yet, they have only touched upon the brink of knowledge and of awareness. We, in our own right, have also only begun to touch upon that brink, for understanding this entire universe is not within our grasp at the present time. We have learned to understand many of things which still puzzle many of your people. Yet, there are those things which we have not yet understood that occur around each of us.

3: We of the Confederation have sought through our meditation, through our service to mankind, to fulfill a long goal which we had set for ourselves eons of time ago: that is to know and understand the Creator and His universe. It seems but yesterday that we began, and it seems that we will never end in our quest for this knowledge. Yet each step of the way we find relief, we find happiness, in knowing that our understanding has grown and knowing that our love has been multiplied. We of the Confederation share with you, above all things, our love. But there are those among your planet who will not accept our words of intellectual understanding. Yet, we are free to send them our love and our assistance for as they would call upon their Creator, whatever that belief may be, they call upon us. For we have realized that we are

also a portion not only of the creation but of the Creator.

5: We of the Confederation admire this group, for though you have seen your difficulties in your personal lives and within the life of the organization called Eftspan you have grown and we have grown by watching you and being with you and serving you. We wish [you] to understand that the day will come when you must be willing to freely offer your assistance in a much more demanding way than you do now. And in order to do this properly you must prepare yourselves by becoming the being that you desire to be: one of knowledge and wisdom, love and understanding, one of strength and integrity. All of you have desired this and in some ways you have gained portions of your goal.

6: Yet, we and all of you must understand that there is never time, as you would call it, for you to neglect the attainment of goals you have set for yourself. For man upon Earth lives within an atmosphere or an environment which is attuned to the premise of time. Your physical bodies are sustained for only a short period, therefore when you neglect the seeking and the fulfillment of your chosen mission and goal, you neglect the entire essence of this short span you live upon planet Earth. You live not for frivolity or enjoyment. You live for love and enlightenment, for the fulfillment of your role in the creation of a perfect universe. If your actions are attuned to the consciousness of the Creator, your life shall experience no difficulty, not in essence. It may appear that you do indeed have difficulties, but they are lessons. Some are difficult, others are not. Be not discouraged by your own lack of disciplines. Be not haughty about your achievements. For you are as others, all others within this universe. You are a creator, you are a part and particle of an undividable growing and consciousness universe.

15: I am a flame. I am a flame that flickers, my friends, that grows, that grows, that is eternal. I am the flame of creation; the flame of your physical sun that warms your planet and allows your food to grow on your fertile land. I am the flame of destruction that transmutes all that there is. Yes, my friends, I am a flame. I appear as the love in the heart of those who give. I appear, my friends, as the intelligence of those who think. I am the flame that creates beauty, whether it is the beauty of the Creator or the beauty of mankind; the beauty of your art or your music; the beauty of your architecture, of your statues, of your philosophy. I am a flame that may but flicker in the darkest of times, my friends. I am to be found by those who can recognize love.

16: I am and you are the flame, my friends, the flame of love that burns and consumes. It is not something that you reach out to find. The total freedom, the total annihilation of fire is not something that you may use, my friends. Love can only use you. It is not a tool, my friends. You are the tool for love. You have not chosen a gentle path. You have chosen the path that consumes those things about you which are not love. The rate of that consumption is completely dependent upon you. When do you wish to become the flame of love, of joy, of light, of laughter, of freedom? It is up to you, my friends, for the flame is always there inside you, inside me. My friends, the flame is not an answer. For as far as we know, we have no answers. We have only the process of love. We have only the knowledge that the flame, that the love is grace, is easiness, is strength.

7.3 1978/07/03

3: We come bearing witness to the Creator, my friends. And yet the Creator is not as you have pictured Him. He is not a judge, He is not a man, nor, my friends, is He a woman. He is not a being. My friends, we bear witness to love. We bear witness to all that there is which is love. This is the understanding that we have come so far to share. And why, my friends, do we come among you at this time to speak of love? 6: We come mostly, my friends, because your peoples can understand our presence with more ease than they can understand books and your orthodox teachings. We have come to add our voice of truth as we know it to the many voices of the same truth as it is known already. We come by the millions, my friends. Far across the universe, across your galaxy, and across the reaches of other times and other space, there are many civilizations who have crossed into a vibration in which the truth of the Creator is obvious. Where this is so, my friends, beings have no choice except to turn to a life of service to others. With understanding of the Creator, my friends,

comes the information that all your needs will be taken care of. Thus we have no more needs. We have meat and drink, as it says in your holy works, that your people know not of, because our vibrational change made it possible for us to create that which was needed by thought. We no longer have need of government as you know it for we can communicate our desires to a central computer which does the will of the people instantly. We are then free, my friends, to love. Love of others is much easier, my friends, when you can see the vibration of love in each of your brothers and sisters. The selection of a mate, my friends, is much easier when you can see the connection going back many, many lifetimes with your appropriate partner. One by one, my friends, those things which you call problems are solved by the application of divine love shedding light, shedding truth, shedding enablement on the so-called immobile lifespan. We are now free in spirit as a people. What we wish to do is our work of service. We have no need mentally or physically or emotionally; then our needs must become spiritual. And we find that we can only satisfy the spiritual desire for increased understanding by service to others. For this we must look outward, my friends, if you wish to use that expression. Outward across the voids between civilizations until we find one such as yours that is crying out at this time for the knowledge which we have to share. And so we are here.

10: We ask you, my friends, to have faith. Not in some dogmatic repetition, but in the basic concept that you are not here aimlessly but for a purpose. In meditation, my friends, ask that you may fulfill your purpose. You need not know to the last detail what that purpose is. You need only dedicate yourself to the intention and desire to fulfill your purpose. Spirits, my friends, have a purpose which is inevitable. And that is that they should love and share.

11: The ideas among your people having to do with purpose are all accepted ambitions, and the ideas of greatness and dramatic accomplishment. But we say to you, my friends, that your purpose is to love and to share. The details matter not, but only the care and daily constancy of your willingness to manifest the love of the Creator. In this, my friends, you will surely fail if you attempt to do it yourself. For we are all, when cut off from love, unloving people, unloving beings, my friends, with very few resources. However, the Creator is an infinite and invisible flow of love. In meditation and in conscious thought, call upon that infinite supply.

15: I am here for one purpose and that is to assist you in sensing our presence within this room. It has been a pleasure for a great period of time to be bestowed with the duties of shall we say, conditioning new instruments within this group and within other groups. And a portion of that duty is to share our love and our energies with those who visit with us.

16: We are among you now and we ask that you relax. And if you can sense our presence we ask that you please allow it to flow and do not become apprehensive. For we of the Confederation are here to love and serve man on planet Earth. This is our sole purpose. We shall not instruct you how to live but we shall offer advice on how to build a better life during your short stay upon this planet.

17: We of the Confederation are dedicated to our service for it sustains our being. We have found through our experience that to serve another is to indeed serve oneself. For it is spoken within your holy works, "As you sow, so shall you reap." To give service in love to another is only to assure yourself that when you are in need it shall be given to you.

18: I am touching with you now and giving you my love and the love of all of those within the Confederation. It pleases us to see you. We ask only that you listen and take that which is of importance and use it forever and that which you find somewhat disagreeable to your accepted train of thought we ask that you dispel that from your consciousness which you so desire. We claim not to know all that there is in the universe for, to the best of our knowledge, the universe is infinite and the experiences and the knowledge within must therefore be the same. However, we do claim to have progressed through very similar circumstances as what you experience now and offer what we feel to be the greatest degree of assistance that we can presently render to your people.

26: We can only share our understanding of, as our brother has spoken, how to live the better life, the life of love, the life which is natural to you in a higher sense.

27: This group has had its temptations with what some have called lower astrals in the past and has channeled false information about landing and other natural phenomena. How-

be more aware of the root or primary cause and potential set up by the expression of anger, then one is able to take advantage, shall we say, of that opportunity, and in a fashion to transmute or transform the situation in which anger might normally be generated, and instead generate the loving acceptance which was the original intention and which was achieved by constructing the basic personality to respond in the manner called angry or frustrated.

15.18 1986/08/31

3: My friends, let us review what little we know, and find if we feel that it is enough. Perhaps we would all agree that we know that that which is seen is transient. We would perhaps agree that there is more than chance to the universe, its creation, administration, and creative embroidery. Perhaps we would all agree that the most important force in each personal life experience has been love, the love that creates and the love that destroys, the love that gives and the love that takes.

9: My friends, we have looked throughout your culture for this gusto, but we have not been able to find an objective reference, and can only assume that your peoples, even in going for the gusto, are indeed searching for that which is called love. Nevertheless, we applaud you for attempting to make a conscious choice and to continue making choices regarding not only what you think, but what you do about what you think.

13: Forgive us for pausing for so long, but we became interested in the energy in this group. It is quite fascinating to us. As you know, we are most interested in the various colors of the subplanes of your density, and the halo about each person in your circle makes a beautiful necklace of many colors. We hope that you may, during this communication, realize that you are indeed one as you sit and seek and listen to our sometimes foolish words, for we hear many requests which we cannot answer all of. Yet in your diversity of needs, you are all one, one harmony, one chord of being, one consciousness to love and to serve. And as you love and serve, you shall be loved and you shall be served.

14: We would throw in for the entity which may need this at this time that the working place is as much an area under one's control as any other, in that the consciousness of love, sought most earnestly and persistently, can transform and has and will transform any situation. Again, that which you seek, you will create for yourself.

16: But, indeed, we do wish, my friends, to go back and view a few home truths. There is one original Thought, the thought of love. We know that that thought creates and destroys, and that destruction is another name for transformation. We each feel that we know that we are a continuing consciousness that was before the world began and shall be after this planet is no more. Indeed, much of our planetary vibration is no more already. And yet, we persist, being longer lived than rock, for we are consciousness.

18: The key to this learning is the seating of experience in meditation. We urge an attempt to meditate daily. Above all, we urge you to laugh and love generously. Ah, my friends, if you only could see that you love but yourself, no matter where that love is turned, it would be easy for you.

38: This is not an easy task, my friends, for those within this general region have accepted the honor and duty of reenacting and continuing to enact patterns of energy that have had an ageless and difficult expression upon this planetary surface. This general region has been the focus of much, as you would call it, catalyst, for the humankind. It is within this region that many great teachers have walked and have found the need to express, each in his or her own way, the attempt to reconcile what may be best described as the lack of love within entities and states, beliefs and religions. For within the third-density experience as you know it, my friends, the basic lesson is that which is described by the word you know as love, that which is quite difficult to define, but which includes the ability to accept more of the creation without condition and to see it as the self and to see it as one thing, even though many portions of it present the illusion of separation, difference and disharmony.

39: Those of the nation and way of thinking of Israel have then taken upon themselves the opportunity and the duty of first experiencing these difficulties of reconciling seemingly opposite points of view. When the difficulties have been

appreciated by a growing number of individuals, then this widened point of view that has found its place of birth within these individuals may begin to expand so that there is the general perception of the possibilities of reconciliation, of forgiving that which seems unforgivable, of accepting that which seems unacceptable, of loving that which seems unlovable.

40: When this opportunity, then, has been presented in a wider and more profound manner, not only within the boundaries of the nation known as Israel, but has continued its progress throughout the various populations, nations, religions [and] beliefs of the various portions of your planet, the opportunity for each person to experience the reconciliation of difficulties and disharmonies is increased, and the opportunity to learn those lessons of love are enhanced.

57: Thus, the emotions are the barometer, or shall we say the temperature gauge for an entity, in that the emotions show to the entity the degree of feeling or bias that the entity has toward any thought, word or action, and by becoming aware of this biasing within the emotional self, shall we say, the entity then may take this biasing, this emotional coloration, and work with it in a fashion that attempts to balance the emotional charge so that the final product is that quality known as love or acceptance. Thus, the emotions point to that which is in need of balance and which when worked with in an efficient manner may then yield a lack of emotion, a lack of coloration, and may finally yield that quality known as love.

71: I am Latwii, and I am one of those of our group consciousness which seeks within the vibration that you would see as light or wisdom. We of Latwii, then, having experienced the vibrations and the lessons of love, have attempted to refine those lessons in a manner which hopefully will aid our ability not only to speak more of what you may call the truth, but to be of service to those who seek it from the aspect of light or wisdom. There are times when the gathering within your group seeks more of the lessons of love, and at that time there are others of the Confederation of Planets in the Service of the One Infinite Creator who then answer that call. There are many of both vibrations, that of love and that of light, who are available for such opportunities to be of service.

130: I am Latwii, and indeed this is so, my brother, for each seeker of truth has discovered in one way or another that that which may be seen as the stream of consciousness is without beginning and without end, and moves in many ways throughout all of the one infinite creation, for the one creation is held in its place by that one Thought of love, given birth ageless eons ago by the one Creator, that the one Creator might through the movement of various portions of Its own love come to know Itself in ways not available to It without such division of Itself into the infinite portions and expressions of love that move throughout this same creation in order that each portion may come to know itself by gaining the experience of evolution in a unique fashion that will, at its culmination, bring the harvest of experience to the one Creator, that all may again know the heart of being as love, and may continue the process of movement and growth and seeking and gaining the experience that will reveal each portion of the Creator to each portion of the Creator as the one Creator.

134: I am Latwii, and am aware of your query, my brother. Though to the eyes of those of third density there may seem to be endowments, as you may call them, that are of greater or lesser radiance and purpose, in the larger sense there is one endowment, the endowment of love that has free will to know itself as it will. Thus, each learns in a unique fashion, and all need not be the same to be equal in will and faith.

144: This entity was of great desire to be a most humble servant and wished to provide a means by which those who felt the need for love within the life pattern might be able to express that love in a fashion which could be utilized in the daily round of activities. Thus this entity claimed no Earthly kingdom and claimed nothing that was not available to all. This entity spoke of that which was the birthright of each and spoke in a manner which could be interpreted in a variety of ways, and indeed, such has been the case.

15.19 1986/09/07

12: In essence, when one accepts stewardship of consciousness, one accepts that one is working for another. Your salary

into another perfect posit of the Creator each moment that you look upon any entity whomsoever.

14: There is a process of waiting in faith and patience and hope. It may only last a moment for someone very close to the moment, very close to love, and in peace and harmony with those about it, but for most of us bozos we will have to wait on holy ground until that moment—and it may be years in coming when we see it for the first time.

16: Therefore, we ask three things from those who seek. We ask that you discount all conclusions, and instead begin to gather data. In other words, be a witness and remember what you see and hear, knowing that you are seeing and hearing illusion, but that this illusion was given to you by yourself as the experience that will yield to you the truth about love.

17: Secondly. We ask that you love not your mask, but yourself, and not the tasks about you, but the selves about you. If you must hate instead of love, at least hate that which is consciousness. But, my friends, you will have a hard time hating consciousness.

19: We wish you the joy of your journey and good courage in it. We have enjoyed ours and we hope that you do too—you might as well, for you are all on it. For our natures are bound up in our consciousness, and whether or not you try to seek the lessons of love, they will come to you. You might as well study, offer yourselves to each other as you would tasty food—for you are beautiful to each other and you can share love with each other. Hold your hands out to each other and hold all of your heart out to truth.

21: It is a hard thing being a teacher, let me tell you. But we are so happy to be here and to be attempting with these poor words to say that which you all already know, but to say it in a way which you can recognize. He who has ears, let him hear. We Yadda. You know, we may be talking junk, you bozos, so if we talking junk, you throw it out—okay. If we talking in a way that seem good to you, that is a great blessing to us and we could ask for nothing more. As we abide upon our given task with regard to your planetary influence, we say to you—we beg you, “Love each other.”

15.16 1986/07/20

5: Therefore, all that seems second-rate, unusable or incorrect to you, we ask that you discard. All that seems inspiring, we ask you to retain and use as you would, just as you would the loving words of a sister or brother.

6: We would speak to you about the manifestation within your incarnational patterns of the one original Thought which is the Creator. The one original Thought upon which all creation was founded and with which all creation redounds is love. Yes, my friends, love is a thought, a principle, a logos. You, by your very consciousnesses, are the Logos in a holographic representation, yet you are completely unlike any other holographic representation of the Creator, for your experiences are unique to your particular consciousness. Your field of energy is completely unique and precious to the one infinite Creator, and your greatest gift is your being, for by your mirroring of your perceptions, the Creator learns of Itself.

7: As each of you has to some degree or another already considered this present incarnation, like all in third density, yet none more so than this, is an incarnation of choice, the choice having to do with the one original Thought of love and your manifestation of it. There are two basic manifestations: one, service to others or love for others, and, two, service to or love for self.

8: You will note that in the service-to-others path, it is necessary first to love the self, that one may then love each other self as the self. Therefore, the service-to-others choice is one offering a more vast range of experiences than the service-to-self path in which others are loved only insofar as they serve a particular self, that being one's own self. Polarization then, takes place upon a more intense but smaller scale. It is therefore, a difficult path to follow.

10: Our brothers and sisters of Hatonn have spoken to you of peace. Love, of course, is the principle upon which the concept of peace rests. However, like many expressions of love, the achieving and maintaining of peace among brothers and sisters within third density is not made easy by the illusion which you now enjoy. Peace is perhaps best achieved by dwelling upon the nature and filling oneself with the presence of the one original Thought, and out of the love you bear

for love itself, you then open yourself in love and as a channel for the Creator's love, for, my friends, your own love will fail you to those who are striving.

11: Now, to open yourself in love to those who are disharmonious seems to be an act of folly, and yet let us look at flowers. They open their faces in love to the sun which offers them the light of its countenance and the love of its radiation, and yet they do not withhold their perfume from any being. There is no judgment upon the part of [a] flower as to who shall receive its gifts of beauty.

12: You yourself are crystalline and many-petaled and capable of a great radiance. Yet, if you only open to those whom you already love, you are not a flower who has centered upon the one original Thought. Open, then, in love as a channel, for we do not recommend that you depend upon that limited supply of love which your illusory personality can offer you, and love those who seem to wish you, if not harm, then at least quarrelsomeness.

15: The core of choice is love. There is nothing lukewarm about love itself, and as you refine your choice, remember the power of that with which you are dealing, for you deal with something that has created all that you can see and all that you cannot see. It has created all—from stars to relationships, stones to the concepts of beauty and truth. You would not wish to take such power and toss it casually here and there, a fire hose sprinkled hither and yon upon a town that is not burning. No, my friends, you wish to take something that you sense is at the center of light, that you wish to make the center of your own life. You wish to hone it, to sharpen it, to discover and rediscover the joy of it and to be channels for it, learning more and more about the original Thought as you manifest it to yourself by manifesting it to others.

18: What is the worst that can happen in this illusion, my friends? You may lose your life. What is that to you who have your eyes set upon eternity? Fear not, therefore, a lack of freedom, for you give yourself freedom as you offer yourself in service to others, and this is your peace, that you may love others, that you can love others, and that all that you need to do to be effective beyond your hopes is to love.

22: It is a good thing to desire peace and to wish to serve in love, yet we encourage you to consider the possibility of remaining detached from solutions. When one wants a solution or outcome, when one thinks one has a right answer, one is often pulled away from the one original Thought of love and finds it difficult to allow other solutions, outcomes or answers to be in the end chosen by others.

24: May you love each other, my friends, in joy and without demand insofar as it is possible on your end. To paraphrase one of your holy works, “Live at peace with all other selves.” You are not responsible for them, but for yourself. When it is not possible to influence others to say they are at peace with you, it is always possible to become peaceful within yourself with others.

25: Do you demand to change the world, or do you ask of yourself that you become more and more one with the original Thought of creation? We suggest to you that the latter course is profitable. As you love each other, and as you love the one infinite Creator, so we love you, and so we love the one infinite Creator. We speak with Its voice, we think with Its mind, and you listen now with Its ears, and all of us dance one dance together in love, in seeking of peace.

15.17 1986/08/10

9: It may be, for example, that an entity wishes to learn more of compassion, more of acceptance, and more of forgiveness, and wishes to place these concepts more firmly within the true self, that which you may call the soul. This may be done by programming the seeming opposite attribute within the incarnation in order to provide opportunity after opportunity after opportunity, one upon the other for the self to experience the lack of love, the lack of forgiveness, the lack of acceptance, and these are terms which describe that which you call anger, frustration, control and so forth.

10: Thus, by finding these attributes within the incarnational pattern, one may through conscious and non-judgmental study of the self become aware that in each release of anger there is the potential to accept, to love, to show mercy and to have patience. As this becomes apparent, one then notes with more and more frequency and accuracy those moments in which this lesson is being offered. And as one is able to

ever, it has managed to understand what was occurring and not try to justify its mistake. Due to this, this group manages to dispense, shall we say, a fair amount of our so-called cosmic sermonettes without too much distortion. What you must do in dealing with information such as Mark-Age Metacenter is learn to separate the wheat from the chaff, as this instrument would put it. See the truth in that which is given and with compassion allow the channel to make mistakes without you being emotionally disturbed by false information. In fact, my friends, this would apply to all of your established, so-called religions of your planet where the original manifestations of universal truth and love had become clouded by the distortions of men who with their intellect and with the help of lower inspirations have muddled the waters of the original truths. These truths are there and can be recognized. What you cannot use and do not need, discard. Do not become emotionally upset if others have an emotional need for what you consider distortion. Allow them their path to understanding while knowing that it is not your path to understanding. There are infinite numbers of beings, each with his own path, each with his own recognition of truth.

44: We wish to encourage each of you for each of you has all the stimulus that you may need. As we have said before, your lifetimes are not unplanned. You may go down many, many paths but each will be sufficient. You cannot make a totally wrong choice for all choices are within the creation of love. But there is always an optimum choice, a choice which is really right for you, not for anyone else, my friends. From small things to large there is rightness.

49: We offer our presence, as we said, not to dictate but only to give the brotherhood and the love of all of us to you. We are not strangers, my friends, though we come from far. We are brothers no matter what star our home revolves around. There is no doubt in our hearts that we are all part of love.

7.4 1978/07/05

2: My friends, we always speak to you of one simple thing: the love of the Creator. We are aware that, from your horizon, this love does not seem to be accessible in many ways in your daily life. And yet we say to you, my friends, that this love is closer to you than your breathing; more easily accessible than your own hands and feet; more familiar to you than your own thoughts. This love was the pattern from which each of you was stamped. Yes, my friends, each of you stamped in complete identity. And that same love that made you each the same has touched each with a unique part in that identity so that the universe is an identity and a harmony at the same time.

3: Where are you going, my brothers, that you can use this information? To what can you reach out, my sisters, so that you can make use of the knowledge of love? What dramatic inquiry can you prosecute so that you can demonstrate love in the court of your daily life?

5: In daily use, love becomes worn and shabby. This, my friends, is through carelessness of use. We always urge meditation and it is simply because, in meditation, you establish contact with that part of yourself that understands the nature of love.

6: No matter how worn and shabby your ideals, your actions, or your concepts have become, there always remains the eternally pristine side where love flourishes in its original form. It is a great trick of mental discipline to reverse your understanding of love so that the clean, new side shines forth through your actions and words but it is infinitely possible at any time for you to do so.

8: We are aware, my friends, that death is a transformation which seems most final and frightening. And it is because of this very nature of death that your peoples avoid contemplation of their lives in the perspective of their eventual demise. Yet, what we urge you to do—namely, to meditate, to learn, to grow, to love, and to remember the Creator—would be quite senseless were it not for a continued existence in which you would be able to reap the benefit of your growing and learning. For, indeed, my friends, we are aware that there are times when, in order to grow, to learn and to give, you must make decisions which are not as much, shall we say, fun as decisions which have little obvious spiritual advantage.

10: You have experienced much, each of you, and slowly, slowly, you add to the store of experience. And slowly, slowly, that experience adds to your store of personal wisdom. And

slowly, my friends, your wisdom draws you closer to the love of the Creator. It is as though you were the moth going about the flame or the planet going about the sun. The orbits seem perpetual and yet, in the fullness of time, the moth is attracted to the flame, the sun explodes and becomes one with the planets and the universe; unity is achieved.

15: I am giving the instrument an image. It is that of a sea anemone waving beneath the waters of the ocean. It moves ceaselessly with the tides and the currents, never still, always giving beauty, always responsive to its environment. You, my friends, are rooted in love. The waters move about you as it is proper for them to do, bringing you joy and sorrow. The good clean waters of experience move about you one way and then another. Rooted in love, my friends, you may bloom at full tide and empty. Rooted in love, my friends, you may always be graceful, always full of joy.

16: The concept of beauty is very dull upon your planet for beauty, my friends, is everywhere. Rooted in love, my friends, you may see that beauty and feel that joy and those about you may, through you, feel and see that which is true and that which is real.

7.5 1978/08/09

3: This, my friends, allows our spirits a state of unlimited freedom. And as we travel without limitation from one level to another within the creation of the Father, we seek what we have always sought. We seek what you would term happiness. My friends, if happiness does not mean physical needs being satisfied, then it begins to mean something else and we, my friends, as a civilization, have traveled many more dimensions in thought than you can imagine in pursuit of that which is real and which satisfies our understandings. And we have found one understanding only that constitutes our happiness and that understanding, my friends, is very, very simple. The understanding that we are one, and that our oneness is that of love, is the complete and total message that we have come to give those of planet Earth.

4: That you are one, my brothers and sisters, and that the nature of unity is love, is the truth as we understand it, that we come to share. For you see, my friends, if you are not distracted by the demands of your day-to-day struggle for existence within the physical plane, then you are free to examine your existence as a being in infinite time and space. Now, because you are a being, my friends, there is always a dynamic between that which you now understand and that which you desire to know. We are as intense in our desire to progress as are you. The only difference, my friends, is that we have discovered that we can progress most effectively as a species with our minds and our hearts linked in one desire.

5: And what desire is it, my friends, that gives us happiness? It is the desire, my friends, to share our love with others, the desire to be of service to others. For we have found, since we have no need of the limitations of the physical dimensions, that in spirit “each of you are we” and “we are each of you.” My friends, we are one being. We are not two, we are not several. Whatever the difference is in our condition, those differences are an illusion. For we are all one being formed in love. Like rays of an infinite and everlasting light, we have shot out through the prisms of our hopes and our dreams, and we are each in a unique vibratory position, relative to that great central sun of being which we call the Creator.

6: In meditation, my friends, you can begin to take the prism effect away. When a prism is removed from a light source, the many, many colors and shades of your rainbow become one white light. And so it is with each of you, my friends. It is as though as if you sat in love and contemplation together. Your vibrations shoot off into infinite space as a collection of harmonizing colors and yet, remove that understanding one dimension closer to the Creator, and one sees only the white light of all embracing love. Love, my friends, with a purpose. For nothing in creation exists without purpose. Each of you, my friends, has a purpose.

8: In meditation, open your heart to your desire. Enter the love that is about you and is empowering you. We are not with you to inform you as to what your desire might be. We cannot suggest to your planet and to its peoples the content of their desires. Nor should you, as [you go among] your peoples, judge others on the content of their desires, so they be different than yours. But for yourself, attempt in love to seek that which you most truly desire. And the white light and

love of the creation will be yours to use.

12: When you come together as a group, what you will call love is generated, my friends. You recognize it as high or good feelings or indescribable feelings within you. It is but a small, small speck, we would say, of the total picture that we consider to be reality. We do not feel superior to you, for truly we are you! We realize this can be abstract, stating that individuals are in reality not individuals but are one. If you truly desire to find the truth of what we said, we suggest meditation—as usual. This method will aid you greatly in solving the [puzzles] of not seeing reality.

14: We feel very good communicating with you in this manner. But it is not necessary, for if any individual desires our thoughts, we are with you instantly; no matter the situation you are in, no matter what you are doing. It won't matter, we are with you, if you desire. We send you love, my friends; we love you, and we feel the vibrations of love within you. It is a joyous occasion. At this time I will transfer this contact. I am Hatonn.

37: However, many of those among your peoples are [reaching out] in their day-to-day lives for a meaning which is beyond that which is experienced in the daily realm of your being. It is possible to consider, if one is a philosopher, that there may be no meaning; and many of those who seek spiritually have, sadly but honestly, come to the conclusion that all things that they hear are less than true, and therefore there is no ultimate meaning. We bring a message of love, a message of ultimate joy, meaning and brightness to the universe. 38: We do not say that all things are easy on a day-to-day basis. We do not turn our backs on the horrors and indignities that you experience. We say only that they are lessons and therefore a part of a journey whose end is, surely and without any error, that of total love and total joy. We say this to people who are seeking that truth, but do not want to believe that life is random and that all things may be wrong. We ask people to consider our words and only if they speak to that which is already in their hearts to adopt it as something to examine and investigate on their own. Yes, my brother, there is a great need of channels. Not of the UFO message as such, but only of love. Love itself, my brother, is our only message. Does this answer your question?

7.6 1978/08/21

9: I am Hatonn, and am now with this instrument. [Those of us] with the Confederation of Planets in Service to the Infinite Creator consider it a great privilege to serve men on planet Earth. We have come for one reason and one reason only. We have recognized the need for assistance to your people. We have recognized the pleas that call freely through that which you may refer to that which you may refer to as the “evils,” or through the universe. For the thoughts of your peoples, as the thoughts of all beings, are energy forms which travel with great speed as they are projected by your peoples. And all of those throughout the universe who have become aware of these energies and who are capable of assisting you have either come to your planet or send their love to your peoples. 10: We of the Confederation have been given the opportunity to come to you and to await the moment that we may unite as one, serve one another, love one another, and then focus our energies and our love to serving those throughout the universe, as we have come to serve you. We of the Confederation recognize to a greater degree, as we see it, the natural functions, or shall we say, laws that govern man's existence on planet Earth and throughout the universe. In these sessions we attempt to assist you to understand, as best as we can, on an intellectual basis, these energies or laws that govern your existence. Yet we have found that there is truly only one law, that is love, my friends. You have been instructed—[by] all of the great teachers that have walked this plane that you call Earth—to love one another. All of the major philosophies upon your planet agree upon this point, though they may differ in many areas.

11: Man upon planet Earth has an infinite capability to love one another and it is only begun to open those doors and to utilize this ability. Man upon planet Earth, as he exists presently, is in what you might refer to as an infantile state. Indeed, your civilization has progressed rapidly. Especially within this period of time you call a century. Yet this progression upon the physical plane of existence is irrelevant to the progression of your ability to love one another. And indeed in

many cases, it is detrimental to assist you to develop the ability of the consciousness of love, for man upon planet Earth becomes engulfed in his experiences. Man upon planet Earth is constantly bombarded by negative and positive energies flowing around him and creating within him. Man continually focuses upon the development upon his society of his technology, but unfortunately, [in] your more advanced nations there is a lesser degree of interest than there should be in the spiritual development of your race.

12: We of the Confederation are interested in only this portion of man upon planet Earth. Indeed, we are intrigued by your societal structure, your technological development. Yet it is irrelevant to us at what stage of development you reside upon this physical plane of life. For, my friends, as you pass through this experience, you pass beyond the veil of death as you return. You continue to exist, your energy or your spirit remains intact and planted within it is the accumulative knowledge of all the years past. Not only in your most recent experience but in all of those that have come before. And your development continues onward, time after time. You shall enter into experiences, some similar to this, others much more different. But each with the purpose of assisting you to learn how to love one another. Some have come here for certain purposes and, indeed, all have a purpose for their existence now and always. Some are to be teachers and some doctors, some simple people serving only their families, but none have come with a greater mission. For all have come for the purpose of love and the fulfillment for the desire of the Creator.

13: For it was His desired intent, as we understand it, that the universe be one. Indeed, it is infinite in size to the best of our knowledge. Yet, in totality, it is but one universe governed by one omnipresent energy. And we call that energy but we lack the ability to express to you through your words, the entire meaning of this concept. We of the Confederation have watched over you for a great deal of time. We have watched you people struggle and it has saddened us to some extent. But we have witnessed great conflict and unfortunately a lack of love for one another on your planet. We wish not to chastise your civilization. We wish only to serve and love you and ask that you do so for one another.

29: You know that the great principle of love is the heart of all learning. And that all those souls who breathe the atmosphere of your planet come with a certain degree of wisdom and desire to learn that is unique to them. It is therefore extremely difficult to form a system of education which is comfortable and beneficial for all. Thus you must always decide whether you wish to perfectly educate the few or gradually and imperfectly educate the many. Without the understanding of each parent that the child is a spirit born in love, without the understanding of each parent that the center of life is in appreciation of the force and the beauty of life and the love that creates it, education becomes an artificial and difficult matter instead of the joyful and spontaneous flow of information gladly asked for and gladly given.

30: Without mind to mind understanding it is impossible to know the great uniqueness of each soul. It is impossible to respond to the great uniqueness of each student. And so you are where you are in an arena in which those things which are true in the highest level must somehow be brought down to practice in an atmosphere in which truth can not prevail perfectly. We ask you, my sister, shall it be better for you to refrain from aiding because you cannot be perfect or shall you go forth, armed in love, and use those things which you know and those abilities of mind that you have worked upon in this incarnation and do what you can knowing that while it is imperfect...

7.7 1978/09/04

2: At this time, we ask that each of you visualize your circle as being one which is totally enclosed in a beautiful white globe of light. Visualize this globe as being created by the love in each heart and by the unity of the group. In this way your energies will come into balance, and our contact will be smoother and more helpful, we hope, to each of you. I will pause at this time. I am known to you as Laitos.

6: Our information is simple, my friends. A very, very simple truth we bring to you, the highest truth that we know, although we know that there is a higher truth, for we are not perfect. And that highest truth, my friends, is that we are all

parent to those attempting to learn it manifests in differing degrees and through various stages that one may liken to the growth of the tree which produces a fruit and may also be likened within each human entity to the movement of light to higher and higher centers of energy within the mind/body/spirit complex. Thus, there is a season when the gardener, shall we say, may do its work and a season when the natural evolution of the tree may take its course. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality.

42: I am Q'uo, and we shall continue. As [it has been that] between your planetary population has moved through the identification with groups and the giving and taking of energies between groups and has evolved in the individual sense as well to the appreciation of the ability to express one's own thoughts and actions without restriction, then this becomes the signal to those you have called wanderers that there is the need and the call for assistance in aiding those who have begun to appreciate the individual expression and who now are in need of finding within their being the ability to allow that expression within others as well, as the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as love or compassion begins to be activated within the individual and group consciousness.

49: I'll ask one more and then shut up. What is the nature of infatuation, compared especially with love, and what is its function?

50: I am Q'uo. We find that this concept, which you have called infatuation, is the mental and emotional analogue to the natural attraction of oppositely polarized biological sexes. This may be likened unto the magnet and the iron filing. There is no thinking required to bring the two together. Thus, when an entity notices an attraction to one of the opposite biological sexual nature, the entity may seek further contact in order that the attraction may be explored. When further contact reinforces the initial attraction then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand.

54: The portion of the question left unanswered, perhaps deliberately, was what is this relationship emotionally, to the emotions, the human emotions that we call love, although I understand that the creative principle love is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary. That's the emotion that I'm talking about.

55: I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation it is a pure form of love, for it accepts totally another without condition. The other at this point in the relationship is so desirable that the one feeling the infatuation will, shall we say, go to any length to please the one with whom the infatuation is felt. All of the self and the attention of the self is given without reservation in order that the feeling of infatuation may continue. Thus, in this sense the period of infatuation is a pure form of love.

56: Pure, however, in the sense that it has not been tested; it as yet lacks the depth of experience. When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance of the other and will need to find within the self the ability to accept that which was previously not acceptable, to forgive that within self and other self that which was unforgivable, to have compassion for that which held little interest, or perhaps even dislike.

57: Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love and thus does the relationship do likewise and thus is love strengthened by testing true catalyst that each brings to the relationship. Thus, the love

which results is a love which has greater strength and depth and variety of experience, shall we say.

63: Yes. You basically covered this so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion and I understand that as acceptance of people, situations and self as they are and allowing them room to grow in their own way. So for an entity who is attempting to develop love as we know it then probably the most expeditious way for them to do this would be to work on acceptance of others and themselves and this is something that I believe I know, but could you just give a simple yes or no, if that would suffice?

64: I am Q'uo. This is basically correct, my brother, for within your illusion of seeming separateness and limitation there is much which offers the challenge to be accepted, much which seems traumatic, tragic and filled with sorrow, distaste, horror, anger, jealousy and so forth. Yet, each entity and event is the Creator knowing itself in a way mysterious to most. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love, and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship then the relationship has served as a means by which the continuing ability to expand the point of view and the acceptance, the love, and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution.

15.15 1986/07/13

4: The question, in our opinion, that each of you faces in your present incarnation in third density is, “How do I love? What is love? What has love to do with me?” This constellation of questions is the spearhead of your desire as a seeker.

7: Now, what should you observe before you begin thinking upon the truth of love? What should you not observe, for everything speaks to you of love.

8: The second great stumbling block—that was a good one too; you hear those L's coming right out—to seeking the truth of love is your opinion of yourself. Now, you know you were born into “ihwusion.” Wait—we gonna say that right, we gonna say it—il-lu/-sion. You were born into an illusion. Your scientists tell you about this illusion, but you have known it was an illusion forever. Philosophers have told you this; masters and teachers have shared this with humanity always. This that you experience is to be observed, but it is not the answer—it is the way to the answer.

9: You are, as you look at yourself in the mirror, a system of electromagnetic vibration that is held together as a field so that the various elements within the cells of your body can work symbiotically to sustain a physical vehicle for experiencing of self-consciousness. Now we get closer. We begin to move around the stumbling block of self. If you see somebody in that mirror that is a certain age, weight, sex, makes a certain amount of money, has a certain number of degrees from learned institutions and a certain number of children, you are falling flat on your face, you are stumbling so much. You must lose all those provincial ideas about yourself if you wish to seek the truth of love.

10: For how can you love without any reservation? This entity that is so-many years old, and so-many feet high, has so-many names and letters after the name, and just and so-many children. If there was the ultimate love for this series of specified quantities, then you could not love others the same way. No, my friends—you must look in the mirror and see perfection. Now, how you gonna do that unless you remember that you are a collection of well-arranged atoms housing self-aware consciousness?

11: If you can remove prejudice from your gaze into the mirror and begin loving yourself not for what you do, not for what you succeed in, but for what you are, then you have opened the gate to learning the truth about love. For if you do not judge yourself because you have done this deed or thought this thought, or been this quality or that, but instead love yourself because you are the truth about love, you are the treasure to love which you seek to find, then you may begin to make “qweer”—we must try again. This instrument have trouble with our accent. We try to say—clear perception of other entities who may have more or fewer children, may have more or less money, may be older or younger, but have no consciousness, but unique experience. So you look

18: We are fond of paradoxes, are we not? Let us clarify. The Creator is not only each tree, each stone, each bird, and each conscious entity. It is also the mystery that created these things. It is the invisible, the infinite. Why does it say in your holy works that the trees clap their hands and the mountains dance like rams? Does the Creator play so? You may look at it that way, but it is also possible to recognize the signs of worship and praise of a Creator that infuses all with love and joy.

19: My friends, you are far more complex than trees and hills, and within yourselves you have many, many beings interpenetrating each other, communicating with each other, and forming one whole and conscious hologram of the Creator. And yet there is also that mystery which you seek that is beyond and within your consciousness. As you approach what you call your Independence Day, we ask you to gaze many times at the concept of freedom, for there are many metaphysical systems which indulge in a hedonism that suggests that the Creator shall be used as a panacea to achieve happiness, prosperity, health and all manner of positive and comfortable things. We suggest to you that true happiness is often quite uncomfortable and yet so exhilarating that once having been experienced, it shall be the way you seek to manifest love.

20: Love one another, my friends. Serve one another. And find your freedom, your joy, and your peace.

21: We ask your pardon for causing what we so enjoy, the sensations of third-density incarnation. You are so rich, my friends. Feel it. Such a wealth of things to hear and see and taste and smell and feel and all things servants to you, there for your learning, your contemplation and your discretion. Open, then, the doors of your heart and love each other, and you will find yourself loving all manner of things and finding the life that you serve in the veriest blade of grass.

36: Thus, one area which may be fruitfully investigated is the heart chakra or energy center as the entity sees itself in relation to the creation about it and more specifically as it sees itself giving and receiving love with the mate in the relationship which endures, shall we say. The relationship of mates, as you call them, is one which provides an entity with increased and intensified opportunities to learn and to teach, to give and to receive love. And when accomplished over a significant portion of what you would call time and experience with the dedication of each to the other to be of this service, the lessons and patterns of programs within each entity may be attempted in a manner which is far more efficient than the kind of relationships which are constantly in change and motion with little stability or dedication to service.

44: We may in general continue with the previous response by suggesting that one facet of the condition known as AIDS which many share, each in a unique way, is that of the fidelity, of giving and receiving love. That is to say, it is most helpful and efficient for most upon your planet to find the mate with which to journey upon the path of seeking the truth, as you have called it. For some, this efficiency in seeking is not only appropriate, but is by their own choice and design most necessary in order to complete patterns begun in previous incarnational experiences. Thus, there are, shall we say, training devices or aids, in this particular case provided by the entities themselves, that enable a more finely focused attention upon the symbol of the lessons and services that they have programmed before the incarnation.

60: I am Latwii, and am aware of your query, my brother. Within your planetary influence in those portions which are of the metaphysical realms, shall we say, those which are unseen, frequently referred to as your inner planes, there are various levels of understanding, shall we say, much likened unto what you could call a spiritual distillery. Light and love as realized in a pattern of beingness which you can call an entity or a mind/body/spirit complex, then, is radiated, for the positive path, in a more and more efficient fashion according to an entity's success, shall we say, at moving itself along the path of evolution and into greater and greater realization and unity with the creation about it.

63: As one moves beyond the astral planes or levels of vibration one enters what has most frequently been called the devachanic planes of experience. These are also frequently called the heaven worlds of your planetary influence. Within these realms of vibration, also numbering seven at the basic level or in the basic manner of description, one may find that the population is somewhat reduced in number but is more efficient in transmitting the love and light of the one

Creator to those whose seeking attracts or calls for their service. Again, service in this general level is that which is more of the specific call being answered rather than the constant guiding or watching over the incarnate entities of your third density as is the nature of the upper astral levels.

64: These beings which inhabit the devachanic planes in the lower levels of these planes, then, move to answer specific calls. Within the upper frequencies of the devachanic planes, there is less and less desire to serve in the manner of communication with the third-density incarnate population of your planet. The service at this level of vibration takes more the form of the sending and in some cases the providing of light, love and healing to the planetary entity itself and to larger portions of the population of your planet than one or two or a few of your entities which may call for service and receive it from other levels of either the astral or devachanic planes.

15.14 1986/07/06

2: We find the consciousness of those present this evening to be much aware of the day you celebrate in what you call your nation, as the birth date of your nation's independence and each is our personal freedom. We find the phrase, "All men are created equal," to be written large upon your hearts and your pride at this time. Thus, we would speak to you about how love and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth.

6: Many difficult relationships are the result of previous unfinished beginnings and the difficulty of the relationship is much like the difficulty of a person that receives that which seems to be fresh from the grocery but which when taken home, though sweet and fresh to every physical sense, yet seems still somehow aging and putrefying. There is something ancient, something one cannot put one's finger upon, something which smacks sometimes of déjà vu. This is that with which you shall deal as lovingly, compassionately and may we say dispassionately with in this life experience in order to finish that which has been begun, that all may be balanced with that particular relationship or in regard to that particular point, that the entity has been attempting to learn and has as yet not completely gotten, shall we say, under the belt.

7: As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously, in that each entity gives such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge.

8: The other influence, although equally pervasive, is not an influence that is much noticed. However, it is equally important to your development and to your understanding of the process of development. You understand already that that which you seek will come to you. This follows the basic law of finishing the beginning. However, there is a balancing influence, and that is the influence of finding that which has least been sought. Each of you will repeatedly during your incarnation have a new experience, [an] experience to which you come as a virgin comes to her first love. You will have no previous experience to guide you within the incarnation or within your memory, for what is occurring is a balancing process.

12: Therefore, be meticulous in acknowledging each gift in seeing the balance which is internal to your own development and no one else's. Thus shall you use the illusion which makes you seem unequal, one to another. We encourage you to rejoice in this seeming inequality, for the Creator so rejoices. You are the glory which the Creator could only realize by reflection, you are the manifest of that which is and always shall be unmanifest, and while you are manifest you are not only Creator and co-creator but also creation and the Creator finds you lovely.

38: I am Q'uo, and we thank you for the opportunity to speak upon this topic, for it is one which is central to the lessons and purposes which each entity upon your planet's surface has incarnated to learn and to offer. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love; there is no better word in your language yet it falls short. This lesson as it makes itself ap-

pear. The universe has been made up of one substance and that, my friends, is love. How can I say to you, each a beautiful being that sits within your dwelling place at this time in meditation, that you are one being, one with us, one with each other and one with your beautiful planet. It is difficult, is it not, my friends, to see the truth. For you dwell in a dense physical illusion, as we would call it, in which energy seems to you to be mass. In which emotions, as they are, are habitually masked by your peoples, so that they speak falsely. And that falsehood is believed as truth. And the separation goes on and on, my friends, among your peoples.

8: My friends, the answers lie not in outward reforms but first in the inner reform of each person that restores self-respect and reliance upon itself, knowledge of brotherhood and sisterhood and the ability to act on what you believe. Then, and only then, my friends, can you move forth into the world in which you are now living and learning and act for right or for wrong, but in the confidence that your judgment at this time is the best that it can be. And, my friends, how do you find that confidence that your peoples are so lacking? How can you find the love that has been lost in infinite separations? Nation to nation, people to people?

9: We have come to tell you the truth of love and the power of unity. But we cannot do more than inspire you to find for yourself those truths. For each soul, my friends, each being, as we have said through this instrument many times, is a kingdom unto himself, a regal and imperial entity. Yes, we are all one, but the paradox is, my friends, that we are all unique and all completely necessary to the creation. And it is for each imperial entity to make the decision to seek for himself the truth of existence of consciousness. There are many truths, my friends. There are many, many levels of reality and each of your brothers that you meet may speak to you from a different level. But within yourself, my friends, you are at a unique place in your journey towards the truth. In order to seek the truth it is important that you make contact with that place within yourself which has a will to purpose, and when you make contact with your deepest purpose you will find that your deepest purpose is to seek the truth.

15: I am with the instrument. Again we ask in order to strengthen the unity of the group's energy that each of you visualize a beautiful white ball of light that surrounds your entire dwelling place and in which you are all totally bathed in love.

32: We attempt to speak the truth without distortion. But words, my friend, are a distortion. Only the unspoken concept of love is complete. We would ask not only you, my brother, but each in this room, to become aware of a universe in which signs and miracles do not signify. Because each has become aware of the incredible miracle of consciousness in which the power of a healing or a sighting or a metal bending is not a sign at all. The sign, my friends, being instead the power of one person to walk in another person's shoes; the power of love, to reach and touch when those you call your enemies are attempting to build walls.

33: The power of the truth to take a situation that is, my friends, truly abnormally and miraculously confused and make it whole again. The incredible thing, my friends, is that you are all attempting to think and to feel what the truth may be. Do not let signs and wonders sway you. For signs and wonders may be explained away and faith may be broken by the absence of this. Seek the truth and you will find that each moment is miraculous, and more and more those things that occur to you become signs and your life becomes an inner adventure, which perhaps you cannot explain to others. For the truth, my friends, is subjective. You can never ever share it with another in the fullness of your inner understanding. You can only love. If you can only love one another, my friends, that would be the greatest miracle of all.

40: I am with the instrument. We find that as a part of the growing process that you, my sister, have a mixture of occurrences and that some of your sensations are truly those of a sensitive, as this instrument would call it, and some those of you yourself speaking internally as a part of the growing process attempting to integrate those parts of your personality that are not yet totally in harmony. It is a difficult situation for a sensitive person, and we recommend that in your meditation you pray for stability and protection and feel the love that makes us all whole. We would not recommend developing you, shall we say, psychic powers, at this time, but work instead for the stability which will stand you in good stead when you later begin to develop, both as a personality and

as a sensitive, and by that we mean one who is sensitive.

45: It is our understanding that that which was the Creator is infinite, and when there was a desire for self-realization, that which was one Being took energy, which we now call love, and with this infinite energy created all that there is.

46: Each of you my friends, and each of us, was created to lend a realizing consciousness to the Creator. In essence, we then are the Creator, realizing our self. But it is not we alone who are the Creator, or some entity somewhere else who is the Creator, but all of us together who form the Creator. Without one of you, my friends, the creation would be incomplete. We cannot lose anyone. We are all totally and completely necessary by our very being. In the infinitude that is eternity—and that is a hard concept to grasp we are aware—the polarity that was achieved by the Creator in His creation, when love came forth and made all the universes, brought about an infinite series of cycles; each beginning in comparative darkness and rising to comparative light.

47: Each of you has been through many cycles, becoming more and more a true reflection of the Creator. It is for this reason that we are. We are here to realize the Creator, to see and to reflect and to share the Creator with each other, and thus we are the Creator. Whenever you realize that great force of love in your dealings with others, you have given love to the Creator. For the Creator is in all that you see. Now how, my friends, can you be expected to know what love is and how to give it? This, my friends, is the question which you bring to the troubles of your life, as you experience it day by day in this physical density that you now enjoy. Each seeming difficulty is, shall we say, a quiz, a test, perhaps even, if it is a very difficult situation, the equivalent of a midterm, as this instrument would call it.

48: What you are is being brought to the catalyst of a situation in which you must then discover the best way of showing love. It is not an easy vibration, the one in which you now live. But it is one in which the learning is greatly intensified. We have in our vibration a greatly extended life span. This is due, my friends, to the fact that when one is aware of all one's own thoughts and all the thoughts of others, then one cannot feel separation. Therefore, the stimulus for emotional displacement by sorrow and grief, frustration and anger, is almost never felt to any great extent, and we have very little choice but to vibrate in love and in unity.

49: Thus, our learning comes over long periods of time, as you would call it, simply by sharing that which we know with others. In this we refine and refine ourselves, more and more purely. But it is a slow process. You on the other hand have chosen, and are appropriately placed in, a situation in which love is completely masked in some situation, and you must from your own understanding of reality find the love within each being and within each situation, dwell on it in your heart, and thus correct in your inner picture the errors in your outer picture. Many of those in your world have a strong faith that 2 plus 2 equals 5 in many situations. And you have been taught wrong information as basic as 2 plus 2 is 5, and you have absorbed it into your being. Now in your heart, when all seems awry, it is your lesson to find the harmony, to find that 2 plus 2 is 4 and thus secure in your knowledge of love.

50: Allow that love and that right understanding to illuminate the situation and heal what can be healed. You cannot heal other beings unless they request it or desire it. But you can heal that portion within yourself which may feel pain. And in healing yourself, in truth you heal the universe. Remember, my friends, your basic attempt is to seek for yourself, and then share with others whenever you can. But to seek for others is impossible. We are aware that we could not have responded adequately to a question as deep as yours in such a brief answer. But, may we ask if this is satisfactory for the present?

53: We are grateful to you, my sister, and to show you that at all times we will be with you, if you request it. It is written in your holy works that He Who is the Creator will wipe every tear from our eyes. And we say to you that such is the truth as we know it. There is no sorrow that will not be comforted. And no understanding that will not be made complete. And these are not aphorisms or empty words. Go in meditation to that place within yourself where the Creator is, and dwell in the love that is indescribable.

7.8 1978/09/11

50: If you may think of your existence as having a natural rhythm and an ongoing purpose, perhaps it will be easier for you to understand that suicide, as you call it, is a stoppage of that rhythm in an arbitrary manner. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many lessons that are about you and letting the realization of love flow into you from the Father. If you can keep these realizations before you, your life in this realm and all others will be enjoyable and fruitful. Does this answer your question?

7.9 1978/10/09

4: You humans, my friends, with the creation of man, have built walls between yourselves and between you and love so that you experience the winter, and you become cold in your heart and can feel that the love is limited between you and your brothers and sisters and between you and the Creator who needs you. But we say to you, my friends, there is a place that is within you in which it is always summer. It is high upon a hill, and to this hill you must climb. You must seek and gently—very gently, my friends—remove your senses from the world around you, from the world around you which may be cold and harsh in its emotions, and step-by-step walk up an inner hill in silence, leaving that part of yourself behind that may in any way feel the tiredness and the toil of your everyday life. Cleanse yourself in the waters that you may find in the pond by the hill that you will climb. Dress yourselves in clean, white garments and proceed upward. You will finally be healed in consciousness, my friends. And at the top of that hill is this place. Now sit in the meadow, and listen to the birds sing, and smell the sweet smell of the flowers, and feel the warmth of the sun. This, my friends, is the Creator's love. It is infinite. It is omnipresent. It is closer to you than your own breathing and your own thoughts. This is done to you, my friends. This is our succor. We ask you—find the key to love in yourself, in your daily life.

7.10 1978/10/18

2: Each atom of love, shall we say, is infinitely strong. We do not ask you to pray for peace but only seek to be loving by yourself and as part of this group which functions as the light center, and that light will help.

6: One among you, who is a master known to you as Jesus, said that, "I and my Father are one." "I," my friends, and "my Father." Who, my friends, is "I?" Is it a man known to you as Jesus? But did he mean, instead, that all of us and the Father are one? We ask you to contemplate the oneness of the creation. I and my Father are not two, are not separate. There are no walls between us. I need only open that inner door of consciousness and listen, and in the silence, that which has been called in your holy works that still small voice, may speak to you. That which it speaks may not be expressed in words or many, many times in actions, but only in a sense of wholeness, of harmony, of balance, of that simple thing which we call love that has created not only us, my friends, but all that there is. All the stars that your greatest telescope can see. All of these things, my friends, are "I." Place, time, personalities are all one. You cannot be anywhere but in the creation. But you can act, my friends, for you have the power of eternity within you.

10: We ask you to contemplate, my friends, those two creations—that of the Creator and that of the sons of the Creator—and you [to] ask yourselves which expresses love? And further, to ask yourselves how that love can be translated into the creation of man. For each of you, my friends, in each day, can express love in the creation of man, for there are no walls so high that love cannot express itself through. There are no doors that cannot be opened with love. And you have that love, my friends. It is not yours by personality or by heritage in the human sense. It is yours because you are part of the Creator, and the Creator created you in love, and there is that within you which is perfect and perfectly expressive of love. We ask you to contact that part of yourself which is the whole creation, which has the wisdom of the whole creation. We ask that you do this by inner listening, by service to others, or by any means which, for you, is your own unique

method of finding the truth.

11: We, as each of you are aware, do not consider that we ourselves are authorities on the truth but only those who have reached our hands out to you in love to generate a desire within you, a desire that may take spark, so that you desire to find out for yourselves what is the truth.

30: That which is known to you as the physical change of planet Earth, as you well know from your previous research, has already begun taking place and is well underway. What is perhaps not known to you is that groups of people in light centers like this one, meditating in love, have managed to alleviate not one but several series of your earthquakes, especially those in your western coast, so that smaller earthquakes happened in quick succession, none of which did the great damage that one earthquake should have done.

33: That is correct. We have for several years been alerting light groups like your own to the possibility that meditating in love could alleviate the great stresses of the Earth which are manifesting due to the built-up consciousness of the planetary mind over many generations. Thus, that which can be cataclysm has, so far, been sparing of lives while slowly alleviating the great stresses in the Earth. We go on with this work and know that you also do.

34: There are many stresses; that is only one. To pray, shall we say, for California is not what we ask, but rather, simply that you concentrate on being a loving person and sending your love to the planet as a whole. The planetary consciousness becomes lighter and lighter as it receives the love generated, first from that central sun which is the Creator, but then flowing through you persons of free will on planet Earth [who] have good wishes for all on your planet, and the Earth itself begins to feel it. It is perhaps, shall we say, an extreme example of what a physicist would call action at a distance where, by concentrating on small particles, changes in the material world may take place. These are very gross changes, and yet, if enough of the consciousness of your planet is alerted, even they can be alleviated. Things get worse rather than better, as you know, as you approach the new location in space. And by, perhaps shall we say, 1982 much will have become clear as to whether the natural sector of the creation—in other words, the planet itself—has begun to vibrate successfully in what so many of your poets have called the golden age to come.

42: We do ask only one thing, and that is that you and all of those in this room attempt to know who you are and what you wish to do, and do it with love.

43: There are those upon your planet who are capable of receiving specific information, and so they do, but [they] will show to you that the higher truth is far more important than earthquakes and fires and all that you may be subjected to from the physical development of the new age, will be the spiritual development of the peoples of your planet. To help them, you cannot pray for them but only attempt to become a pure vessel, shall we say, of that which we call love. Love is that which is indescribable. It is more strong and powerful than the word would suggest in your language, and certainly you have no other word which is as expressive. We have attempted at times to use the word "desire" to indicate that which communicated life to the cosmos, but desire today among your peoples expresses upon a physical level, and this we do not mean. Thus we ask that you find love within you and then open those eyes which are windows to that love, and let it shine forth to the best of your ability. Do not be sad because you have failed at any moment, but only try again. That is all that we can do.

45: I understand that we have a very limited way of knowing creation, and I know that the channel you are using is probably a little tired from making contact, and I appreciate the love in which you have answered my questions. Thank you.

61: We thank you, and we are sorry that we sometimes cannot take seriously those things which are taken seriously among your peoples. But love itself, my friends, we take very seriously.

68: Karma is often good rather than bad; but, further, it should be understood that the day-to-day incidents of your life are, rather than karma, a type of random number system which gives you a path in each situation in each day. You have your choices to make, and they have not to do with karma but with love.

69: Frequently, the most difficult problems are, indeed, karmic, but they have to do with a relationship which was in some way unbalanced in a previous incarnation. In that

capacity to bond with other elements and form either non-crystalline or crystalline structures.

15: The most powerful crystalline structure may be perceived to be the self. As we have noted, the nature of each self is consciousness or being which is co-eternal, shall we say, with love itself. Each of you was created before your planet was created and shall be a being after the planet has become uninhabitable for third density. Thus, the great tool of light, the one we recommend to you, is the conscious use of the unconscious and almost always sleeping powers of the crystalline self.

17: Consider yourselves stewards of the love that created you and the light that manifests you. In meditation, call upon the silence that you may hear the silence which speaks of love, and both in meditation and in contemplations such as the use of affirmations, offer yourself as instrument for the manifestation and realization of the limitless possibilities of creative light. We may note that while most affirmations find their benefit to people in the mental and emotional areas, physical healing is also quite available through the use of affirmations which, indistinct or poetic, prosaic or wondrously beautiful, nevertheless have the intent of focusing the light of the infinite Creator in such a way that it interpenetrates and envelops each cell of each of your bodies.

18: Light is used in another way in your language and that is as the opposite of heavy. We would end by suggesting to you that to be full [of] light is to be light, that is, cheerful, joyful and resilient. This is not, shall we say, a characteristic encouraged by the catalyst of your illusion, and we are sure that time and time again each finds itself growing heavy. It is well, then, to recall the nature of illusion and the nature of time/space and its limitless love and light. While illusory, it is a far merrier illusion, and is as available to you as is the experience of difficulty after difficulty that the illusion of third density will offer you.

21: I am Yom. We shall conclude. Therefore, my friends, when you discover heaviness within the heart, you have a choice. It is acceptable to the Creator if you wish to experience the heaviness or darkness of the illusion. This informs the Creator just as efficiently as any other experience, and you are being of service to the infinite Creator whom we all wish to serve, by feeling terrible, sorrowful, or in any way upset. You may, however, choose to turn to some affirmation, one of what you call your jokes, or any inspiration which yields realization of light. It is without you and within you, interpenetrating each cell of your body and your brain and it is a tool for your use in learning the truth in seeking the love and the light of the one infinite Creator and in becoming more and more a polarized instrument, designed to manifest the Creator's love and light to other beings.

24: I am Yom. I come to you in the love and the light of the infinite Creator and wish to express to you our appreciation for your attentiveness as well as for your consistent striving in your efforts to perceive beyond your illusion. It is our desire to be of assistance to those present whenever possible and we place ourselves at your disposal that you may call us as one would another self in moments of disquietment or confusion. We desire to be of assistance whenever possible and will respond if you simply open your self to our vibration and mentally request our presence.

25: We shall now transfer our contact to the one known as Jim. We are of Yom, in the love and the light of the infinite Creator.

15.12 1986/06/15

5: This energy which is oblique and electrical in nature is brain wave activity, no more and no less. It is, however, that which occurs within the meditative state when an entity turns purely to the heart chakra and moves the brain wave energy in concentration to that locus. From that locus, then, enters a very pure love vibratory emanation, crystallized by the crystallized being which acts as a catalyst in the connection between the two green rays and in the interruption of the outer shell of the one to be healed in its auric sense. Once the auric shell has been pierced and the green ray opened in the one to be healed, the energy is sent forth and the one to be healed may choose healing at that time.

6: Love, my friends, is a creative, fiery, intelligent, and ever present source that is concentrated at the heart chakra of your beings and sent forth to nurture, to help, to encourage,

to grow, and to transform. Such are the uses of protection. Many healings there are wrought by one who listens with a wide open heart. The listener may never speak, but the talker will feel the healing of green ray, which is love. The babe at the breast seeks green-ray nurturance. Milk is the second-density reason for the suckling. The green-ray exchange between mother and child is the metaphysical reason for such nurturing as does take place in the suckling of an infant. Indeed, there is so much healing associated with the green-ray energy center that when something as far different, physically, from a person as your very planet is, is looked at in a nurturing sense, it is always described in terms of a breast, that is, putting one's head upon the breast of Mother Nature as one lays one's head upon the [mother's] breast. We retrieve this reference, which we discover to be somewhat obscure, from the instrument's reading of the letters of John Keats'1. However, there are far more accessible instances of this as in other of your poetry.

60: I just wanted to check a couple of things. First of all, is the reason that we feel so instinctively more nurtured in the country than the city is because of all the second-density plant life which can't help but do anything but vibrate in total love at all times—it doesn't have free will yet?

65: I am L/Leema, and you may see the waters of your oceans, lakes and seas as large crystalline structures which absorb much of the instreaming light or prana of the one Creator in what you have called a more natural fashion. Thus, when one immerses the physical vehicle in any body of water, one is utilizing the natural ability of the water to absorb and transmit that vibration of love which is light and to feel the healing energies then is more easily accomplished by any entity who is in need of or seeking such transfers of energy.

101: Of course we come in name of Christ. How else would we come? There is only one love and that love's consciousness is Christ. That what we show, pure compassion, you know.

15.13 1986/06/29

5: You have heard countless times that the Creator manifested Itself as love—but what is love? You know that you are in pursuit of something called truth—but what is truth? The nature of love is such that it has created consciousness that is self-conscious. Each of you is love, thus each of you is the Creator. As the Creator is love, so therefore are you love. How then, we ask, does love seek truth?

6: Love chooses between love of self and love of other self. We speak to those who are upon the path in which love is manifested as love of self and other self as self. If that were a mathematical equation, all the selves would be struck out and what you would have left with is the equation: service to others' self is love manifested towards other selves. We ask that you ponder this not once, but many times, for the truth in this statement is not immediately apparent. In no way do we suggest a lack of love for self; we suggest only that other selves are loved as the self.

8: For what we are suggesting may seem upon the surface many times to smack not of freedom, but of slavery. Let us observe slavery among your peoples. There is no time, as you call it, in the history that you know in which humans have not been slaves. There is a reason for that and that is this. To some, happiness—that happiness which is the manifestation of freedom—lies in seeing a loved one happy, in tending a loved one's hurts, in tending and encouraging a loved one in distress. Many are those even now who are in actuality slaves against their will—this is not that of which we speak. We speak of those who love their masters and who are loved in return, and who therefore find happiness in service. Were slavery uniformly disagreeable to all, it would be attempted unceasingly, but it would be found to be counter-productive. It is those happy combinations which insure that slavery, whether traditional or untraditional, as in some marriage relationships, endures.

17: Spiritual joy can be a frightening thing, for it is a joy which has its roots in a love that is mysterious, for it is the manifestation of a sense of the Creator which is mysterious. You may experience joy, but it is an unknown joy, an unspeakable joy, a happiness which is both silent and creative. In this regard we encourage you to remember that anything at which you look is not only the Creator but is also less than the Creator.

for yourself, but for all that lives. When you meditate and wish someone well, that wish has meaning and power. When you think a thought and wish someone ill, that wish also has meaning and power. When you decide to seek to find love, all that you do has meaning, for as you experience and as you record what you experience within yourself, you are adding to the store of knowledge of That Which Is. And so you shall do and cannot help but do, as long as you are in incarnation in this density. More than that, between incarnations, and as you go forward from density to density, you shall not for one instant cease to be [part of] the meaning of creation, for the meaning of life is an essence and that essence is the one original Thought of the Creator, that creative love which through light has created us all.

15.9 1986/05/18

8: You are consciousness, and that consciousness creates. It has created this moment for you by the work it has done in the past. It will create what you call your future as the work that you are doing at this moment comes into manifestation. The tool of intuition is one which may be applied by the remembering and recording of your dreams and visions, by the listening to what this instrument would call the still small voice, the voice that says, "This is good; this is not so good. This feels right; this does not feel right." An intuitive person often has no verbalized reason for these feelings. It is always well to recognize them and give them respect. It is also well to use the tool of the intellect insofar as that skill is a portion of your native character, for the intellect can analyze dreams and visions, can examine thoughts and find from them the harvest of love therein, can temper the feelings of "should" and "could" and "yes" and "no" with sometimes an encouraging and sometimes a cautionary analysis of those intuitions. Many a baseless fear has been removed because of the work of the analytical portion of the mind.

10: So turn, then, from the consideration of clear minds and clear intuition long enough to gaze at the mystery of the [new moon]. You have the will to seek. And what do you seek? Many would say truth; many would say love; many would say the Creator. We say to you, there are no words, for the Creator is mystery infinite and invisible. It cannot be reached by analysis. It cannot be sounded through intuition. It is closer to you than that, for you are that which the Creator is, the one original Thought. That one great original and creative Thought is something that we can find no word for but love in your language. You are the consciousness that is love. The consciousness that you seek in knowing the Creator is love. You are what you seek and you seek what you are.

11: What you are doing in seeking is remembering and recapturing that which you knew before anything that is visible was created. For you are old. You are as old as this creation and you shall continue until its end, when at last you have achieved not only the presence of the consciousness of love, but that consciousness itself in such totality that you know longer feel the need for individuality.

13: We encourage each of you to find, ask for, and seek the grace to acknowledge within yourself the divinity of the consciousness of love within you, to seat that consciousness through meditation and so become a channel for that love which is the one great original Thought. There is no portion of your mind nor any portion of your experience that will enable you to continue seeking or to continue manifesting love. The seeking is too wearing and without the strengthening of love itself, found in the silence of meditation, the feet drag upon the path and one finds a stone which looks to the eye of the dusty traveler more comfortable than the road. One sits down and one pauses and the will fails.

14: And so it is with manifestation. If one works from one's human resources, in this illusion of yours, my friends, you are limited and you can only love so much, you can only give so much, you can only bear so much fruit. Therefore, seek to enrich faith and will that you may become instruments through which the infinite supply of love can come to you and through you that you may realize at last that you stand already upon holy ground and dwell in the consciousness and presence of the Creator.

47: I am L/Leema, and am again with this instrument. The phenomenon of which you speak, my brother, is one which is found at the highest level of the second density, that is the phenomenon of what your peoples call the pet. It is indeed

true that due to the process of investment of identity upon these second-density creatures by their companions which you call owners that they oftentimes will choose after one incarnation is complete to move again into the life pattern of those they have grown to love and who have invested them with their love. Thus, your perception that there is a returning to your family of an identity in second density is correct, and is often accomplished within your illusion in precisely the manner you have described in order that the second-density creature may be further invested and may eventually achieve its own graduation, shall we say, and begin an incarnation at some point within the third-density illusion, having received enough love and given enough love to have marked its own identity or self-conscious awareness, which is the beginning hallmark of the third-density creature that is known as the human being.

15.10 1986/06/01

16: In time/space that river ceases to flow and you may remain in an eternal present moment so long as you are seeking to use the tools of time and flowing in the river of space. In this river of space lies each experience, and without the prison of time one may, unbarred and free, search out the nuances of even the most complex and difficult situation so that one may find the Creator and love, which is the Creator, in each and every experience and situation. Throwing off the trammels of time, it is possible to use the tools of many portions of a deeper self. It is possible to dwell what may seem to be long upon the most brief moment, for that moment may hold a key for you and it may be important to dwell within that moment, using the deeper tools and doing the work of the spirit, that is, the seeking of the truth.

37: I am L/Leema. This is again correct, my brother. The nature of seeking the heart of evolution is of itself best described as a metaphysical process. That which is metaphysical is that which is of a primary or foundation nature. That which is physical springs from this foundation and is a manifestation of it, and through the physical illusion of incarnation upon incarnation, an entity distills certain attitudes and lessons that bias it toward further seeking of what you would call truth and the nature and purpose of life. The geometrical shape of the pyramid was designed to aid this process, and indeed did so by funneling the light of the Creator, which has been imbued with love and called by many prana, in such a way that the distortions and disturbances likened unto mental static fell away from the seeker and the pure desire to seek the truth was then intensified in such a fashion that a finely wrought pathway between the seeker and the greater truth or reality which it sought was then constructed which allowed the seeker to experience more and more of that which it sought.

105: I am L/Leema, and we might suggest, my sister, that each thought and action an entity entertains is an expression of love in some manner, whether it be love of others or love of self. To attempt in each thought and action to give freely that known as love is to place the life pattern upon what you have called an honorable stance, for to honor another portion of creation, or entity, is to give that which each by the nature of its being requires to continue in its being. And that force which enables and ennoble all beingness is that which is called love. Thus is all of creation moved by its power. And to consciously seek to give this love to that which surrounds one's incarnation is to...

15.11 1986/06/08

4: Light itself, being alive and being the first creature created of love, forms all that there is. It furthermore in its creative freedom surrounds and interpenetrates in original form the structures which have been created by the influence of free will upon light. Thus, all that there is is not only made, mechanically speaking, of articulated light, but is also interpenetrated by limitless light, which some among your students of metaphysics call prana. We have, then, a vast array of crystalline structures, for you may term each atom an inchoate crystalline structure, that is, the active elements are inchoate, some being without the need to bond with other elements, are themselves articulated. Each element has the

case, we ask that you attempt with all your being to stop the wheel of karma. The way to do this is to forgive. Forgiveness is another word for love of that who seems to be an enemy. To forgive completely is to remove karma from the situation. To love completely is to be free. To love, it is truly said, is to conquer. Therefore, if you find a situation especially difficult, come out of your meditation with the question, "How does this situation look now in the light of meditation?" And with that tool of yours which is perfectly good and for you to use, known as your mind, objectively and carefully search the situation for the lesson you are to learn. If you find it is karmic, then perhaps you know that which you must do. If you wish to progress as quickly as possible, seize that which you think you must do and do it, whatever pain it may cause you at the time.

70: In alleviating the karma of another, you have shown the greatest love one can show. To forgive is truly to love.

8 1979

8.1 1979/09/06

2: The power of what you might call faith or love is so great that even a small group of people, [can be effective if they] are genuinely concerned and give of themselves in prayer and meditation first of all to seek the truth and secondarily to send love and light to those who are in need and to the planet itself. This energy is extremely powerful and we thank those who have lent themselves to this great work at this time.

4: We, as always, are amazed at the serious attempt of your peoples to live by the laws of ethical rightness as you know them. My friends, we would speak to you about these laws for they are sometimes harmful. It has been written in your holy works that when the teacher known as Jesus was asked why his disciples sat to eat without washing their hands, as was the custom among the people of that time, for religious purposes, the teacher answered, "It is not what goes into the mouth of any man that defiles him, but rather those things which come out of the mouth of men." And we would reacquaint you, my friends, with this thought for it is very important in your understanding of the law of the Creator. Yes, my friends, there is a law and that law is love.

5: Mankind has created many systems of ethical considerations, so that man may live with man without warfare. And this is, of course, to the good of the people. For it is not comforting to know that you might at any time be killed for no reason at all, or dragged before a firing squad, or imprisoned, or the other difficulties facing one who lives in a society which has fallen into the hands of an unscrupulous government. Thus, to the extent that these laws of man, legal and ethical, preserve the common peace and aid the spiritual development of each human being, these laws are to the good. But when they are interpreted literally and rigidly and do not allow for compassion, understanding and the redemption of love then these laws are harmful to the spiritual development of the individual.

6: How many of your peoples, my friend, have been subjected in their childhood to a long list of things about which they must feel guilty if they not do? These laws cover everything from what one must put on one's body to be well clothed to how one must keep one's dwelling place, how one must speak, who one must speak to, and how one must judge others according to their appearance. All of these ideas of mankind are erroneous, in that the appearance of man, the habits of man, and all of those things which go with a cultural upbringing are merely window dressing for that which is deep within the heart of each man, and that is that spark of love which is the divine Thought which created him.

7: If you cannot deal with a person because of his differences from you, intellectually, morally, spiritually or simply by appearance or way of speaking, then you have not drawn from your meditation the deeper understanding that all men are the same. That they are all on a path towards the Creator. Some are going at a fast rate of speed, some at a slow rate of speed. Some seem to be taking a vacation from the journey to the Creator or even taking side trips in which they are getting farther away from the love of the Creator. But, my friends, if you take the long view you must realize that it does not matter because if you have eternity in which to de-

velop each soul, and if you understand the inevitability of the progress or, shall we say, the eventual progress of each soul, then you know that each person is either progressing along a spiritual path now or that he will do so in the future. It is this portion of the personality of each being that you meet that must be of importance to you in your dealings with him. 8: If you are unable to tolerate a person, as understandable as it may be, you must still continue to meditate until you can see that person as the Creator, for that is the law of love. You have upon your planet many who do not understand nor wish to seek the law of love, and it is indeed hard to imagine being able to love some of these people. We would name, for instance, Adolf Hitler, whom it would be difficult to see as a child of the Creator. Yet, my friends, this man is a child of the Creator and this soul, although he has a long, long journey, will in the end become a spiritualized and seeking being. Other political figures of your time, such as the entity this instrument calls the Ayatollah of Iran, seem to be totally lost in totally foolish and shameful acts. But we say to you, my friends, you must see each person as part of the Creator. It is only in doing this that you free yourself to have a right relationship with each person that you meet. These are extreme examples, of course, but in your daily life you meet so many whom you could inspire because of the joy in your heart and your acceptance of them without judgment. They would then wish to know what you had that made you different, my friends. And you would have dropped a seed of love; whether it fall on stony ground or on fertile soil, your service would have been accomplished.

9: Thus we say to you, know the law of love and understand that it supersedes the laws of mankind. And if you can apply the law of love in any situation, do not hesitate to relax your grip upon the laws of men. For more important than your understanding of the wrongness of others' actions, or even your own, is the understanding that forgiveness is the divine act. And it is within your own heart, through the grace and power of love, that you may forgive yourself and others when you find yourself or the people in error.

10: How much you people desire to be of service to each other! We appreciate that, my friends, for we wish to be of service to you also. But we are aware that we can only do just so much, and then we must relax and let our thoughts drift towards the golden love and light of the infinite Creator. What we can give you, we do! If we can give you an inspiration, if we can give you a piece of joy from the feelings that we give you in meditation with us, if we can encourage you to meditate in any form whatsoever on a daily basis, we are very pleased. This is what we are here to do. If we fail, we simply wait until we can try again. And we hope that you can develop that kind of patience and understanding of your fellow man.

11: Life, you see my friends, is truly a humorous condition. If you could look at your life as though it were an old time silent movie with all of the gestures exaggerated and subtleties under each episode, you would then be able to see your life's dream in its true form. It is a movie on your particular screen for your particular understanding and entertainment. You can be an actor, totally lost in the drama of your existence, or you can also be in the audience watching the drama, understanding what there is to understand in each situation and finding the comedy and the laughter that is inherent in the ridiculous assumption that a soul could take on a heavy chemical body and move about and find the importance of things like money, possessions, homes and all of the trappings of your society, when the only important things are love, compassion and service to others. Can you not find the humor of your own thoughts? When you find your mind too much with your worldly goods and ideas, step back, my friends, and watch the action as though it were on a movie screen, have a good laugh and feel refreshed in the knowledge that you are beginning to truly understand the nature of your existence on planet Earth.

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3: This instrument has often wondered why the planetary entity that has most often spoken to her from the inner planes, during what you would call séances, was named Moses. We would like to bring out some points about the reason for the one known to your peoples as Moses being one of your inner guides upon the Earthly plane. It was many, many years ago,

several thousand of your years to be exact, or more exact shall we say, when you and your little charge of courageous pilgrims, desiring to help the people of this Earth, stood before the Council that governs this solar system and requested permission to incarnate into this solar system in this cycle. Permission was granted. It was not granted to all that applied and to those that won the approval of the Council there still remained mixed feelings, for you knew what you must lose in order to enter such a dense and unloving vibration as the Earth plane.

4: You have tried through many incarnations to be of service to the people of this planet. It was hoped very much by you before you began this incarnation that this would be the incarnation in which you succeeded in that plan. In other words, my friend, you, like Moses, have been attempting to lead your people through a desert toward a promised land of love and light, which you can see clearly in a distance and know as a reality, but which those around you either doubt or disclaim completely.

5: And now, my friends, you find yourselves moving through the incarnation, giving of yourself to the best of your ability and to the best of your judgment finding yourself still in the desert. We can only say to you, my friends, that your sacrifice has not been in vain nor will it ever have been for nothing. Even if you do not lead your people into the promised land; even if, as some have rather crudely put it, you cannot save your planet, you have shown by your life and by your works to the best of your ability that love and the light that awaits those who praise the truth of the Creator's love.

7: "Take off your shoes," said the voice, "for that place whereon you stand is holy ground." You cannot bring people to an understanding. You can only bring yourself to people. And if you have the realization that you are constantly in the holy tabernacle, dwelling in serenity and intimacy with the Creator, which is the spirit of love among men, then you will be able to bring that holiness ever so quietly into the atmosphere about you. We realize that you do not consider yourselves to be saints, that you could not possibly be holy, we realize all this. We can see your hearts and that you quake with the sadness of all of your indiscretions, heated words, wrong feelings, actions which you considered indiscreet and actions which you fear may be indiscreet in the future. But we say to you, my friends, we are not speaking here of the human personality. For there is a level beneath the human personality in which true sainthood and true holiness abides. You do not so much need to tame your human personality as to learn to discard it, to understand the shallowness of its emotions, to understand that as the bedrock of your character lies that with which you came into this solar system, and that which the council of Saturn passed. Yes, my friends, compared to those who dwell upon this planet from a previous age, you are indeed saints, subconsciously.

9: We are aware that each of those in your little band has become increasingly desirous of bringing, shall we say, to a head, the business of setting the planet aright. We wish, my friends, that we could give you the personal guarantee of success that you would so like to hear. But you have a planet that's moving rapidly and completely into the new vibration, and its people are not. Its people are becoming more and more polarized, are desiring to stand upon ground which is not holy, are desiring to distract themselves from that which may be of depth and meaning to them, so that they will not have to think of the consequences of being unholy, unkind, ungenerous, unloving.

10: My friends, you love one another, and you truly try to love those with whom you come in contact. We can only ask that you dig a little deeper into your subconscious, into the knowledge with which you came into this vibration so many long years ago. You have the opportunity to remember the sweetness and the simplicity of constant contact with the oneness of all things. You merely doubt from time to time that these things are so, because you are lost in the wilderness where there are so few shepherds and so many sheep, and the herding of them is almost intolerable.

12: Do not be concerned with your accomplishments. Be concerned only with the amount of time that you spend dealing with individuals upon the sturdy and heartfelt basis of the love of the Creator. Be concerned only with the analysis of your own thoughts, that you may reject those thoughts which are not helpful to your spiritual growth or to the growth of others. Most of all, allow your intuition to play the part in your life that it deserves. For with daily meditation, your

intuition will point you in a direction that you ought to go. There will always be, to those who pray and meditate, a path that becomes obvious. It is not always what one would desire consciously, but when it becomes obvious, seize it and embrace it, for it is your next lesson. And by learning these lessons and learning them with love, you and your powerful personalities, well schooled in love, are raising the planetary consciousness to a goodly degree.

14: We are satisfied at this time that she is aware that we are with her, and we feel that her remaining desire to be in touch with us through channels, such as this one, is simply an understandable desire for the closeness of contact. Indeed, this desire is also felt by this instrument who has never tired of these messages. We ask you to realize that we are very grateful to you, for you have been sent into a world that is hostile. And you do not have visible help. You have a great deal of invisible help, but you must always be strengthening your faith in order to be able to lean on this help as you would upon the help of a friend. Not that we or the Creator Himself could ever tell you what to do. But that when you lean upon the spiritual truth of love, love will live your life and you need only follow the path of love. And do to the best of your ability those good works that have been laid out for you to do. They may be as humble as a smile in a crowded supermarket, a sweet thought on a winter's day, the noticing of the beauty of nature. Yes, my friends, these are good works, these things improve the planetary consciousness. There are dramatic good works, yes, but they are far and few between. That which love has for you to do will be governed completely by the capacity of the planetary consciousness to absorb the love which you have to give. If you cannot give it to all, you may give it to some; if you cannot give it to some, you may give it to a few; if you cannot give it to men and women, you may always, my friends, give it to children. For they are simple and open and understand love.

15: Your tour of duty, shall we say, is almost over and we feel that it would not make you unduly proud to say that you have done well. We wish only that your heartaches could be less and that your joy could be more. For this is what you came into this world to share, the joy of living under the highest law, the law of love. We wish you the greatest of peace and strength and confidence in your day-by-day attempts to express this love in your life, to show this love and this joy in every smile and laugh, in every refusal to be bitter, in every forgiveness and every forgetting of a wrong. In a way you are not special, for you are children of God as are all. It is only that you have more experience and this gives you responsibility. We hope that this responsibility may weigh lightly upon you and that you may find grace.

21: I am Hatonn. Your impression of the sadness in our voice is correct, my sister. However, it is not sadness because of your failure to be shepherds of the flock. For indeed, there have been many more who remembered the love of the Creator and served that love in their lives than we ever expected or hoped for when this planet was seeded with people such as yourselves who lay down their lives for their brethren, in love. We are very, shall we say, grateful and impressed.

25: For we are attempting to send [words] of peace and love into the leaders of those in your old world, those in the Orient, those in what you call Russia, those in the Middle East. They seem to be so determined to blow up what they cannot have. And what they do not realize is that they will destroy not only themselves, but souls, if they are allowed to use the nuclear weapons. Thus, we are sad this evening. For we are those who love, and love breeds sadness. Thus, we too must meditate and remember the joy of the Creator. However, we do not shrink from what we see to be the truth. We simply accept it and realize that all those who at this time are not progressing or progressing very slowly, will simply progress in another time, in another place of their own free will, for the process is inexorable.

26: We do not then ever despair, for we know that no souls can be lost. They can only be longer in the darkness, and this we wish to help you to avoid on your planet. And we know that you too wish to help your peoples in this way. We are afraid that in the vibration of love as we know it, there is a dynamic of joy and sadness. Joy from the Creator; sadness because of the separation of those who are separated from the Creator. For those who love wish only to serve others, and when you cannot serve, you must then feel sad. Perhaps that is the hardest thing about loving, is to know that you cannot change people, they must come to you, they must be

ative Thought.

9: There is nothing that lies between a judging Christian and a judged Christian but semantics. To allow any outer influence to remove one's attention from the inner voice which speaks in silence and in thunder is folly, and we may strongly suggest to you that you be not dissuaded from what you feel to be so for you because of the judgment of others, although we urge each of you to consider patiently and in love each word spoken, whether in condemnation or praise, for each word that you hear from another is a mirror into which you may look and find yourself. One can only thank a mirror. It is but glass with a backing to show you to yourself. That backing may not think itself to be neutral, may not consider itself a catalyst, but rather an apostle of what is right. This is not important to one who listens, for the Creator is speaking to you in condemnation as well as in praise, and if there is a lack of patience when looking in the mirror, then perhaps the gaze may be, through the discipline of meditation, be found to become more and more easy as one comes into loving and compassionate unity with the one who judges.

13: May your path be pleasant and light and may your voice be merry as you walk along it, for though you may be often cast down, yet the example set before you by whatever path you have chosen is always that of one who presses on, asking only to be more and more hollowed out, to become a more and more pure channel for the love and the light of the one infinite Creator. To take oneself too seriously is to stumble on a rock of your own making. So, reach toward the light as do your trees and flowers and clap your hands with joy, for you are here in the presence of Christ Consciousness. At this very moment it flows about you, within you, and between you, linking you with your deepest self and with each other. That moment is now, and all the nows that you shall ever experience. Encourage the faculty of laughter, for the face of the infinite invisible One is a face of ultimate joy.

42: Yes, I'm not exactly sure how to put it, but I have a question. Recently I had a very serious argument, disagreement with my brother, my biological brother. It seems that part of the roots of this argument are in the way we treated one another when we were children, especially the way I treated him. And there seems to be the opinion on my brother's part that I really don't love him and this is something that during my life I have thought about a lot. Sometimes I don't feel as though I really do have the capacity or the capability to really and truly love. I guess my question is—to start with—is, how does one go about recog—I mean, in different people, is the—well, the capability to love, to show love and to feel love for others, seen different? I'm not sure what I want to ask. Could you just comment on that—or have I thrown such a hodgepodge at you?

43: I am L/Leema, and we believe that we may make comment from the information you have given. Within your illusion, the lesson is love. This lesson is begun when the conscious seeker becomes aware that it is the lesson. To begin the lesson, one may look at carefully the relationships and feelings that have developed within them that one has formed throughout the incarnation. Within each relationship, there will be a mixture of feelings and experiences that will sum into what you may call the core or foundation of feeling. Each entity seeking to love and to understand the concept of love will then compare what is felt with what is imagined to be love. And here we must state that few within your illusion are capable of truly loving and of knowing what love is, for there is only the ability within your illusion to begin this lesson. Yet, within most entities' experience, there is the remembrance of some, of a few, who have demonstrated what seems to be unquestionably that called love, for it easier to feel love from another at first than to give love.

44: Thus, the seeker throughout its experience of relationships with those about it begins to determine certain features or characteristics that seem to be a part of that called love, and then each seeker in some fashion takes that seed or facet of love and plants it as a desire within its own heart and mind, and waters it with attention, with care and with further desire that it might flourish and become a nourishment for those about it. At this point, those about the seeker begin to notice the quality that is developing towards love and begin to reflect back to the seeker other qualities more closely aligned with the developing concept and experience of love. This process then continues betwixt all those who are aware of the process.

45: Thusly is love born and does love become more and more

seated or rooted, if you will, within each seeker's being. Yet, in most cases, such feelings of love are most nebulous and transitory, with moments of inspiration and brilliance to inspire the seeker onward. Yet, once again and once again and yet again, the seeker returns to the daily round of activities where it seems that love resides not. Undaunted in some cases, the seeker redoubles the desire and again the process is repeated. That which is felt is given and returns and is given and returns and love continues to take root. However quickly or slowly matters not—the process has been begun—and will continue as a direct function of the seeker's desire to penetrate the mystery of love, of loving, and of being loved.

51: I'll just follow up on T's, and let that be all because I know this has been a long session for you. What I heard him asking was, "Can I fall in love?" It seems that not everybody does. I think falling in love is different, is a different perception from universal love or compassion, and I think everybody yearns for it and you know a lot of people don't get the chance to fall in love. They don't meet the right person, the chemistry doesn't happen. Some people do fall in love—I've fallen in love. I count myself lucky, even though it's always turned out to be a painful experience too. Could you comment on the extreme chanciness of having the opportunity to fall in love in this illusion?

52: I am L/Leema, and shall attempt to speak to this subject. We find that there are many approximations of that which we would call love, the more universal compassion that one may eventually feel for all of creation. The concept of romantic love is what we would call an approximation of the more universal kind of love of which we have been speaking, and it is indeed true that few within your illusion are able to experience this type of love, though more, far more indeed, experience this type of love than experience universal compassion. The degree to which pain of the experience accompanies the experience is the degree to which, we would suggest, that the mind has formed the boundaries within which love is allowed to express, for if there are no conditions or boundaries to the expression of love, there can be no pain accompanying the loss of such love, for there will be no loss.

53: The love of which we speak is that which exists in all events, and, indeed, is the creative force that moves all entities and events. Thus, the condition of the romantic form or approximation of love is one which, shall we say, has tapped a certain path or channel to love and which forms certain boundaries within which the love may express. The boundaries are of mental construction and are not necessary except for the learning of certain lessons having to do with what may be seen both as a limitation of love from the universal point of view, or perhaps the expansion of love from the personal point of view.

59: Yes. It seems to be—and this is obviously not an original idea, but I've read it and I've heard it and it makes sense. In order to love another or to love everything, general compassion is love, you have to be able to love yourself. And since you are everything and everything is you, if you're successful in loving yourself, it seems to me that you have it whipped, or you at least have a real leg up on learning to love everyone. Could you comment briefly on that?

60: I am L/Leema, and we find that in general, this is correct, for as the entity which each is moves into this illusion, the first awareness is the awareness of self, and this awareness becomes the foundation upon which all experience is built. To learn to accept and love the self is to begin to build the foundation for loving others upon firm ground, for the self, in truth, is, in little1, all that one will experience within the illusion, for through the eyes of the self, all experience must pass, and thus one will see and love the world in the same fashion that one sees and loves the self. Since for the self, all begins within the self, there first must love be found.

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5: However, those of you in third density have wisdom and questions upon your mind, those things that you would ask, and this makes you very meaningful to yourself and to the Creator within yourself. It is impossible not to be a meaningful person, for as you experience, record and change through catalyst, you are becoming aware in a unique way, in a brand new way, in a way valuable to the Creation, of some part of the creation. When you think a thought, you think it not only

variably affected by these processes. May we suggest to you that by reserving a portion of yourself to be centered within that great womb of time where joy holds sway, one can experience differently the processes of living within the illusion which you now enjoy and from which you shall learn as you choose to learn, slowly or more rapidly, ineffectually or more effectively.

7: The more one throws the whole self into that which may be called petty, the more one allows oneself to worry and be concerned over seeming failures, the more one robs oneself of the opportunities for transformation, and yet transformation is what you have come to choose to do. It seems that that which is new becomes old, but we say to you to consider whether it is not one's interest that becomes old. When one perceives things from the standpoint of joy, nothing can escape the illumination which love brings.

22: (Carla channels a lovely healing melody from Nona.)

15.6 1986/04/13

2: My friends, we would speak to you about something somewhat seemingly different than the usual topic of love and meditation. We would speak to you of expenditures. The questions that bring you to a metaphysical group which is seeking the truth are basic. You wish to know who you are, you wish to know why you are here, you wish to determine where you are going. And somehow, philosophy often neglects that which may be called daily or ordinary life, expecting and hoping that the seeker will experience that more and more of the consciousness will be taken up with these deep and impenetrable matters so that as the life experience grows longer, the seeker will become closer and closer to the infinite mystery of the source of all that there is.

4: One of the things with which each entity in his or her daily life must consider is the expenditure of money and time. We cannot and would not attempt to be over-general on this subject, for each entity incarnates with a slightly different intention. Love is not a simple lesson, but is indeed a unified and single creative principle which has a million faces, and it is this unified yet infinite principle for which each of you sacrificed knowledge, memory and comfort in order that you might work more carefully and closely in your own seeking after that one great original Thought.

5: You do not each have the same time to spend; you do not each have the same money to spend. What you have in common is the ability to look inward and to discover consciously within yourself that about which you feel the most strongly. Some of you have incarnated with a special love for the second density of your planet. We suggest to you that this is not only a chance for you to rejoice in the beauties of the outdoors but may well also be a suggestion made to your conscious self through roots of mind to aid the environment in which you find yourselves and in which you enjoy your days and nights. Some may have a special feeling for the plights of those who are hungry. One may then give thanksgiving that one has fed one's family, but more than that, one may discover the suggestion that stewardship regarding the feeding of strangers in need might be appropriated.

6: One may have incarnated with no strong interest in the world's problems but with a strong interest in seeking the presence of the Creator. For that entity, stewardship may be not the expenditure of money, but rather the expenditure of time. Usually both time and money are involved in spiritual expenditure or what this instrument would call stewardship. It is easy for us to feel very strongly that what you need to hear is the central information, that is, central to the metaphysical life. The centrality of meditation as a source for that flow of the love which each of you seeks is something about which we feel so strongly that we usually find within each entity present a particular way of speaking about the central subject so that we may hope to inspire the listener to turn inward, and yet tonight we would suggest that you turn outward and face the world about you.

7: It is important, in our opinion, that the awareness of unity with all things and co-responsibility for all that there is be sharpened. Your talents and gifts are for you to discover, but that environment which you enjoy hungers for your touch, for your caring, for your presence and for your expenditure of yourself. We could speak for hours suggesting the different kinds of involvement in your environment which serve to heighten your societal consciousness and awareness of love.

And yet, it is far more accurate and far shorter to admit once again that each of you is a unique being, but that each of you has an appointment with your daily life with the turning outward, and it is well that that appointment be kept, for your incarnation is not your own—your incarnation is the Creator's gift to Itself and the Creator is in all things.

9: Now, of course, you understand that in order to be a good student, it is necessary first to determine that you seek the lessons of love, that you seek to serve, and that you seek to intensify your learning and your service through meditation, so you see, we have come back to our main subject after all. However, may we suggest once more that your daily life, your everyday life, is a veil beyond which lies fantasy, imaginary beings, wondrous dreams, terrible dragons, and the most amazing of stories.

15.7 1986/05/04

3: We would speak first of the love of death which distorts many among your peoples. This yearning for death may have many causes. Many have been uncomfortable within their incarnate bodies, dwelling in what seems to be an inhospitable atmosphere as long as they can remember, and consequently yearn for that which puts a period to this existence, an existence which is seen as inadequate, foolish. Others have had experiences devastating enough to have caused distortions toward the contemplation of removing the self from this illusion. Others, being of a warlike nature, find it deeply ingrained in their nature to seek risk, knowing well that death may ensue and welcoming that possibility in order to live what seems to be a more finely tuned moment by moment existence during the time of risk.

4: It is not coincidence but intention upon the part of the author who created the motion picture known as Rambo that that seemingly blood-thirsty and death-filled person has a name which is the Americanized spelling of a French poet, fascinated with the romance of death and capable of writing about it with ravishing beauty. However one comes at a fascination of death, it is as though one were making war upon oneself, for each of you came into this incarnation not to die, but to live. And to live, thinking greatly of death, is to live less well, and to live absorbed in, rejoicing in, and giving thanksgiving for each moment of beauty, love, and glory—for glory there is, all about you and within you.

5: It is the glory within that causes your peoples to seek some way of finding, exploring and expressing that articulated glory which, though gushing like a geyser from the deepest portions of being, comes into consciousness with a demand to be articulated. It is a rare being who can consciously love and serve the Creator without some structure. This is, however, by no means impossible, and, indeed, there is a minimum of distortion involved in the patient returning again and again to the daily practice of meditation and to the persistent analysis of one's own being, for it is within you and within each of you that the consciousness you seek lies, that the foreverness for which you hunger and thirst is seated.

6: To many there has been given a gift—that is, the gift of congruency and personality and character with an already established religion, as you call it. We call this a gift because it puts within the reach of the aspirant who finds himself congruent with an established religion many helpful tools for discovering the consciousness which constitutes the presence of the Creator. Now, there are semantics involved in the discussion of religion, and many who would wish to be Christians have found themselves unable to accept some of the wordings, phraseology and seemingly limited viewpoints of others who also call themselves Christians. In many cases, Christians are more vitriolic and judgmental of other Christians than they are of those whom they consider to be heathen. These things cause one who has been given the gift of congruency with a certain distortion of structure of approach to the one original Thought the feeling that one does not fit in, that one cannot possibly be Christian. And yet we say that if it is pleasurable and instructive and nourishing to study the teachings and to live the life of the Christ, then one shall not listen to those whose Christianity bears a different mark. However, in return, one Christian so judged as “not being Christian” is cautioned to refrain from making the same mistake about the challenging, for this word is a word and no more. The point in any approach to divinity is to discover and dwell in the presence of love, the one original and cre-

ready, then the seed is planted and joy begins again, in new ground. For this you may hope, for this you may still and always hope. For although this planet will not as a whole successfully enter the next density, there are those who will. And even now, you can help them develop. It does not have to be by the dialectic of spoken word. As we said before, it can be by smiles, by writing, by singing, by touching, by all the ways that you can show love.

27: We are aware that many times both of you to whom we speak at this time have had the gift of listening. That is a great act of love. We encourage it in you. You may feel that you are not helping by listening, but if you listen with love, you can be the transformative element in the equation. You need not say anything in order for the look in your eye to reflect an attitude, in which the voices of others become aware of what they are saying and so begin to tell the truth, and so begin to find themselves.

32: It will be a measure of the determination of each as to how much of this is realized. However, it is our observation that the outcome of even the most successful campaign on your part is simply questionable. As we said, we have come to the conclusion that we can save individuals and be careful and consciously cautious in beginning their spiritual path by inspiration and so may you be. But we have come to the conclusion that we cannot, as a whole, transform this planetary consciousness. At best, we can simply keep it from tearing up the planet, this very beautiful planet on which you now reside. And that is now our goal and what we continue to ask light groups, such as yours, to pray for. That the weather be asked by your higher selves to be calm, that the leaders of your world be asked by your higher selves to be in peace, in love, and harmony. These may seem to be foolish thoughts in the face of the weather that you are now experiencing and the difficulties that your international scene now presents. But we say to you that each prayer is heard.

33: What you do can change things on the inner planes. Already, light groups like yours have saved many in California and we ask your help with what you would call earthquakes. At the time that we asked that, rather than one large earthquake, there were several small ones and there was no loss of life. We continue to fight small battles such as this one, in lieu of the important and great battle, which we feel that we have lost, the battle for the planetary consciousness of your people. Many of your people will simply have to repeat the cycle of time which they have just experienced. It is not a true sadness that we feel, for we know that all will be well. It is simply a disappointment, that we cannot share the Creator and the joy of His love with all people who have that joy within them, waiting to be [unblocked,] waiting to be unlocked! But it cannot be if the person does not desire to use the key. So be it!

34: We shall see, and we will be in touch with your group. You may depend upon it—in the months to come and the years to come—to witness with you and to send our love and support [for] your own program to give love and information to those who desire it on your planet. We know that you will do the best that you can. We do not fear for any ego problems from any of you, for we feel that life itself has taught you enough at this point that you can analyze your own thoughts and work with them yourselves.

36: We ask you in all sincerity to have confidence and not to worry about your ego, but simply to analyze your actions in each case. And when you have determined whether your ego or your love was working, adjust your behavior accordingly. For you are not in a situation where others will understand you and it would do you no good to speak to others. Thus, you must be your own disciplinarian. You are always able to speak at any time on the physical plane with those others of your group with whom you came. If there is a question that you cannot penetrate, we urge you to speak to the one known as Don or any of the others in your group. And we assure you that we will send you our thoughts, if you ask us. But most of all, you must have the confidence to realize that you know the score, and that you are too much a student of life to allow something that has been a rather beautiful and loving existence up to this point [to] become marred by excessive egoism.

8.3 1979/09/18

28: It is only due to the meditation of those sending love and light to the planetary consciousness, that the many, many natural disasters of recent years have not taken an even greater toll in lives. This will continue to increase as the polarity of your peoples becomes more and more evident. Polarity or separation is indicative, my friends, of one thing—a lack of creativity. For what is creativity, my friends, but an understanding of creation. And what is the creation—but love! And what is love—but unity!

42: There is also a desire by the chosen people, as they are called, to ignore their great heritage. For it has been written in your holy work, called the Old Testament, that the Jewish nation should always love the stranger in their midst, for were they not strangers in the land of Egypt? This quotation they have apparently removed from their holy book for they have such fierce hatred for a group of people who are genetically very like them, known as Palestinians, that there are those among those called Israelis that would, if they thought they could, use nuclear weapons.

50: Your people are not predictable. The most volatile situation is centered about the confrontation between Israel and the rest of the Egyptian community which you may call the oil nations. China is watching this, Russia is watching this. Others of our brothers are sending vibrations of love to the leaders of Russia, to the leaders of each of the countries in Egypt and to Israel. We can only say that the least scrupulous of them, with tactical ability, is China. This ability is not great and [it] is this very lack of supremacy which makes this people the more willing to take risks.

51: Thus, we are working with them, sending them love and thoughts of peace. However, we do not know what will occur in this situation day-by-day and therefore cannot predict what will happen or when. We can only say that the statistical chances of your planet being destroyed in a war that will truly end all wars for this cycle, due to the fact that it will remove sentient life from the surface of the planet, is growing. We ask for your prayers.

54: Not too many years ago the world as a whole was not polarized enough to become so intensely involved in the difficulties of Israel and Egypt as a whole, or Arabia perhaps we should say, for that instrument is very weak in geography, but we are attempting to include all of the nations which surround Israel and which do not appreciate Israel's presence. But the polarity between all of your peoples and your peoples' ability to be separated from the love of the Creator has become so marked and noticeable that now those countries with oil have become very strong, for other nations wish to destroy...

87: In that case, my sister, we will await your question. We will pause now. In love and light, I am Hatonn.

91: We ask you simply to release all the burdens of your great responsibilities to the enjoyment of your distinguished feelings of positivity and happiness. Whatever burdens that you may carry, they will become weightless if you put them down. You do not have to carry them, you need only be the best person that you can be; love the Creator with all your heart and let your heart touch others in a spirit of love. If light is shining from your eyes, the light of the Creator, that is your entire responsibility.

92: You did not come into this world that the world might be entirely altered. You came into this world to display a talent. That talent is to show the love of the Creator. That talent is yours because you have studied and learned and loved through many lifetimes. That talent is yours instantaneously. The talent cannot be employed by worrying or [grief] or realizing with great grief the horrible plight of your planet. It is not that these things are not true. It is that your role in them is to love. No matter what may occur, your role will be to love. It is true that you came into this world to save it, for that was the desire that you had when you volunteered to come and that is true of those in this room.

93: It depends upon your definition of saving as to whether you have saved the world or not. You have surely made it a better place. You have raised the planetary consciousness through your lifetimes here. You have loved and remembered both the Creator and your mission. So we ask you to pick up your heels and be as loving as you really are.

94: When you find negativity in yourself, know that that is the world pressing in upon you and that it is not you. It is not what you came into this world with. That is not your per-

sonality. You may not be able to shrug it off, for you have had many years of training in your planetary society; and it is thriving on negative feelings all the time. But each time that you can, neutralize a negative feeling and replace it with a conscious love that comes from knowing who you are, what love is, and whence love comes. In each of those times, you have improved not only yourself but the climate of the planet itself.

96: Time is an illusion in which you are now taking part. And in this illusion of time you are completing a cycle and there are things which are going awry due to difficulties in the vibration of your peoples. And you will do what you can and you will love as best you can. And when it is over, you will look back upon it, and it will be a very interesting movie that you have enjoyed. And it will have lasted the normal movie time and you will have come out of this movie saying, "What did you think of that movie? That was an interesting movie. Did you like the ending? What did you think of the plot? How about the heroes? Did you like the costumes? "This is just how much this will mean to you when you reach reality, or shall we say, comparative reality. It will be in any event the reality of the spirit, as opposed to the reality of the flesh. Both of which are illusions, but one of which is more real and that is the spirit.

97: Thus, seek always to know who you are in spirit. Seek always to know the heart of the present which is love, and you will not be openly disturbed because your mission is taking a turn you did not expect. Flow with it. Watch the plot develop around you; and soon you would be talking about this movie, which has been your life and the life of those about you. We encourage you to be a good heroine in that movie, to be as wise as you can be, as loving as you can be, as analytical of your own faults and as confident of your own virtues as you can be. What more could you ask from a heroine, my sister? 98: We are all the heroes and heroines of our own motion pictures, when we have begun a lifetime in an illusion such as yours. Thus, let the movie be one which you will be glad to watch later. Now, you are an actor. But let yourself also be the observer, the director, that keeps your part on an even keel. You are indeed an agent of the Creator's, for you are part of the Creator. And always remember that identity with the Creator and with His creation. Whatever the rest of the planet may be doing, you can be co-creator, yours can be the imagination and the love and the individuality that others may lack.

99: When the time comes you will be in the company of those who, like you, were attempting to be of help. And we will meet you then! We and our brothers of the Confederation and it will be a grand meeting, and we shall all laugh and rejoice together; for we will have been through quite a bit together. We will look for you there, my sister, in person. And you will see us as light, and we will see you as light. And in the meantime, we are with you in spirit as you deal day-by-day with your illusion. Do not become entrapped in that illusion, but remember always the original Thought of the Creator, which is love. You are a light being. You are not an earth being. Do not be trapped, my sister.

100: We ask each of you, pray your prayers; do your deeds. But do not be trapped by them. Act only upon your ideals, on your faith, and your love of the Creator in your heart. Let those things be your aim in all. The rest of the world and all of its traps, let them go by. They do not cause you to laugh, they do not cause you great joy. But only what is in your heart can cause you to laugh and cause you to have great joy.

101: We are not saying that it is not right to have possessions, position, power. All these things are neutral, if in your heart you remember the Creator, and you love one another.

8.4 1979/09/27

126: Is it light, perhaps, and love?

127: There is only consciousness, consciousness which creates the illusion of space and time. There are properties of consciousness. The emotional property called love, the physical property called light. They are one and the same thing, but they are each two representations of the manifestations of consciousness. When this is fully realized, you know everything, there is nothing else to know.

130: You mean more love, less light?

132: Is the state of being in unity a love and light in equal portions, forever expanding outward?

135: Is less love and more light then the beginning of the great cycle of experience, causing intense vibrations?

138: Love is light and light is love. They are consciousness. Light... this is difficult to express in your language.

141: There is no reciprocal relation between love and light. They are identical.

146: When a healer or metal bender uses his ability for action at a distance effect, is he temporarily leaving the mathematical and physical world of space/time and entering the metaphysical world of love?

153: There are then no mathematical ways of describing how consciousness in a state of intense love can enter into the mathematically described universe of space/time. Is that correct?

159: Then the link between love and light, love in a sense of consciousness and light in a sense of the reciprocal system, is the photon.

160: Love is the consciousness that is the vibration

8.5 1979/09/27

4: Who are you that the Creator may visit you? You, my friends, are part of the Creator. It is as simple as that. You and all those things which are alive constitute a consciousness, the sum of which is the Creator. At any one time, there is a great pool of unconscious love spreading forth from the Creation as brightly and indiscriminately as does your sun spread light to your planet. But you, my friends, are not part of that pool of consciousness that is undifferentiated. You are part of that great circle of learning and evolution which marks the traveling back to the Creator hence you came. Thus, we ask you to appreciate it. Because of the Creator's love of you as that of identity, the Creator loves those parts of Himself, which of their own free will are traveling back towards Him, however slow or fast their trip may be. He loves Himself as He must. And as for you, my friends, what shall you do? In that same poem in your holy works the one known as David exclaims, "How excellent is thy name in all the world."

5: If you can but feel the closeness of the Creator, the reality of the love of the Creator, so that you too wish to exclaim how excellent are your works, you may feel then a compassion and an understanding for the unhappy creations of man, which have so complicated your picture within your chemical illusion at this time. You as people have a great responsibility for you are part of a planetary consciousness which desperately needs those who can love rather than feel negative feelings, who can feel compassion rather than judgment, who can be a mirror edged with [hope] rather than a black hole, sucking all that is good from the creation by sheer gravity.

7: And what will happen, my friends, to those who are not to be brought into the fold at this time, to those who indeed desire to be distracted and numbed and removed from all thought of those events which may take place outside the compass of their very circumscribed and short earthly life? Do not worry, my friends, nor pass any judgment, for they will have an infinite amount of time in which to pursue their ultimate destiny. For the road can only go one way and that is towards knowledge of love.

8: People may learn quickly, they may learn very slowly. They may spend an entire incarnation declining to learn, but they will not lose what they have learned before and there are an infinite number of chances to learn again. For the Creator is truly compassionate. It is only you, my friends, who are so judgmental. We ask you not to build the Creator in your image but to build yourself in the Creator's image insofar as you can. Giving love, giving a kind ear, giving a gentle thought, perhaps simply giving a refraining from negative answers and above all, remembering to sow the seeds that the Creator has given you to sow when you feel that the ground is fertile. Never forcing yourself on stony ground, upon sand, but always responding to the question, to the interest, to the wonder, in such a way that that person may be alerted to the thought that there may be more to the life he is now experiencing than he had previously thought. It is this inspiration, my friends, that we hoped to give you and ask you to share. For each of you has talents. They are not yours, they have been given you by an infinite Creator. Each talent is different and each one creates a responsibility. We ask you to use your talents in love and in compassion. To do this, you must meditate, for there is no other way to remember the excellence of

Thus, the experiences within one's incarnation which have seemed devoid of love may be transformed and born again when seen in the crystal-pure light of the Christed or Christened moment, the moment christened with love.

46: Thus, the one known as Jesus made entry into this illusion at the time of your year when the darkness of the season would represent the darkness of knowing, that is, the fabric of your illusion, and was born as a light unto your world as each may look within to that same light and see all experiencing within that light so that the love that gives birth to that light may be found in each experience thus christened.

79: I am Nona, and we come to offer our healing love and light. We would offer it for the entity known as R, and also for the far less serious but still significant discomfort of the one known as M. We also would be offering our presence to the one known as C and the one known as M because these entities have vibrational patterns which are very compatible with our contact. We bid you adieu in love and light.

15.2 1986/01/12

3: Service to others is not an end product of meditation itself. Therefore, let us work with the concepts of what the darkness of meditation is. You may see yourselves as a mixture of earth—that is the vehicle and all of its elements—and water, not only that water which is the largest portion of your physical vehicle but also with the metaphysical waters of the deeper mind. When the seeker first decides to set his foot upon the path of finding out what is true, the seeker invites the great seed of consciousnesses, or should we say, levels of consciousness, and this water in turn vivifies and recreates the entity which is seeking. Therefore you are, metaphysically speaking, in darkness, and it is within this darkness that you seek knowledge of love, of light, and of unity.

12: We are called Q'uo. This instrument does have but a portion of the name we are attempting to transmit, however the naming is never important. We come to you as one who accepts the challenge of Christ as this instrument has challenged us, so we gratefully say, "Yea." Dwell therefore in love and know that you are loved. Dwell in light and know that you shall be a light, and in that knowing, surrender. Adonai vasu borragus.

32: I am Latwii, and we thank you for the opportunity to serve and can only add a note of comfort to suggest that all such difficulties may find their resolution at any time within an entity's experience when there is the desire to give and receive love by the entity in some portion of its being. At some point this balance of giving and receiving love shall be achieved in order that the balance of the mind might also be achieved.

15.3 1986/01/26

47: It is easy to feel that some among your peoples have all the advantages and others almost none. It is well to remember that the fortune of each individual is illusory. Some who seem most fortunate had what you would call karmic situations in which they must face the seeming responsibilities and duties of this good fortune and face them not mechanically but from the heart. There are similarly many, many of your peoples seemingly born and living and with expectations of dying with almost no advantages who are working upon lessons of love which demand apparent adversity, for the shining of light in the darkness that is the building up of faith is a lesson of love in which the will is strengthened and the advantage which is so priceless spiritually and which is then chosen by the individual is that there is no false pride to overcome. Many are those seemingly poor who are untroubled by pride and therefore are untroubled by the illusion and whose faith and will move and move and move again ever closer to the goal of seeking the source of love and light which is the one unmanifest Creator whose mystery is shared by all.

51: For love which is unmanifest does not have to be guarded or governed. The channels through which love may wind are everywhere. The only governance needed is the choice of the direction your eyes of compassion shall turn. And as all beings are one being, and as all beings are the Creator, unmanifest love made manifest through any means is love offered to the Creator.

52: May the reality of your good fortune shine upon you, and

may you seek it with all that is within you. And if you are disheartened, we ask you to remember that you too are the Creator and you too must be the object of your forgiveness. You too are slave to yourself until you free yourself. You too are poor until you give yourself the coin of unbridled compassion. Rejoice and shout in the joy that is freedom, the true freedom of unmanifest love and of manifest service. You are in the Kingdom of Heaven within your heart, and yet you stride a planet and have the opportunity to manifest the giving, the forgiving, the freeing, and the spending of ineffable and infinite love.

15.4 1986/02/23

1: I am Nona, and we come to this group due to the great cry of one of this group who is not here. We come to you in the love and in the light of the infinite Creator and are most grateful to this instrument for allowing us to, shall we say, speak or intone through her. Also, we are grateful to those of L/Leema who have allowed us to be first, for there is some urgency in this calling which, as we have said, is not of the group in this room but for another.

9: We say to you that that which is termed the neutron, which seems to take up a great and vast majority of the actual matter or energy of an atom, is that which is lost in love, or to put it more scientifically, it is that Thought or Logos which is uncreated, and thus is neither positive [nor negative] but remains at rest within the unmanifest mystery and personage, if you will, of the one infinite Creator.

11: Now let us look at the energies about which we are speaking. Each of you is a spiritual atom. Life energy which is universal and nondirectional is drawn into the force field or energy field of the physical body, together with its mental, emotional and spiritual complexes, through the soles of the feet and rises upward. That which is positive and radiant is that which is sought, that inspiration, that truth, that knowledge or awareness that the seeker's heart yearns for and thirsts for and must have. The meeting place of that which some call prana, the life energy drawn up from the feet into the body and that light which radiates and which is brought into the body complex through the higher chakras, is that point at which you as an entity will function and from which you as an entity will learn your lessons, each being a lesson of love, yet each being completely unique as are you.

18: Where are the fruits of these lives which were so dramatic? Put yourself in either of their places and attempt to define just when it would be that you would know that your life had become spiritually productive. The secret that these two extremely compassionate and wise entities shared was the secret of waiting, of metaphysical neutrality, so that one met each circumstance with spiritual freshness, with a vivacious love that pierced the seeming tension and dissolved positive and negative so that all was light and love.

19: Those lives which are dramatic are neither more nor less capable of being spiritually productive as those lives which seem to be prosaic and full of that which is daily and mundane. The eyes to see, the ears to hear and the hearts to understand lie in that part of yourself that has never left the Logos and that is waiting to be potentiated by your free will as co-Creator, for you are in God and the Creator is in you. We shall wait with you, my friends, in joy and without anticipation so that we may, as you, be surprised by the even greater joy of action within the love and the light of the One Who Is All.

100: We thank you, my sister. As there are apparently no further questions, we shall offer again our gratitude for the opportunity to join with you and to learn from you. And in the love and the light of the infinite Creator we shall bid you adieu. We are known to you as Latwii.

15.5 1986/03/16

6: Shall you then reject all of these things in order to remain joyful? We suggest to you that there is a portion of you which should do just that in order to achieve something which you may wish to nurture and that is the sense of humor, the light touch, the feeling of being seated within love and its expression—joy and laughter—regardless of outward circumstances. Processes, as all things which partake of time, begin and end, are successful or fail, and yet consciousness is

ers, my son, is not beautiful?"

31: "It is time for you to consider," said his father, "whether you are alive or dead. For if you are alive, you are as beautiful and fragrant and lovely to the touch as any other human that dwells upon the planet. You may be a great president and run a country well, you may inspire by writing or by the singing of songs and poetry you may inspire many. You may heal or you may feed your family. Or, indeed, you may do nothing. But if you are alive within yourself, if you question rather than accepting blindly, then you are precisely as beautiful as those who share your condition, your illusion, and your density." 39: We wish for each of you to find the deeper and deeper satisfaction within your internal existence. We wish for you to refine more and more your own ideals of love and beauty and service. But we do not wish to shape for you the life of mind and heart any more than the wise father would tell his son what path to take to be of service.

40: Picture if you will the stars and planets and comets and all the heavenly bodies racing with what seems to you incredible speed through incredible distances, hurtling through space. All is in motion, and yet all is in balance. This is a concept we would ask you to consider. We have suggested that it is a good thing to become a balanced entity, a clear channel through which love and light may flow, and yet we do not in any way wish to suggest stasis. Balance is not still, for you are never still, for the infinite consciousness of your mind and deep mind [breathes in] an infinite amount of time and space with movement.

41: It is not a wrong thing to seek the cave and become still and learn silence, and that is one path of service. Yet the son who loved a woman and had affection for his children and kept them as he would himself is of precisely as much service as the so-called holy man, if both hearts are equally full of the desire to serve and the continued questioning and discipline and refining of the way to serve.

42: We wish that your movements through this incarnation may be graceful, and that your hearts may be increasingly full of peace as that which you find in the illusion reflects to you that which is within each part of any illusion in the creation. And that is love.

43: Can you suspend your judgment? We believe you can. Do you wish to? What level of seeking do you wish to pursue? What have you pursued this day? What dreams lie within your heart and what attempts have you made to become clear within yourself? We speak to you but not for you. All the choices are your own. We offer you support and our love and encourage you to see that same love and support in all situations.

48: There is that within you which is imperishable and which carries the traces of those energies of love and service to others. These shall not be judged within this illusion, although many attempt that judgment. Therefore, take courage and find each your own truth and then use the truth that you have found to seek and seek and seek again, and to forge for yourself a life that is its own teaching, that is an expression, inwardly speaking, of all that has been learned.

89: I am Nona. We send vibrations to the one known as R. We are with you in love and light. Adonai.

14.13 1985/12/22

3: It is therefore not only a time of celebration upon your planet but among those who attempt to serve your planet as well. In giving, my friends, there is always a receiving, for such is the nature of your universe. We of Hatonn and the Confederation have attempted to share with those present and others for some time what little we had to offer in hope that our efforts might bear fruit for those of your group and for your planet. Our efforts in this direction were an attempt to be of service to yourselves and your brothers, yet my friends, we must acknowledge that an unexpected bounty has been reaped by those of us involved in this service through that love and light which yourselves and others have given in return to ourselves. For this, my friends, we are sincerely grateful. For the lessons which you have extended to us we are also quite grateful.

4: We of Hatonn would desire to speak more. Correction. We of Hatonn would desire to discuss this subject more fully, yet we do not wish to tire this instrument, as he is somewhat out of practice and we wish to avoid depleting his ability before allowing our brothers and sisters of Latwii the opportunity

to communicate as well. For this reason, we shall now relinquish our use of this instrument that they also may be allowed with your permission to speak. In the love and the light of the infinite Creator, we are known to you as Hatonn.

8: I am Latwii. As there seem to be no questions forthcoming, we shall also bid you adieu, my brothers and sisters, in the love and the light of the infinite Creator. We are known to you as Latwii. Adonai, my friends. Adonai.

14.14 1985/12/29

3: Time and space have a reciprocal relationship and are allegories or analogs of love and light. As these forces impinge upon each seeker's consciousness, they present to that seeker the possibility of experience. Indeed, another word for time is experience. It seems to be untrue that some moments contain more experience than others and, indeed, herein lies the crux of what we wish to impart to you this evening. When there is no distortion in space, each finite moment becomes a unified or cosmic moment and is a thing with the properties of timelessness. It is during timeless moments that experience is seated within the seeker.

18: You are all lawyers, you people! Why are you so in love with laws? Do you think that if you obey all the laws of the land, all the laws of a... we must say another word—church. Do you think that if you obey the laws of your church, you will be a good person or one that is capable of advancing into some knowledge of the truth? My friends, there is no truth in that which is finite, for every law is made to be broken, and indeed laws are usually after the fact so that you have already broken the laws, and that is why the laws were made.

15 1986

15.1 1986/01/05

10: We encourage you to comfort yourself when your journey is arduous and you need a place to rest. You have that within you and need only construct it in your mind. You may also with your mind and your will construct within your dwelling the tools for healing and for rebuilding the intensity of your faith that there is a path, that truth does exist, and that there is such a thing as love and the will to seek that which your faith tells you is there.

11: Although we speak in metaphor, we encourage you who seek to enjoy and praise the comrades that you shall meet along the way, for though each search is different and each soul has its own truth, beyond words and concepts there is the one original Thought which is love, which cannot be defined but which can be praised and shared, not by the words, but by the quality of silence between two seekers, for companionship lies between the words, the sentences, the talking, and the doing. Spiritual companionship lies in the resting that one silence may give to another, for all that there is is caught up in that silence and when another may share it, it is a wonderful thing.

35: I am Latwii, and we thank you, my brother, for the opportunity to share our humble words with you, and would only comment that the difficulties one may encounter in the relationships in one's incarnation are more than one might imagine them to be in that there is contained within such seeming difficulties great opportunities to learn service and to give love, for it is not easy to love within the circumstances where one finds the misunderstandings passed on from person to person. Yet when one can break the chain of misunderstanding and bind all in love and compassion, one has used the opportunity provided by difficulty and has transformed that which lacked love into that which is full of love.

45: I am Latwii, and from the statements and the comments that you have made, we draw that which we feel is the query desired. Please ask again if we are mistaken. The birth of the one known as Jesus the Christ was planned for this season in order to present the symbol of birth and re-birth to those for whom this entity lived and died. The season of your winter is indeed as the small death, and may be again repeated in the meditative state where one looks within for the harvest of one's experience and seeks to find love where love was not.

the name of the Creator. Not in the world, my friends, where things are not upon the surface entirely excellent. You must go beneath the surface and find the world of the Creator and the law of love which totally annihilates the world of man and the law of power.

34: We ask you, my friends, to remember those things which are true and beautiful in your life, in your dreams, in your thoughts, and to refrain from being discouraged at this great reservoir of experience which does not meet the ideal to cherish. You must understand that all upon which you look is a part of yourself. If you are unhappy with what you see, the only alternative is to learn to love it. Not foolishly, but with understanding. Only love can give you that divine understanding and only meditation can give you access to the original Thought of the Creator which is that love.

8.6 1979/11/03

8: We realize, my friends, that you are sad because your clan has not been able to work at full efficiency during your incarnations so far. If you could only see the number of people that you have touched in your work, in your daily contact, in your friendships, you would know that you have not deviated nor forgotten that love which you came to bespeak to the multitudes.

10: We are aware of your great hopes, and we honestly do not know what the future may hold, for there are many futures, and we do not know which one you will choose. But we say unto you, that those who love and seek the Father will find the satisfaction of missions well accomplished, no matter how the plan has evolved, no matter what decisions have led to other decisions, and thus we ask you to live today in a loving way and always to say, "I shall obey the voice of meditation; those thoughts I will weigh."

22: It is well, my friends, my beloved children, to meditate upon that which is your cross so that you may the better take it up. But we ask you to remember, that it is through the cross that you can achieve redemption for all those about you, through your great love and sacrifice and ultimate resurrection. What I wish to say to you now is that you will be aware more and more as you grow towards the consciousness, which you choose to call Christ Consciousness, of the endless wonder of existence in the creation of the Father; to live, my friends, in a constellation of beings who are individual, unique and miraculous; to have, through grace and the holy spirit that dwells among you, all power for good and for love. Think you that you are unworthy of wonder and joy?

23: Shed your unworthiness! You do not need it and it does not need you. Enter then into the kingdom which awaits you. A kingdom that is here, my friends, in this illusion, on this plane of existence. Enter into the kingdom of those who have washed in the waters of healing. Know that which is your cross, and love and accept that which is your cross, and so shall you be healed.

24: It may not seem so to the world, but it is your soul that is of significance, and it is your soul that must be healed and washed and, once clean, you shall be called holy and you shall be called chosen. Not by others and not by yourself, but by the impersonal and loving judgment of light. For your souls are the stuff of light. Thus, heal your souls by constantly standing in consciousness of love, and wash and wash with that love until you are clean. Let this be private and secret and speak to no man. For the world will not understand that which you do in the name of the Father.

25: But that which is within will come out. And thus, you will become an instrument for love. What love I have in me is yours, my brothers and sisters. You are my beloved brethren. And you are next to my heart, as are all conscious beings. Know that you can and you will be healed of whatever keeps your soul in bondage.

26: And seek always that holy ground which lies beneath your feet wherever you stand. I am with you in prayer. I am by your side in meditation. My love goes with you, my peace I give to you. I am known to you as Jesus. My peace to you, my friends.

31: The entity known as China is a backward nation with many people. They do not have the monetary strength of their northern neighbor, which is Russia. And although it would seem that they would be natural allies, China has a set of leaders at this time which are in fiercest enmity with the leaders of Russia. You must understand that we consider

such things as ideology perfectly ridiculous since all of your peoples fail [to live] out love. Even in your own America you consider the pursuit of happiness and not the pursuit of understanding of love as the most important right of each human being. Thus you have a nation which disports itself instead of becoming disciplined and wise enough to use the great resources that are at your disposal.

34: Thus, the one known as Hatonn was extremely interested in sending vibrations of love to these leaders. For if pressed too far, if Russia had then realized what China was seriously considering, it in turn might very easily have attacked Western Europe, because at this time, Western Europe lies almost defenseless against their weapons. The great difficulty here, of course, is that it is unlikely that any soldier would allow the nuclear destruction of one side without automatically returning fire and destroying the other side. What would be left would be a maimed and ruined physical illusion, for we do not feel that it is within our rights to violate the free will of those upon your planet if they wish to bomb each other.

36: Among nations who are ruled by those who do not have the mental capacity to understand what they might unleash, but only understand the prestige of owning a nuclear device, this so-called nuclear proliferation is very dangerous. And each new source of nuclear attack increases the potential for this becoming a reality. Thus, Hatonn, who is one of our Confederation's most strongly loving entities, has turned its planetary consciousness entirely several times towards these leaders and at times those of Russia.

56: Angels exist as part of the higher personality of each individual in order to give guidance, self confidence and a feeling of support. Very few among your peoples know how to call upon their angels, and yet they are there and they are as full of love and light as we are. But they are members of your planetary sphere, and thus they have the right to do a little bit more for you than we can. In other words they have the right to be with you, whether you request it or not.

57: Their rights only stop at the point where the person denies that there are such beings, denies the deity, the spirit, and love itself. This does not remove the angel from the person, but it renders the angel completely helpless, and so the angel patiently and consistently will set up again and again a situation, in which the person who does not believe will see something which, if he thinks about it, can open the door to belief. This much an angel may do; we cannot. We can only come when we are specifically called. For we are not of your planetary sphere, and thus must obey the law of Creation, which is total free will.

61: It is, however, incumbent upon the angel to know the limits of the laws of Creation and the will of the Father. Thus, the angels' laws are not those of your illusion but those of reality, and so it may seem at times that your requests are not being met. And if this is so, it is because it is not the will of your higher self which shares the perfection of the Creator. For remember that you yourself are the co-creator with the Creator and thus a perfect being, who in some part of yourself knows what you must learn, and how you must learn it in this particular experience. Those who make complete use of their meditation, their prayer, and their faith lead the life of harmony that you would expect of one who lives with the knowledge of the love and the plan of the Creator. The angels are simply messengers of his love, as are we.

8.7 1979/11/18

6: Yet, mankind, as it is known upon your planet, continually insists upon experiencing the negative aspects of this Creation. Many of your religions have taught you to fear the wrath of your God. It is shameful, in a sense, that man must be taught with fear. For God is not fear and should never be feared by fear. God is to be respected; the Creator is divine and all-loving and all-knowledgeable.

7: Because He has seen your continued stubbornness, shall we say, to learn or progress, as He would wish you to do, He has reluctantly introduced fear into His teachings. Mankind must learn to releases his fears and in so doing, he shall free himself from an intensely negative atmosphere which he has created around himself, thus allowing the energies of the universe, which are all the essence of truth and love, to more evenly penetrate his being. Consider yourself to be as a sponge and the truths of the universe as the liquid of life. You have a cellophane coating about you; remove it without

fear, and you shall absorb all the truth that you have so long sought to realize.

11: When you consider, my friends, what it is that you are, you may then see that there is nothing to fear either outside or within yourself. For you are a being of infinite life, and whatever occurs to your physical envelope which you call your body is but a transitory alteration in your condition of consciousness. However, we realize that at this time, although you have some knowledge of yourself as one with the Creator, although you have a good grasp of the ideals of the ethics of love, but you are at this time enduring difficulties associated with living within the gross or coarse reality which is your Earth plane.

19: Yes, my friends, there are those among you who are quite simply unnaturally negative. This is their path and they have chosen it. We do not wish to ask you to have any particular feeling about these people, one of whom is certainly in your mind at this time, for he is in the minds of all those whom we scan in your culture. We refer to the one known as Khomeini. We do not ask you to love, forgive or condone, for these are choices which you must make for yourself. We cannot help you choose your own spiritual reality. But we can hope to enhance your understanding of the fact that although even such a one as he is somewhat negative at this time, by his own choice, you must understand that the path of evolution is ultimately spiritual and is ultimately inevitable.

69: But we must remind you, that worship must be not of a man but of a Creator. As Jesus has said to you in his holy work, "It is not I, but my Father in me, that doeth these things." So let it be with you, my friends, not you but the Creator can live your life also. And each of your days, whatever the external circumstance, may be filled with a special kind of sunshine and love that comes from being at one with the harmony of the creation. I would like to close this contact through the instrument known as B, if she would accept our contact at this time. I am Hatonn.

72: We are here to help you in this effort. Our love is with you and our support. You need only avail yourselves to us and we are here. We go in peace, my brothers and sisters. My love is with you each moment of your existences. Adonai vasu borragus.

8.8 1979/12/02

3: We will pause for a moment to bring the one known as S into our circle of meditation. We surround you at this time with love and ask you to feel the harmony of your group. We will pause for a moment. I am Hatonn.

6: As we were saying, a broken spirit and a contrite heart, my brothers and sisters, seem to be things that would sadden an individual, but in truth, a spirit which is not broken, a heart which is not contrite on its own behalf cannot forgive the infirmities of others, cannot be gracious and kind when compassion is surely needed. How can you break a spirit? With love, so that you do not become sad but rather joyful. How can your heart become sorry for all that it may have done or thought or felt, without feeling guilty, for sadness and guilt were never required by the Creator, only love my friends. But a broken spirit and a contrite heart are the gifts of love. For in love, we know that all things that move and have their being in our illusion and in all illusions are part of us. Whatever you see, whatever you hear, whether it be bad or good, whether it stem from your thinking or the thinking of someone halfway around the circle of your globe, all of these things are part of you. The spirit of love is alive in every man and every woman but its expressions are often distorted.

8: Thus, we ask you to drop your pride, your vanity, your thoughts of self-worth as if they were old garments and take on the armor of light. For you are a creature whose essential nature is love. You were born to serve; it does not matter whether the service is great or small. It does not matter whether you may even feel successful. All that matters, my friends is that you attempt to serve, that you attempt to love. You will make many errors, you will make mistakes, you will find yourself lacking self-confidence and at those times we ask that you call upon us, upon the Creator, upon your own guides, upon your higher self. All of these resources are about you at all times. Comfort yourself and surround yourself with love so that once more you may go your way rejoicing. We want no eye to be sad and no tear to be shed. The illusion is difficult; reality is simple.

32: Thus, as you spiritually give of your time, the rewards come to you threefold. This is the principle of meditation and the heart of our teaching to you. Using the term higher self is only to identify to you the true nature of yourself, for you can be the sum of all that you are whenever you are dwelling fully in the love of the Creator. That you cannot do this at all times is understandable but by all means, my sister, call upon your higher self by mentally requesting it. For that self is you and it is as easy as talking to yourself to make contact with that which is your deeper, more meaningful, and more knowledgeable self.

39: We are aware of your question, my sister. Most people upon your plane of existence do not spend hours in meditation, nor do they spend hours in service. The meditation is advisable to all persons due to the fact that it is in meditation that you are made aware of your true relationship to the Creator and the creation. It is in meditation that you become aware that you and your brothers and sisters are one being and to serve them is to serve yourself. Armed with this understanding of service, you may then go forth and serve, given power by the spirit of love which is infinite.

40: If, on the other hand, you go forth to be of service to others without taking on the aspect of the spirit of love which is infinite, your ability to be of good cheer in your service will diminish and fail. For that which was given to your personality in this chemical illusion is limited. The only way that you can always be of service is to continually restore your understanding of the holiness of the ground whereon you walk through contemplation of that which is divine.

41: You must understand that in meditation you are not trying to contact anything. The idea in meditation is one wherein you realize that you are. Not who you are, not where you are, but that you are. That you are aware, that you are in the eternal present. When you feel this you will feel a sweetness and a closeness to the Creator that come from breaking through the illusions of space and time and coming into that place where you can simply be who you are. That person is greatly loved by the Creator. And that person can greatly love others.

42: Thus, we consider meditation quite essential. We also consider that as you meditate and grow in knowledge you then have a responsibility to share what you know with others in whatever path may seem to be open to you. As we have said, the path may be big or small, it may be dramatic or it may be unnoticed. It may be public or quite private, but whatever it is, it will be your intention to give love and be of service in your little corner of the universe.

50: No. We are sending through this instrument, however, a general thought that may give you comfort. We are aware of your concern and we cannot remove ourselves from our philosophical mission to give you specific advice about matters which have to do with free will, for this we cannot intrude upon in your daily existence. However, may we send you words of comfort and give you to understand that the entity of whom you speak is well-protected and whatever difficulties he may have will be helpful to him. This is not always easy to accept when you wish more than anything to take on another person's difficulties and to make things be well for one whom you love. But this is not the way of the Creator. For each soul has his own path and will follow it. But it is truly written in your holy works that you are not given more than you can bear. It is also truly written that the Creator is always with those who speak of His name. Indeed, He is with all, my friends.

8.9 1979/12/16

2: As you know, we have come to this planet to share with you one simple idea, that is the idea of what has been called the peace which passeth all understanding. It is the original Thought of love that makes all men one. As we look down upon your planet at this time it is as though your peoples are being torn apart from within, and we ask you especially as those who are attempting to lighten the vibrations of your planet to be aware of the influences about you that do not seem harmonious, while allowing yourself to be a channel for compassion, for the inharmony reigns not to harm you, but rather [be] the reflection of the harm that is being self-inflicted by others. You yourselves are creators of your own destiny moment by moment and as you love and give, so your world will reflect that loving and giving back to you.

nature of your illusion, and the reason that progress is possible in a rapid fashion within your illusion. For when one has worked long enough upon the concept of sacrifice and limitation and has through many, many experiences discovered that what is necessary is always provided, one discovers then that what was previously seen as sacrifice is a distorted perception which has allowed one to see the infinite nature of another, of a situation of the self.

48: This is not a quick process, my sister, yet it is one which teaches well, for that which is limited is seen to give way to that which is infinite, and that which is seen as the sacrifice gives way to that which is seen as another opportunity to give freely of the infinite love which is available to all at each moment.

53: The spiritual energy system may be enhanced by any number of means which have as their common denominator, shall we say, the inspiration of the entity, as the narrower channel of influx is widened by song, reading, chanting, the visualizing of healing love being sent and surrounding the entity, and so forth.

14.9 1985/11/24

10: We realize that we speak to those who already meditate, but if anything, this makes our emphasis upon meditation the stronger, for there is the possibility of constant transformation. Guide your will, my friends, and witness the growing consciousness of the oneness of all entities, for, indeed, this consciousness is growing among your peoples and it will have its harvest of love, light and planetary transformation.

29: I am Latwii, and we are once again with this instrument. The process of grieving for the lost, it would seem, loved one is another factor which has a great influence at this particular time upon your own being and exercise of will. These medications which are utilized with the hope of aid in this situation play a part as well. The surest path through this maze of influences, in our humblest opinions, is that which indeed seems to increase the lack of will. That, my sister, is to surrender the will but to surrender to the desire to serve the one Creator in whatever fashion might be most appropriate for you at this moment.

14.10 1985/12/01

4: This instrument has experienced an ongoing series of lessons in the art of facing an illusion and accepting an illusion. Most of those upon your planet who seek will find periods wherein their will is not equal to the task of processing the catalyst which it has to process. When the force of will breaks down the illusion is complete, and many things may be distorted. Moreover, this process does not continue and then stop. It is steadily degenerative and is a bleeder of polarity in that that which consists of the worry, the fear, the apprehension, has the nature which subtracts positivity from an entity which harbors and continues to harbor the more serious of fears and apprehensions. This message is not for those who are still asleep, for those who sleep learn precisely from the catalyst which we are urging the seeker to consider facing with a renewed vigor of will. Those who sleep, having no consciousness of a need for will, react in a random manner, learning at a somewhat slow rate the lessons of love.

6: When the entity is convinced then that all that is observable has been observed, it is time for the entity to recall that which invigorated and enlivened the entity and sent it upon the journey in the first place, for it is easy to begin a journey but it is difficult to retain the energy of the journey until one has made a complete and irreversible choice of polarity. The fidelity of will is most important. Thus, we suggest to those whose head is bowed with some anguish, difficulty or pain, that the faculty of mind and observation be applied, but then the mind be cast back to the memory of joy and peace and love which is the frequent fruit of the seeker. This is the fuel which is internal and organic and not applied from without, which enables a suffering entity to make its own affirmations, to seek again its own silences, and to bring into being an entity built about the center of seeking.

7: We ask those who suffer to free themselves if it takes a day, a season, one of your years, or longer, for the self which is buried in the illusion which suffers without thought is opaque, and the love and the light of the infinite Creator

shine not through opacity but through transparency. Turn and turn again and once again and always again to the seeking that has occupied your ideals, your desire for knowledge, and your seeking of love, for although you continue experiencing when sunk within the illusion, the processing of that experience is greatly slowed without the retaining and developing of desire. The need for desire, fresh each day, does not fall away when the student is not an introductory student. Indeed, the need for purer and purer seeking grows as the student begins to partake somewhat of that for which it seeks.

9: And so, my friends, when the air seems to grow dark and the winter of the soul sets in, know once again that all seekers are ever beginners and that the simplest of rules, if we may use that word, apply. Seek and seek and seek yet again. And do not feel that you have let yourself down when you have fallen away from the seeking wrapped up in overwhelming experience, but without judgment and without impatience, turn again to seeking. And from that seeking, from that meditation, from that inner silence, draw once again from the inexhaustible supply of love and joy. The kingdom which is all of love and joy awaits within you—but you must seek it.

14.11 1985/12/08

5: And then, finally, there are many who find homes with other souls along the path of seeking. And so it matters not where one is, for one has always the joy of the presence of the loved mate or friend about which to spin the home. We would like to take you further than this, my friends, in your search for home. We would like to take you into the smallest atom, to stand within that nexus of energy and to be given the eyes to see the path of creative power of articulated light. This is your home, my friends, this is part of your home.

11: We do not suggest that you cease seeking harmony in your geographical location, in your work, or in relationships. Rather, we suggest that overshadowing any of these considerations is the home of your soul or spirit. Many there are who would have no idea of what I say, and to those people, we say, "Enjoy your sleep. Wake up when you wish to wake up, and let no word of ours interfere with the pleasure of your dreaming." For seeking one's spiritual home means the discipline of transformation, a transformation in thinking which eliminates limitations and makes all things in creation one great gigantic being full of love, creative energy and thought whose consciousness is evolving and whose great heart is beating and will continue to beat infinitely. This is the eternal home of the spirit, and you shall see one end of the creation to the other, one refinement of understanding after another, and always desire shall power you. Desire to seek beyond the bounds of your physical illusion for your identity and for your sense of security and home.

12: As always, we suggest that the quickest and most efficient way to empower this desire to seek is meditation, and we encourage you to do that regularly, for there is much about which you may get excited within the illusion, but if your consciousness of yourself is that of a citizen of the creation, a co-creator with the One Who Is All, how can you then be so far removed by emotion from your home? The illusion may seem to take many homes away from you, but in reality you have never left home, you have merely veiled part of it from yourself so that you may come to an illusion and refine some lessons concerning how to love one another. And how shall you love one another, my friends? Freely and gladly, with a clear conscience and a pure heart. How wonderful that would be. The bare trees lean towards the whole creation in that love and the seeds beneath the sod sleep contentedly in that same love.

14.12 1985/12/15

2: Once there was a boy with a wise father. This young man was eager to be of service and to show through his life the love and the light of the one infinite Creator. He questioned his father concerning all of the choices which presented themselves to him as he looked for the best way to be of service.

24: The son sat quickly, eager to listen to his beloved father unravel the riddle at last. The father pointed to the spring-time flowers nodding in the breeze. "Which one of those flow-

what remains to be found. The seeming disharmonies and distresses that one may find within one's experience are but the shadow of that which awaits. Then it becomes necessary, for one who seeks to be of service by sharing the love of the One with all about one, for such a seeker to penetrate the surface, the illusion, the outer shell of appearance. For within all experience, be it the most difficult or the most confusing or complex, there exists the love of the one Creator, whole, perfect and balanced. The more difficult it is to see such love, the greater the opportunity for growth.

97: Be then not so concerned with appearance and the first effects and impressions of interactions with those about you, but in your meditation look to the heart of the interaction. Find where love lives. Find then where love has sought to be known, and has perhaps for the moment gone unrecognized. Look to the heart of those who share with you in any degree a portion of their lives, for that which they share is love seen in many disguises. Do not let disguise fool you. It is there to teach and there is one lesson. That is love.

14.7 1985/11/10

32: I am Latwii, and shall attempt response to this query by suggesting that there have been a larger number of entities upon your planet in its past who have achieved that state of awareness which has come to be called the Christ consciousness. The number of entities described in the book of which you speak is a number which has been given to a specific portion of your planetary surface, most notably that area of the desert known [as] Sinai. There has been, however, throughout other portions of your planetary surface, the gaining of the perspective, shall we say, which is known as the Christ consciousness. Various traditions, cultures and practices have been utilized over a great portion of your planet's third-density experience by various individuals who have sought the heart of the lessons of this illusion and have found in great part that heart of love within their own experience.

14.8 1985/11/17

8: The world does not mean to hurt. The illusion is doing what it was intended to do, and you may move very quickly and confusedly so that you muddy that beautiful chord which is yourself, or you may stop and become gentled and thank the illusion for its pressures and its anguish and its pain. You shall not be victorious over it; you shall learn from it, and it shall learn from you. It is well to remember that the undifferentiated terms such as "society" and "family" and "church" are in fact parts of yourself which you have called to yourself in order that you may polish up that beautiful, harmonious, infinitely lovely identity, that you may develop and thrive without regard for life or death as you know it.

9: We know that this may be somewhat difficult to assimilate, for you are entities who dwell within bodies and who are impinged upon by what seem to be marvelously strong outer forces. Know, my friends, that all of those outer forces are portions of the creation which you have called to yourself for purposes of development. Know that you do not have to work at this development, you do not have to be a student of development. Indeed, the more active you are, the slower will be your going. Gentleness, patience and quiet are the balms of the identity as it waits and watches and loves and chooses.

10: Whenever the tangle of experience becomes heavy, take your fingers from the knot and rest. Rest within the infinite invisible world which is the creation. Rest, knowing that you do not have to be you by expressing or changing or doing anything. In meditation seek quiet, seek silence, seek that which is yourself—the one infinite Creator. And that which is you shall then have time to interact fully with the experiences you have had. You cannot be puzzled and be active and find change to be helpful. You can be puzzled and be silent and find that change, development and love bubble forth in good time and with messages for you that you would never have developed without the seeming pressures that are seeming to be so difficult.

11: We ask you to consider that you live within a house, a spiritual house, which has been constructed of illusion within illusion within illusion. There are many intellectual paths one

may take at any time. There are many emotional paths one may take at the same time. There is one silence. There is one decision—to turn to meditation in patience, in kindness, and in gentleness and with no stress, for you have nothing to prove, you have nothing to gain or lose. You are as you are. And you will be as you will be because of your patience within the silence as you digest those things which you may have experienced. Never fear that you are cut off from yourself. It is in no way necessary that you fear this, for the louder the pressures from without may cry, the quieter you may get—and within silence all becomes love. And that which your higher self has planned for you to experience is experienced in love and without confusion. Can you do this of your own self within the illusion? The answer is no. If you need a quick answer, you may have to deal with the illusion. If you can find the infinite moment of silence, the work will be done infinitely better.

12: We celebrate you, my friends, each perfection, and the perfection of the group. And we thank you for requesting our presence, and for allowing us to be a part of those things which you may take into your silence, which you may patiently, gently and lovingly turn over and gaze at, and find further perfection in the gazing. May each of you have a grand adventure within yourself as you meet the illusion moment by moment.

23: As this process of discovery continues, and the layers of the illusion and the situation are peeled one after the other, one may discover that what seemed to be a sacrifice to another out of guilt may become a gift of love to a beloved portion of one's own being. This portion may have cried out in many ways that seemed harmful and hurtful to the self. Yet each cry was for love that would enable each to find that love not only within the illusion of the situation but within the heart of each entity's response to the other, for when there is a great seeming lack of love, there is being built a great potential for the fulfillment of love. The vacuum draws into it that which is sought.

33: No, that was really helpful, thank you. I do have a question about sacrifice though, and this more following up on Judy's question. I've often thought of the concept of sacrifice as being a good thing, as being what we're learning in this illusion. In other words, we sacrifice every time we breathe; we sacrifice that part of our life. And whatever we do is a sacrifice of what effort it took to do it. And so when I think of sacrifice I think more in terms of Jesus' sacrifice of his entire being for the love of his fellow man. How can one free the concept of sacrifice from the concept of guilt?

34: I am Latwii, and am aware of your query, my sister. The concepts of which you speak are those which are well suited for the learning of love, which is the primary purpose for which you have gathered in this illusion. The guilt that one may feel is usually concerned with the concept of not having given enough of one thing or another to another being. Within your illusion, the things of the self, be they material or ideas of oneself, are carefully hoarded in order that one may have enough things and feelings of security. But when one...

38: As one penetrates the outer shell of the illusion, one discovers that there is more than meets the eye, shall we say. The things are found to be of small value in the larger sense, for the seeker of truth discovers that all things change and move away, yet that which truly sustains the seeker and its journey is a force which is not captured but is freely given. That force is love and is available to all who call for it.

39: Thus, when one can give away all things, one then makes way for this force to move through the being, and it is then natural to give all one has at each moment to any who would call for the aid of one's being. Thus, the sacrifice becomes the honor, for there is no thing as important to one as loving another.

45: Would you please comment on the way I understood what you said about sacrifice? It seems to me that I heard you say that love and the willingness to give openly and freely in love then transforms sacrifice into just pure response, pure willingness to give, which is entirely different from the Old Testament attitude toward sacrifice, which was a sort of penalty that was required in order to pay a debt. Could you comment on that?

47: The limitless love of the one Creator enables each entity at all times to experience and to be. By limiting one's awareness of this concept, many experiences become available that would not be available with the wider perspective. This is the

4: Let us look at an image far removed from Christmas, and yet with the same message. A bird called the Phoenix bursts into flames and is consumed in a great fire, and all that are left are ashes. Out of those ashes rises a new and more beautiful Phoenix. As you put a Yule log upon your fire, as you set the star on your tree, let the message of winter, of ashes, and of rebirth fill your heart with the joy of knowing that all joys will be made well because the love that created all things is a perfect love. We wish that your peoples could understand the meaning of Christmas, not only once a year, but throughout the year, for it is a message which we have come to share, the message of love, of unity, of salvation through higher consciousness. You are part of an evolutionary pattern. Those about you may not wish to be part of the evolution that is taking place at this time; so be it. They will have many other chances for advancement, as many as they need, my friends, for all dwell in an infinite realm, for hope truly springs eternal. Meanwhile, you have control consciously of your development; think deeply upon the lessons of creation and rest in the knowledge that even the hardest earth, frozen cold as stone, will soon be crowded with the blossoms of spring, and so will you go on from glory to glory in the creation of the Father. Imagine each of you in your domicile at this time, your hearts beating as one, your breathing, your thinking, and your feeling unified with one great Thought of love. There will come a time when this will be the case among your peoples. We believe that you may be there to witness it, if not in this dimension, then among the inner planes that guard this Earth plane in its fragile path towards knowledge.

33: I am Hatonn. I am with the instrument. I am aware of your question. First, we would like to respond to your thanks by explaining to you that we are far from unselfish, for it is our gratitude that must be understood, for without brothers and sisters to help our continued education and growth in understanding of the Father would nearly halt. Therefore, it is in helping you that we help ourselves. It is as though the glass were to thank the window, or the arm the leg, for we are all part of one structure. The triangle of love, light and awareness at the top of the triangle of earth and passion and reflected love at the bottom. We in between, reflect one and nurture the other and in doing so and only in doing so can we further our own understanding of that which is about us on what you have called the ladder of evolution. For us to be able to help you is our deepest hope and our profoundest blessing, and we thank each of you.

36: So it is with the inner planes. You and all of those things in your world are energy fields and you have energies and certain vibrations we call those vibrations that belong to the third octave of existence. There are also other octaves of existence within your octave of existence. There are seven levels, and some of these levels are not visible, just as one channel would not be visible to another. The skill and art of penetrating into the inner planes is a hidden art. It is hidden for a reason. Each of you is here to learn the lessons of love and as you penetrate into the inner planes, the lessons of love become very obvious and thus your existence here becomes quite changed.

47: We will continue. Three years ago, according to your timekeeping methods, the second stage of intensified earth changes began. You have two years according to your timekeeping methods before your own continent becomes severely changed. However, these changes, though they will seem devastating, are relatively minor, and we would advise you to concentrate on your love energy upon mankind himself, who is at this time divided against himself in many, many ways. Natural changes with—we must correct this instrument—will cause some depletion of your population, but the population itself will not be significantly reduced, that is to say, the species will easily survive, and find new ways to develop a moral technology that enables mankind to be comfortable while ennobling his purpose to love and serve not only himself but the generations that are to come and the planet on which you dwell.

48: That which is to be feared is that which mankind may do to mankind. There is nothing in the creation which is called Earth by your peoples that would willingly kill for no apparent reason, but your species is capable of killing as a matter of what you may call policy. This is dangerous, and because your weapons far outrun your morality as a people there is the potential for almost total annihilation. There is no timetable for this for your people are unpredictable. We ask only that in your own way you yourself may love your en-

emies as best you can, for loving your friends is easy, but to lighten a planet that is torn in discontent, in greed, and in lust for power over others the most important weapon is the unifying strength of love itself.

49: You do not know what you can do to help your planet but we say to you that we do know and just by your coming together this evening you are part of the raising of the consciousness of the planet. As you meditate, do not try to save the world, for you are the world. Do not try to save yourself because you are perfect. Only be. A tree is a tree; a cloud is a cloud; and you are you. The precious gift of awareness resides in your eyes, in your heart, and in your mind, and no one else thinks your thoughts. Celebrate yourself in meditation, for within you lies the development of the planet, if you can but be. You will be loved, for that is the essence of all that there is. Again we say, yes. We are in the middle of Earth...

9 1980

9.1 1980/10/16

11: I am Laitos, and am once again with this instrument. We are most pleased to have been able to make this excellent contact with the one known as L and we encourage him in his endeavor to become an instrument that will be of service to his fellow creatures upon this planet. We are always overjoyed to be able to speak our words through yet another instrument, for, as you all well know, the people of your planet are in great need of words of love and of light and we are especially honored to be able to provide even our limited understanding of the love and the light of the infinite Creator. Therefore, we are always overjoyed at the prospect of being able to utilize one more instrument in this service to the people of your [planet.]

9.2 1980/10/19

2: As you know, my friends, our love is always with you and we are very grateful that you desire that we speak with you at this time. We have very little in words to share with you this evening for we understand that we are, at this time, speaking to a group whose understanding of the basic truths of existence is fairly strong. We could attempt to deepen your understanding, but at this time we feel that you simply need to rest and that your minds have been all too active and so we ask you to come with us on a journey, floating up from your physical vehicles as you would float in the water, light as a bubble. There are no more limitations. There is no more ugliness, for you are now seeing reality and the light is very bright. You may pass through many, many dimensions and colors and glimpse many universes being born and existing in ways far unlike your own. You may do this for infinity, my friends, but this is only a short trip, for we know that you will desire, in the end, to arrive back in your physical vehicle, refreshed and ready again to take up the task of loving and living consciously and well.

4: There will come a time in the not-too-distant future when you will not be burdened with the difficulties and limitations of your density of existence and you will be far more able to see the love and the light of the Creator at work in your lives. Meanwhile, there is an element of faith in living well and we encourage you to refresh it by cleansing yourselves in the waters of meditation.

11: As your thoughts are, so shall your astral body go. Maintain your true desire for love and light and you will not be placed in a difficult situation. However, we assure you that it is not necessary to experience any unusual phenomenon in order to experience the release and the freedom which the love and the light of the infinite Creator can bring. This can be experienced in any condition. It requires only a state of mind capable of grasping love. Cultivate, then, freedom in whatever state you may find yourself and choose freely what you wish to experience, according to your desires.

9.3 1980/10/26

3: That simple truth is one Thought; it is written in your holy works as one word. That word is love. In those works, it was written that love came into the world, this love which is light. And the world was full of darkness—which we would call separation—and the darkness did not understand the light. And so, my friends, it will always be. The complex will never understand the simple. The simple truth, as we know it, is that love, manifesting itself in your world as light, is the source of all matter, all consciousness, and all energy. All the beauty that you see is a living embodiment of love.

4: Would that we could say to all of your peoples who live upon your troubled sphere at this time, "Please, beloved planet whom we serve, can you but calm your minds, and see the beauty of love."

7: As you rest, as your mind is clear, rejoice that you are part of a consciousness which is all one consciousness of being, of all living things in all the universe. You can no more be separate from each other than can one drop of water be separate from the ocean. We are all one, my sisters. And in this may we humbly rejoice and give thanks to the Father who created us, to share His love and His light.

27: And your neighbor's garden, large as it may be, was planted without regard to the needs of plants, was allowed to grow wildly, weeds growing along with the food. Your neighbors planted no flowers, had no eye for beauty. Which garden, my sisters, would be the beautiful garden? Indeed, it would be the small one. It is not how great the deeds are that we do, in our day-by-day existence, it is the grace and the understanding with which we do them. Keep your heart full of love, and your mind acquainted with beauty. And no matter how great, how intellectual, how ambitious are the people with whom you deal, the quality will be judged only by the grace with which each of you meets the small requirements of the day, the tiny moments when you can be graceful, and kind, and appreciative. Never, ever lose confidence in the beauty and the grace and, if we may use this word, the importance of yourself. For you are the Creator. You have all that anyone has, within you. Perhaps your lot in life, this particular time, is not dramatic. But if you are graceful in the smallest thing, you are a better channel for love than the greatest individual who does not look to love for his actions.

9.4 1980/11/09

8: If you can picture with me the formation of mineral crystals, you will be aware that there is a great deal of rock that is not at all crystallized, and is therefore relatively insensitive to delicate vibrations. This is analogous to a large portion of the peoples of your planet, who feel the new vibrations of what you may call the "golden age," but whose crystallization of purpose or intent in seeking the path of truth and the love of the Creator is so truncated that it does not matter to them and they go about their business and lead the lives that they would lead, their relationships being guided almost entirely by their needs for procreation, companionship and financial aid. This governs the relationships of most of those among your peoples.

10: Now we move on to your question. There are seeded among your peoples more crystallized souls or spirits who are much more oriented towards reflecting and refracting the light and the love of the Creator. These are people of magnetism and illumination to some degree or another, and are committed each in his or her own way to the path of righteousness, as this instrument would call it.

17: The simple truth is that each individual comes into this illusion that you have in third density to learn specific lessons. Some of them involve a large degree of loneliness. This does not have to do with the new age, this has to do with the choice of lessons by the individual. There are some individuals who have a great need to balance the love vibration with a wisdom vibration. Thus, they spend time alone working to become more self-disciplined and more wise. They are therefore unable at some particular point or perhaps for a large amount of time in the illusion to experience true spiritual union. Others spend their entire lives involved in spiritual union with partners due to the fact that their orientation attracts such partnership.

18: There is no right or wrong path. There are two poles to the love and the light of the infinite Creator. One is love, the

other wisdom. Love is a female vibration, and wisdom male, if you would use those terms. We feel it will be helpful to you to understand what we are saying for us to use those terms. It is more characteristic of the male energy to be wise, and more characteristic of the female energy to be loving. Neither will be of service in becoming a channel for the love and the light of the infinite Creator without some balancing agent of the other. And in order to achieve mastery, the two must come into balance so that each male has the female energy totally balanced within his nature, and the female the male energy totally balanced within her nature.

19: It is basically, shall we say, nearly impossible to achieve mastery alone. Those who achieve it, for the most part, work with a partner. This is the true basis of spiritual union. This is the true yoga, for the female and the male to work out together the lessons of love and wisdom. For love without wisdom is wasted on foolish things. And wisdom without love is hollow, and foolish also.

9.5 1980/11/16

5: We discovered that our survival as a priority superseded all other priorities and that the requirements for survival became very obvious: regard each man or woman as one's own brother and share with that brother as you would with your wife or husband or child. Our decimation became, in this manner, our strength. In our choice, in our choosing to reduce our planet's ability to support life, we inadvertently chose a very strenuously spiritual path, that of loving through forced sharing. Perhaps this may not sound very spiritual to those listening to our words, however, then we learned that sharing was more valuable than surviving. We obtained a vibration level that enabled us to both sustain our bodies and at the same time, progress beyond physical needs.

6: We share this story with you not in pride, obviously, but in encouragement. Small though your numbers may be, those of you who have grown beyond your brothers in your desire to love and share will be able in destitution and poverty and in starvation to mold and guide the growth of your race but only if you keep faith with your feelings. We feel that it is necessary to encourage you at this point because the time draws near when your strengths will be called upon and tested severely. Many of those strengths in many of you are already being tested at this time.

7: We love you in the manner of brothers who can only watch and encourage and advise you as you grow and we desire that your growth be rapid and as painless as is possible. However, what you call growing pains will occur and are occurring now that you may adapt yourselves to the experience of pain without taking the pain within and clinging to it as one would a valuable jewel or possession. All things pass, as will your pains even if they pass as a result of your death on the physical plane. Do not let this death or these pains worry you. They are merely tools with which the universe shapes the final product which you so desire to become. I am Hatonn.

16: You are like a web shining in the light and you weave yourself moment by moment. Do not compare teachers. They are all lacking. Listen to the wind, and attentively weave your life from the strands of love and light the Creator has placed at your momentary disposal.

23: There is a shortcut and you know it well. Release all the lessons, all the worries, all the distress, and all the confusion and meditate. We cannot emphasize your daily surrender to the Infinite enough times. If you have that much faith in yourself to work upon yourself by opening yourself to yourself, your confusion, your problems, your karma will take care of itself. You may notice that you are foolish quite a lot and spend a good bit of time regretting it. That is because you are on a third-density planet. It, in effect, goes with the territory. Do not worry about it but turn instead once more to the Infinite and be enabled by contact with love to face with joy the total folly of your existence, if it seems so to you. Enjoy yourself, my brother. That is the highest advice that we can think of to give you. Laugh and love and be. What you came here to learn you will only learn by embracing this life with love.

your physical vehicle. Have you caused it to dwell in holy places by the purity of your thoughts and the love within your heart? Or have you made your body dead by pursuing with it endless divisiveness? Your civilization encourages the latter path, and thus you see more and more the diseases that come from the hard heart and a divisive will. So it shall be upon the metaphysical plane for any structure that is builded by man. We can say no more than this—build in love, in unity, and praise to the architect who is no man, but the very Creator.

14.5 1985/10/27

3: It seems to be a vast universe peopled with unimaginable numbers of suns and whirling galaxies that paint the sky with diamond drops. There seem to be enormous numbers of individuals even on one small planet that makes its way about an obscure star near the edge of the galaxy it inhabits. There appear in one person's mind to be many, many thoughts and ideas which range in great complexity from one subject to another. There appears in each idea that there are ramifications and considerations of various levels of thinking so that one who is more mature in years shall think differently upon the same subject than one who is young. All of these appearances are appearances of separation. In truth, there is one creation, there is one consciousness, and for each density there is one Thought. In your density you are seeking to know the thought of love, not intellectually or by any guidebook but rather from the inside out, from the heart outwards, through the mouth, through the ears, through the eyes. One who has the heart of love also has ears that hear with love; one who has a heart of love sees that which it passes before its gaze with eyes of love.

4: When it seems apparent that there is a lack of communication between two entities, that there are hurt feelings and insults, one must look to the love in the insult and the love in the hurt feelings, for both of these pains belong to the emotional self and are a distortion of love. We shall dwell primarily upon the self that is hurt, for the questioner is the party which has been injured.

5: One who is hurt is experiencing a distortion of love in that it is not being appreciated for the gifts that it gives. And yet, is the gift any less because it is not appreciated? Is the giving less pleasurable because compliments are not given? One with a heart full enough of love can give without need for compliment or thank-you or payment of any kind, emotional or financial, physical or spiritual. Therefore, the one who is hurt is working with an illusion which is that of separation, for why is there need for the creation to thank itself? Why is there need for consciousness to thank itself? And why is there the need for the subject of love to thank itself.

6: We urge those who are in pain because of being hurt by the speech or actions of another to take into meditation the unity of all that there is and so strengthen the will and deepen the faith in that unity of love that gifts can be freely given with no expectation of any kind that there may be a return or a reward. Imagine each gift that one gives as the arrow which is sent from the bow. It will find its target more and more purely as the giver gives with less and less expectation of any reward, but rather gives for the upwelling joy of the gift given.

8: We realize that this is difficult to accomplish. If there were no challenges, why would one decide to enter into incarnation? Take your challenge up with joy when it comes to you and attempt to the best of your ability to offer the same constant love to those who wrong you and those who praise you. Cast a cold eye on the difference between the two, for all things are one and the love in all things must needs be found. This is the heart of the lesson of insult and emotional pain.

57: I am L/Leema. We find an interesting concept within this query. This query assumes that an entity within your third-density illusion can ascertain the, shall we say, sum total ramifications of its each and every act. Though many live the well-examined life and have learned well the lessons that may be presented in the day-to-day round of activities, there are few who can project the possibilities of what you call the future and how that future might be affected by a choice made in your present moment. It is rather the salient lesson and ambience, if we may, of your illusion that entities work upon the lessons of love. Those lessons include the seemingly foolish giving of self without expectation of return, the movement within darkness with the faith that the love of the

one Creator exists in each portion of that darkness without knowing any fact for sure and yet giving wholly of the self regardless of the not being able to know. Yet do entities learn the lessons of love.

61: I am L/Leema, and am once again with this instrument. It is not likely that any within your illusion will move much past the lesson of love. Thus the recommendation to each is that one give wholeheartedly the truest and best of one's treasures, that is, to give without consideration of return, and to give with the greatest intention to serve that one can find. If the intention is to serve and to see the one Creator within each portion of one's illusion, then that which you call honesty is highly recommended. It, however, is also true that if one does not wish to serve and moves in thought and action with self-serving motives or motives that are less than loving, yet and still shall there be the service, without perhaps the potential to polarize in the positive sense that desiring honesty with the hope of serving another would provide.

14.6 1985/11/03

3: Suddenly one small flare of light is seen. You know what that is, my friends. That is one entity whose will has been turned to offering the one love and the one light inherent in the one original Thought of our infinite Creator. What a glorious light in such a darkness may we see when one entity alone orients itself to the One.

9: We ask you to remember the lesson of the pearl. The oyster does not turn its back upon the gritty sand of experience; when sand irritates the inside of the shell a pearl begins to be formed. The irritation may continue, but the pearl grows more and more beautiful, more and more lustrous and full of light. Look ye therefore also to the gritty sand of your experiences, whatever they may be, for within that experience is love. And the fruit of that experience is crystallization and radiance if you but choose it.

27: With each of those centers of energy which have long been called chakras by those metaphysical students upon your sphere, there is a nature or essence or tone, if you will, which allows the entity so possessing these energy centers to utilize the love and light of the one Creator in increasingly intensified fashions. This love/light of the one Creator then enters the energy center system of an entity and allows this entity to pursue its precarnatively chosen series of lessons and services in such and such a fashion according to the choices freely made. Within each energy center then there will be the distortion or bias or tendency to utilize this love/light in one fashion or another corresponding to the chosen lesson or service. Thus the white light of the Creator becomes reflected in various colors and biases that may be also seen by those attempting to serve as healers as a blockage of energy, for as the white light is reflected and diffracted it is in some degree blocked in order that a pattern of experience may develop.

45: I am Latwii, and am aware of your query, my brother. We are aware that from time to time, as you call it, there is the convergence of those servants of the One upon certain levels of your experience within this planetary sphere. This convergence is not necessarily that which finds a place upon which to converge but is more usually a convergence which finds a vibratory frequency upon which to send those answers of love and light that respond to the calls and questions posed by the various portions of your peoples' population, be they conscious or unconscious calls for aid.

56: I am Latwii, and am aware of your query, my sister. The ley lines, as they have been called, or grid lines of energy are set for the planet much as one's aura surrounds and informs one's physical vehicle. Thus, many from days of old have constructed various structures in concordance with these lines of energy in order that they might take advantage of the increased influx of the love/light of the one Creator at these points. It is at such points that the nourishment of which we spoke previously may enter into this planetary influence and then move whence called and find the mark of the seeker.

92: I am Latwii, and am aware of your query, my brother. As the mystery is presented, it is hoped that the seeking will be intensified, thus within the bounds of mystery the lessons of love are eventually found.

96: I am Latwii, and am aware of your query, my sister. May we suggest that when one looks upon the daily round of activities, what immediately presents itself to the eye is not

itive expression of that form as there is the opportunity and potential to experience the negative of that love.

49: I've been reading a book lately—I'm reading it through a second time on and in that book, they point out that a lot of times the way that we deal with others and treat others depends on the way that we speak to ourselves and treat ourselves and that there are mental voices in our heads. We learn from our parents a way of dealing with ourselves—am I making any sense? Anyway, the question that I have is when we catch ourselves talking to ourselves in a less than kind or loving manner, do you have any advice on how we can turn that around and become kinder to ourselves and thus to...

51: I am Latwii, and am once again with this instrument. We may begin by suggesting that to the seeker all about it is a symbol of its seeking. Within your culture it is logical that the parental experience, that is, being the child with the mother and father, would be utilized as a basic means of talking to the self, shall we say, and of dealing with the world about the self, for the mother and father are the two greatest formative forces within the entity in its early life and thereby form the foundation stones upon which the entity shall form its point of viewing itself and the world about it. When the entity finds itself talking to itself or behaving in a manner which is less than loving, the entity may use this experience as catalyst for growth, food for thought, the focus for meditation, for each viewing of the self in a less than loving manner is a symbolic representation of a basic attitude or experience which the entity has programmed into its life pattern in cooperation with, most especially, the parents and others about it in order that there might be the balancing or biasing of the being in a certain fashion that lends to an overall balance of the total being or soul or spirit of an entity. This lesson or program emerges in symbolic form throughout the entity's life experience.

52: Each time an entity in any single experience views itself or another in a manner which is less than loving, that experience can be used to achieve the balancing of love. In the meditation there may be the focus upon what is mentally known. However much the entity analyzed the seeing of the self in a negative fashion and has thought upon this subject, these distillations of thought may then be taken to the meditation and further focused upon in order that the unconscious mind may respond in a fashion which our brothers and sisters of Hatonn spoke upon earlier, and give the conscious mind some form or symbol of that which it seeks. These symbols from the unconscious mind may become apparent to the conscious mind by intuitional inspirations, a hunch, what is frequently called the "aha" experience, as an answer to a long-asked query finally surfaces, or through dreams as the symbols are given again and again, thus accounting for what you would call the repeating dream.

14.2 1985/09/22

3: And what, my friends, is that of which the mind despairs? The mind despairs of its very limitations. In truth there are no limitations—there are only challenges, lessons and glory. Yes, my friends, we say glory, for the stronger the despair, the more glorious the battle which may be waged to outlast the feelings of helplessness, doom and foreboding, uselessness, boredom and disinterest that altogether add up to the definition of despair. The despair of the mind is that which is not, standing in the face of that which is. Therefore the state of mental despair is folly and almost always unproductive. However, the dynamic of despair—that is, midnight as opposed to noon—is available to everyone, every spirit that lives in mind and body in your illusion at some time within the incarnation. Therefore, although it is useless, it is a common experience. In the grand scheme, the very uselessness of despair is that which limits man's ability to feel it. It is, rather, a dynamic against which one plays out one's incarnation, the other dynamic being pure joy. It is between those two poles that one may analyze one's true position with regard to the learning of the one great original Thought of love.

4: Therefore, that which is useless is rather a constant, an undertone within the life experience, always available, in which the mind knows nothing. Mental joy is the opposing dynamic in which the mind knows all. These are the limits within your illusion of that which we call love.

14.3 1985/10/06

8: You do not carry this within you as if you were a basket and it the precious cargo. No, my friends, you are far more like the pipe through which is funneled the clear precious water of the fountainhead, the wellspring of that clear mountain lake, full of living water. Things do not come from you as much as through you, for in whatever you may do, you are a channel. There is no situation in which you are not channeling and being used as an instrument either by yourself, by other entities, or by circumstances themselves. The great choice to make, then, in the desire to speed up the spiritual evolution is the choice to allow that through you which you desire to be spent through you. And never, if possible, to accept circumstance or environment as a reason for ignoring the opportunity for finding love that may flow through you that you may become a light to lighten the darkness of those about you who are seeking just such light.

9: Personalities have often been confused with pure channels. The pure channel is an impersonality, clear and exquisitely pure. If you would be a channel for love, open yourself inside to that spring of living water in which your soul may bathe and become clean and shining pure and from which and through which a great light may shine in a dark world.

34: I am Latwii, and am aware of your query, my sister. The terms are also numerous which have been used to describe this kind of relationship or phenomenon. Again, the terms soul mate are the most widely used. You are also aware of the terms, star-crossed lovers. There are many ways and terms to describe the relationship that exists between two who have found their beingness and their desires to seek the Creator so much as one that they have indeed grown in many ways to become one being by pursuing the dual nature of the one Creator, that is, the male and the female, the light and the dark, the radiant and the magnetic. The terminology is at heart quite unimportant, for in the hearts of these beings there are no words to describe the yearning which draws each to the other.

41: I am Latwii, and feel that we may comment thusly. The purpose of such a communication is the guiding force which will determine that which results from such communication. The desire to express the love for such an entity and to, shall we say, complete that which may yet be incomplete would be acceptable for those involved. The intention to utilize the communication for any kind of personal gain, shall we say, then would distort the effort in such a fashion as to perhaps add weight where once there had been lightness.

14.4 1985/10/13

3: The second part of your query is not so easily answered, yet we shall attempt to be brief insofar as accuracy and brevity concur. There is one architect. This architect has been called the Creator, and from the Creator flow many ideas, many shapes, many possibilities, many inspirations concerning houses. When it is given to a group of individuals who wish to act in love, to draw from that one architect a certain type of dwelling, the dwelling may be built. Some shapes are more easily attuned vibrationally for magical work than others. However, all shapes in general have equal potential, for it is not the builder of the house but the architect to whom praise may be given, and that architect—that is, the one original Thought—works not through board and clay and stone but in the heart and spirit of those who build. We encourage entities of loving heart and will to put forth effort in that which may seem to be advantageous.

4: However, we must send out a stern caveat. It is the love for the architect that invests the house with excellence of vibration. With this love, any shaped and placed dwelling shall be magical; without this same love, the most carefully designed and placed house shall be one which is dead in a spiritual sense. Love for the architect, my friends, brings with it a sense of unity, of love, one for another, and of praise. When there are quarrelsome and divisive entities building an house, that house shall be a house of shame. When the humblest dwelling is put up with loving hands and adoring hearts, so that dwelling shall be full of love.

5: We can give no encouragement or discouragement to any plan for becoming those who dwell within a house, for you already dwell within a house, my friends, and that house is

9.6 1980/11/30

5: The physical conception was, of course, not immaculate but the spiritual conception which each of you who seek are attempting to further is totally immaculate and takes place within what we may call your heart of hearts, within your deepest inner self. And like an infant, the spiritual self must be nurtured, loved and nourished through meditation and through as much right action as you can possibly interject into your daily lives.

6: We realize that this seems to be an inhumanly difficult thing many times but once an understanding of the love of the infinite Creator has been realized, that which is difficult will become obvious. That which is crooked will be made straight.

12: As we of Hatonn share our knowledge, our love, and our strength with you, so also must you share with your brothers. It is only in this manner that you appear. You cannot take your plan to the universe, just as on this night the various groups that we mentioned have attuned themselves to one another.

13: We of Hatonn share our love with you at this moment and we ask the blessings of good nature upon you and upon your planet on this night and may you all rest in peace. I am Hatonn.

36: Thank you. I'll just keep an open ear to him and share love. Thank you.

48: Hatonn earlier spoke of understanding and the love of the infinite Creator. The statements reminds me of a kibbutz. I felt as though I were a finite being trying to understand the Infinite. Can you expand upon this statement?

50: We of the Confederation see each entity, each man and woman of your planet as infinite. It is written in your holy works, "Before the world was, I AM." There is no past, there is no future. There is an infinite present and I AM. You and we of Latwii and this instrument, those in the room, and each of those upon your planet are part of the great I AM. You are awareness. You are consciousness. You are. Your being is infinite and preceded the making of this incredibly vast galaxy, solar system, and Earth. How many eons have you been infinite? And yet there is no duration, for in reality you are. And to understand your being is to understand love. For it was the love of the Creator that generated awareness. I AM. That is you and that is infinite. You are not a finite being and your brain, with all of its limitations, its overloads and its confusions, is merely a tool that you have sometimes used poorly. Never let it tell you what to do. Let your heart and your will express itself so that your mind performs the tasks given it by love, working as a servant to you who work as a servant to the Creation.

60: Very well then, we do not like to deal with this type of information because it is so boring, but we have been asked to deal with the earthquake situation. The one known as Don wishes to know about earthquakes. Unfortunately, he is not here but if he were, we would say to him that he already knows about earthquakes and has been talking about earthquakes for the last two decades of your time, as you count time. He may have noticed that there have been earthquakes. These are the earthquakes which he has been talking about. He is probably wondering whether there really are going to be more earthquakes. Has he not talked about more earthquakes? Yes, my brother there will be more earthquakes. The scenario is being played out due to the fact that although there has been great improvement in large segments of your population, although love and light has increased to what we would call a great extent in the light centers which we have started and among self-aware people all over your planet, it has not been enough to generate the positive love energy necessary to totally remove the necessity for the expression of disharmony which the Earth must now manifest, and so it will occur.

61: We are happy to say and this the entity also realizes, although he has not spoken of it to this instrument, that these occurrences will be less harmful than they would have been had the scenario not subtly changed due to the love that has been generated by people such as yourselves.

9.7 1980/12/07

12: There is no being known as Satan on your physical plane nor has there ever been. However, the vibrational princi-

ple from which this concept received its ancient name is a thought form which is a reality of your illusion. We wish to distinguish this from the reality of the one known as Jesus or, as we know him, Amira, who is an entity who lives and dwells in love. He is a thought form only to those who do not realize that he is a real being.

13: The one known as Satan is merely the shadow of evil thoughts. Given fear enough, evil thoughts can do harm, can cause fear and pain and anguish. This power is given to the Satanic principle only through the fear of the one who is feeling the difficulty. There is no reality to the fear and thus it is said love casteth out fear. The one principle called Satan is a lonely and sad thought form and we would say to you, accept this principle as part of yourself, as that within you, if you will, which spurs you on to growth, to new understandings, and to desire for truth. Love this entity therefore, and take all strength from this mere shadow.

19: We are given power first from the Creator Who is beyond light and darkness and from Whom we derive love. Secondly, from those upon your planet, who are praying, meditating and living to be loving, sincere, understanding and valuing the good and the beautiful. We face those of us on the physical, the etheric, and the [cosmic] forces which derive their substance from the belief and separation from the Creator and from each other.

22: We feel very positive about the coming of this harvest, for it pleases us that many have turned to that light and to that love to seek understanding. Even as the world seems to polarize itself more and more to negativity and separation yet you will find more and more of those people whom you personally know beginning to seek in some form of spiritual truth the light and the love of the Father.

27: My brother, I am Latwii, and I am aware of your question. We are attempting to remain serious, however, we must tell you that the antichrist is a thought form. There will be several who will be called antichrists, however, it is a concept. Inasmuch as there are no gods, shall we say, of the darkness, but only one Creator and that a Creator of love, so there can be no son of such a god of darkness and thus no antichrist.

30: We realize that you cannot see the humor of the idea of the antichrist, but from our vantage point we exist in a sea of perfect love, and although mistaken ideas occur to people, and we are beginning to understand the great sorrows that you must bear because you cannot see the love about you all the time, we cannot imagine being so convinced of the shadows that we could give them a name. We are sorry in our inability to fully enter into the understanding of your peoples but we hope that what we have to say may in some way be of help.

43: Let us look at the situation of a person who prays and the will of the Father is not what is being prayed for. The answer which is awaiting is the will of the Father, which may well be not at all what is desired. However, the Father wills this only that His beloved son or daughter may learn and grow.

44: Sometimes it is necessary for the understanding [of] the spiritual entity that certain burdens be carried. It is also written that no burden will be made too heavy to bear, and this you may rely upon at all times. You will not be overburdened, for there is always a comforter. However, seeking is indeed finding. That which you ask you shall receive. However, if your basic desire is to know the truth, to know the will of the Creator in your life, that is what you may find. And what you—we will correct this instrument—and what you thought that you prayed for you may find indeed you did not pray for as much as you prayed for [the] understanding, love and presence of the infinite Creator in your life.

45: "Knock and it shall be opened unto you," but which door are you knocking upon? Do you believe not only in prayer but in the infallibility of your own praying? Or in your heart of hearts is your basic prayer to do the will of the Creator? If that is the truth, you cannot help but find your life opening, changing, moving according to laws of love.

9.8 1980/12/14

6: May we say to you, my friends, before you condemn yourselves totally, that there have been so many instances throughout this cycle, and especially in the past few years, of those beings turning towards the light, towards love and towards service, and veritably shining with the love of the Creator, that much that could have been terrible upon your

planet has been softened and ameliorated by the quality of the beings that dwell among you. Light groups such as this one have aided enormously. Catastrophes, including, my friends, nuclear war, that seemed almost inevitable a year ago seem less inevitable now.

8: We will never, ever encourage you to visit a never-never land, because you have all creation within you. You have nowhere to visit, you are within the boundaries of heaven. Cast a firm eye upon the hell which your peoples have made in many cases of the planetary vibration, but look also at the love that shines in the eyes of special ones about you, and in the hearts of yourselves and your loved ones. Seek always to be a light bearer, to be a light sharer, drop the seeds of light and love, asking no return, but casting, as your holy works would say, "your bread upon the waters."

9: We hope that these thoughts have been of some aid to you at this time. You must remember that the perfect symbol of love, the rose, is surrounded with thorns. The creation is a creation of polar opposites; the one without the other would not be complete. Cherish, then, the rose; avoid the thorns, but recognize them and love them as part of the rose. Look at the pearl and cherish it, but respect also the terrible irritation of sand which a small animal had to bear in order to build up this beauteous substance. Bless the rain as it falls sweetly from heaven upon the dry land, but know also that, in order for rain to fall, there must be a particle of dust.

10: Earth and heaven, my friends, they are about you. You dwell with Earthly things day by day, and this is necessary. These must be dealt with first, for you cannot teach a hungry man to love. The hunger is being dealt with, it is time to move on to the spiritual, and to dwell in the realms of truth, excellence and beauty. Turn your back neither on those things that make you angry or the redemption of a world by the heaven which permeates it. You are at this moment in that heaven, and the love of the Creator is so close to you that you cannot breathe without inhaling it. Rest, therefore, my friends, in that love, and stay centered as you gaze with compassion on a troubled world.

22: We trust that some of the events that have transpired for you in the past days have enabled you to feel more subjectively assured of our presence, but we would wish to say at this time that it is supremely unimportant to us whether the issue of our objective reality is ever resolved, for the simple reason that we are here to share the information that we have concerning love and light which love creates. Thus, we ourselves have no attachment to making your peoples aware of our presence. We have in the past attempted to do this in a much more open manner, and have found the results to be extremely unsatisfactory. Thus, we remain elusive, but we will continue with our small hints and notices of our being, as before.

25: Consider the food that you have eaten this day, my friends: whence came it? In what earth did it grow? What hands harvested it, shipped it, unpacked it, prepared it, and served it to you? What a miraculous chain of love and service exists that you may eat. Consider your relationships, my friends, the kindnesses that you do, and those that are done to you. Are these not miracles also, my friends?

26: And yet how many have said this day, "What a rainy day! What a terrible day!" My friends, we ask you not to waste one moment; never lose sight of the fact that you are doing the impossible. You are aware in such a complex fashion of so many things in such an infinite creation filled with such beauty that it simply seems impossible. And yet, my friends, we say again, it is simple, it is love, and it is one. To understand this paradox is to understand enough to become silent.

33: And when we of Hatonn are able, through your hearts and eyes, through your tears and your touch, to experience that which you call love, our joy is boundless. To feel enthralled with a beautiful day, to worship from afar a wonderful person, to respect, to share, to regret a parting with the comforting knowledge of an imminent sharing, all of these we perceive through your eyes and hearts, and through our perception have grown boundlessly in our ability to appreciate the universe and our Creator as given us, and to appreciate in boundless gratitude our Creator Himself.

48: This occult connection can sometimes be very detrimental to the healthy person. However this occurs is immaterial. What is material is your understanding that, in all of this creation and in all of the infinite spheres and sub-spheres and dualities and differences that you may experience, you experience the illusion. The reality is that all things are one. In

order to be removed from the darkening difficulties of association with a subtle entity, you must take that entity into your heart and love it, knowing that it is yourself under other circumstances—in another vibration, in another time and space, part of yourself. Accept the world as it is and take it to your heart.

49: In this way, and in this way only, can the power of love defeat, conquer or simply remove the separations that manifest themselves to you as difficulties that darken the aura, the dream, the feelings, or the thoughts. Whatever your fear, whatever your special thought difficulty, face it not in confrontation but in the knowledge that it is part of the creation and therefore a part of yourself. You are protected by a white light of the Creator. There is no other vibration for those who call upon it, for it contains all of the infinity of vibrations that color the many-hued rainbow of existence in the galaxies of mind, thought and space.

9.9 1980/12/28

5: You may look at this earth time as a prison, for indeed it is not a time wherein your being can make the transformations of color and harmony that it will make in its season. However, my friends, you have the key to that prison and that key once used opens the door to more color and more harmony than you shall ever experience as manifestation. As you meditate in your seed time, as you discover the love that is your essence, realize the source of that love, the original Thought that created that love, and revel in the harmony and the beauty and the blooming of that reality. Your manifestations can only occur in as much fullness as you prepare for at this time by the strength and the solidarity with which you ground yourself in your own being.

9.10 1980/12/31

7: My brother, you have one mission above all others and that is, as you already know, which we are only confirming, to realize your true nature. As it happens, you have managed to arrive into a position where the mirror in which you look to determine your true character is a true mirror given support by those who will not lie to you in any way or give you a false image. This is true of each of the three of you, and as you work together, that will be your chief work: the improvement of the understanding of your own personality and the disciplines necessary to complete the understanding of that personality. Each of you will help the other. Each of you will learn. This is your most important task. The other tasks are within your free will and we cannot comment upon them at this time for we can only go as far as free will allows and you, at this time, and your comrades, are at a state of choosing what you will do of your own free will. Thus, we ask you to meditate and learn from yourselves what it is that you must do. We are always with you and commend you to the love of the Creator.

28: We would wish for each of you present tonight a wish for the New Year. A wish that the love and the light of the infinite Creator might light the way that each of you travel as you journey homeward and that that light might shine upon each you meet on this journey, and that light of the recognition of the Creator in each face might remain where you have passed, to illuminate the way for others to travel that same path homeward.

10 1981

10.1 1981/11/15

8: I am Hatonn, and am aware of your question, my brother. Healing, basically, is a function of the one to be healed desiring to be healed. Those who wish to aid in this process may do so in a number of manners. For those present in this group we would suggest that the method most accessible and useful be done in the meditative state where the one to be healed is imaged in the mind in the condition which needs healing. This condition is seen in as much detail as is possible for the one wishing to be of service. When it is seen as clearly as

these many cycles of change, there came these times of difficulty, decision and disagreement which then required the balance of reconciliation in order that the love which bound each to each might be strengthened and ennobled. Once again, as the couple surveyed the damage of the most recent and most devastating storm yet experienced, it became apparent that another beginning would be necessary, starting from scratch, shall we say, and requiring that all which had been the portion of the couple's relationship be examined in order that the relationship be built step-by-step out of the strongest of materials in much the same fashion required to replace the dwelling and possessions which had been erased by the hurricane.

25: What did I ever see in him?" thought the woman. "What can we possibly have in common if we disagree so much?" thought the man. And they looked upon each other and did not behold love.

76: I am Latwii, and am aware of your query, my brother. We may speak briefly upon this topic in hopes that we may clarify rather than confuse. You may look at your being, including your physical vehicle, as a crystal. Each of your energy centers, or chakras, as they are called by your peoples, are as a facet of a crystal which contains more or less blockage at each center. These blockages are your lessons, shall we say, in coded form. As you work upon your own thinking and perceiving and widen the viewpoint, you remove blockages so that which has been called the prana or the cosmic influx of love and light which enters your being at the lower chakra may pass through your various energy centers in a more and more pure manner. That is to say, as you remove blockages or balance distortion, you allow the light, the prana, the cosmic energy of the one Creator to enter and move through your being in a manner which promotes or allows the white light to remain white and allows your beingness to be infused with the fullness of the one Creator. When this process has occurred through each chakra or energy center, beginning at the base and moving through the crown of the head, that experience which many in your mystical traditions of seeking have called by various names—enlightenment, nirvana, samadhi—then occurs as the entity comes to know itself as that which it has been from before time began, the one Creator.

87: I am Latwii, and am aware of your query, my sister. We cannot say that any entity, having omitted any lower chakra, should then return to the first, the second, the third, and so forth. We can suggest that each entity may observe the daily experience, can analyze those moments wherein catalyst has not been well used, may note the difficulties, may note the disharmonies, may note any moment in which there was not love, may then take that observation and analyze the chakra to which it belongs, and focus work then according to this analysis.

95: We ourselves have, shall we say, a certain sort of envy for you that we share with all of those beings which you would call angelic, for in our experience of the one Creator, we do not forget that we are the one Creator; that each entity we encounter is thusly the same. Therefore, our experiences are somewhat more pallid, somewhat more etiolated and, shall we say, watered down. Progress of a spiritual nature, shall we say, in our realms of experience is much slower than it is in yours, for you exist and create love in a darkness, in a forgetting. This allows much greater evolutionary progress, for it is done without the benefit of the sure knowledge of your connection with all that is.

117: I am Latwii, and am aware of your query, my sister. The ideal which each entity upon your planet strives for, whether in relationship or in solitude, is the ideal of love. This is the lesson of your particular illusion, a state of being which words cannot describe, yet which includes an unconditional acceptance and forgiveness of all. This could be called an approximation of love. As you move within your illusion and within your relationships, you will encounter that which seems unlovable, unforgivable, unacceptable. When you can love and forgive and accept each portion of each entity which you encounter, then you shall be approaching the ideal of unconditional love.

14 1985

14.1 1985/08/18

6: To give an example. An entity may wish to further the support of the family by enhancing the amount of money, as you call it, that is available for use. This desire to provide sustenance to the loved ones is a basic lesson of love, for the entity who has taken the responsibility of supporting in a material sense those that are close and loved is one who then is sharing a form of love. The desire, then, to be of service to others forms the foundation for action for this entity. This entity, then, as it attempts to improve its market position with, as you call it, the job or the occupation, fuels the desire by a desire that is at its base that of serving others. The entity then may engage in any number of activities upon the job that are designed to increase its income of money. This then may be realized in the entity's life pattern or experience in any number of ways, for at the base of the action is the desire to serve others by providing material sustenance, further then translated or distorted by the entity's perception to mean money or income that is then seen possible of obtaining from the job or through the occupation.

12: The focus, then, is seen to include more of each experience as being seen as a distortion of the Creator by the seeker, whether the distortion be towards love, wisdom or unity, those three portions that are available to all seekers in each experience.

13: To sum this lengthy discourse, and one which we hope has not been overly complex, we may use an analogy further utilizing the concept of the school with the grades that represent the levels of understanding or densities of experience. In your third-density illusion, each experience is a question—each experience is the same question. There is only one question on this test which you call life. It is reflected in each experience. The question is, "Do you see love in this experience?" In some degree the seeker will see love in each experience; in some degree the seeker will not. As the seeker is able to answer each experience question with an answer that approaches one hundred percent "Yes," the seeker is polarizing in the positive sense. We may report that the good news of the test is that fifty-one percent is passing. When the seeker is able to answer each answer to a level of fifty-one percent of experiencing and seeing love, the seeker is then of a polarized enough nature to move into the fourth-density grade in the octave of creation that you now experience. The seeker, then, has achieved the minimum polarization that will allow it to withstand the greater intensity of energy available within the fourth-density class.

14: Without at least the ability to see love in fifty-one percent of one's perceptions and experiences, the energy available in the fourth-density class would be too much for the circuit of the seeker who had not yet sufficiently regularized or polarized its being in order that its circuits not be blown, shall we say, as the greater intensity of light became the reality for the seeker.

17: I am Latwii, and we are honored as well to join your group in the name of the one infinite Creator whose love and light illumine all experience. May we begin with the first query, since our brothers and sisters of Hatonn have given our preface?

39: I am Latwii, and am aware of your query, my brother. The ability to correct a disharmony which has taken the form of a physical disease is in direct proportion to the intensity of the thought and the length of time of the thinking of this thought, for time often intensifies the form which thought takes. The ability to correct the disharmonious thought and its corresponding diseased physical form is then a function of the intensity of the balancing action which the entity has been able to successfully undertake. Where love was not seen and was not shared, there must be the ability to see and share love in a form or intensity which balances the movement away from love which then became the distortion of the mental and then the physical nature.

43: I am Latwii, and may respond by saying most emphatically yes, that there is no thought or action that cannot be balanced, for all experience is undertaken within the realm of the one Creator which contains as much love in the positive form as there is the seeming lack of love in the negative form. Because you experience your life within the form of creation, there is as much potential for you to utilize the pos-

13.7 1984/12/09

5: There are too many things in most entities' experience of daily life. These things clutter the mind and cause it to work extremely inefficiently. Each decision that must be made in the course of such a busy day can best be made in the light of all the experience held in your memory and judged to a certain distorted extent within your incarnational patterns. Here is the use of judgment at its best. In order to use it you must slow down the tempo of your living. It may not be necessary to remove things, experiences, tasks, chores, relationships or commitments. It, however, is of extreme centrality that you remove the distractedness which you have allowed to come over you. You have the power of analysis, you have a great deal of experience. You know that you are now a seeker and that you wish to offer service, love and light. You can feel the light go on within you many times when you are allowing whatever wattage of which you are capable to flow freely through you to other entities, and yet you allow yourself to be distracted. This is not wise. It is for this reason that we must suggest again and again meditation on a daily basis in order that you may pace the tempo of your mind so that you create your day rather than reacting to its events.

6: Let us be stronger in our language. When you meditate, you are seeking the truth, each in his own way. That which you seek is like fire. It is powerful beyond your imagination. He who realizes light will heal. He who realizes love will bless. The gifts of meditation are far more powerful than the equivalent terms within your language. Many times in your holy works you have seen fire used as that which is holy. Those inspired to write those words felt the power of the gift of your self, your greater self that will come to you in meditation. The power which is potentially yours is such that you could indeed move mountains. You could indeed change your own life. The phrase "moving mountains" seems to be a cliché, and is used within your culture to describe just how powerful the energy which the Creator is, is. Bring it into life, bring it into your experience. Bring it into the circle between your heart and your mind, the circle your spirit makes for you, the circle which encompasses the universe. You can change your life. You can do it in a twinkling of an eye by changing the use of memory from hindsight to sightfulness of the present moment. There is no need to repeat one single thing which you have felt to be an error. You are not a victim of your own behavior. You are not nailed to the cross of your own previous thinking. The original Thought of the one infinite Creator has the power to give you the peace of the present moment, the fullness of the present joy, and the discipline of one who creates.

13.8 1984/12/16

2: It is a story we would very much like for you to hear at this particular evening with this particular group. We ask you, before we even begin, to discount all those things which you may hear that do not ring true to your experience and your own inner knowing, but to use those things which do ring true, take them within and use them, as we offer them in love.

18: I am Latwii, and am aware of your query, my brother. May we say we are also most happy to hear your voice as well. My brother, as one looks upon the journey of the seeker, one may see that there are limitless ways to seek the one Creator and to seek that which is called truth. One may, as the hero of the story of which you speak, spend a great deal of time and money, learn many rituals, speak with many sages, climb to the top of many remote mountains, and in general make a great deal of commotion in the process of seeking, and yet until an entity looks within the mirror of the self, the seeking has not begun. There is no amount of money that can purchase the sincere desire to look within the self for that which resides therein. There is no ship, plane or means of conveyance that can take one where one does not wish to go as a result of one's own efforts. You may speak with many wise and loving beings, and hear many words of inspiration. Yet, if within your own heart of hearts there is not the desire to look within your own being for that which you seek, all else is as nothing.

68: Let me see if I can restate what you said so that J will hear it differently, cause I think I know where the hang-up is, because it says in the Bible, "The love of money is the root

of all evil." And it doesn't say that "Money is the root of all evil," at all. It doesn't say that. It's the "love" of it. And what you're trying to say is that when you have a love of position or a love of possessions or a love of money or power or influence, those things, that means that you basically, you've stopped seeking spiritually and you've started seeking a god that is temporal, that is going to die with you; you're not going to be able to take it with you. And that's the delay that you're talking about, is that you're—because of your love of this money or position, you're just putting off seeking spiritually. Whereas a spiritual seeker might well have money, but if there isn't an emotional load on it, if it's considered as a tool, like a carpenter would use a saw or something, if it's considered simply a means to the end of paying the bills and getting on with things, that's not a problem, spiritually. It's the love of it that causes the problem. Is that what you're trying to say?

69: I am Latwii, and am aware of your query, my sister. This is the gist of our attempt to speak to this subject. May we hasten to add that we do not judge or condemn any entity which loves the money, the power, or the position, for each entity in each action is the one Creator seeking to know Itself. However long this process may take is quite appropriate to each entity, and we would not suggest that if one seeks these items that one is not a spiritual being. One is at all times the one Creator, perfect and whole in each portion of Its being.

74: Latwii, sir, thank you for that answer, because I disagree with Carla. I do love money and do love power, but I'm also seeking the Creator; I'm also seeking knowledge, and I agree with your last statement. Thank you. No offense, Carla.

13.9 1984/12/23

7: At this time, we shall relinquish our use of the instrument, that our brothers and sisters of Latwii might have the opportunity to perform their services. But we ask also, my friends, that you remember that in our small way we also are with you always in the love and the light of the infinite Creator. We are known to you as Hatonn.

34: I am Amira. I am with you in the love and the light of the Father. O, precious the moment, all glorious the hour, when first you are born. All that is old, my children, may now be put away. The manger of your light is ready for the babe. Now you are new. My children, my children, this is always true. Do not forget, but turn and rejoice. Peace.

13.10 1984/12/30

3: We would like to tell you a story. If there are pauses, please forgive us. We are working with this instrument word by word and therefore this instrument does not have any inkling as to how we shall proceed. It is somewhat more difficult than receiving concepts but each who attempts this type of service in vocal channeling must needs continue to press towards the goal of becoming a better channel for love and light or that which has been given will be lost. There is no point in a vocal channel's development, or indeed anyone's development, when one can say, "Now I may rest; now I may have peace." When you chose to seek the truth, you forsook peace, each of you. But you gained. What have you gained, my friends? This is for you to answer and to know, for each of you has gained something somewhat different.

15: As the rains fell, the couple in the chosen place of safety pondered the fate of that which had been left behind. There was much which could not be carried, for it was too bulky for transport and many of these items were cherished by this couple, having served long and well in the making of a home. As the storm began to lift and the rains also subsided, this couple made plans to return and to gather that which could be gathered, and survey the scene in order to make the home once again. In the pondering by the couple of what they might find, there was time taken to consider that which was truly valued, each by each, and throughout the experience of the storm it was brought to the attention of each that the love which bound them together was the most cherished thing in their lives, yet they also knew or supposed that they knew that even a life filled with love would need some material support.

22: As this couple's life pattern had progressed through

is possible, then it is replaced by another image. This image being of the one to be healed in the healed condition, surrounded by love and light, seeing every part of the one to be healed body surrounded by this love and light, a glowing effect. This condition is also imaged in as much detail as is possible for the one wishing to be of service. It is recommended, though not completely essential, that each image be maintained for a number of your minutes. Then, that the images be released so that higher forces, so to speak, might take them over and fill in the flesh on the bone, shall we say, of this image.

19: As you see this image make no attempt to guide it either toward the anger or its opposite, towards love, but allow your being to proceed through this natural discovery, until you feel the love which you imaged momentarily filling your being, which is also the being of the other. Allow this feeling of love to overwhelm your senses in the same manner and degree in which the anger did so. When this has been achieved, see both emotions, the anger and the love, in your mind as imbalance. See the imbalance of anger, but see the balance of anger and love. Then accept yourself and forgive yourself and see yourself as whole and complete as is the Creator, which you are, and see yourself experiencing both emotions as means by which the Creator might know Itself.

10.2 1981/11/22

2: We see that you are within your illusion about to enter into a time of your year which is reserved for the worship of the one known as Jesus, this time that you have chosen to celebrate the birth of the one who walked the Earth and became an example that many of your peoples have chosen to use in their seeking for the knowledge of what you term as God, which we would more aptly call love and light. This time of your year has power to bring entities together with common bonds which in many times unattainable during the rest of your year. In this time many of your peoples gain a greater awareness of love and light that is within and that is them, and in this time they reach out and touch those close to them and those who have needs. Although this period of time has become, what you would call, commercialized, feelings between and among your people [are] still the source of the power that makes this time of your year so special to so many of your peoples.

3: We of Hatonn are with you in the seeking for love/light and are very happy and we feel what you may call warmth with you. It is sad, however, that there are those who at this time feel alone or forgotten, who seek to contain the love within their being or who build walls between themselves and the love and light that's so strong at this time. They who have attempted to shut themselves away do not realize that love and light are with them, that they are love and light. They need but look. They need but open themselves just a small bit and they may see the love and light that is. Your peoples have many stories about this season, about people who have closed themselves to others, to love, but come to realize that they needed but to gain a glimpse—was all they needed.

4: We know that in this group that there is not a Scrooge, but we also know that many peoples on your planet are not aware and have not allowed themselves to feel the true warmth that is love and light. Though this number is progressively getting smaller, there are still many who need but one small example of which to gain even the smallest glimpse that they may begin their seeking and experiencing an awareness of love. We of Hatonn join with you, as always, in this your people's special time of year. We so enjoy the sounds and laughter, the beauty of each individual's being as they experience and transmit to brothers the love and light they have seen, they have felt—that they have seen and felt the experiences of the one they call Jesus. We of Hatonn say once again that we are one with you and the people of your planet and we hope that in this time of your year that many more will experience and begin their seeking of the one infinite Creator.

11: As you enter this particular season, which is much misunderstood among your peoples, seek to know your own self, find that love which is your true being, for in knowing that one, simple spark which is of the one Creator, you will know every person, each entity that you may meet and there can be no division betwixt you. Then you may truly share the love of the Creator, and let Its light come forth from your eyes. There is nothing, my friends, that you need do, for you already are

what you seek. If you seek for a basic method of attempting to find that self of which we speak, as always, we suggest meditation, meditation and meditation. The attempt, persistence and the desire are essential. Your estimate of your success is inessential.

15: We move now to the one known as M and send blessings and love to this entity also.

60: I am Latwii, and am once again with this instrument. We might mention in this regard that your feeling of rapid healing has been the result of many entities pouring their love and light, their healing vibrations, in your direction, for there are many around you who wish to aid you in this manner. In the respect of the reaction which you experienced to the, shall we say, drugs in your hospital used for pain control, you were, shall we say, aided in your distortions of response by the entity which you have become familiar with up to this point, the entity which had been attracted by your efforts in the Ra contact.

10.3 1981/11/29

15: That true self, we submit to you, my friends, is love and the nature of that love is such that it opens to you, in all unity, all the Creation. Here, my friends, is true flight. Here is the capacity and ability to be the essence, to experience all that there is. In meditation, such a search is mounted. The self seeks the self. In meditation, such a thing is considered possible. Your spirit can fly. We have had far less of a heavy—we correct this instrument—chemical illusion to penetrate, are able to see more of the creation, as ourselves, to fly further, to feel love. And in our feeling of unity with you we reach out our hands to you. We cannot do this for you, but we can tell you that it is possible.

16: We shall be with you, my friends, at any time that you wish to meditate. We are messengers of love and we send you that love at all times. It is a creation of love. Come fly with us, my friends, in a universe filled with the love and the light of the infinite Creator.

75: I am Latwii, and, my sister, upon this query we might say that these entities of which you speak are, for the most part, inhabiting those bodies which you might call doubly activated, and shall continue in that form upon the completion of that which is called the harvest. And we might also note that you are correct in assuming that they have remained with this form for the entire 75,000 years of this third-density cycle, for their experience in that form and in the medium known to you as water has been unique for their race, and to change forms from that of the aquatic to that of the land creature known as the humanoid, would not be of the greatest value in the seeking of the light and the love of the one Creator, for they have their mode, shall we say, and your people have their own.

116: As we ascend the planes of the devachanic levels, we find that there is, shall we say, less and less of the communication of these angelic beings with those of your peoples and more of that phenomenon which you have described as the constant praising of the one Creator. It is upon such levels that the light and the love of the one Creator truly shines as a beacon.

10.4 1981/12/03

26: This has been the case thus far and your desire to be healed continues to open your shell to healing love and light energies. We simply reaffirm that which you are familiar with, the visualizing of your arm—and entire body for that matter—being surrounded by light, this light being the healing love/light of the one Creator. This light entering through your lower chakras and feet and circulating throughout your body, coalescing in those regions which need the most healing. And then, to complete the visualization in your meditation, the seeing of your body and any specific areas as being completely healthy and healed.

10.5 1981/12/06

7: Your walk upon this plane of existence is merely one lesson in a vast universe of endless classes and experiences. You on Earth are fortunate in that you are now culminating what

you might call one of your major courses in spiritual growth. You are here to learn the meaning of love, without prejudice or prejudgment. You are here to learn to accept one another. You are here to learn to become an inhabitant of the Creator's entire creation. Look not only upon that which happens upon your globe, but look into the sky and know that you are not alone. All that you see is inhabited in one form or another. Intelligence permeates the universe, and love overcomes all things. We of Hatonn extend our love to you and await the day that we may walk hand in hand in the love and in the light of our infinite Creator.

12: I am again with this instrument. My friends, we thank you for the great symphony of your harmonized circle of vibration. We ask that if you think of us, you think not of who we are, but of only the Creator. We care not what impression we may offer, nor do we wish authority among your peoples, for reputation is a stranger to meaning. We ask only that you consider the love that is the original Thought of the infinite Creator, and we ask that you consider seeking that love in meditation.

19: Seek, my friends, the peace of your true home, balm of your true identity, and in that knowledge, my friends, look out upon this illusion and see it in love and in light. If you seek wisdom you shall not find it in your illusion. In meditation go home, for that home is yours by right of infinite birth.

37: We appreciate your compromise with our position and might suggest that in the relationship with the young entities of your illusion, those children of your being, that first of all there are no mistakes. What you do in relationship with your children will affect them in a manner which will eventually result in their growth, their learning and their unity with the Creator, for there is nothing but service that is possible within this or any illusion. Worry not that you make mistakes, for it is the attention which you give your young child in the attempting to be of service to it that is of the most service to it, for the young entity in your illusion needs the models, shall we say, needs the knowledge that those who are in its care and whose care it rests within, do care for it, do give it attention and do attempt to allow its perceptions to be broadened, its experiences to be increased, so that its great desire to master this illusion might be fed the food of your wisdom and your love and your simple being.

54: Latwii, I've got a bunch of questions. The first one is in reference to my friend, R, who is experiencing an emotional imbalance caused by the death of a near relative. Is there anything we can do in addition to sending light and love that will enable R to find the comfort he needs?

80: I am Latwii. My friends, may we say that it has been the greatest of privileges to join your group this evening. We look forward to such sessions in what you call your future, for it is of great inspiration to our memory complex of entities to be able to participate in such exchanges of perceptions and the vibration of love and light which this group is known to generate.

10.6 1981/12/08

2: How high the snow is in the winter. How blue the cerulean sky. One lone eagle stalks far above, watching. His cohort, the eagle's mate, watches. The air is crisp, the day is long. The eagle is patient. There is a rush, a sudden emptiness where once the eagle soared. The eagle has found its food. The beauty of the sky, the whiteness of the mountain and crispness of the air do not disturb the hunter, for its seeking is quite specific. In this fair creation of the infinite Creator which you call Earth are not only difficulties but many pleasant distractions, many lovely things. Find then within your being room for the eagle that seeks, keen-eyed and patient for the bread of heaven. Those things which will aid you will not come to you in a moment until that moment comes. Keep awake.

10: I am Laitos, and I am now with this instrument. It has been some time since we have been able to work with this instrument, and we are grateful for this opportunity to do so. We of Laitos always [are] eager to assist any who choose to be [of] service, as you call channels. For it is through those who choose this service that the simple message of love/light can be made more available to those of your planet who are seeking or have just begun to become aware of the need to seek [the] love and light of the one infinite Creator. Each one who serves aids others as well as takes further steps them-

selves on their own journey. We of Laitos also seek, we are also on a journey to further our growth and to further our awareness of the love and the light. We are known to you as Laitos. We are one of many within the Confederation, one of many who would aid; one of many, yet one. We say again we all share the journey.

19: My friends, my brothers, my sisters, we thank you for this opportunity to pass among you. We thank you for being allowed to touch, to immerse ourselves, and to make a part of ourselves the love that passes among you at this moment. It is the will of the Creator that all beings, all races, all facets of creation attain a constant awareness of that love which binds each of you to one another and makes you one with yourselves, with us, with many, with one. Again, deeply, we thank you for this sharing. Adieu, my friends, my loved ones. I am Laitos.

23: We move now, my friends, to another of your group that we may share with him also our conditioning vibration. We pause for a moment with the one known as Don, expressing our great gratitude and love that we may so share in this meditation with this instrument. I am Hatonn.

10.7 1981/12/11

28: I am Hatonn, and we find that we are somewhat limited in our ability to speak in this area, but shall do what we can. There is the need in this particular group to recognize the fact that each of you in your seeking of that one Creator and the law of unity or oneness, that this seeking shall meet that which is, in its appearance, an opposition, a supposed separative factor. Each entity [must] determine that this factor of seeming opposition is a part of the great Self and as part of that one great Self, must be treated [with] the greatest love, care and consideration. The means of protection which compose the care and consideration factors must be determined by each entity from within that entity. The members of this group dwelling in this place have determined certain procedures which have been quite effective in this regard. At this time there is a need for further refinement. The nature of such refinement is that ground upon which we may not tread, for it is that which the group must discover.

10.8 1981/12/13

8: You will remember also that in your holy work which you call the Bible, detail of the life of the one known to you as Jesus is full of times spent alone. Perhaps, my friends, you cannot find a wilderness in these crowded days, but we would ask that you consider the possible virtue of finding that silence within yourself in which you cease to follow the road of everyday life and find yourself upon the trackless desert where nothing is previously set or known. Allow yourself to listen within yourself. There is a source of love which can only speak to one who asks. The content of that speaking cannot be predicted, but there are qualities that can certainly be shared—clarity and sweetness. As you go into meditation seek for that love which is within. Do not expect the road to be already drawn for you, for the wilderness is trackless, and yet, my friends, from each meditation the way before you becomes less crowded, the road more wide and the possibilities for love more evident.

18: The actual penetrating of that shell of protection about each entity is the, shall we say, foundation of purpose upon which the touching rests. The proximity to the one to be healed of the one attempting the healing—the healer, shall we say—is necessary for this same reason for most entities. This is not so with those entities who wish to be healed with a very great desire and have, with their own efforts and desires to be healed, traveled that path which shall result in the healing. The proximity of the healer to the one to be healed is, therefore, also connected to that which is known as the placebo effect, for if the one to be healed does truly desire to be healed with enough purity of desire and if the one to be healed has, through its own effort, succeeded in working with that catalyst which has not been previously worked with successfully, then it is not necessary for there to be any other self attempting healing, nor would it be necessary for any laying on of hands, but only necessary for the one to be healed to open the self completely to that love/light of the one Creator which, in the end, does all the healing.

this group to serve as shepherd, to radiate the love and light to those who hunger for this nourishment. We can only ask each to seek in meditation the answers which have been provided for each of you by your greater self, by your very own self as you planned this incarnation and as you hid various signposts along your various possible journeys. Know that each path contains in whole all that you hope to accomplish. If one tool is removed then another will take its place. Know that all is well. No turn will cause the seeker to be lost from that which is sought, for the one Creator waits not only at the end of each path but along each portion of each path, for it is the One who seeks Itself within Itself. There is none else. 93: I am Latwii. We see that we have exhausted the queries for the evening. We are most appreciative to each present for allowing us a beingness within your group, and for allowing us to put into the poor and inadequate vessels—words—those feelings and concepts which are without bound and can only be understood at the heart of the being. We speak to you in words which we hope will also penetrate the essence of the love which binds each to each. We cannot speak without distortion, but we hope that the heart of our speaking may be known in your hearts. We thank you in a way which we cannot speak at all for allowing our humble service, and we travel with you on the journey. We ask with you the questions of how to travel that journey. We teach and we learn. We are with you always in your meditations, in your contemplations and in your machinations we join you in joy and in praise for the One Which Is All. We are those of Latwii. Adonai, my brothers. Adonai vasu borragus.

13.4 1984/11/25

5: This small boy was often looked upon by many to be different, to be other than themselves. Many were unable to penetrate the illusion that was in some people's eyes not beautiful. Few made a real effort to look beyond the illusion, to look deep within the eyes that sparkled brightly with the love and light of the Creator. Many perceived this child as though his eyes were closed, as though the light did not shine so brilliantly from his inner being. We shall transfer.

15: As she embraced her young, small son she felt the love of his arms, and she looked into his eyes and saw love there as well. Remembering the bitter words that she had been speaking as he entered the room a short time before, she felt great remorse within her own heart and realized at that instant that the deformation that she had felt such a burden was of no consequence when compared with the love that her son was able to give as freely as rain falling from the sky. It was her own heart and her own eyes that had not been able to perceive, that within this young child was more beauty than she had known in her life before now.

20: My friends, how many defects have you seen today? How many masks have you been unable to penetrate in your relationships? How many bright and adoring eyes have you missed because of your judgment, because of the disease of your eyes, because of your lack of the loving and open heart? We might suggest to you that since you are here to learn the lessons of love, it would be surprising if anyone were able to say that each person throughout a crowded day had been met with the eyes of love, and with this we begin with you yourself.

21: Do you see yourself with love's kind vision? Are you aware that the Creator shines within you, a candle you cannot quench and a light which you need not hide? Yet how often do you own defects keep you from appreciating yourself and thereby letting others appreciate you. We do not intend to encourage you to be egotistical, but only to suggest that that greater self which is most truly you is very beautiful, and the touches, the details, the experiences, the uniqueness that you have brought to this particular aspect of the creation that is you are most lovable and most beautiful.

29: I am Latwii, and am aware of your query, my sister. We find that our brothers and sisters of those known to you as Oxal have indeed joined this group this evening in part due to the presence of the one you have called H and in part due to the remaining configuration of this group which seeks that kind of love which has been blended somewhat with wisdom. 37: The distortions of perception are each colored in a certain way so that yet another means is presented to you by which you may learn the lesson of love, for as you examine each distortion each in its turn will yield the opposite re-

sponse: for patience, you will find impatience; for anger, you will find acceptance; for the various kinds of distortions you will discover that when the balance is achieved, the yield of this process will be an increase in the ability to love.

38: Therefore, that which you have called the ego and which we have called the conscious acting self will have provided you with a lens or a prism which breaks the unity of all creation into various portions so that you may in each portion reap the harvest of love that would not be possible should the perception not be broken into particles.

45: I am Latwii, and am aware of your query, my sister. We, as we mentioned in attempting to answer the previous query, have difficulty utilizing the term, ego, for it has many, many meanings which many different individuals might utilize. We have no desire to judge whether one's ego might better be strong or weak, or strong at one time and weak at another; or have any particular characteristic, for all characteristics are distortions or biases which allow the entity to discover love in yet another mode of behavior or portion of the self. That is the lesson of your density, my sister, and that faculty which has been called the ego is but one means by which this lesson might be learned.

13.5 1984/11/30

24: Since the first word is the most difficult, we shall do as we have done many times before in training the new channel and begin with one word only. That word is "I." Who is "I," and can you tell a lie when you say "I"? Shall you channel "I" not in truth? Shall you channel "I" alone? Is there more than one "I"? [Most beloved] portion of the creation to whom we speak, "I" is all that there is. There is no untruth. There is no possibility of miscalculation in this channeling. Therefore, we offer it to you, and once again transfer to you for the purpose of your repetition of that simple word until you become more comfortable in the feeling that goes with speaking as a channel of the one great "I." We transfer now. We are Latwii.

13.6 1984/12/02

2: We of Hatonn desire to share with you this night a simple tale concerning a young child who chose to travel among others of his nation. The child of whom we speak was young, yet not afraid, for the child in truth had yet to learn to fear his other selves, as we know this is an acquired trait. The child then was able to wander fearlessly through forest, through city, to experience many new sensations, for in being young and without fear, the child perceived no distinction between himself and the other occupants of his world, both of second and third dimension. To the child, with untrained mind, the blessings of this world were shared equally by both second and third density creatures, although to the child, those of the second density seemed much less resistant to accepting that bounty which was their own. The child then was peacefully able to extend and receive that love which is available to and from all things and was able to travel peacefully and unendangered through the expanses referred to as wilderness. 3: Eventually, the child sought in loneliness the company of his own kind, for it is of the nature of entities to interact with those of common inheritance so as to develop the social memory complex. The child in seeking such interaction found instead bafflement, for those to whom the child extended love eyed the child with suspicion and returned only that which you call distrust or hatred. The child persisted, for being familiar with the fact that patience was enough to overwhelm and gain the trust of other creatures, felt confident that in time the rapport would be established and the sharing would occur. The child unfortunately had a patience of the soul that exceeded the patience of the physical vehicle, and eventually the child's physical body died.

5: We would suggest, my friends, that those who have ears may perceive those among you who serve in the role of guides or pathfinders for the rest, but we would remind you also that those who fail to hear or have not the eyes to see are nonetheless served quite magnificently by those who break the trail, marking the signposts for those who would eventually choose to follow. My friends, remember with pleasure and with love those who may have gone before seemingly unheard, for in truth the echoes of their efforts still resound throughout your spheres of existence.

may assure each that the transition shall be completed well and there shall be the clear experience of the one known as Don of his being the one Creator. This point of view shall so illumine the beingness of the one known as Don that the experiences of the previous life now ended shall be seen in a way that shall expose those signposts missed and shall offer the one known as Don the opportunity and the privilege of setting those signposts right by renewing the experience at another of what you call time.

63: I am Latwii, and am aware of your query, my brother. It may be correct that one who has a greater, shall we say, grasp of the nature of evolution may find it easier to proceed from what has been called a traumatic experience in leaving the incarnation. What we have intended by our previous response is to suggest that for each entity leaving this illusion, the greater view which is then available is that which puts all into perspective. Within your illusion a death is seen as a great event. A death which is traumatic and brought to the self by the self is seen as most disastrous. Yet from another point of view, it can be seen as a great opportunity to find love where there was no love, to find light where there was no light, to illuminate the darkness with the presence of the one Creator. This, then, is the opportunity which faces the one known as Don. It may be seen as that which you could call karma, yet it can be seen as that which is a great opportunity and a great honor as well as duty.

77: I am Latwii, and am aware of your query, my sister. We can suggest that whatever be done for the one known as Don, that aid might be most helpfully given by simply sending a generalized form of love and light in order that there shall be no distraction and no tie to the one known as Don. It is helpful to allow the grieving to find its cessation, then to send the love and the light, the peace and the joy, and to wish the departing entity well and when thinking of this entity, to raise this entity into the light, no matter what experience is remembered, that there shall be no ties which hold this entity to this illusion longer than is necessary.

81: I am Latwii, and am aware of your query, my sister. In this case we find that we must bate our response somewhat in order that we do not infringe upon your own choices. As we mentioned previously, it is most helpful to make any gesture that which raises the entity into the love and light of the one Creator which is ever available to each. The rituals which attempt to instruct from, shall we say, a distance are those which have the effect of delaying the passage, for the one so communicated with must process the specific information and must make some response. The love and light sendings in a generalized form do not require any backward looking, and ease the forward journey. The intent to raise the entity into the light of the one Creator is that which is most beneficial, whatever the form of the offering.

119: The propensity to remain with the view of difficulty, then, can be increased for one who has the ability to see the details which may escape another. If one cannot match the great ability to see the difficulty with an equal ability to see the faith and the praise and the thanksgiving and the solution to such difficulty, then the difficulties may grow for such an entity, and if allowed to continue without the praise and the thanksgiving, without the finding of the love and the light of the one Creator within that situation, then it is possible for the effect to build an energy of itself which would not be as possible for one who did not observe so carefully and so minutely with the mental acuity.

13.3 1984/11/18

3: One day an ill-garbed man came to her court. He was not a courtier or a peasant. He was a stranger. His home was the road. He did not understand why his journey had brought him to this place but when he saw what lay before him, there grew within his heart a great desire to speak his mind and his heart, as all were allowed to do on this great feast day. Having no cap for his head, he tugged at his hair in order to make respect and bowed his knees and in rough words made his plea. "Milady," he said, "I can give you nothing but my days, my nights, my love, and my road. My feeling for you is such that I am blinded. I cannot see any other and so you shall have to help me if we are to be together, for the blind need guides, and I offer you my need as well as my love, for I shall be confused. To share my road is a strange thing indeed. Milady," he continued, "I do not know where I shall

be tomorrow, next week, or next year. I have nothing but my flesh and my heart, my mind and my honor, and I give these into your hands. Whether you accept them or not, you are and will always have been my love."

4: The princess, who for years had turned down treasure upon treasure, came slowly from her high throne and reached her hand to the stranger who stood below her. "You must help me, too," she said, "For I do not know that I have a road; I only know that I wish to find one. I do not that I love; I only wish to find love." He took her and placed her upon the earth and looked down upon her, as he was taller than she. "Milady," he said, "that is the way of all love. Each gives, each takes. I have not loved but I know this to be so." "I have not loved either," she said, "but I know that I am no longer lonely."

5: The ill-paired couple did not stop for retainers or for chairs to carry them or for any of the panoply or pomp of her circumstance, for that was not his road. They began to walk, and within the hour they were out of sight even to the keenest eye of those in the kingdom at the great fair. Strangely enough, this princess and this stranger were never seen again. Though many told of her years of coldness and haughtiness, there were none to sing the praises of her love, for as she became open to love, just so she became invisible to a great deal of that which mortals may see and mortal ears may hear.

6: My friends, it is a great folly, or so it seems to be, encased in such flesh as you experience in your density. You feel clumsy and awkward, and so you are, compared to higher density bodies. You feel numb and unable to see the larger picture, and this is so compared to the awareness available at other levels of vibration. Yet yours is the splendor of giving the true generosity that only comes when you truly cannot see and cannot hear the divine but only have faith that there is such a thing as divine love.

7: In your illusion, may we say that you tend to undervalue your contributions to others. The least of those among you contributes in a vital way. It is not a conscious contribution in many cases, but the contribution of flesh within which a consciousness has been placed, so precious that to think it could be broken as the human body is broken is almost not to be thought, not to be accepted, not to be tolerated. This precious consciousness, you say to yourself, cannot possibly be part or parcel of this flesh. Yes, my friends, you are inextricably bound about the cells of your third-density chemical body. All your acts will be those of men incarnate, men who pour out the blood of heart or mind or will or body without knowing the truth. The chances for courage, for polarizing, for serving, for allowing your flesh to become bread for others, are enormous. How little you value yourselves or your circumstances compared to the reality as we see it. If someone gave you a perfect stone—this instrument's mind does not know precious stones well; we see in her mind diamonds, rubies, emeralds—someone gave you a perfect emerald, and then told you to swallow it and wear it within your body, you would think that man to be mad. And yet that is your consciousness—perfect jewel, a jewel of perfect shape. Not tossed thoughtlessly into a body, but placed with care, with love, with wisdom, into flesh that you may pour out your life beautifully if you wish, having nothing more to go on than deep-felt feeling that this is your road.

9: Where did these thoughts come from if there is not a level of knowledge which tells you about yourself? We offer this teaching to you in humility and are so grateful for the opportunity to speak with you. That is all. We can only repeat again and again: O what treasure lies within your bones, what beauty of spirit shines from loins far up into the heavens. There is no distinction, there is no being cut off. The illusion seems to cut you off, but you are a treasure indeed, each of you, just as you are. And in the flesh you shall learn twenty, nay one hundred times better to serve, to love, to give and to accept, to take, to receive. Love is completing circuits; it is not necessarily giving.

80: I am Latwii, and am aware of your query, my sister. We see the equality of each path, yet we see the uniqueness and the power associated with each path as well. It cannot be said with certainty that to serve a few in a powerful manner is greater or lesser in service than to serve many in a lesser powerful manner. We see the one Creator in each entity awaiting that entity's seeking of it. We see many ways in which many entities may be inspired to begin that seeking. We see that a great variety of ways is available to each in

26: I am Latwii, and, my sister, we find that for the great majority of entities upon your planet, it is quite necessary to sleep, for those activities of your daily routines which provide the catalyst for the learning of love for each part of the creation and each part of the self do take a toll upon both the mind and the body, most especially the body, and there must be for each entity upon your planet so experiencing this catalyst a rest and a respite, shall we say, so that the body complex might use those nutritious elements of your food nature to rebuild those cells which have been, shall we say, sacrificed, and played their part in the role of consuming and using catalyst.

94: We of Latwii, with our brothers and sisters of the Confederation of Planets in the Service of the Infinite Creator, do respond to those calls for love and light as we perceive them and do lend our love and light where it is called. We are hopeful that the students shall learn their lessons and shall receive the passing grades, for it would indeed be much easier if the students realized that the tests which they are now taking do not need to be taken alone, for the answers are within the hearts of each and it is not, shall we say, cheating to give the answer of love to another.

10.9 1981/12/20

2: In this season, many do feel a new kindling of the warmth that begins to glow within as they stop the rushing, their selfishness, and begin to look about them and see needs of others, the needs of themselves as they take stock of what and how they acted, reacted during your year. Too often your peoples think that the giving to others of material things in this your Christmas season is an adequate way of expressing what many mistake for love. Many feel that giving in this way will bring them closer to what you call God, but we say that although for some the giving material things is a loving gesture, we say to you that the opening of oneself to the needs of others, be they spiritual, material, mental, as you would term it, is much more important.

3: For as you begin to genuinely open yourself to receive others, you give not only to others, but to yourselves, for as you open yourself to others, to your world, love and light, it is you [who] begins to glow, to become more and more visible [to] those whom you come in contact with, be it physically or spiritually. For as you slowly open, you take steps closer to awareness of love and light of the one infinite Creator. You, my friends, give so much more by seeking greater awareness than you could ever give with things that you can purchase to give to others.

4: Your love, your light will, not only in this season, but throughout all the days of your existence upon your planet, be of great service to the needs of the others around you. We of Hatonn join with you in this time of your year, and any time, to rejoice with each who seeks awareness of the love and the light, for we, as you, are seeking ever to grow. We know that it sometimes seems difficult to remain open, for in your illusion there are many who do not actively seek and may feel threatened and afraid of that which they do not readily perceive and understand, but when you are faced by such, we say open yourself that much more that they may begin to see beauty—that is, the love and light.

7: I am with this instrument. If you will be patient with me for a moment, I and my brother Laitos would at this time wish to move among you and share our love and our light with each who may request it on a more personal basis in the form of our conditioning wave. If you wish to feel this wave, please mentally request it and we shall be with you, for a brief period, a bit more intensively. I am Hatonn.

20: I am Latwii, and am aware of your query, my sister. As for your loved sister some distance from this dwelling, we of Latwii can only speak in general terms concerning this entity, for we are most desirous of maintaining this entity's free will, as this is always our uppermost desire. In such a situation as this entity finds itself in it might be ascertained that there is a lesson which needs to be learned on an urgent basis, for the repeating of catalysts of what your people might call an intense nature is most usually a sign that a specific lesson has not been completely comprehended.

72: I am Latwii, and am aware of your question, my brother, and upon this subject we may speak a few words, and suggest that the relationships between your peoples, especially those of the male to the female, are somewhat tinged, shall we say,

with the coloration of one entity pitted against another, both vying for the, shall we say, emotional satisfaction of owning the affections of the other. Your relationships of the sexual nature, male to female, do suffer somewhat in your society because of the coloration of what has been named, shall we say, the adversary relationship by our brothers and sisters of the social memory complex of Ra. It is not particularly easy for entities within your illusion to join with their polar opposites, for there is the bartering of emotions which does, in the final analysis, hinder the free flow of that known to your peoples in sparing degree as love, for that concept of love does not in its true form know any boundary, does not know any limitation to amount which may be given, does not know that there is the, shall we say, artificial need to be balanced by more of the concept of love given by another in order to balance the scales of the relationship and to complete the transaction of emotions.

73: The concept of love is the free giving of the self without reservation to another because the other is as it is. The giving of love which demands another be other than it is is a distortion of love which has severe, shall we say, ramifications and does result in that known as the emotional pain and the withdrawal of love from the account of the entity experiencing the pain. In such instances the entity experiencing pain shall then feel an aversion to further experience of the love relationship, for the love relationship has not been experienced in a positive way for the reasons which we have previously enumerated.

74: Within your illusion each entity must find its way through the confusions of the marketplace of emotions, for that known as love has been colored, has been twisted and contorted by your peoples for many generations upon your planet and has resulted in the misapprehension of love as something which can be divided into parts and traded as a commodity. We would suggest to those who have experienced the pain of the withdrawal of affections, either of self for another self or of another self for the self, that the pure experiencing of love upon your planet is a rare occurrence, but one which we cannot speak too highly of, for even though the one who would love with no expectation of return might be viewed as most foolish, surely it is such foolishness which shall eventually be seen to be the container which knows no limits and can, therefore, contain, shall we say, the concept of love, and where there is love freely given for no reason and with no expectation of return, then there is created within the entity who gives this love in this free manner; there is created a vacuum which shall draw unto that entity that which it gives, for there is nothing truly apart from an entity, for all beings are one and when one is loved, for any reason or no reason, then all are loved and the self also find its love.

11 1982

11.1 1982/11/14

5: In fact, to this subject perhaps we shall speak first in order that we may remove from this evening all traces of that which in itself may color the contact by the pale shade of fear. We are aware that due to an unusual instance within this group in which the one known as C2 inadvertently brought very close to trance a channel of less than purely Confederation association, the concern of the group has been that the message be true. We have spoken upon this subject several times in the past, and not only we, but perhaps more helpfully those of Latwii. We shall be eager to continue speaking upon this subject until all doubts and fears are put to rest. That which is most central to a confidence about positivity of contact is the proper unification and tuning of the group. This group seeks to know the truth, seeks inspiration, and seeks to serve others. There is in each a spirit of what many would call Christ Consciousness, a desire to know the love and light of the one infinite Creator.

20: I am Latwii, and am aware of your query, my sister. The one known as Jesus was the teacher whose purpose for incarnation was to teach the lesson of love—unconditional love for all of creation. This entity was love, love this entity had attained through its seeking of the one Creator. Therefore, this entity's name could be said to be vibrating in resonance with that known as love and compassion. Therefore, when

he said that to give the cup of cold water in his name would be an action rewarded he was in fact saying that to give even the smallest gift in love for the one to whom it is given is not only to share love but also to know and to be love and to be rewarded with the knowledge of that love.

25: I am Latwii, and am aware of your query, my sister. When one attempts to share the love that is within the heart, open the heart without premeditation so that that love which is within may be expressed freely and naturally if such words as you have spoken come easily to your lips, then speak them freely. Do not worry with concerns about how you shall accompany the love with words or actions, simply seek within the heart of your being to give freely and the words and clothing of the action shall naturally be made clear to you, or should we say through you.

35: I am Latwii, and am aware of your query, my sister. We see that the one known as C1 has once again generated within your being the seeking for similar understanding and we greatly appreciate the combination of your efforts. To speak to your query may we suggest that it is the heart of your being which gives the force, shall we say, to any words which emanate from your lips, for the words are the attempts to clothe the great feeling of love from your heart in understandable concepts so that the mind of another may receive the understanding which emanates from heart to heart. Yet it is also true, as you have surmised, that many within your culture especially yearn to hear the name of the master known as Jesus. For within your culture this entity is equated, correctly so, with the vibration of Love. Yet this yearning to hear the name exists not because of any name but because of what the name expresses. Speak ye then your heart, my sister, in the way which has meaning for you, for each entity's ability to be of service to others is unique and to be fully expressed must be so in the way which is natural, shall we say, for that entity.

42: I am Latwii, and am aware of your query, my sister. Those who seek with a like mind and heart shall attract to themselves the experiences which will blend their seeking and their being. This is basically the situation which you find yourself within. As you seek the love and light of the one Creator you attract to yourself those who also seek in a similar fashion so that in the larger sense you become more in unity with those who seek as you seek. To reduce this phenomenon further, those of the female gender who are together with you seeking are, with you, realizing the potential of their gender. This is a portion of your seeking. As you seek together you utilize those faculties of your being on all levels which are available to you. Some are available because you are the gender you are. To be more, shall we say, intuitive and inspirational therefore becomes a factor of unification according to gender and you do indeed become of one beingness or body as you have described it with those of your gender.

90: I am Nona. I come in the love and in the light of the infinite Creator. We are those of healing and offer to you our song.

11.2 1982/11/21

10: There is, however, one way which cannot fail to aid an other self, and we present it to you in all of its stark simplicity, knowing that it is the simple things that are the hardest to grasp and attain. If you can be who you are clearly and lucidly, with each petal of your own bloom open to the world, you are then by your presence manifesting your totally unique and utterly personal love. Who you are may be cranky, judgmental, difficult or angry, but if that is who you are, and if that is what you show, then you are living; and as you open, those angers, those uncomfortable configurations of mind and emotions are flicked away by the clean waters of experience. Very few people, my friends, feel free to be, and yet only out of that being, that which you see as imperfect and possibly implausible to love, can come the spontaneity in which you catch a moment for love as a dewdrop catches the sun.

11: Yes, my friends, it is very difficult to do anything for another, and do it in total harmony with the desires of another. But can you give yourself to the world about you? If you can, my friends, the Creator's manifestation shall never be more nearly perfect in your illusion than at that very moment. Much has been written in your holy works about trust. Trust in the Creator. Abide in the Creator. Shelter yourself

under His wings. But Who is the Creator, and how far away are those beings? We say to you, my friends, you dwell in the tabernacle. Your feet are upon holy ground. The Creator is with you at this moment without reservation, without holding back. He is not only among you, He is you. This infinite invisible presence of love is you. We dwell with you. The creation dwells with you. And to come to a more everyday ethic, your other selves dwell with you in that tabernacle, and only you can open the gates that let them in.

12: Why is it that some seem to offer a blessing? Is it not, my friends, because they have opened to you that which is their own self? Thus begin always by loving the Creator that is you. And then go forward proudly, and love what you are manifesting this very day, this very moment. Whatever you consider imperfect of God, take time to love it. Good or bad, however you judge, remember to put aside and love, and open and open and again until the universe is beloved within you. And the next time that you attempt to say the right thing, to make the right gesture, to give the right gift, to show the right consideration, and fall completely flat upon your nose, arise from this in the knowledge that you have done something, and what you have done has not had the outcome you thought would be helpful. But how do you know how your being affects those whose lives you touch, touch now and will touch? This, my friends, shall always in your illusion be a mystery.

23: I am Latwii, and am aware of your query, my sister. Quite the contrary, my sister. The feelings which you feel might be termed the motivating factor which makes the healing vibrations you send such entities most effective, for what you feel is compassion. Compassion which is felt deeply enough, the tear is an outer manifestation of the great desire and ability to love which resides within your and every being. And, my sister, what greater healing power than love?

42: I am Latwii, and am aware of your query, my sister. To begin, may we say that your great desire to be of service in the recording of the music which you and your brother created was the overriding factor which permitted your voice to become a more finely tuned instrument of praise for the one Creator. As you refined this desire each moment by focusing upon each note, powered by the prayer, of those about you, your voice then became transformed, shall we say. The vibrations of sound which emanated then from your vehicle were stepped up so that the love and the light which you desired to share would have clearer access and expression through your voice. We find that this experience was also tinted, shall we say, with an underlying concern which was somewhat deleterious, and times—and at times was responsible for the relapse, shall we say, of the voice into less than desirable patterns. This concern which was at that time felt has been, as we notice, dealt with in your daily pattern of existence. Therefore we may speak as we have spoken.

59: I am Latwii, and am aware of your query, my sister. If we might borrow the message which our brothers and sisters of Hatonn have shared with your group this evening, it is not easy to determine what is of value and what shall be of service to another. As you look about you, you see the world in which you live transforming itself in ways quite confusing. That there are problems is agreed. The solutions are many and in doubt. What it—we correct this instrument—what is it that is lacking? Above what level shall entities upon your planet find the love which they seek, yet which is so little found. Can it be legislated? As you look about you and see pain, sorrow, poverty, suffering, confusion, illness, violence, death intensified beyond all imagination, what then can there be to hope for? Can love be found in such surroundings? Have your peoples traveled this path to such an extent that love is unavailable? Can some elected official change the course, my friends?

60: Consider that what you seek is a portion of [the] one original Thought. That Thought is unity. That Thought of the one Creator has allowed each portion of Itself to travel through free will within the creation of the one original Thought. The journey takes many turns. Yet within each moment, love exists. Within each moment, the Creator resides in full at all times. That this is not recognized does not diminish its truth. Such difficulties provide the stimulus for the inner seeking as the outer world begins to fade, for it becomes apparent to the seeker that love may best be found within the heart of the being. Love then found there might be radiated, as a beacon shines light in the darkest portion of the night. Sorrow and suffering then motivate those feeling the suffering

13 1984

13.1 1984/10/14

2: This day are you rich or are you poor? Are your questions those of a petty and mundane nature or have you instead asked this day for that which draws you outside of the world that you know? How rich you are if you have dressed yourself in seeking as if it were a festive garment and gone forth into your environment clad with the desire to know more, with a wonder as to how to serve better and with the rejoicing question: "How can I perceive such loveliness as this day has offered to me?"

4: My friends, there is a great interest in your culture in what this instrument would call the bottom line, the final answer, the solution. Those who would be powerful within the illusion are those with a talent for creating situations within which their bottom line works, for you see, my friends, each of you has an inborn series of bottom lines. Each of you has ways of dealing with situations, typical solutions, and normal habits of mind. Without meditation, what occurs is that time and again the entity bounces around from situation to situation until it finds a situation where it fits, where its bottom line is the answer for the question implicit in the situation. This is unconscious and not to be scorned, for it is a way of learning. There is a quicker way of learning and that is to focus upon the questions and not upon the answers. My friends, you know the answers. That which we say to you is so utterly simplistic and so repetitious that you can have no doubt that you know what our opinion of the bottom line is. The bottom line is love.

7: We ask that you remove yourself from the question of what subjects you have sought answers regarding during this day. Take a longer view, each of you, and ask yourself, "With what attitude or point of view did I seek and ask regarding each subject, each situation, each relationship, each seeming difficulty or moment of joy?" That which is within you has an intimate and ultimate power. So seek you well, for you shall be aware of what you now ask. You shall receive that which you seek. Be oh so very careful in your seeking, for we would not guide you upon a tour of many planes and dimensions, many masters and teachers and wise ones, many wanderers and circuses and shows full of spectacular fireworks. It goes without saying that there are techniques by which you can use your seeking in order to experience that which is novel, exciting and seemingly significant. We wish to home you back to the one beacon that lies within yourself that is a pure light and a pure love, that which lies behind all the displays of the journey upon which you have set your foot. We, in fact, offer a sort of surface service ourselves. Our speaking through instruments such as this one is novel. However, it is much less novel and far more open to doubt than our appearing among your peoples and speaking as if we were infallible. Therefore, since we wish to aid you and must needs use communication of some kind, we choose the least showy display, the least gaudy method of sharing a philosophy which is not an end in itself but is only meant to point you to your own senses of discrimination, of determination, of faith and hope.

8: We share with you one thing—the original Thought of the one Creator. We share with you ways to put yourself more in line with the shadow of that great Thought. We set your feet upon the path that leads from shadow into light. We can direct you no further than yourself. The meditative and gently analytical methods of touching that tangent which you have with the one original Thought and with processing in a useful way your own experiences is our gift to you. It is an answer of sorts. What was your question? Never trust answers, for the only generalizations that work are those so simple and so controlled as to have little metaphysical use. Over and over you may say to yourself as if it were an answer that is infallible, "I am learning a lesson of love. I am learning a lesson of love." This has value. But to the seeker there is far more value in saying, "What am I perceiving, what am I learning, where is love now, right now in this moment?" You cannot tell yourself what you are learning—you must ask. And the answers may well be different than those you would create for yourself. Free yourself from the limitation of your own expectations and ask—with care, with sincerity, and with constancy. All else shall follow.

15: I am Latwii, and am aware of your query, my brother. As we look upon this entity which is described as the dog, we see

the ears which have the continuing difficulty of the parasitical infection. For the second-density creature, there is little symbolism in such a difficulty. It is, shall we say, for such a creature, a world in which there are many diseases and physical challenges to overcome by one means or another. This particular difficulty with the ears serves the purpose of allowing this entity to receive the attention from you and other third-density beings which then causes an investment for individualization of this entity, thus increasing its chances of harvest, shall we say. It is often the case that the means by which such a second-density creature chooses to receive the opportunity of investment are means which the third-density entity will find to be discomforting. To the one known as the dog, upon its basic level of awareness, the infection of the ear, then, is a means by which it expands its beingness. To you, the owner of this entity, shall we say, such a means is not apparent and is indeed perplexing. The interaction between the two of you is the dog's purpose fulfilled, that is, to be invested, and also is a portion of your purpose fulfilled, that is, to learn to give love.

54: The greatest difficulty that an entity who wishes to aid another will face is the difficulty of accepting whatever depends from the situation, for many are the desires for another's well-being, and many are the attempts to fashion that well-being for another, yet it is not possible to learn for another. One may only present the self in service without dedication, for this is love. There are no conditions and no guarantees in your illusion, my sister.

13.2 1984/11/11

6: You are on a long voyage, my friends. The carnival shall end for you, as it has for others, in your physical death, and yet you as spirit shall be free to move ahead to your next experience. One thing only shall be required of you and that is that you shall review this experience. We ask you both to be easy upon yourselves, and to be honest with yourselves. What has lain before you this day which you have not done to help another? What discipline of learning have you not sought because of pressing considerations that shall not survive your death? How can you be of service? This instrument once composed a short article in which this instrument envisioned the teacher known as Jesus coming back into the inner cities. "He would sit down in the gutter," wrote this instrument, "and take his peanut butter sandwich, and break it, and it would be food enough for all who came to touch his consciousness with their own." Your daily bread is but a symbol, my friends, and we ask you to consider again and again the value of the allegorical and symbolical nature of what seems to be reality. Draw back and take the viewpoint of the eternal present. How can you love each other? How can you listen? How can you accept? How can you offer freedom to those who are you wearing another piece of clothing, another physical vehicle?

13: Rejoice, therefore, and love one another. Celebrate with one another. Share that which you have and that which you feel, and look when you walk out into the sleet, the cold, the frost, and the stench of a hobo's fire on a bad weather night. Offer your jacket, your hat, your food, your substance insofar as you are able, with gladness at heart and a singleness of mind. See the Creator, and so shall the Creator see you.

15: I am known to you as Hatonn. We thank Latwii and Laitos for aiding us in the conditioning. We thank a great teacher known to us as Amira for lending an energy that feeds into this particularly powerful group this evening. We give thanksgiving, and we praise each of you. May your hearts rejoice and be merry, for you are yet able to love and be loved, to care and to accept nurturing, to reach out and to enfold, to experience, in short, the carnival of third-density illusion—that grand illusion with many, many mirrors, all of which give you a distorted picture of the one original Thought. Meditate, my friends, and allow the distortions to fall away.

55: I am Latwii, and am aware of your query, my sister. We shall attempt to respond to the query which has many portions. Each in this room attempts the lessons of third-density love. Each learns according to a unique pattern of ability. The one known as Don learned much and taught much in his span of time upon your planet. As his transition from this illusion to the next was of a traumatic and sudden nature, the transition then has been somewhat more difficult. But we

each here has much further to go. Often it will seem that you struggle to reach the top of the mountain only to find a higher mountain beyond. My friends, as one mountain is climbed, so may another. Each of you has become aware of the love and the light that surrounds you, that is you. Each has been able to find the warmth within that allows you to be one with your fellows, to share their joys, their sorrows.

12.9 1983/10/23

5: The one certainty in your variable path is that it will change, because what you have chosen as the pearl of great price is something called the truth or love, or as we would perhaps most accurately describe it, the one original Thought or Logos that is the manifested Creator. It does you little good to seek the unmanifested Creator because you are the unmanifested Creator and if you realize that, you have manifested that which is unmanifest. Therefore, what you are seeking is the first manifestation, and you are using this great tool in order to progress.

6: However, the quality of truth is such that as you approach its boundary, it will recede from you, constantly giving you more to look for, to understand, to use, to experience, and to finally again use up, so that you once again reach the boundary point where you feel you have discovered at least some part of the nature of love. Each discovery of love should be celebrated as the wonderful event which it truly is. We are not discouraging you from shouting with gladness when you make a breakthrough, when the difficult place becomes easier, when the nature of life becomes clearer—by all means, raise your hands, your hearts, and your voices, and give praise because the Creator has just learned more about Itself.

8: We are not saying that you deserve to be of a certain nature, that you are worthy, that you have earned the nature of manifested love. You have done nothing to earn this—it is your birthright. It is within you; most have forgotten it. Therefore, a great portion of your seeking and the touchstone of your ascent upon every mountain of truth is recognition, for each truth will be recognized rather than learned. You know already all of truth, for you are truth; you embody the Creator; you manifest the very nature of love, and you change constantly.

18: I am Latwii, and am aware of your query, my sister. We feel confident that should your thinking continue as it has that you will indeed discover a larger and larger portion of the picture in which you find yourself a painted portion. But it is our joy to make comment as well. In this case as in all cases, we see the one Creator in various portion or distortion. This entity of which you speak is the one Creator with a unique point of view in order that it might learn certain lessons, well or poorly. The same might be said of you. The situation which binds you together is that catalyst which offers both of you an opportunity to learn the basic lesson of love in some way, well or perfect, consciously or unconsciously.

19: It is necessary within your third-density illusion that such lessons be learned with a forgetting, for if either of you remembered completely and wholeheartedly with total clarity your true nature as the one Creator, then you would not have the same opportunity to learn love. The intensity would not be present, the variety would be reduced, the purity would not be present. Thus, it is necessary to find oneself embroiled in difficulties. To truly learn love it is necessary to find oneself embroiled in difficulties, and then to untangle the difficulties so that when each is followed to its source, the source is seen as the one Creator residing in all things.

25: Those treasures, my sister, as you know, are always a greater acceptance and love of the one Creator. You may consider such a situation as a great opportunity and a great responsibility, for each act of service to the one Creator bears a price. If there are great fruits to be reaped, a great harvest, shall we say, available to the expanded point of view, then there is also the responsibility to manifest that love in the greatest possible degree. We do not say there is danger in such a situation, but there is great responsibility.

34: To seek without greed that which is of value so that one might be wealthy is a quite paradoxical seeking for one upon your planet to make. Usually, to seek wealth is to seek it for the self, to amass it that it might work for the one seeking it. Yet, to seek the pearl of great price if it is to be sought

most efficiently is a seeking which requires that one continually give away the wealth to others who ask for whatever one may give, for these others are none other but the one Creator, are none other but the self. And the one who seeks the one Creator begins to know the desire to serve the one Creator with every fiber of its being, every thought of the mind, every drop of devotional love of the heart, and will give whatever it has to that one Creator, and this shall return to the seeker, for who is the seeker but the one who asks as well and the one Creator who dwells in all.

36: Thus, when E. F. Hutton speaks, take note as you will, but remember where the balance of wisdom lies and where the key of love is placed.

12.10 1983/10/30

10: We ask you to see, to pull back until you can see, to enlarge your perspective until it becomes clear to you that all three vistas are the one infinite Creator. They are different expressions, but they are created out of precisely the same building blocks, that is, they are made of light, and they have been created because of a great force and principle, one great original Thought. That thought is love.

11: Do you find yourself grasping in a difficult situation, listening to useless advice and wondering where inspiration and true affection have fled? Gaze upon the ravine, gaze beneath the gnarled tree trunks to the roots which stretch quietly, quietly, gathering in winter the force which will propel new growth, new love, new beauty, new service to the infinite Creator. In the summer every being shall breathe; it shall remove from your atmosphere that which you do not need and give to you oxygen; it shall be of service in the most practical way, and further, it shall be of service by its very beauty.

12: Do you find yourself in a pleasant time standing with the wind drifting past your cheek, listening to the lazy drum of insects? We speak to you of an illusion. Insects sting, flowers have thorns, and you shall die. Things are never remotely contracted and compacted into the shape that they seem to hold before your eyes. That which is pleasant gapes with the prevision of ashes and earth. That which seems to be already dead holds within it the transformation of birth. And in the absolute zero of what you call outer space, in the mercilessly pitted craters of foreign moons, lies the beating heart of that which has never been separated from the original Thought of the one infinite Creator. Each particle of the universe is part of the Creator. Some portions of the universe have become individualized; a great deal of it has remained love. The resounding echo of the creation is love ... love ... love ...

17: The variation of the people makes the scenery beautiful. The beach houses themselves are interesting. If you start with a grain of sand, the whole scene will be seen through eyes that can see little or much. If you had started with the total scene you would not realize it but you would really be confused because there was too much. The same is true of love. It starts with the gentle gaze, a mother looking at her child, two people liking what they see. Extend love to the touching of hands, to a true dedication that is unsaid but nevertheless meaningful. Carry this love out to the very end, and you will see the true meaning of love. But if you just try to start at the end you will never get all the variations of the theme. Start out simple and then take in things that are complicated, but you will never lose your way because everything is in a grain of sand and a gentle gaze.

52: If you will examine many of these techniques of curing that called cancer you will discover a general tendency or attitude that is contained within most of these techniques. That attitude has many of the attributes of that which you may call forgiveness or acceptance. When an entity is able to express the love of the Creator which it receives daily to each entity whom it meets, and is able to feel that same love within its own being for itself as well, then it is often the case that the entity sees the creation about it, and, indeed, itself through new eyes. The eyes of love, acceptance and forgiveness are the eyes which heal. That known as cancer as has been discussed by those known as Ra, which is a disease which is the result of an inability to forgive, is a disease which grows from the angers which have not found their balance in love.

to seek more and more within, more and more in that portion of your illusion which love inhabits purely and always readily available.

63: Well, to summarize just a bit, when the distress of the world—and to use his expression—the mess that it's in really does then cause or bring about greater seeking. In other words, that the mess gets worse, we seek more to find this love, or we seek more as a result. That's what I'm asking. 75: I am Latwii, and am aware of your query, my sister. For those with the desire to be of service in this manner, the sending of love and light, whether by prayer or imagery or ritual is most effective, for as you are in truth one being, as any portion of that being bids love and light to another portion, it bids it to itself, and as it is bid so it is felt, and so its work is done.

89: I am Latwii. To send the love and the light is that which may always be done without the infringement upon free will, for each entity has the free will as to how or whether to use such love and light.

111: I am Latwii, and am aware of your query, my brother. As with each activity which is undertaken by the seeker, the motivation for the activity is most important. If one wishes to be of service with another by sharing a game which contains competitive elements of entity against entity, there are then many avenues of expression available. If it is desired in truth that the other self be defeated, then there is the expression of the orange-ray energy center which is, as we have mentioned, but a step upon the path. If others are joined with in the competition so that a unit confronts another unit and the groupings compete for victory, then the yellow ray of the group efforts has been expressed. If any entity within the gaming competition wishes to express its love for any other entity by simply joining in whatever activity is desired by the other entity, then the green-ray energy center is activated. If the experience can be used to inspire love or wisdom within another, then the blue-ray energy center has been utilized. The possibilities of any activity are endless. The desire of those undertaking such activities is most important in determining what expression is experienced.

118: I am Latwii. My brother, it is the viewpoint which determines the degree of worse or better. To one a certain situation may be quite unbearable. To another, the same situation compared to its own may be bliss. Within each situation is love. Within each is the Creator. To find the love and the Creator is your honor and your privilege and is a pearl of great price.

11.3 1982/11/28

32: I am Latwii, and am again with this instrument. To continue, you have experienced a contact which corresponds to the energy center which you know as the heart chakra. The vibration of love is the vibration of our brothers and sisters of Hatonn, and therefore, when we follow those of Hatonn, you may experience a resonating harmony between the two energy centers which you may then interpret in any number of ways, the term, uplifting, being such a description.

51: I am Latwii, and am aware of your query, my sister. We find some difficulty in responding in full to this query, for the affliction of the throat region and the chest region of the one known as L is symbolic and has as source a catalyst which seeks efficient use. And the communication of one being is most necessary for entities upon your planet at this time. For to share the heart of being is to share love. At these gatherings, the focus is refined so that the manifestations which accompany this desire of each entity are also intensified for each, each in a unique manner.

60: Hatonn, can you feel the peace within everyone in this room to the point where it overflows into love?

61: I am Latwii, and can even feel the love within the ones known as Hatonn. Although we are of one being, we have different sound vibrations. To answer your query, we may say that the love within all creation is available to each entity whose sense of seeking love has been opened wide by the desire to know love. Therefore, it is our joy to know the love within this group, upon this planet, and throughout the universe of this octave of beingness.

77: I am Latwii. We find that we have exhausted the queries for the evening. The pleasure which we take in this endeavor is of great dimension. We thank each present for offering this service to us that we might more fully appreciate the endless

love within each and within the one Creator. We find each opportunity to join this group a treasure, and we cherish each opportunity. Remember, my friends, a simple request for our presence is all that is necessary in your meditations, and we shall join you to aid in the deepening that each might find the peace that is the foundation of each being and the peace which binds all into one great being.

11.4 1982/12/05

3: It is not within us, as those who offer our humble words to you, to speak easy words about difficult matters. Far more is it like us to speak in many different ways about that which is easy [to us], for when we speak of love, when we speak of light and when we speak of the original Thought, we speak of the most simple [union] of all that there is and the seeking of it in meditation. But there is a great desire in this group, as we perceive, to put forth into manifestation [a] not-so-hazy picture of spirituality, [not] some motto upon a wall, some words easily spoken and more easily forgotten, but rather a desire to learn to be a clear and lucid manifestation of the love and the light of the infinite Creator.

11: The choice is yours. You can make the world beautiful and loving, or you can not appreciate these things. The Mona Lisa was just a painting until someone said it was beautiful. And, every time another person says it is beautiful, it becomes more beautiful. Spend your time going around the world seeing beauty, feeling beauty, touching beauty, smelling beauty, loving. These very acts will change the world.

21: I am Latwii, and am aware of your question. My dear, we would just like to say that, indeed, the one known as [M] is with you all ways, and the thought is all that is needed to send your love to him also, for indeed his love can be felt here.

11.5 1982/12/11

14: I am Hatonn. I am again with this instrument. At this time, we shall relinquish our use of this instrument so that our brothers and sisters of Latwii might perform their specific service of answering those questions which you may desire to pose. In the love and the light of the infinite Creator we bid you farewell. We are known to you as Hatonn.

30: Trust, however, must not be regarded as a contract in which one exchanges a commodity for a like commodity, for the requirement for return does not exist within trust. One cannot control trust on the basis of trade for trade. It must be as a form of love, given freely and without desire for recompense. It is often quite trying to maintain the stability of that bridge in difficult situations or circumstances. But, my sister, is it not but a bridge between one and oneself? And if so, is it truly within the desire of your heart for any reason to destroy the bridge? To disrupt the love that ties you to your brothers and sisters? One might say, "I no longer trust this person for what he or she has done to me." Yet in doing so, my sister, they place a price upon their trust, and in so demeaning it, draw a clear delineation of the limited extent of their willingness to love, for trust as a form of love must be given unconditionally. One does not say, "I will trust you if you will trust me," and seriously expect to be able to trust. The absurdity is obviously apparent.

31: To trust another, my sister, is to say, "I will love you, and that love will not be discontinued, will not be disrupted, for I trust you to be as myself. I recognize that you are myself. For we are of the Creator whom we mirror."

34: No, thank you, Latwii. Thank you for your loving answer.

38: My sister, one of the most difficult and misunderstood benefits of your density, of your particular planetary experience, is the presence and intensity of emotions, for they are tools and as such may be used or abused. There is but one person in your life who can bring love into your life and that is yourself. There is one person who may decide for you to love or not to love another. Is it therefore possible for another person to force you against your will to experience emotional hurt? Or is it more correct to say to oneself, "I expected this behavior of another person, and in failing to perceive the required behavior I elected to feel emotional pain as a response." My sister, to trust is to trust, not to exchange.

43: Latwii, may I continue something on that, please? Is

it also true what you say about—is what you have just said about another entity not giving you love, but you accepting the love and I'm not sure—I'm not confused on that—is this also true, say for a newborn infant, of a child up to the age where their mental processes begin working?

44: I am Latwii. My sister, consider for a moment the existence of the young child. The veil of forgetting has been quite recently drawn across their consciousness, and in a state of mind similar to the amnesiac, who would upon waking discover not only a lack of awareness of identity or purpose in being in a specific location, the young child suddenly realizes the quite uncomfortable sensation of being within an unfamiliar body on an unfamiliar planet. It is quite difficult for the entity in this condition to either receive or express love in your density, for this involves the use of various tools to which the newborn entity is not accustomed. For example, the physical expressions of love on your planet, the kissing, the hug, the handshake, the wave, are all quite obviously gibberish to the newborn infant, and are tools of expression which must be learned. In like manner, the difficulty experienced by the infant with language is quite obvious.

45: However, the expression of love that is universal is that of extending one's proximity in a beneficial attitude to reach and overlap that of another's. When the parent holds or cuddles the young child, the vibration of the parent is perceived by the young child, and if the vibration is that of love, this love will be received and appreciated. The child, in return, will extend its own vibration, and as you are aware, this is also perceivable. The major difficulty, however, for the young child is the education through which the symbolic expressions are learned, and the many distortions that are acquired during this learning process hobble the young person's ability to extend love during the rest of their life.

63: Thank you. I sense a great deal of loving in the presence that's very nice. Thank you.

64: My sister, we of Latwii also sense a great deal of loving. We thank you. Is there another question?

67: I am Latwii. My brother, we would precede such an elaboration with an analogy. Consider if you will, the student who undertakes that which is involved—correction—that which is termed homework. The student has the choice of perhaps guessing at the answers. The student has the option of, through diligent work, arriving at the difficult answer by himself or herself without the influence of any outside support. The student also might seek the assistance, however limited, of a tutor. If we were to elect to characterize our own participation in your free will, we would describe ourselves as a loving friend, brother or sister who desires to see those of this planet be successful in attaining that for which they came, yet are cautious that we do not supply the answers, but rather provide information through which the individual's efforts might lead to the individual discovering the answer for themselves.

87: Latwii, I am delighted to hear your wisdom, and I recognize the wisdom that I so love in Emerson and Shakespeare and many others in literature. Surely you were among them. And perhaps, they now among you?

110: I am Latwii. My sister, the compassion is the individual's willingness to extend love and empathy. This potential exists for all at any time and is more a facet of the Godness within us all than a learned attribute or skill. Wisdom in your illusion may generally be defined as one of two types: the type which is acquired through the manipulation of the specific tool referred to as the brain, which we regard as a rather limited form of wisdom, in the manner of card tricks; the true wisdom lies not in the talent or skill of any entity, but rather in that entity's willingness to open himself or herself to the awareness that pervades the universe. The presence of that knowledge which is real, which is lasting, is everywhere and is available only to those who choose to listen for it.

134: I am Latwii. My brother, there is no beyond oneself, for all are one. However, we would in response to your question remind you that there is a time in your life in which you have said to yourself, "I am in love. I love this person," and recognized that this was hardly idle chatter. My brother, the voice of your heart will not lie to you. If you desire, if you knock, the door will be opened to you, and that for which you ask, you will receive.

150: I am Latwii. My sister, quite often one forgets the pleasure and the love that awaits one and when finally reminded, the pleasure is overwhelming, both for the one who returns home and for those who wait at home.

154: I am Latwii. My sister, we might rephrase your question as, "How does one successfully accomplish the major task undertaken while in this density?" Our response, my sister, would be quite limited, yet it is our belief that it is more than sufficient. We would suggest that you choose to love one another, for in this is encompassed the entirety of your struggle during your sojourn on this planet.

254: I am Latwii. As there are no more questions, we will relinquish our use of this instrument with our sincere gratitude for the patience and willingness to listen without prejudice to those present. In the love and the light of the infinite Creator, we bid you adieu. I am known to you as Latwii.

11.6 1982/12/12

3: Let us turn the eye of the seeker upon this common misconception of the ways of love. It is always helpful to the one who loves to offer that love, even if it is only to a memory. But far more lively does that love become when it is offered to one who lives in his or her imperfect way, within the framework of your observation. How difficult it is to love the living person in motion, in change, in transit. You are fortunate if you can achieve that love for any great percentage of your experience, for to many among your peoples experiencing that love within the illusion while faced with the waking face of another is utterly unknown and will not ever be experienced.

4: For you see, my friends, entities do not seem to be perfect. One may watch a tree flower and exclaim over the lovely blooms and cherish the fruit in its season and glory, in the radiance of the autumnal leaf, and stand in admiration of the sturdy skeleton the winter tree gives us, unafraid, unbowed and utterly without pretense. In reality, people are just as the tree. They flower, they bear fruit, they have their moments of dazzling radiance, they have their births, they have their deaths and they have those moments when they stand naked to the world, caught in an instant of being precisely who they are.

5: But how can each of us see each other as perfect without waiting for each other to become memories? We must always move within when we seek the truth of love, for that which is love begins with each entity in the circle, each of Hatonn who speaks to you. The original Thought is each of you. So it is to yourself you must apply for wisdom upon the matter of how to love the ever-changing people about you. And the first person whom you encounter as you seek the heart of that truth is yourself. How many times today have you experienced yourself as perfect? How many times today have you experienced yourself as utterly without pretense and totally open to view? If your answer is in the negative, or is in the low numbers, do not feel that you are one of few who have missed noticing the perfection of their own beings. No, my friends, few there are indeed who are willing even to consider the possibility of themselves as sparks of that divine fire, that original Thought, that Logos, the Creator.

58: I am Latwii, and am aware of your query, my sister. The birth of the one known as Jesus has occurred within the previous two millennia of your planet's history. The entity accomplished its mission with great love and profound effect upon the minds and the spirits of the people of your planet. Through these many years the various perceptions of this entity's purpose have grown and flowered in many directions. Each perceives in a certain manner the value of the entity's life stream.

59: The people of your planet at this time, and especially of your country at this time, have the means of communication which allows many to experience the perceptions of a few concerning this event. Therefore, the perceptions of the few have been combined with the, shall we say, economic realities of your illusion so that there is an effect which may be likened unto looking at a picture buried in a pool of muddy water. Therefore, it is the case that each within your illusion to see most clearly the purpose of the life of the one known as Jesus of Nazareth must look within the heart, for there the illusion of profit and loss falls away so that the message of love radiates throughout the being.

64: Imagine also that the surroundings of these entities changes greatly as the thought is spoken towards the far end and there is great noise, confusion and distraction. The thought at its final destination appears greatly distorted from when it began. In this manner the simplicity of the message of love has been distorted by the years, the perceptions of

times when this realization is forgotten or misplaced but the service still goes onward, goes forward, is projected into an ever-enlarging sphere as does a pebble thrown into a pond creates ever larger circles.

11: And so you are, my friends, each of you. You have accepted a crown. The crown sits upon your head and it weighs you down. You are already rescued. You have already chosen to love. There is no chasm to bridge, there is no great drama. Honor and responsibility are yours and your advances, though they seem small, are greater, though they are more hard-won. Never kid yourself that the choice was the hard part, for in most cases the choice is made in a burst of the joy that the first understanding of love and light gives off. The refining of that love and that light, the manifestation of service to the one infinite Creator, is a task that is full of joy but could not be more demanding or more continuously puzzling.

12.7 1983/10/02

4: We of the Confederation share with you our love and our experience and this is all. There may be a time in the future of your planet where we shall be able to work with you hand in hand. But for now, our service to you is these simple words, and your service to us is inviting us to share with you that which we have to speak. We of the Confederation love deeply this opportunity to work with you, and we thank you for your presence, we thank you for your patience. It gives us great pleasure to have people upon your planet who are willing to accept our words and speak them without fear, for as those present who have had the opportunity to channel can attest to, there is a great deal of ridicule that accompanies such as this. In the days past this group was exposed to a greater number of people, and in that time it was very difficult, for the energy was so great for the channels and the people attending the meetings to keep from sharing what they had learned with all those that they met. It is wise to keep to yourself that which you receive until you understand how to properly utilize the gift of knowledge that we share with you. The greatest way to serve your fellow man is through your actions, not your words.

8: Why are you all one, my friends? Why do we insist upon proclaiming your unity? You are all one thing; you are light, a manifestation of one original Thought. That Thought is love. This cannot be understood, but we are so grateful to be able to proclaim the love and the light, the infinite Creator. There cannot be too many times or too many ways to speak of that which is when all that is illusion is subtracted and all that is distorted has become light.

12: Therefore, we never suggest that you proselytize or attempt to sway opinion, for, indeed, you are only exposing that within you which is most precious, and which you need to nurture, protect and value. But as you value and nurture these desires to seek, as you meditate and seek the silence within, as the power of the original Thought brings love into your life, you will find that you are manifesting to others qualities which will aid those about you. You may allow this to occur and indeed encourage it, for this is a natural fruit of seeking. However, the seeking itself, that inner journey, we encourage you to protect as if it were a baby, for it is a baby that you carry within yourself. Nurture it with meditation and you encourage it to grow in wisdom, and you discipline it by the regularity with which you examine it with thoughts and your being.

14: Now, we gaze upon you, thank and bless you; a place of light made of people, one of hundreds which seek the Confederation for inspiration this evening. How light your planet seems as you gather together and join in an infinite proclamation of consciousness, for what is consciousness? That which you are before you think is the Creator. The original Thought is not a thought as you understand thought, for your mentations are pale indeed. It is a power; you call it love. Treasure yourselves aright, value that which you are doing, and know that as you go forth you shall stumble and fall many times by your own estimation, and many other times you shall consider that you have done well. We suggest that you not keep score. Many is the time that you shall score incorrectly. Only continue to seek and above all to nurture that inward thrust towards truth. We can only encourage, not truly teach. You are your own teachers, for all that you wish is within you.

19: I have a question. I had a brief vision late last night or

early this morning, just as I was drifting off to sleep. And I thought that the person that I envisioned, that I saw, was the archangel Michael. He put his sword away, and he was rubbing his hands together, and he said, "I love it when a plan comes together." That's all I saw. I found out today that it's the feast of the archangel Michael and all the angels, and I wondered if people who were sensitive like I am to various influences have experiences like that due to the amount of prayer from churches like the Catholic church that concentrate on saints a lot more than the Protestant ones do, or if it was just an odd experience?

51: I am Latwii, and am aware of your query, my sister. This is in part correct, for we wish always to emphasize the nature of the message, for the nature of the message is very simple. We are all one and we all seek that unity. Whether that seeking finds manifestation in a contact such as this contact, a contact through a guide or through personal inspiration through those books and resources which the seeker peruses or through any other means is not important. The message of unity, the seeking of love and light in that unity, is the important—we correct this instrument—is the type of contact and experience which is that which we wish to emphasize. The means of the messages being transmitted is less important.

63: I am Latwii, and am aware of your query, my sister. We look upon this experience as one which, indeed, reaches those roots of mind which you have come to know as archetypal. Each entity which seeks the truth of its being and of the creation in a conscious manner will frequently experience such dreaming as you have described. Those experiences of a new birth may be looked upon as representative of the archetypes of transformation, for each moment provides infinite opportunity for the seeker to transform some portion of its being by finding the love, the light, the unity within the moment, no matter how that moment might camouflage such truth with seeming discord and distress.

83: I am Latwii, and am aware of your query, my sister. This is, as you have surmised, a very large subject, and there is little likelihood that any supposition would be totally incorrect cor—we correct this instrument—concerning its nature. There are, as you have supposed, certain tides of energy or vibrations of light and love which surge in rhythm and become available to the planet as a whole, so that each upon the surface of your planet, if seeking that type of vibration, may become aware of it in a conscious fashion while unaware of it if not seeking it, yet and nevertheless [be] moved by it in some degree.

102: I am Latwii, and am aware of your query, my sister. Indeed, my sister, there is no action which is not service. Most actions by your peoples are of a service nature that is unconscious. Most present this evening seek to serve in a conscious manner, and to serve as efficiently as possible. Many do so in just the manner you have spoken, for, indeed, all creation is one being, and as you send a thought of healing, of love, of light, of support, of comfort, of caring to any other being upon your planet, all receive such and are able to partake of it if so desired. For in those realms which are the foundation of your illusion, in the metaphysical realms, a thought is indeed a thing which is seen, which is felt, which is used. It is such a foundation which supports your present material illusion, and not your material illusion which supports the metaphysical realms.

12.8 1983/10/16

5: I am Hatonn, and am now with this instrument. My friends, you are embarking on a journey, a quest for continuance of the path you have chosen these past years. You face what to some seems the loss of the heart, the force that brought and held you together. My friends, each and every one is vital, each is part of the whole, and that which has been learned is yours no matter if those things you have become accustomed to change, each has the knowledge each has gained. Each, if they so choose, may continue to share in these intimate groups their love. We and our other brothers and sisters of the Confederation will always be at your call if so desired by you, to be with you at times like these when vocal channeling is desired, are with you at any time you call us. We have been honored for so long to be able to speak to this group through your years. Though many have come and gone from it, it is still very much our honor to continue.

6: My friends, each of you here has made great strides, and

own way an athlete, each of you. The most helpful training is meditation, but the painful exercises are usually those involving those about you because that is when you finish practicing and you begin the race. That is when you offer yourself as manifestation. You might say, "Look, I have new spiritual muscles I have exercised, now I shall pit myself against my own record and shall attempt to use those muscles even better or for the first time," and you manifest that which was not before within you, that which is not of time. For can love be of time, my friends? Time erodes beauty, and love is so often of beauty. But have you noticed that love so often endures? That is the riddle, my friends. That which is true love is not of beauty but of essence. And in so many ways you begin to cherish the essence of each other, and you watch yourself be uncomfortable and in pain because you simply are not like any other creator. You are co-Creator, and you are unique, and there is not another like you, and you will not be comfortable because you will not find a twin. You will not find one who agrees with all, who does all, who is all, amenable forever. And had you the fortune to find such a twin you would become dissatisfied because perfection is boring. You were not placed by your own wisdom in this density to be bored.

10: Yes, my friends, spend time. Spend it as if it were the most precious kind of legal tender. Spend it as if it were money on which there were at least three zeroes. Every minute of your time that you consciously spend and give because you are manifesting the Creator is worth far more than that which man has made out of man's mind can ever be worth. And when you are dry, and you are confused as this instrument is this evening, and you are uncomfortable and in pain, when you are bared, go back and exercise in meditation by opening the door that leads outside of time, outside of races, streets, avenues, towns, names, places, situations, leads out of all particulars into the great source of love.

39: I am Latwii, and am aware of your query, my sister. We love your stupid questions, my sister, and take great joy in attempting some form of response which may be of service. To begin, the red-ray, as this group has come to call it, energy center is that which serves an entity by providing a very simple service. The service is similar to the service which the magnet is provided with the iron filing. It is necessary for entities within your illusion to feel an attraction for one another within certain groupings, shall we say. The male and female grouping is most helpful for the reproduction of the species, and for beginning of that relationship which shall potentially for the length of the incarnation, and through the excellence of honesty, and in the mirroring effect of honesty provide both entities with continuous opportunities for polarizing [in] the sense of service to others, in most cases, and shall allow the opportunities for love to be learned.

12.5 1983/09/03

12: Within your illusion, depending upon how you have chosen to learn the lessons of love, you will find what you consider to be shortages of power, money, influence or love. In fact, all of these shortages are some distortion of love and may be viewed as opportunities to discover the true nature of love. If you do not have enough money, you may find that your discomfort distracts you from seeking. But if you exercise another point of view, you may find that your lack of abundance has produced a simplicity that frees you to love. If you lack power you may feel victimized, but you may also take this opportunity to practice the realization that that entity or group of entities which victimizes you is in fact part of you, and together with you is the Creator, and is therefore infinitely lovable.

13: Any distressing situation, any shortage, can be the opportunity you intended for yourself in order that you might balance within yourself some aspect of the nature of a unifying and powerful love. If you have the faith to examine situations, especially recurring situations or conditions which seem to say to you, "I do not have enough," you may well find therein the key to your reason for personal study during this incarnational experience. You will not have discovered what it is you may do for those about you, but before you serve others, it is well to feel that you have a plentiful and bountiful selfhood, that you are standing upon solid ground within your own being, and that you are not faced with internal weaknesses which will make it impossible or improbable for you to be of service to others.

15: This wholeness is another word for love, for love is that which is not broken or battered or in any way imperfect. Love indeed is creative and multiplies that wherein it dwells. Sometimes you may feel as if your situation were that of a certain crowd spoken of in your holy work called the Bible, gathered upon many hills, many thousands of people, and you have a few loaves of bread and a couple of fish. And you feel completely inadequate to nourish that which is about you, those who need you. You feel that you do not have the food, the nourishment, the love that is necessary. But this is the point. Such is the power of love as it flows through you from the infinite source which has created all that there is that that which you have will be enough. You are enough and you have enough.

17: And so my friends, please do not think ill of your poverty, whether it be of power or of money or of the right words or of enough love or of the ability to deal with a situation correctly today. For a little while you have left eternity, and you are living in time. You brought infinity with you; you brought the infinite love that created you and is with you. Claim it. It is your birthright. Whatever has gone wrong this day, whatever will go wrong tomorrow, be serene still in the confidence that that small effort that you can make, that tiny bit of love that you can bring through, that widow's mite of what is needed, will multiply for you, and you will live abundantly.

18: You know that there is much help if you wish to claim and call upon that help. You are not and never have been alone in your experience. There are those who you would call angels who are with you at all times but especially upon request. There is your own self, of which you are only a part in this incarnation, sometimes called your higher self, which comes as you call it. There is the fullness, infinite and invisible power of love if you but call within yourself. There is the light of truth if you but ask.

19: We hope to inspire you to seek the truth. Any thought which we may share with you could be spoken incorrectly or could be misunderstood by us, for we are not perfect, but are merely your brothers and sisters. We wish mainly to encourage you to continue seeking love, to continue then seeking to manifest that love in your very dark world, for such love burns like a light and lightens the fragile earth which binds you to this illusion. We rejoice with you that you have this opportunity to seek and to strive and to choose what you will do. We can see all the choices and much of truth. Our choices are made for us. We have been through our choice. We now serve and attempt to refine that choice. You are moving more quickly in your spiritual evolution than you ever have or ever will again, for yours is that glorious moment a mere lifetime long when you have the opportunity to choose forever to love.

64: I am Latwii, and am aware of your query, my sister. Your supposition is, in general, correct. There are certain substances, most notably the crystals—which focus the instreaming love and light or prana of the one Creator in a fashion which allows an entity who seeks purely to experience an answer to seeking, shall we say. This is indeed a joining of that which is not visible with that which is visible or that which is metaphysical with that which is physical. Your illusion is filled with both and both may be joined in the perception of the seeker in order that that which it seeks may be made known to it in such and such a fashion by the combination of the two principles.

12.6 1983/09/18

2: We are, as always, my friends, extremely pleased to be called among your gathering. There are those groups among your peoples who are more and more seeking the humble message we have to share, and in any gathering, whether large or small, the opportunity to share our most humble words is appreciated. We have been long seeking those who in their willingness to serve others would allow us to impart what amount of wisdom we have, and the service you impart is great, for in sharing with one, my friends, do you not share with all your brothers and sisters? In some infinitesimal way there will always be a link between you and each of your brothers and sisters. This link, my friends, is not always consciously felt but is still there. One act of service does not only touch one, it touches all; it touches your planet. In each wholehearted loving service you impart, you indeed further your planet onward into the fourth density. There are

mind, and the surrounding cultures in which the perception has been nurtured, however distorted.

11.7 1982/12/12

5: Meditation, my friends, is extremely important. To go within yourselves, to see the beauty of the oneness of the creation within yourselves. For within you, my friends, is a part of the wholeness of the universe and within you is the love of the universe, the truth. Within you, my friends, is all you would ever wish to know. Through meditation you may tap into this source, the true source. For in you is the Creator. This is the truth we all seek on our paths, and this may seem very simplistic and yet very difficult.

6: My friends, the original Thought is quite simple itself. Love, becoming one, truth, these are the things we seek, these are the things, my brothers, my sisters, that you will find if you will but seek within yourselves. There is much peace within this room this evening, much joy at sharing a little of yourselves with your brothers and sisters. We delight in the vibrations we have felt within this room this evening. There is indeed much love among you.

47: I am Latwii, and, my sister, indeed it is difficult to consider and to grasp and to think of, but we wish to pose a question to you. Did or do you remember recognizing the light form, or was the light form one of love and unity and light? Or was it both of these? You felt great peace and you remembered the incident and we feel you are aware of the possibilities of the meaning and therefore we ask one more time in a gentle manner if you have still a definite question to ask or if you have many thoughts that you are wanting to meditate on?

11.8 1982/12/21

2: This sounds very simple, and indeed is quite simple, but it takes a small effort. It takes the wanting to have peace. Otherwise, confusion that surrounds you will slowly slip in and will mingle with the peace. At times, my friends, when it is difficult to slow the mind down, stop and think of something simple which has meaning, such as a flower or a sunset or the smile of a child, and focus upon this thought and allow the other thoughts to slowly slide away, and then with this thought, slowly allow it also to slide away. And at this point you shall find great silence, and it shall be calm and peaceful and you shall be one with yourself. Do this, my friends, when you are anxious or worried for there is no need to have fear from the illusion, for you have yourself whom you love. You will always have yourself to be there, to be a friend to give you love. Just take time to listen to your silence and feel the joy of your peace.

57: I am Latwii. My sister, this is a very, very broad subject, for tradition is something that individuals love to cling to and feel great security in it. Traditions are symbolic events or objects used in events which are handed down from generation to generation. Some feel that it is very important to continue exactly with the tradition, whereas some desire to add small changes to their tradition to hand down to the next generation, whereas some would rather forget the whole thing. This is where the subject gets very broad and we wish to speak generally on each.

103: I am Latwii, and, my sister, first of all, there is just having the trust in your wild imagination, for indeed it is difficult to believe in something you cannot see, for we will not come and knock at your door and walk in your house. My sister, therefore we visit you in meditation, and we first of all would say that in calling us it might be of a good point to challenge the contact. The challenging is one where you would ask for service in the love and in the light of the one infinite Creator or where you ask for our service specifically by name in one of love, and, indeed, we shall come if desired with all barrels, and, as this instrument says, with the two-by-four effect. This is not always needed, but if this is so desired, we shall serve as asked. My sister, all that is needed is time to become familiar with our vibration, for we like to think we have a different vibration than that of Hatonn, while indeed it is rather similar, but we all have our own uniqueness and our own identity, for although you are a human being you have the loveliness of your own individual, and this is what you

need to seek when desiring our service. So when we come knocking, become familiar with our vibration.

11.9 1982/12/25

4: Within that daily routine there are many, many chances for the seeker to feel isolated and alienated in the illusion which surrounds [him]. How many times on this holyday, as you call this day, have you felt in full strength the power and the inevitability of the one original Thought? How many times have you centered yourself within the Creator? It is difficult to imagine turning yourself towards the Creator, as you may find the Creator in any quarter within, without, north and south, east and west, in the faces of strangers and of the most dearly beloved. And yet the Creator's original Thought is most often missed even upon the feast celebrating the growth of the spirit, a spirit new within you, new, indeed, each day as each day you turn towards that Creator, that original Thought of love, and offer that day, that moment, to the service of the Creator, to the service of the Creator in others and in yourself.

17: As a general response, therefore, let us say that to look within the heart for the deepest service possible and to meditate upon the carrying out of those heart's desires is that which is the most helpful to the seeker of truth. If you look within your being and ask what can be done, and wait then for that portion of yourself which has all answers, then it shall be revealed unto you the path which is most helpful to tread. Remove from your being fear that you shall fail and go forth in the glorious light and love of the one Creator that exists at the center of your being.

26: I am Latwii. We are most grateful to you, my brother. You do us a great honor by asking our humble service. In such a manner do we learn more of the light and the love of the one Creator.

30: I am Latwii. We thank each present for allowing us to join our vibrations with yours this evening. An evening which is most holy among your peoples. An evening which expresses and experiences the love of the one Creator in a way which is most joyful upon your planet. We remind each that a simple request for our presence in your meditative state is all that is necessary for us to join our vibrations with yours and to deepen your meditative state.

11.10 1982/12/26

28: I have a question. I hardly know how to put it, but I know everybody has these experiences. I just had one where I was utterly unable to like a fellow human being. I was perfectly willing to love him, but the guy was beyond me to love ...

36: I am Latwii. As always, my sister, the lesson to be learned is some aspect of love and acceptance. It may be, however, that the love to be learned may have an aspect of wisdom connected to it. That is, how best to love such an entity. It may be that to love such an entity in the most helpful way to that entity would be not the simple acceptance of every portion without comment, but the gentle directing of love in a manner which would attempt some form of sharing the self as an instructive technique so that the entity might know that as you accept it, you also have responses that are somewhat disturbing that you wish to share so that the entity might know that it is being perceived in such and such a manner by yourself as you love to the best of your ability.

40: I am Latwii. We feel we have discerned your query, my sister. We do not mean to suggest by our previous statement that you reflect to such an entity that which you are receiving, for to do so would be to put yourself at the mercy of any entity of any nature which approached you. The great lesson of your density is the lesson of love, acceptance without condition. You spoke as to the lesson which could have been learned with this particular entity. We spoke of a refinement to the lesson of love, that being the inclusion of a portion of wisdom with that love. The way of wisdom is to speak clearly and honestly without a dedication to the outcome, only wishing to speak clearly. Therefore, it is possible to refine the lesson of love with such an entity, and we stress "refine," which suggests that you do indeed accept such an entity fully. And this refinement may take the form of speaking in a manner which is most delicate, that is, speaking to what is perceived as a stumbling block, shall we say, that the

entity may not be aware of. This is not judgment. A simple discernment instead, which offers on the, shall we say, on the outstretched hand of love the morsel of wisdom which is given in love and suggests a refinement which may be helpful to the entity. This, of course, is most helpful only when asked, and in this case we note there was no such request. Therefore it may be that such refinement would not be possible. In any case, the refinement is offered only when asked, and is freely offered with no dedication to its acceptance, no, shall we say, argument of its good points; the simple expression given and whether it be received or rejected being considered unimportant.

61: Well, no that explains a lot of riddles in my life because I never worry about what's going to happen to me when I go out because I always think that guardian angel is there, so in truth, that guardian angel is there! Okay, that's fine. Thank you. Let me go back to this other idea and just see if I can clarify this a little bit. In the earlier conversation I said that I had my description of love, at least the way I perceive it at this point. Love is unconditional acceptance of another entity, making no demands on his behavior or what he does. And I find sometimes that this is very much like, well, indifference, at least I don't hurt him and he doesn't hurt me, regardless of what has been said or done. Now, is that concept of unconditional acceptance and indifference, are those concepts opposite to each other or are they about the same? That's a pretty awkward way to say it, but it's the best way I can say it right now.

62: I am Latwii, and am aware of your query, my sister. The effect of both of these concepts is quite similar in that the entity feeling either the indifference or the unconditional love does not have a response that could be considered in a significant distortion. In other words, the actions of the other self do not generate within the one feeling the unconditional love or the indifference an emotion which moves the entity from the center of self. Yet the entity feeling the indifference has some portion of the self which has been held in reserve, shall we say. This holding of the self in reserve is a slight distortion of the inner being which therefore requires the balance, the balance being the releasing of the self which has been held that it might be expressed. The entity expressing the unconditional love has no action within that is held, but allows the free expression of the compassion similar to that which one might feel for the newborn infant in its innocent actions. Such an infant is easily seen as worthy of unconditional love. When one can feel such, shall we call it, emotion, for any entity at any time for any reason, then that balance of unconditional love has been achieved.

72: No. I don't want to get into semantics. It's just, I have noticed previously sometimes that when people are really angry with you, it's basically a distorted expression of love. But when you're looking at blank indifference, you're really looking at unconditional denial of your being practically. Not that it's a negative denial, it's just that you don't exist. And it's far harder to deal lovingly with that sort of a person or to make some kind of a communication with that kind of a person than to deal with a person who is honestly upset with something that you've said or done or if there's a problem of communication because of the fact that anger, even though it seems like a negative thing, usually comes out rebounding into a very positive thing, whereas indifference doesn't have much of a snap to it.

85: Yes, I have one. I want to beat the dead horse a little more. To me, love is where another human being brings out the best in me, positive responses, whether they feel the same way about me or not. If I love them, then they bring out positive response in me. Or, if it's both ways, if two people love each other, they bring positive responses in each other. Is that a definition of love?

86: I am Latwii, and am aware of your query, my sister. One may define any emotion or term in any way as most entities, of course, do. The bringing out of the best in another may be seen as one portion of love, that being the inspirational quality, yet one may see that the action called loving may also include the ability to accept the worst in another with the same degree of enjoyment, shall we say, that the best qualities are enjoyed.

89: Yes, I'm a little confused. Do you mean that I would love a person that was extremely unpleasant, and consistently extremely unpleasant, that that would be a person that I would especially love?

90: I am Latwii. We have attempted to suggest that within

the boundaries of love, as defined, there are indeed no boundaries. By this paradox we mean to suggest that love is exercised by one who loves toward the object of love no matter what expression the object of love has created. The child eating the bowl of soup may spill the soup and create the mess, yet receive love. The child may simply sleep and yet receive the same love. The child may injure the playmate, yet receive the same love.

93: Well, I'm not sure I exactly ... I can understand loving something in a person who could do no better, such as a child. But say a person was very vicious, I would find that difficult to love them in the same sense that I would love a person who was kind and considerate. What is your opinion of that?

97: Yes. I can understand that you should love all other selves, but what I was meaning was that there are a few people that you come in contact with who do inspire you and who seem to bring out the best in you. And everybody can't do that. So there are a limited few people about who you can say, "I particularly love that person." Now, I don't mean that you don't love everybody, your other selves in the larger sense, but don't most people have a certain number of people that bring out the best in them?

109: I am Latwii, and am aware of your query, my sister. Returning to our analogy of the test. When the student has prepared itself over the long period of the course in a sufficient manner, it is not necessary as the final testing approaches to engage in the last minute, shall we say, cramming in order that the exam which approaches might be passed. Upon your planet there has been much procrastination, shall we say. The harmonizing of the vibrations of the entities who have populated your cultures in the history of your planet is a record of a difficult progression and somewhat inefficient learning of the lessons of love. Those incarnate upon your planet at this time have the opportunity of taking this final exam under conditions which most likely shall approach those which you describe due to the difficulty experienced throughout the major cycles of your planet. The difficulties shall add to the opportunity of graduation much like the student remaining awake the night before the exam for long hours going through the grueling process of covering that material which had previously been omitted and under such stress attempting then to present itself in such a manner at the time of examination that the examination is passed. Whereas if the entity had been more attentive to the requirements of the course over the longer run, the final examination would not be so traumatic.

12 1983

12.1 1983/08/08

22: And he thought to himself, "Perhaps, I am not showing my appreciation for these gifts that I am, indeed, so grateful for. Perhaps I should make my gratitude known so that those who are dear to me will realize that I appreciate the caresses, the kisses, the smiling faces, and the touch of one who loves me."

23: He pondered some more and made up his mind to return home and plant a kiss on his mother's cheek, though she was not going to bed, and give her a big hug, though she had not skinned her knee, and to tell her he loved her for no apparent reason other than he wanted to be sure that she knew. We will transfer.

30: "I love you, Mom," said the little boy.

37: His mother sat him down carefully. "Now listen, son," she said. "I'm very happy that you love me. But you know there are no such things as little people in the forest." We shall transfer.

41: The little boy had discovered that those things and thoughts of most importance to himself were often not exactly shared by those around him. And he began to realize the wisdom of the fairy creatures' warning not to speak of the presence of little folks in the woods. He began to consider that, what he had learned of love and of expressing it to those whom he dearly loved, could be done better than it could be described. And thus, he began to show what he knew in his actions and to be somewhat shy with his words. Yet his being radiated the love which the little folks had aided in its

growth, just as they aided the growth of the flowers and the trees and the birthing of the butterflies. We shall now transfer.

43: One day, he put down his schoolbooks, for he had become older and begun school, and when, as he so often had before, to the lovely copes, where he had so often spent a happy hour, could no longer find the little people.

45: Carefully, he got down upon his knees and began to peer under the clover.

49: "My friends," said the king of the folk of fairy, "it is for this divine gift that we sit in circle and do our rituals. For as wise as we are, we do not have the gift of tears. We do not have the love that cries for loss. All has become one to us. And yet we remember. Mark well, my people, as you grow but do not die, this precious gift." We shall transfer.

51: The fairy folk watched the boy and saw that he was experiencing something they were unable to know. For them is given all they needed to exist in a finely arranged harmony. But by existing within harmony, they were denied an aspect of love that enabled one to search within and draw forth the deeper understanding of the Creator. They have not the opportunity to grow by experience. We transfer.

55: Yet we cannot cry for you. It is you who may bring to the service of your planet the gift of your tears. You are those who have faith in things unseen, in the ideals of love and truth. And you gaze upon that which is not there. That which is not there gives you the desire to manifest love, radiance to glow, to grow. And the feeling that there is more - far more balance, far more wholeness - than is visible to the objective beholder of circumstance.

57: The ideals which you seek in meditation have enabled you to find that which you had lost: to love and to reach and to give. Remember the gift of tears. You who are in the illusion, whose spirits dwell in flesh, are full of wonder and full of folly. Which will you choose? How much do you care?

12.2 1983/08/14

3: When we speak to you of love and light and peace, we do not expect to do anything more than to inspire you to begin or to intensify your own efforts at seeking, that probing the unknown which holds within it the treasure which you call the truth. And as you seek you will find on your own a subjectively interwoven series of apparent truths. If you do not claim them as you discover them, they will escape you, and you will have to discover them again and again and again. If you claim that which you know and begin the unending attempt to manifest within your being that which you have learned, then you shall proceed, and the penetration of the illusion which hides from you the true nature of love will be accelerated accordingly.

4: My friends, it is so easy to think that the feast, the love, and the unity that you experience in moments of inspiration will be a natural fruit of your attempting to manifest these qualities through your being. However, this is far from the truth. When you choose to seek the truth, you embark upon a very personal journey, and one which will differ from person to person because of the unique nature of each being. Therefore, the first fruit of seeking may well be dissension, and the peace that you find will only be found at the end of a process of communication that may be very painful. When you seek the truth, you are acting as a creation inspired by an ideal. You move according to the winds of your own particular needs and energies, and those closest to you, if they are also seeking, shall also be in motion.

5: Perhaps you may look with dismay upon this first fruit of seeking, and yet we say to you it is entirely necessary within third density to use the illusion in order to open communication to the level of spiritual verbalizations. If you have a disagreement, count yourself blessed, for you may then use your manifested seeking to turn towards another self openly and fearlessly. Without seeking and grasping the principles of the discipline of the self, it is almost impossible to communicate clearly and with a minimum of bias. The chance to do so is precious indeed, and because success is so hard won it is worth a great deal. We come among you only as brothers and sisters and do not wish to add to your burdens, but we do challenge you to retain that fine sense of the ideal, that great seeking for the one original Thought, while gazing with a clear and careful eye upon each situation that seems to be quite out of keeping with all the effort and all the love you

have given to that situation.

49: If then you can refine further your efforts of service by seeking in your own meditative state that which might be most helpful to the entity, and share this assistance with love and acceptance of the entity, the situation, and without a dedication to any particular outcome, then you will have given a gift which is most helpful in that it is given freely, with love and with concern.

12.3 1983/08/21

2: We cannot ever express too much the importance of the dedication of each to the mutual seeking of truth, the discriminating gaze upon all materials which may aid the seeker and the sincere desire to be kindly affectioned one to another. For as you love one another, so shall you be illuminated, so shall your group be illuminated, and so shall your sphere be illuminated. The nature of seeking develops within the seeker that which is far beyond the individual and the personal in its nature. You may indeed find portions of your being becoming impersonal in that you gaze at the particular and personal circumstances which engage your attention within the illusion you enjoy, and draw from that illusory experience impersonal and general conclusions which may seem to the casual observer to have little to do with the circumstances.

4: We give you a view of joyful and merry universe resounding with the hearty and never ending laughter of the Creator that loves to experience Itself and to learn about Itself from Itself, a Creator that is doing just that through us and through each of you. Therefore, we bring to you a framework in which you may see your illusion as a unified experience in which those things you term good, those things you term bad, and those things which you term neutral are all blessed by one light. That light is the light of the Creator creating, experiencing and learning about Itself. When you open your eyes, you are opening the eyes of the Creator. No less judgment can you make about yourself, for consciousness is one and you are conscious. You are also unique due to your experiences which by the role of the free will many times over has made you the being that is of the Creator, of the version which is you.

10: In no case can your light be taken from you, for you have within you all of creation, all the light, all the world. You are unity. To say you are a part of the Creator is confused. To say you are the Creator is confused. You see, my friends, language is a poor thing, and we are poor at using it as you well know, but the joy that is a portion of the release felt by the vision of the Creator lovingly at work in dealing with self is immeasurable.

35: I am Latwii, and am aware of your query, my sister. It may not only be said to be a, as you said, term of judgment, but might also be somewhat inaccurate. It might be the case that the entity does not suffer from a lack of energy, but has chosen for some reason not to express the energy and has chosen not to move into activity for the nature of its lessons require that type of inactivity that might be viewed by some as laziness, and the lessons available in such an environment might include the entity accepting the judgment of others as being lazy and learning to love and accept those who seem not to love and accept the entity.

12.4 1983/08/28

6: There is now light and darkness and each of the suns decides and chooses more and more what shall be the nature of this creation. How shall love be expressed and experienced? Oh, what infinite amounts of thought and care have gone into what so many have called random chance. And you, small portion of a sun which is a small portion of the Logos, how many experiences have you passed through to choose this one, how many colors, how many wonders, how many miracles, how many joys and sorrows and infinities have you passed to choose this experience? You are not here by error or chance. You chose this as being of great beauty and tremendous correctness. This confusing, dismaying, unsettling illusion is of your particular choice. How you cherished it before you came! How careful you were, and how satisfied you were before you began this expression of the Creator within the illusion of your Earth [walk].

9: This is the nature of your incarnation. You are in your

25: Many things are happening for you now. It is painful to change. We understand this, and you may have as much time as you wish in this type of environment of third density to learn the lessons of love. But if you do not wish to linger in the land of MacDonald's Golden Arches, then it is perhaps appropriate for a daily meditative pattern to emerge.

26: When you count your value upon how much you aid another you have put a great strain on that other person. He has to need you so that you have a reason to live. We do not suggest this kind of rationale. We simply suggest that those who are in incarnation at this time have a chance of creating enough polarity in consciousness to achieve fourth density, or in the case of wanderers, to move back to the home atmosphere. This information is not particularly interesting to those who do not believe in reincarnation and/or the Creator. Let them, with all of their measuring instruments, explain love. Explain the power of the unrestrained mind. Explain the most unusual things that have occurred throughout history. It simply will not wash.

28: Do you wish to graduate, my friends? You cannot do it by good works, although you can be fed in such a way. You cannot do it by constant meditation and contemplation. You can do it only by being exactly who you are; this is, the undistorted Christ within. Some portions of the aspects of humankind are difficult. Those who have aggression towards women, those who steal, those who murder, etc. In other cultures, however, woman is looked to as the source of wisdom. So you see, there is nothing totally archetypal about this man/woman relationship. We believe that each entity carves out for itself the life it would like to have, once it has found a loving mate. But always recognize that north, in the sense of subjectivity, is straight up in the air; south is the direction at your feet; and there is no right or left, but merely a circle which the hands would describe if the feet turned around at the apex of the cross.

18.35 1989/09/17

5: The disciplining of the personality has two basic parts. The first part is that intentional effort made upon a daily basis to spend whatever moment one does have remembering, thanking, praising and praying to the one infinite Creator with a feeling of awe, wonderment and mystery, realizing that you are part of that mystery, that the Creator lies within you as well as within all those whom you meet, and all the beautiful plants and animals, and even elements. The human entity is a very vast illusion which makes it appear that each is separate and alone. This in itself is stressful, for to be completely alone is to rely upon the self even when the self would, perhaps, be aided by rest, contemplation or those quiet pleasures of leisure which are denied to so many who labor daily and long in order to provide for those whom they love.

6: The turning to the Creator within is a massive basic discipline. We have times without number stressed the importance of daily meditation, and we do so now again, noting that meditation can be as swift as the striking of the clock if you have trained your mind at the chiming of the clock to turn to the one infinite Creator in praise and thanksgiving for the good that is in your life. This takes only a moment, but during that moment you rest in eternity and it is a true rest. You cannot move too quickly for the spirit of love to find you and to comfort you. It is in the mental turning within, the mental face, that silent listening, even if only for a moment or two, will center one upon holy ground that can aid each no matter how busy with the daily round that is so stressful.

8: So, we would suggest those two things. First, momentary centering whenever possible. You may do it your own way. It does not have to be the striking of a clock. All entities have clocks that strike. It may be a whistle that you may hear that lets people out of a factory. It may be simply that you may remind yourself by looking at the time passing when you glance at your watch or your clock that you are on the Creator's time as well as the time of this illusion. And this realization of itself becomes your tabernacle and it will rest you. But you must turn within and allow the peace and the quietness and the strength of that which is real—that is, the love and the light of the one infinite Creator—to come deeply home to your heart so that you do not feel any longer alone.

9: The aloneness is part of the illusion that causes the stress, and that is why we constantly say to each of you, “Love one another,” for those who console, those who pardon, those

who listen and comfort, those who give because of the love of giving, may feel the same stress as others, but, as they cast that stressful effort in service to others, so washes back the love and the light that is the reflection of your service.

16: Therefore, when one feels most full of stress it is the time not so much to ask for help but to be of help, not so much to ask for comfort but to be of comfort to others. For, in dealing with others in a positive and affirmative way, one receives a hundred-fold that love which one has sent forth. Not that one loves in order to receive the bounty of love! This, indeed, is service to self and will not result in comfort. It is the genuine desire to serve and love, understand and console each other that brings peace to each and joy and affirmation to the one which you are serving and to yourself as you see the onus lightening, the yoke becoming easy, the stress level lowering.

18: Now, each carries a load. There are no exceptions to this rule, for you are in an intense density. Many of you have come back to this density to be sure you understand the lessons of love. That is, that love is always given with no expectation of return. For wanderers, who are here to aid in the lightening of the planet upon which you dwell, this is very important.

19: Realize, each of you, that stress must not get in the way of the light touch, the merry joke, the smile, the grin, the laughter, the good times. That is your true nature. You are all children of the Creator, and the Creator is love and joy, merriment and peace. Therefore, it is a matter of shifting the point of view from gazing at stressful situations and realizing that they are stressful to gazing at the same situation and asking the self confidently, serenely and surely, “What may I do to be part of the good that is occurring upon the planet at this time? What service may I perform?” Many times you find that the only service you have been asked to perform is that service of preparing the personality with the discipline of the free will so that one is not at the beck and call of one's emotions, that is, the surface emotions of the uninformed and mystery-clad being, but, rather, moves from the deeper source that is the heart and the spirit.

22: We ask each of you to give each other the gift of love and peace and laughter and joy. What you cannot do for yourself you can do for others. Allow others to minister unto you as you minister unto them.

23: There are many, many activities which bombard each of you. The days, far from being relaxed and long, with each entity spending time in the second-density creation of the Father, taking heart, taking consolation from the beauty—indeed, many do not see second-density beauty of tree and flower and butterfly for the mind is single pointed towards the next chore, the next activity, as if chores and activities were all-important and the heart and soul of yourself were only something that may be tended to in your off-hours. It is difficult discipline to move from that off-center perception of the way things are to the realization that the beginning of a life lived peacefully is the disciplining of the personality so that one sees not confrontive people, not angry people, not disturbed entities, not catastrophes but, rather, love at work.

24: Love gives entities the chance, again and again, to choose. Yours is the density of the first choice upon which many, many beyonds of your time will refine. Here you are intensely seeking that choice. That which will most get in the way, that which will most discourage one, is one's own feeling of failure at dealing appropriately with situations. We encourage each to analyze and balance emotions positive and negative so that you are, as much of the time as you can be, aware that you stand not only in time and space but in eternity, not only upon the good earth but upon holy and sacred ground, for the kingdom of the Creator is within each of you. All of your answers are within each of you. You, yourself, will be your teacher.

25: We may say things to you but unless they come to you as that which is remembered for the first time, that which seems perfectly obvious once it is spoken, it may not be your truth for this moment, and in that case we urge each to forget and pay no attention to those ideas which are unhelpful. We would not be a stumbling block to you and add stress to your stress by giving a long list of things which one must do to relieve stress. It is basically a pulling back of the point of view. The longer the point of view, the clearer the challenges of loving other people without expectation of return become. That is, the simple heart of living a less stressful life, becoming confident of your role within this illusion, this dance which you dance, for a fleeting moment, a parenthesis

are able to inspire within those who seek some feeling for a direction of further profitable inquiry.

9: This is true not only of the meditative state itself, but of the meditative view of the present moment. The very sunlight, the white-capped sea, and the waving long-leaved branches of summer burst with the vitality of realization, for they dwell as do all things within the consciousness of love and are part of the one original Thought. Thus, one who is in a contemplative state, watching not the shiny face of illusion, but the face of the Creator within each illusion, may see that one original Thought in color after color, distortion after distortion. Some distortions may seem horrible and some wonderful, yet all are the Creator and realization lies within each moment's burden of love which is infinite to the discerning spirit.

10: Love cannot be seen by those who are not willing to open and call upon the consciousness of love. Thus, there is always the leap, shall we say, of faith that states as a necessary assumption that the mystery behind all the things that are not is in the end the one thing about the illusion which cannot be denied—that is, love. We may talk about the terrible distortions of love, we may drag the name of love through the dirt of every battle and war that has ever been fought, we may deprive love of every satisfaction it has ever been given by poet or musician, yet there is not one honest spirit that can deny the palpable effect of love within the life experience.

12: There is always something in the present moment to spark the heart and engage the passion of a seeker, for there is always a chance for adoration, forgiveness or some expression of the love of the one infinite Creator. This is one thing which we wish to say, for when many things are in doubt about one's perceptions, it is well to move to the only perception which has a central part in the evolution of spirit.

18: And again we say to this instrument, if we may take the time, and we thank you for allowing us to do that, that it is well for this instrument to focus upon the contact and to accept the responsibility for a portion of conscious channeling, rather than to refrain from allowing any organizational abilities which this instrument has in profusion to be allowed to surface. It is not helpful to the contact, and, indeed, we are having some difficulty with the instrument. Perhaps this instrument needs to listen to this message, for if it is true that all seekers need to focus not on what is not, but upon what is, and to judge not the self or others, but seek only the best intention and service. Then is this not particularly so for those who seek to serve by offering the service of vocal channeling? Is pride or humility, indeed, any stance regarding the illusion, acceptable or as acceptable to the self as the allowing of freedom to the self in faith that that which is, that love is not only true, but infinitely powerful; light, not only verity, but infinitely capable of anguish and darkness?

24: Yeah, I have one. If you are sending out what you think is your love to someone, and it is perceived as causing harm, what do you do? You can't send out more love, because it is perceived as something that will harm, and yet to stop sending that love is not good for the person who is the sender. What do you do in that space and in that time until some perception, some something is changed?

25: I am Q'uo. We consider your query carefully, my sister, for to speak in general terms to a query which has specific implications can be misleading. We ask that each seeker which desires to give that known as love as the finest of its gifts to another or others be made aware that there will be misperceptions in each effort to serve, for within your illusion you move in a darkness of knowing that seeks light, and you move in this darkness in order that light might be brought into it in a manner that is free and powerful, pure and ever-flowing.

26: By this we mean to suggest that the nature of one's being begins in mystery, moves through darkness, and seeks light, for all portions of the Creator which find themselves conscious and pursuing a path of service seek this light that is the one Creator, and seek to manifest it in the form that you know as love. And each portion of the one Creator, then, that partakes of this journey is unique in its seeking, in its being and in its sharing. That which is yours to give is yours to discover as well. Much may be discovered in seeking to give, and yet if that which is discovered be true, then one can do none else but give what is one's to give.

28: This means that the giving and the desire to continue in the giving will find the tests, shall we say, in which the query shall be asked in symbolic form to each who desires to give that of love, and the query shall be, “Do you wish to give when the giving is not well received or is even refused,

perhaps ignored?” In this way the heart of love, shall we say, is offered the opportunity to give under what you may call adverse circumstances which offer the opportunity for strengthening the desire to give.

29: Thus, the movement through your illusion will oftentimes find the difficulties which may seem to be insurmountable and which will confuse the seeker at many a turn. Yet we remind each that what is provided within your illusion is the opportunity to give without consideration of return. This shall, in many instances, provide a blessing which is not seen as such at the moment it is provided, for many within your illusion feel the goal of the incarnation is a peaceful harmony in which misperceptions are removed, and yet we might suggest, my sister, that it is in the difficult times in which misperceptions abound that the work of the incarnation proceeds rapidly apace, and in these situations the ability to give is strengthened and will provide resources that will allow the giving in what you would call your future to be refined by the continued kindling of the desire to serve and to know love in order that it might be shared ever more freely.

32: Well, there's two things. I may be splitting hairs and getting caught up in analyzing, but to me there is a difference between freely giving of love without any expectations of it falling on gravel or fertile soil or anything else, and freely giving of love and knowing, because you have been told, that it causes pain, so that your consciousness knows and your sub-consciousness knows now that what you give causes pain, then it is no longer a gift freely given, but pain freely given.

41: We might suggest that, when one is convinced that the efforts one has given in love and the desire to serve seem to produce that which is painful and deleterious to continued growth together, that the gaining of a perspective upon the interaction and the relationship is that which may allow portions of the puzzle to become more clearly delineated and allow a working at a time which you would call your future, for the life pattern contains the constant opportunity for those services that are possible and those lessons that are desired, to find the full range of movement and realization for each seeker, the perspective that one may [have] at such moments as you now experience. This perspective may be gained in a variety of ways and it may be necessary that both time and space be placed between your current experience and the future resolving of the puzzle.

45: We might, therefore, recommend that the meditative state be utilized to build a pathway to the subconscious mind, and that this pathway be traveled on a regular basis with the intent to retrieve those pieces of the puzzle which await discovery within. This process may be enhanced by combining the dreaming state and the information that can be gained in that state with the fruits of the meditative state so that the working of the puzzle becomes primarily a subconscious process that is aided by the conscious mind only in the providing of the more and more intense desire to know where one's feet may find love in the daily round of activities.

50: I am Q'uo, and we might suggest the general use of the dreaming state is that which allows the seeker to use the subconscious mind such as one of your computer programmers would utilize the computer. The conscious mind is aware of the situation that presents the puzzle. It then, through its desire to solve the puzzle, provides that which it has gained of knowledge to the subconscious mind, and that information, when charged with the desire to find the path of love for the seeker, shall return to the seeker in what you call dreams that are coded in a symbolic fashion.

51: To become aware, then, of these messages from the subconscious mind is the goal of remembering the dreams. One may learn this skill by reminding the self upon retiring for the evening that each dream shall be remembered and recorded as soon as possible upon its completion. These dreams and their coded messages then may become the topics, shall we say, for the meditation of the day. In this fashion, the subconscious mind is programmed to release information which may serve to reveal more and more pieces of the puzzle so that the feet may be placed more firmly upon the path of love.

58: I am Q'uo, and we are greatly appreciative of the opportunity for joining with this group this evening. We are aware that there is much which concerns each within the group and we share the concern of each to find the fullest expression of love and service within the life pattern that is possible at any moment. We feel a great sympathy for each, for we are aware of the difficulties that each experiences within the illusion that seems overwhelming and confusing for a great portion

of the incarnation, and yet we encourage each to remember that this trial and testing is that which each has come to experience, for by experiencing the confusions and difficulties and moving through them with faith that there is a purpose for each that can be realized within the life pattern, each may then go forth with the strength of this knowing and continue the search for love in each moment, knowing that, indeed, the one Creator has made each moment of that fabric of love, and the greater the confusion that seems to separate the perception of the seeker from that love, the greater the opportunity to gather an abundant harvest of love within the incarnational pattern. If there were no difficulties, my friends, there would be no opportunities to find and to share that of love, for it would be obvious to all that love was the only choice.

16.3 1987/01/11

8: As the seeker becomes able to grasp the intended use of both joy and sorrow, the seeker may then balance joy with sorrow and sorrow with joy, sickness with health and health with sickness, in all experience of polarized nature whatever, finding in any polarity of seeming catalyst a free choice for the emotion expressed in experience. It is rare for seekers to find it easy to master this discipline, but the problem of polarity being a central lesson for love and wisdom and balance between them shall be with you for a long portion of experience, and it is well to begin the process of either/or so that in each choice you may become a bit more balanced, a bit more compassionate, and a bit more aware of the full consciousness of love which created both joy and sadness and polarity itself, for in the end, if we can find joy an occasion to worship and sadness an occasion to praise, we shall once and for all have learned a central lesson of consciousness.

22: I am Q'uo, and, my sister, you have queried upon a large subject which each seeker may find it shares with all others, yet which it might also find is reflected in the personal pattern of experience in a unique fashion. In general, we might suggest that each seeker remember the one Creator in each daily experience by spending time communing in the meditative state with the source of all cycles, all changes, and all movement in the evolutionary process. Such time spent in meditation allows the seeker to fashion a regularized channel, shall we say, through its own subconscious mind to those sources of power, shall we say, which manifest themselves as love and light, or compassion and wisdom in the metaphysical sense, and when contacted in a regular fashion become an unseen foundation upon which each day might be constructed.

24: Thusly prepared, the seeker may move through its incarnational experiences empowered by the faith that there is purpose and direction to the life pattern, and that that which comes before the seeker's notice is appropriate and full of purpose and opportunity to learn and to serve. Thus, no matter what experience might find its way into the incarnational pattern, the seeker thus empowered by faith and the desire to learn and serve may look upon each experience as being yet another opportunity for the Creator to know Itself and to be served and glorified by the seeker that has the will and faith to penetrate the outer appearance of things and to find at their heart the love and the light of the one Creator.

79: I am Q'uo, and there is no conscious intention upon our part to emulate or simulate the vibratory sound complex of another, yet all who seek to be of service in this manner share the desire to give that of love and light which it has been our privilege and honor to gain in our own journeys of seeking the truth. Thus, we find that the naming, as you call it, is a process by which we make ourselves more comfortable to those whom we contact, and do so in a manner which in some fashion represents our nature of being. Thus, the nature of our beingness may be similar to many who choose to be of service by establishing the mind-to-mind contact which is known among your peoples as the vocal channeling.

16.4 1987/01/18

7: For thirty-three years, to be exact, I lived the incarnation of a solitary man. I witness that the Lord of my life is far more vivid than the sweetest tastes, sounds, feelings, thoughts or

objects that are possible in the world. I rejoice at the dissolution of old bones and await the freeing of my perfect spirit. Neither Buddhist nor Christian, yet loving the sun of my day and the moon of my night, I come to my death as a bride to the wedding night, fearful yet full of gladness. It has eased my heart and mind to have one last human touch, and I bless you for having hearts that respond and understand that all humans are one together. When we are together, I will make myself known to you and we shall rejoice together as we do now. The Christ in me acknowledges and rejoices in the Christ in you. Farewell. Namaste.

87: I am Nona, and would sing of love and light and healing. We come in the power and love, the light and joy of the infinite Creator.

16.5 1987/01/25

12: Why do you look within illusion for your true nature? Do you not wish to know the truth? The truth lies not among the fallow fields of men's imaginations and actions, nor within fine words or great governments, although great ideas and great philosophies both communism and capitalism feed. The truth about you lies within the mystery of the face of God, if we may use that term. The one thing which you have been taught is constant in a shifting and relative world is light itself, and yet we say to you that light is only the physical manifestation of an idea that created all that there is. It is within the mystery of the Idea of love that the truth about you lies. There is no government that may help or hinder in the seeking of that face.

18: I am Q'uo, and we are aware, my sister, that this question has special meaning to your own experience. And we would suggest that it be remembered at all times that one moves within the limitless love of the Creator within this illusion in order that through your experience the Creator might become aware of the possibilities for love to be placed in situations that will require an increased experience of Itself in order to uncover that love which has been carefully hidden. Thus does the Creator find Its beingness expressed in your experience in manners vivid and pure as a result of the constant effort to uncover Its own face through your efforts.

19: Thus does the Creator move within the tiniest, the grandest, the most joyful and the most difficult of circumstances in order to enable each seeker at every portion of its journey to both become aware of the ever-present sustenance of the love of the Creator when appropriate and also to find those times within the experience of an incarnation when the price, shall we say, for such joyful discovery is far greater in order that that discovery might be imbedded more deeply and securely within the seeker's total being. Thus, one may see a relationship evolve in which the more difficult seeking provides the opportunity for the more deeply experienced and securely seated revelation of love and unity which ever underlie all experience. Thus, that which is cheaply bought is easily forgotten; that which bears the greater price is that which remains as sure foundation stones upon further experience and service of the One is possible.

26: I am Q'uo, and within this work of which you speak, we find the beginning recognition of the quality of existence that shall fall unto those who remain within the loving guidance, shall we say, of the free and joyful expression of love, one for another. Those who shall find their own experience producing the fruit of love and compassion shall enter upon a journey which, within the work you have described, was able to be perceived as the thousand years of peace.

27: Yet in truth, my brother, we might suggest that this time has no such shortened boundaries, but refers to a level of existence in which the love of the Creator becomes ever more apparent and powerful within the personal incarnation and is seen without doubt to be that which undergirds all creation and experience within the creation. Each entity within this level of experience shall find that the doors of perception are swung wide until the heart is filled full of the creative and compassionate energy of the Creator and is given freely to those about one in a fashion which knows no boundaries and is the result of the simple beingness and natural expression of that beingness for each seeker.

of the Creator.

5: Therefore, the first act of service to others is continually, daily, to spend time working with the discipline of the personality. The discipline of that willfulness that sometimes wishes to serve and sometimes wishes not to serve. The discipline of that lack of focus that causes one to feel needless negative emotion. The loss of that point of view of love that you are cultivating that causes you to behave towards your brothers and sisters as if they were not one with you and one with the infinite One.

9: Results are perceived subjectively, differently by each unique personality. Therefore, we cannot say to you will feel blissful, peaceful and full of love as you meditate. For some, much is being worked through during the meditation on an unconscious level and it will be perhaps uncomfortable in some way. This is, we hope, acceptable to you because the meditative process is simply burning out those poisons which are close to the top of the unconscious mind at the subliminal level. It brings whatever is there that is negative out so you can see it. Recognize it for part of yourself. Take it to your breast and love that part of yourself as you would a child. You need to believe that you are whole. That is the first step towards service to others.

12: Now, with this background in mind we would like to look at the concept of service to others. We have said this before and we feel it is an important point—namely that service to others does not equal the pleasing of others. Service to others is acting in such a way that you are full of hope in attempting to share with your colleague thoughts of inspiration, love, compassion, peace and understanding. It is not always that which someone wants to hear, wants to see have happen, that will be of service to that entity. And it is your discrimination only that will allow you the grace to know just what your service will be.

13: It is certain that you have a service and that it is front of you at this moment. That is true for all. The creation is one of order and each of you chose a life path which intended to learn certain personal lesson being of service in certain ways. Perhaps the most obvious of these ways is the one least appreciated, that being the rearing, teaching and nurturing of young souls. This has been extremely underrated and given over to those who are not parents but teachers to which the child was born. This is a most, most important service for you are cultivating and planting in the fertile soil of a mind that is hanging on your every word, the world which that young one will see to love or despise, to feel good about or to feel despicable about. It is the parents in this non-dramatic and extremely difficult service who have the opportunity both to explain the idea and how important that is and to explain those gray areas, as this instrument would call them, which cover the human world of civilized nation states where every transaction is recorded upon the paper within the computer and so forth until the human race drowns in its own intellectual knowledge.

14: Each goes to work most every day and each receives a pay. When one is doing spiritual work one goes to work each day but one does not reap what one sows. It is reaped by those to whom you give. And those to whom you give will sow to you and you shall reap what they offer to you. And that which you offer to them will almost surely be reflected in what they offer to you. Therefore, simply being of a certain consciousness, being in love with life, being in love with eternity, being aware of the long view in truly wishing to serve others—these things are very, very important, but you should not judge yourself. And if there comes a time when you know something will please but not serve another, then it is that you must speak, gently and compassionately, explaining your point of view and allowing that person to learn from your point of view a more spiritualized way of gazing at the difficulty that lies in front of you.

19: To protect yourself as a servant simply surround yourself with white light and move into the world with the eyes of eternity. With the long point of view and whatever your skill is—and you will find that skill—do it first for the love of the infinite One and secondly because of the realization that that entity that you wish to serve is the infinite One.

20: Many entities among your people and those to whom we speak at this time feel much loneliness within your third-density illusion because it is difficult to deal with the vibrations that are harsh and confrontive and cause one to make choices without enough knowledge. That is the key. You are never given enough knowledge to make an intellectual deci-

sion. You must do the meditating, the listening so that you may be intuitively inspired to know when the time has come for you to concentrate every iota of your being in love and compassion for another. There is no service that is small. All service is gauged by the intensity of the intention to serve. That is what you will be looking for when it you review your incarnation.

21: Consequently, we ask each who wishes to be a servant to find that passionate surety that service to the Creator is perfect freedom. If one experiences one's need to be of service to others as a kind of job or chore it will never be done with a light heart and a merry tongue. Know you must take the light touch and the patient attitude and allow situations to develop until you see and are asked for a chance to be of service. Anything that may help you [help] another upon its path, any comfort for the discouraged, any consolation for the bereaved, any company for the lonely, any balm for the sick person, any visit to one who has not been visited. All of these things, even if you visit a stranger, are pure acts of love and service to others in the name of the one infinite Creator. 30: The instrument is informing us that we need to stop so that questions may be asked and we are sorry for there is more to say on this subject as we said at the outset. However, this instrument is somewhat adamant about the length of our discussions and it has been reached. Consequently, we thank this instrument for once again making itself available to us and in love and light we would transfer this contact to the one known as Jim. I am Q'uo.

45: However, within your illusion the intention, the desire, the motivation, the passion to serve is that which is of most importance, for it is the nurturing of this passion that opens the center of the heart that one may give in an universal and unconditional sense and by so giving express most purely the compassion and unconditional love which are the foundation for all of creation.

18.34 1989/09/10

12: As we have said, in our opinion the cosmology of the Earth plane is too simple to understand. You are here to learn the lessons of love and to love each other, but you will be limited by your physical self and you will think in terms not of up and down and around, but of "in front of you" and "in back of you," "to the right of you" and "to the left." This is a biologically based way of thinking, it relates to the body of the person thinking, and this personal realization of the Holy Ground is the result.

14: Another reason for the north, south, east and west concept is the growing interest in the Middle Ages, in attempting to predict the activities of the stars, the activities which the moon causes upon the Earth, and so forth. Being scientists, it would be difficult for them to understand that the thought of Love, that powerful original Thought, is that which has brought this person to self-realization, and to self-responsibility.

20: Which direction is holy for you? Which direction is sanctified? May we suggest that you are in the culture which does not pay much attention to directions, which does not cover a good deal of geological or geographical detail. It is our feeling that the natural anthropomorphism of man is to a great extent responsible for the extremely heightened interest in astronomy and astrology. We would not suggest that any take up these tasks, or others of a spiritual nature, without careful consideration, because you will be in a sacrificial position. And unless you feel good about what you are doing, the love in the situation is lost. We would hope that you could find as many labors of love to do as possible. Love of each other is love of the Christ consciousness.

24: The only anthropomorphic symbol that the one known as Jesus used was that of the family. He spoke to the Creator as "my Father." He spoke that he was the son of man, and spoke, "Do not be afraid, for these things shall come upon me." It was an act of ultimate compassion, the giving up of oneself in hopes of saving the creation. But even this event was held close to the summer equinox. The older religions felt the influence of the stars more greatly. Firstly, because there were no lights to hide the sky. The pinkish glow of the city at night is not conducive to good gazing. Also, it is absolutely true that each star system and planet has a certain personality, those, of course, that are inhabited. The others dwell simply in the love and the light of the infinite Creator.

that is not pleasing to the one served. But if the willingness and the unconditional love of the open heart is maintained through clearing up all lower energy blockages, each entity has a more and more available opportunity to dive into the soul of reality and to experience and bring back to this world which you now enjoy the resonances of eternity.

41: I don't have any questions, but I would like to say that that was a rather amazing channel, and it answered an awful lot of questions and it clarified directions for me and I thank you very much for the information and for the time and the love in which it was given.

18.32 1989/08/06

6: Now, when two entities contemplate the ordeal that marriage is they must ask themselves if this is the person they wish to be yoked with until one of you dies. Is this the person you wish to serve until one of you dies? Is this a person whose conversation will not pall? There are many questions one may ask oneself. The fundamental question is, "Do you love?" and if the answer in regard to that relationship is, "Yes, I have love for this entity," then on some level of friendship, or more than friendship, is a natural and desirable outgrowth of such attractions of mind. However, entities within your culture believe, and no one has told them differently whom they can respect and believe, that it is well to marry for love and that one lives the "happily ever after" of the picture books. This is not so.

9: So, you may see that the basic flaw that causes so many entities not to communicate and to have disastrous experiences with someone whom one loves, is in communication. Now, let us examine that to a certain extent. Communication speaks upon all levels of the consciousness of the entity. The giving of the self to the other's support is that which is most difficult for entities who are perhaps not entirely in agreement with their spouses. However, it is well to remember that each of the spouses is also an unique spiritual entity. Consequently, even if you are being treated as an adversary by your spouse, it is well for you to recall that you have made vows and pledged a promise to cherish an entity until this entity requests being released from the cherishing of you.

12: Thus, first of all, learn your own body. Learn it that you may balance it, and use it by your own will and not by its own will. This discipline of the red-ray energy is not suggested because of moral or ethical reasons. It is due to our love of free will. As the two who are yoked together to pull the consciousness of light and love into the Earth plane they may realize they have created between them the beginnings of a third entity. Each will have to change a good deal and give up much in order that one's own path and one's mate's path may remain close enough to communicate about. So, communication is always the key. The entity who loses the temper and raises the voice is going to accomplish nothing except a healthy release of frustration, which may well keep such an entity from ulcers or cancers. In that regard we applaud such honesty; in all others we see no use for it.

16: Marriage is an ordeal. In this instrument's mind these words are Joseph Campbell's. They are also the simple truth. Life is an ordeal. All things are ordeals of one kind or another and the mated relationship is the greatest of all challenges in catalyst because it is the most intense experience of one entity living with another, with the opportunity to choose either to be on each other's side and to be one in thinking or to be over against each other in different opinions that are hard-held so that you are unable to compromise and that separation betwixt the two of you who were so in love once wanes and dies.

17: Therefore, we suggest that the greatest tool in working with relationship is silent meditation, sitting together in silence. Also are exercises appropriate by which each recognizes the other as the Creator. It is a matter of turning the will to the welfare of another entity above and in preference to the will of your own self. If there is no judgment of error, but merely a disagreement, then we always would suggest that all be talked out, resolution come and unity restored in the diurnal cycle in which it was disturbed. Do not allow difficult and unhappy feelings about the mate to extend past the time limit of one daytime period, for once one begins to refrain from saying those things that bother it, from then on it becomes more and more and more difficult to communicate until finally it is almost impossible within the perceptions of

those who are attempting the communication. There is anger and fear and guilt instead of love and joy and peace.

19: When you come together in the marriage it is well to remember what is ahead because what is ahead are startling discoveries about yourself and about the entity whom you love, about how life in general happens to people upon your planet. And you may choose not to learn from this but rather to become bitter and sour and be one who whines and says, "It's not fair." But the true mate, the mate that is desirable, is one who already knows that nothing is fair within this illusion, but that a trust level may be achieved between two persons which makes it virtually impossible under normal circumstances for that entity to feel separated in any significant way from its mate. You have no animal's excuse for moving from relationship to relationship. You only have the cultural preference that has been fed to you time and time and time again by those within what you call the media and within the pages of many books. It is a kind of fantasy life of your population which all too often is acted out rather than balanced within the heart as it should be.

20: Now, we would not for the world judge anyone who has wished to make love without benefit of marriage or who wishes to make love after marriage with another. We are not condemning from that point of view. We condemn simply the breaking of a promise before the promise is discussed. However, such events put a tremendous strain upon the relationship, and it is difficult in that situation for entities not to become adversaries even if they were in harmony before.

26: So we ask you to love each other, my friends, and to serve them not as you would serve yourself but as they would have you serve them. We ask each who is ready to offer the bitter answer or a sarcastic question to stop and ask the self, "Am I uniting with my mate by this statement or am I separating from my mate with this statement?" If the realization may come, then the behavior should well improve as one becomes conscious that the actual reasons for seeming incompatibility and fighting within the mated relationship is within the person itself and not in the spouse. Then one has to move into a far more responsible position within oneself, realizing that as a student of the universe each is alone with the Creator and various other principles of light and love that aid in guiding one. Ask those entities to aid in your relationship also.

27: And realize that all relationships within the density that you now enjoy, with very few exceptions, go through difficult times. Not just once but cyclical. Do not be afraid of these times, but rather gaze at what unites the two rather than what separates you, one from the other. Do this for the love of your mate, for your love of self, and, above all, for your over-arching desire to be part of the good that comes to the Creator's heart.

28: May you lighten the consciousness on planet Earth. May each of you learn the way to inner peace. May each of you find soft answers to hard questions. Brothers and sisters, love one another. If you cannot do so right away, do not be discouraged. Nobody else can either. You have lots of time, but you must be persistent in your will and your desire to know and to manifest the truth within you, the glory and the splendor and rightness of the Creator-self within you. And that can only be crystallized and activated when the opening has been made for that energy to be moved with the help of those of us from other densities.

18.33 1989/08/13

4: Let us begin gazing at the nature of the one infinite Creator. It is not polarized. It is not good nor is it bad. It is not positive nor is it negative. It is. And the beingness of that which is the Creator is something called in your language love. Yet this love is the strength and intensity of orgasm. Thus, even in the red-ray experiences that seem so basic and unspiritual sometimes, you may find a Eucharist for the spirit in that experience wherein you know firsthand and are immediately with the infinite Creator. That is the energy that powers creation, that energy which is expressed by the red ray in the reproduction of children. This makes each of you very powerful people—powerful to yourself, for that which you decide to be the directions and movements of your incarnational experience you are completely free to follow. You are free to achieve that which you will. You are free to evaluate life experiences and make choices. Free will is utmost in importance within the system of service to others in love

16.6 1987/01/28

2: We wish to create for the one known as W a protected space of time at this time in which this entity may safely dwell in silence while being willing to be made aware of the presence of those forces and principles which lie under the shelter and shadow of the name of Love and through Love may be able to aid in the funneling of energies into the appropriate configuration for the new instrument's most desired pattern of welcoming vibrations. With this aid more firmly in consciousness, it is then a matter of a shorter period of seeking until the moment patiently waited for occurs and one new piece of the puzzle is added, one more thing about the self is learned and one more portion of life experience may then be committed and dedicated in the service of humankind and of the infinite Creator of which all created things are but the reflection and image.

3: Thus, we would pause for a time that the one known as W may sit in the quiet and feel the loving company of those portions of the consciousness of love which are available for her comfort and expanded information. We now pause. We are of those known to you as Laitos.

16.7 1987/02/04

2: Love has many faces. And though the Confederation of Planets in the Service of the Infinite Creator comes always in the name of love and through the manifestations of light, yet nevertheless we value and treasure each new instrument whose mind and heart we may plunder of its many treasures of experience and previous knowledge. For our message is so simple as to go almost inevitably unnoticed and ignored, for all we have to offer is our opinion and belief that the Creator is all that there is, that each is the Creator, and thus all who dwell in the creation are not only part of the Creator, but a holographic representation or miniature of the Creator, thus becoming co-creators with the Father.

5: We are concerned as we begin working with each that each realize that we are as you, seekers after truth, lovers after love. Our eye is fixed upon the ultimate, thus we are enveloped and fascinated by mystery. We do not know the truth, but have only approximated our opinion as to some of the truth's characteristics. Our words are not meant to be stumbling blocks or replacements for other beliefs, and if anything which we have to offer is unwanted, we ask that it be rejected without further thought. We wish only to serve.

11: I am Laitos. We thank the one known as W for working with us and would attempt once again to speak with this instrument clearly enough that this instrument may conceptualize and repeat the name by which we are known to those among your people. We feel that we are making good progress in achieving a stable and comfortable contact and are sorry about the minor difficulties. We are working to make the experience a comfortable one. We thank the entity for attempting the challenge and encourage the one known as W in the fearless use of its own ideals. We now transfer in love and light to the one known as W. I am Laitos.

16.8 1987/02/08

9: If one needs not worry about money beyond a certain point, in other words, if one values one's life and feels that the environment of the livelihood has contributed to the illness, then it is time to use the creative energy of difficult situations to view the needs, the true needs of the social unit of which the entity is a part. It is well to meditate and find out for the self whether the lesson is to stay and learn to love or to move towards a greater love and faith, but with small practical and earthly expectations.

11: And then, when the thinking has been done, the centering and the clearing and the grasping of the feelings of the self have been accomplished, put aside the consciousness of the dying, and realize that that which is in a disease such as cancer is allowed because your emotional and mental complex were not able to love and instead blocked love in some situation. This is a mechanical rather than a judgmental description and refers to the fact that illness in general results when the body reacts to a loss of electrical and chemical balance within the body complex. The body then, as manifesting

illness, is attempting to heal itself and so-called illness is indeed a process of health by positive and affirmative attention to the present moment the many blessings which are experienced in that moment and both the wonder and the terrible mystery of life and death.

14: Let us all turn then to that great light that shines in the darkness of ignorance and chaos which is much of the illusion about you, and seize hold of the central search. Life and death mean very little compared to the song of the present, for to breathe is to sing. Each soft rustle of inhalation and exhalation makes a melody in the ether of creation and sends motes of light in millions of directions with each breath, moving and moving the particles of light. Each intentional prayer is a lovely song and each silence a poem.

16.9 1987/02/11

2: We commend each for giving careful consideration to this manner of service and for looking deeply within for those guideposts which point the inner direction and which reveal self to self, for this is the journey that you are upon, my friends. You are discovering ever greater portions of your own being and taking those discoveries as that which shall be the impetus for yet further journeying into the self, and by journeying into the self, discovering that one has a unique and intimate connection with all of the creation about one and with the one Creator, which through the power of It's love has set all of the creation in motion.

37: I am Laitos, and in our experience of the one Creator, we have greatly simplified the emotional complex so that the overriding emotion which comprises our experience is one which you may see as love or compassion. It is our experience that all beings are a portion of the one Creator and this perception is aided greatly by having far fewer veils that hide the unity of all things from our sight and sense. Thus, it is ours to offer that called love in as pure a fashion as is possible for us. We work with the refining of this love or compassion at this time by attempting to imbue it in some degree with that quality which you might see...

16.10 1987/02/15

7: The essence of the beast lies within each heart and within each mind. The essence of the beast is the power of denial. Just as the essence of love is the power of acceptance, so the essence of evil is the perfect ability to deny what is true and believe what is false. Thus, evil has far less to do, for instance, with money than with less-than-straightforwardness in gathering, keeping and spending money. One who is seeking the essence of the positive seeks more and more to offer the self in service. One who wishes evil may seem to offer service to others, yet always there is some denial of free will, some rejection of some aspect of universal love, some implied or stated separation between you and some other. The one who looks for advantages at another's expense is a far clearer symbol of the beast than a number.

11: We have no desire to play down the loyal opposition which challenges us and makes us learn to be strong. We wish only to correct any tendency towards feeling that one is in the grip of evil or in any way limited or governed by the apparent world view. To many, this is indeed the age of the beast. We find this among the peoples, this attitude of many greatly disturbed, greatly in pain, but accepting many symbols as essences. Knowing that love created all and that the great original Thought of love forms the heart of all that there is, we ask you to be satisfied only with the essences of things.

30: And thus, as the unified nature of the creation becomes apparent to such an entity, and the entity begins to move in harmony with the power, the creative power of love which is found to move all things, then one more and more readies the self for the graduation, as you have called it, into that density of love and understanding where the veils are removed and the Creator more clearly stands before the entity in all experience.

56: Thus, the concept of the dark force that is embodied within speakings of the beast, as it is called, bring not only to the conscious mind images of the very nature of creation itself, but draw through the subconscious mind the faintly remembered connection that each entity has with the entire

creative power of love of the one Creator. The experience within your illusion for each entity is one in which there is in some form the attempt to reconcile the powers of light and the powers of darkness in order that a unified perception of all the creation might be achieved. The darker expressions of power, being by their very nature secret and separate, seem more fascinating than the obvious brilliance and power of light manifested as love, and through such mysterious and secret fascination attract the attention of many, such as the latest gossip attracts the attention of those who speak over the backyard fence, shall we say.

16.11 1987/02/18

11: We operate upon what you may call a carrier wave which is much stronger than some vibrations used by Confederation members. We are what this instrument would call a broad-band contact, and therefore are relatively easy for your instruments to perceive. We are of your fourth-density vibration moving upon vibratory patterns of love seeking wisdom. We wish you to know a bit about ourselves as we grow to learn more about each of you. At this time we would transfer to the one known as N and say a few words about love if this instrument would also refrain from analysis and simply produce words which express concepts which come into the mind. We now transfer. I am Laitos.

15: I am Laitos, and am again with this instrument. We gladly accept this instrument's query that we do come in Christ consciousness, in the consciousness of love. We have not established a fully sturdy contact with the one known as N, and the one known as N therefore is experiencing some surges of good contact and some periods where the contact is difficult. This is normal and we shall be continuing to adjust as the instrument continues to attempt to make meditation a daily habit, so that the necessary concentration of mind for channeling on a steady state basis may be more dependably possible. The amount of concentration necessary to carry a channeling is not necessarily great, but persistence is extremely helpful, for only through practice can one develop the confidence necessary to begin speaking without knowing the whole of what one has to say.

25: I am Laitos, and we find that though there are various aids to meditation which are generally comfortable, we cannot say that there is any best way for any particular entity to engage in the meditative practice. The intention of the meditation we find to be the most important quality that one may bring to the meditative state. To intend to meditate and to offer the self as a receptive instrument to the instreamings of love and light that are possible to perceive in a meditative state and to do this upon a regular basis we find to be most helpful, indeed. It is also helpful to find a time of the day which may be utilized, a regular [time] and a place which is used for this purpose, and to use the place for the purpose of meditation and for no other purpose is also a manner in which a place may be invested with intentions and a practice of meditation. To choose a time which is full of the quietness is helpful as well, and it is usually recommended that the spine be kept vertical so that the instreamings of love and light, or the prana, as it may be called, may find an easy entry into the energy centers, or chakras, as you may call them.

33: I am Laitos, and, indeed, this is correct, my sister. When the opportunity is presented in which we might introduce a new instrument to the beginning practice of the vocal channeling service, we are able to realize the most active form of service that is ours to offer to the third-density population of your planetary sphere. In a less active manner, we also are honored to be able to perform the service of sending the vibrations of what you would call love and light to those entities of your planetary surface of third density which are in need of such emanations in the personal incarnative pattern.

34: These emanations are sent without any identification on our part, and are most usually perceived as a general feeling of well-being, if they are perceived in a conscious manner at all. It is quite frequently the case that such vibrations shall do their work in a manner which is not noticed by the conscious mind of those receiving such sendings of love and light. In these rays we are privileged to be able to be of a small service to the population of your planet.

37: Yes. Does that mean that when I meditate and send love and light to individuals that it's sent through you or that

you—or could be sent through you, or do you just send love and light to those who you feel a need?

38: I am Laitos. In many instances, our sendings of love and light are joined and blended with many other sendings of love and light which emanate both from outside of your planetary influence and upon your planetary surface. However, we do not have the function of, shall we say, a gathering of various sendings from entities such as yourself and then serving as a postman of a cosmic kind and then delivering such sendings. Such sendings are quite able to speed on their way and make themselves felt without any such aid.

39: We are also able and honored to join any entity in the meditative state when the entity has meant or requested that we do so. This, however, is a service which we provide to far fewer upon your planetary surface than we enjoy when we are sending the emanations of love and light as a general blessing, shall we say. To all those requesting such aid we would hasten to add that we are not alone in this service and are joined by many, many other beings that are not upon your planetary surface and who also send their emanations of love and light to those requesting such.

42: No. I wasn't thinking so much of the—but, if I wished to increase the amount of love and light or to join you and others in sending love and light to someone upon this planet, is that, would that have a greater effect or amount of love and light sent to that individual?

43: I am Laitos, and if our understanding is correct, my sister, the words suggest that your sendings are of an urgency which is quite equal to our own, for we each are a portion of the Creator, and the conscious incarnative intention to make the gift of love and light to another is a sending which is most propitiously potent, and in no need of addition. However, we might suggest that all such sendings tend to attract each to the other as likened vibrations so that there is a harmonic resonance that is set up when such sendings are offered, and this resonance then blending the sendings of many and all which make such offerings then increase the vibrational frequency of such sendings in order that those requesting such shall have a greater opportunity to be bathed in the love and light vibrations, and to be nourished in the metaphysical sense by them.

50: I am Laitos, and am indeed an individualized portion of that which you have called a social memory complex power. Our population of souls is of the fourth-density vibrational frequency in which we have the honor of pursuing the understanding of compassion, the offering of love to those whose call equals our ability to serve. We have, as you have surmised, evolved from a planetary influence similar to your own in that it was a third-density planetary sphere. During which...

16.12 1987/02/24

18: I am Laitos, and to begin with the latter portion of the query first, those of the Confederation of Planets in the Service of the One Creator are composed of a variety of vibratory levels, including some of your own planetary sphere of late third density who have for a great portion of what you call time been able to appreciate a fourth-density vibration of love and understanding. Our membership includes the densities of love, of wisdom, and of unity, numbering four, five and six.

19: The opportunity for densities beyond the fourth to speak through instruments upon your planetary surface is greatly less than it is for those of the fourth density for it is towards this density of love and understanding which our planet—we correct this instrument—toward which those of your planetary sphere now move in their evolutionary process. Thus, it is these types of messages that are most often called for and able to be appreciated by the population of your planet.

31: I am Laitos, and we might comment by suggesting the perception which you have shared is in its own way relatively accurate, although there is another way of perceiving the lack of love for self which we would suggest at this time as a method, or portion of a method, for finding greater and greater love for, and by so loving the self becoming more and more able to love other selves about one which reflect to one the nature of self. And that perception is that the lack of love for self may be seen as a means of preparing the self for greater service. As one becomes aware of the lack of love and acceptance of the self, and turns to work upon that qual-

there are many, many roads, some shorter, some longer, some easier, some more difficult. The measure of an entity's spiritual mettle is basically the entity's ability to express faith that all is as it should be and that there is love in the moment. This takes a complete, blind trust and faith because the illusion has been designed for you to see a fairly large portion of negativity within the relationships one has, the friendships one has, and the wars and rumors of wars of those upon your planet who would wish...

62: I guess I do have one more. I was conjecturing it to myself earlier today. We were talking about time being different in different dimensions and being experienced differently in different dimensions and I thought, well, gee, you know, we experience time differently in a subjective sense in this illusion even. I mean, even with a clock ticking all the time and saying what time it is, if you don't look at the clock, if you're doing something you really dislike doing, a minute can last about three hours, and if you're doing something you love doing, three hours can last about a minute. So time is very malleable and obviously an illusion, a subjective illusion, even while the clock ticks on in the illusion, you can see through it even though you're within the illusion. It's one of the easiest things to see through, and I was wondering if in the higher densities, the reason that there is so much time in human terms, you know, millions of years to work on lessons, that perhaps, subjectively, that time is not experienced as a long, long time but rather, is experienced as a time of concentration in which all sense of time is lost while one attempts to learn a very refined lesson.

18.31 1989/07/30

3: As always, we ask that you remember that we are not infallible, that we still have much to learn, and that as long as we have identity, we will be making errors from time to time. The only lack of error lies in non-polarized love, and that love is a love so intense that it [vitiates] the necessity for a conscious personality. It is, therefore, stored within the Creator as the active principle of the Creator when eventually we each return to our source.

7: Now, we would like to offer you some thoughts on the subject. There are a variety of ways to gauge centeredness to your own satisfaction. We would first indicate that a way that is considered mundane of experiencing the Creator is the making love with the intention of experiencing the Creator, for within the Creator's love, the one original Thought is a manifestation in third density in red ray which you call the orgasm, and at those moments you are experiencing the love of the infinite Creator in an undistorted fashion. This is the steady state of the Creator. This is the nature of the Creator—joy, bliss, ecstasy and peace, all in the name of love.

8: As you gaze at each of your energy centers, though, those controlling your relationships with yourself, others and the society, you may find many, many ways to see the holiness and sanctity of apparently mundane things. Because you skate upon the very thin pond ice of life is no reason that you cannot make the hole in the ice and dive deeply into each moment. It is simply a matter of beginning to recognize that which is holy, that which is blessed, that which is beautiful, that which is true in the common, everyday round of activities. Any work, as this entity is aware [a brother once] has written¹, is completely spiritual if it is done for the love of the one infinite Creator.

11: Each entity will feel the presence of the one infinite Creator in a different way. Some feel it in the heart, some feel it more cerebrally, some feel it with a deep emotion tone that cannot be described. But once this direct experience of being with the Creator has been recognized, acknowledged and praised—and this is available to any who are able to make love—the journey is well begun and it simply requires a steady, persistent effort to observe the thoughts which move through your mind complex, to discard those which do not seem proper, or if unable to discharge them, to experience them, knowing it is a part of the catalyst of your particular lesson and feeling neither anger nor disappointment at the Creator or at yourself for becoming stuck in the mire of every day and losing the contact of the heart with the Creator within.

17: Now, how shall you pull yourself up by your own bootstraps, as this instrument would say, to become true disciples of the one infinite Creator, to become those who truly

wish to manifest the incredibly intense and infinite love that created all that is? To continue the point of view of gazing at the energy centers of the entity, we may say that once the full energy or prana or love/light of the one infinite Creator is able to reach the heart chakra, at that point the desk, shall we say, is cleared for work in consciousness. While one is mired in the surface details, one simply does not have the same consciousness. Therefore, we do not suggest in any way that any change the style of living, the way of laboring, the way of earning that which purchases food and clothing and shelter. We urge each to explore the resonances, the undertones and light motifs of everything from relationships to clear communication to any experience of any kind. In all experiences, you are on holy ground and the simple remembrance of this fact enables the seeking soul to polarize more and more in that consciousness of sanctity.

19: Fear is usually the cause of separation—fear that one may be hurt, fear that one may be passed over and so forth. Then there are fears that one may perhaps not be able to meet one's obligations. There are fears of the future and of the past. There is fear of illness, of so many things, my children, and this fear keeps you handcuffed to the surface of life. We urge each of you to dive as deeply as you can each day in meditation, and when an action is undertaken, especially in reference to other entities, whether it be the making love, the clear communication, the companionship, or the comforting, make a conscious intention of this love and pleasure, for the praise, the thanksgiving and the worship of the one infinite Creator, whose nature is so loving that it is to your third-density experience unbelievably explosive.

22: Realize deep within yourself that that which seems mundane and everyday, the workplace, each environment, is in actuality the Creator speaking with the Creator in one way or another. It is much easier to see the love, the joy, the bliss and the bloom of second-density creation than it is to see the same of each self-conscious, self-aware entity which has gained the right, the obligation, in its own time to make a choice betwixt service to self and service to others.

31: ...planet, in its own way remarkable and unique and all the senses are teased and delighted with the lovely smells of the various second-density things which grow within your Earth and create such beauty for the eyes. But you are third density and hoping to become fourth density. This means that your basic philosophy is that of one who runs the straight race, as the entity known as Paul has written in the holy work known as the Bible.

32: Never force the self to be "spiritual." Never force yourself to be good, polite or helpful but rather when you have discovered a blockage within yourself and have communicated clearly that you have a problem, move deep into your consciousness and examine that difficulty, finding the love and the lesson in that situation. There is no way of which we know for an entity to make an errorless life experience. Even the entity known to you as Jesus, who is mistakenly worshipped by many who do not realize that this entity was a perfect channel for the one infinite Creator, [had] this confusion. Perfect bliss is available only to those who remove themselves in solitude so that no mirrors are held up to the self and one may go one's eccentric and idiosyncratic way seeking God as it will, seeking love and expressing love as it can.

33: You will find that each of you has gifts and talents which can be used to emphasize the progress of spiritual evolution within yourself. We know that you wish to evolve. The simple remembrance of that wish within you creates a call and a desire which will give to you subjective experiences that build one upon the other over long periods of time, so that without judging the self, one may honestly say, "Yes, twenty years ago I did not think so much about the Creator and my imperishable relationship with that infinite and imperishable Creator." Each of you has the answer within. This is why we began with such a direct and simple example of meeting the Creator in the act of love. There is no need for fanciness of thought or great stretches of the imagination but only unreserved compassion in order to polarize more and more towards being a consciously loving and serving entity.

36: Again we say to you, use your environment. There is no environment that is not full of the love and the light of the infinite Creator. There is no environment which is not ripe for you to be of service to others at the time at which it is asked of you. Many are the times one must wait, for one cannot be of service if one attempts to be of service in a way

suffer, but to be confident of the self to be humble before all and before the Creator, and yet to know at the heart of one-self is the Creator.

34: It is also, we feel, a great blessing. For we find it a blessing to be conscious, to be able to make our choices. We are building, shall we say, the skyscraper that is based upon the firm foundation you now are laying, the foundation of accepting the unacceptable, of loving the unlovable, of changing the insult into the light touch. You have the control to make these choices at will. Each of you has this within, but how difficult, my friends, it is to call upon it. As always, we move to the suggestion of persistent daily meditation, the listening within, the learning of who you really are, the centering of oneself within the creation, so that no thing is strange and no one a stranger. Nothing threatens, but only challenges.

35: Try to make your decisions for love with all the passion within your heart, with all the caring in your spirit, for the depth of your commitment to the positive path of service to others in the service of the one infinite Creator will be the measure of the amount of light that you may use and enjoy when this incarnation is at an end. We realize each of you wishes to be able to use the love and the light of the fourth density. We assure you the challenges and the problems do not stop simply because the choice has been made. It is a long, long process of refinement of the knowledge that one has gained, of the biases that one has earned.

36: So, when you see the repetitive event, analyze with the mind, ask the intuition, in dream, to speak to you upon the subject, begin to discover the nature of the change that will bring into the situation a balance of love. And when you have decided what that action is, quietly and confidently and doggedly do that, in the face of the repeated catalyst. Without the reaction of bias towards difficulty towards you, actions towards you meant to harm or inadvertently meant to harm, cannot touch you, cannot come close to you. You are forging the foundation of your very being as a metaphysical entity. In this particular density, by the choice you make in this density and by the excellence with which you make it, so you create the atmosphere for that which must be refined and refined and refined until that which is left of the personality is that which is of the Christ-self and the rest has been burned away, that one may be truly be the earthen vessel that holds great treasure. That treasure is your Christ-self.

38: You may yourself accelerate this process, with your trust, your love, your refusal to allow the weary world to influence your consciousness. We join in meditation not only at this time but at any time you wish to have a meditation partner. It is our honor to add our vibrations to yours. We do not speak at such times, but only share in the holy silence of sacred ground. Please be aware, as always, that these are our opinions and are not to be taken as absolute truth, for we know no absolute except that All is One. Each of you seems to be separate, yet you all are one. You all are part of the Creator. 75: It is simply that you, for a time, might decide to be afraid. What are you afraid of? Speak your mind and never worry about the reputation, the opinion of others, or even your opinion of yourself. But do the walk you came to do, and lose the fear which stops your evolution. Replace it consciously. Give it a good hour without fear. With hope and faith, these are the keys, not fear. Not the one who is unworried but simply the attitude of being a positive and loving positive and let people deal with you as they will. You are responsible for yourself. You may be as happy as you chose. You lose the fear, please.

18.30 1989/07/23

7: Now, there is destiny, let us say, but there is no predestination, that is, in no way is an entity's life fixed. It is malleable as a soft piece of new clay. The entity begins the incarnation forgetful entirely of all its good reasons for choosing this parent, that sibling, this situation, that relationship. Rather than wasting the time of pondering these things, we might suggest that it is an act of faith to trust that whatever is happening at the moment is what should be happening at the moment, and the only important thing is that you approach the moment with the resonance of eternity within your consciousness so that the mundane and grimy world cannot touch the light being that you are, nor can it touch your ability to act as a channel for love and light to those who suffer in one way or another.

8: You and your higher self, before the incarnation, have cho-

sen what in most cases is a difficult incarnational pattern. The reason for this is that each entity to whom we speak has the capacity to graduate to the fourth density, to accept more love and more light, and to live in a denser light within this illusion, each of you. Nevertheless, each of you came first to serve, and then only secondarily to work upon the personal consciousness. This is a situation such as your Red Cross might answer in case of peril on a large scale.

13: So, some spiritual coincidences are set up to encourage and console the weary-footed seeker. Other spiritual coincidences occur so that one may take another and different look at the same challenge of love. There are many, many things to learn about loving. Few there are who may love unconditionally within your density. There is always the temptation for the bargaining, the rights of each, and so forth. When two entities who are mated seek together, you may find the spiritual coincidences mounting rapidly because each mate teaches the other. Each offers a fairly undistorted mirror to the other self, enabling that self to see itself in an objective way; thereby, intuitive or rational decisions can be made and change occur.

16: When you recognize synchronicity, there is the key, the clue, the harbinger which says, "Pay attention, find the love in this, this is your challenge, this is your pattern." Move and flow with it without resistance. We are aware that there is nothing harder for any entity to do than to have blind trust and faith that all will be well. When difficulties seem to be large, perhaps even insurmountable, when the juice of gladness and joy seems to have left and the life seems empty of true purpose, this also is an excellent time to meditate upon and to analyze one's emotional and physical environment, for a truly exhausted soul will often need to sit by the road for a time and refresh itself.

17: Thus, we encourage each to be completely non-judgmental of the self or others, to appreciate the validity of subjectively interesting spiritual coincidences, and to realize that the seeker enters an ordeal. The seek—we correct this instrument—the seeking of the Holy Grail might perhaps be the best way to express the journey that each is on. Each yearns for the food of eternal existence and in the day-to-day cares of the world, love can become sour, trust can become embittered, walls can be built that can't be broken down.

22: There are few who examine the life minutely, moment by moment each day. Most entities are content to be intro—we correct this instrument—introspective from time to time only. It is well to never focus upon oneself to the extent that one is oblivious of other's needs, but it is also most important for each of you, my children, that you respect yourself, that you move within your consciousness as on holy ground, for all of creation, all of love, dwells within the infinity of your deep mind.

24: May we say in reassurance, that it matters not how many times you may misread the will of the Father for you, for in each situation—synchronistically, if you will—events will fall in such a way that you are presented once again with the area of learning to love that you have been working upon for some time. It is well to know one's incarnational goals, not only in service to others, but in terms of honoring the self as a portion of the creation enough to place that self in a meditative state where there is light abundant and food plentiful for the soul and the spirit.

25: Daily meditation, as always, is something which we feel is at the heart of one's acceleration of spiritual growth, but never think that you are being moved about by destiny. This is not so. The free choice is always your own. If you do not wish a lesson, if you are too weary, you may simply sit by the side of the road and let others go by for awhile. And when you are refreshed, you simply begin again where you stopped. There is no hurry, there is no worry, there is no concern, there is no attachment. There is only the challenge of the chase for the Grail and the infinite satisfaction of spending time with the one infinite Creator. Indeed, each time the mind turns to the Creator with a word of praise or thanksgiving, the service rendered thereby is incalculable. Each time that each may smile at the stranger, or comfort, or help one who needs it, each is expressing a kind of consciousness that one is attempting to learn, that is, unconditional love.

27: And one thing that spiritual coincidence does for those who heed it is encourage them upon their quest. When one is in a deep feeling of despair, one is still a hologram of the one infinite Creator. There is no way one is not going to get to Chicago, if we may continue the metaphor. It is just that

ity, one begins to build a stronger framework of the heart of self, and through the strengthening of the core perceptions of and feelings for the self, so is laid a firmer foundation for services that may then be offered to others.

37: I am Laitos, and, indeed, we find this to be quite correct, for within your illusion, most of the purpose and means for fulfilling purpose for an incarnation is hidden from the seeker of truth, even from one who seeks most diligently and constantly. Those times of difficulty are the times during which the greatest growth is possible, for no muscle, be it physical, mental or spiritual, grows stronger through lack of use but only through greater and greater use. In the times of difficulty you are using all that you have of the spiritual, the mental, the emotional, and perhaps even the physical complexes in order to survive and to retain the balanced view. Thus, in truth, one may rejoice in difficulties, for at these times one is offered the opportunity to expand one's limited ability to perceive the Creator in all portions of the illusion and to be of service to those portions which seem unlovable and unacceptable.

16.13 1987/03/01

10: When the female archetype known as Eve met with the instrument which removed the couple from the garden, it was at the behest of a very important figure. It is to be noted that in the Tarot the serpent is the image of wisdom, and so it is intended in this creation myth which draws heavily upon the same cultural material. It is wisdom which can be the most effectively negative creation, for an over-abundance of love is more difficult to twist entirely. The habit of over-stimulation of the intellect is far more likely to end in a negative movement. Yet, does not all of your experiences as a race and as individuals depend almost completely upon the presence, the enthusiasm, and the action of the serpent in your lives, those seemingly negative forces which cause one to be experiencing life outside the garden, where each day has challenges and it is difficult to express or even feel faith and passion, hope and joy?

32: The compassion or love which the entities knew within the garden of Eden, and which seems removed from them as they journey from that garden, are forces which are most easily aligned with that quality that you might call the positive path or the radiant path. These qualities of wisdom and love are the representations of the nature of the Creator in creation, that any entity might choose as the path upon which it shall journey back into unity with all the creation and the one Creator.

44: Yes, I guess I'd better ask S1's question. This is from S1. She sends her love and realizes that this is not precisely philosophical, and realizes that you do not infringe on free will, and anything you can say will be fine.

16.14 1987/03/08

14: We may say glibly that you have done these things to prevent yourself from assuming intellectually based divinity, for as the third-density entity seeks love, it has not yet refined its grasp of compassion's great responsibility, a responsibility that equals the joy of actual perception of love.

15: Let us say that you are a gardener, and you plant and you sow, you till and harvest, and as you reap, you rejoice in the unconscious rhythm and sure deft bloom of each plant. Much, indeed, almost all of your work has been done by rote and without true understanding. Yet, by cooperating with the Father, you are able to perceive that which is deeper than the physical manifestation of bloom, for you have touched the earth, the plant, the beauty and the essence of each plant, touched the creation itself in its divinity. And as the creation, except for you, is not self-conscious, it laughs not at you, nor does it make fun. It feeds you with love, it touches you as you touch it, and it blesses you with all of its consciousness, for it does not believe itself to be alone.

19: Why were you born in a body which tells you you are alone? Where shall this question take you? We hope it takes you deep into mystery, deep into some attempt to grasp the relationship betwixt yourself and others and yourself and the divine within you, and most of all, yourself and the Father, for if you interpret the illusion through the eyes of the Father, you shall see a kingdom unavailable to those who see only

with the eyes of the world. For all who are solitary, are sad, and see all of the darkness as if it should never lighten, all the despair as if it should never fade, all doubt as if it shall never stop, why do you feel solitary in such a crowded universe? Why do you feel lack and limitation when there is naught but love? Beings of light, we rejoice upon the path with you, and are most, most happy to be speaking with you.

16.15 1987/03/15

10: One who perceives these networks of kinship has managed to begin the linking of all the species. Indeed, perhaps it has become obvious by now that we suggest that the spiritual family which may perhaps most come at the start and root of all other concerns for family, is the family of humankind which will attempt in fourth density upon this sphere to form a fourth-density positive social memory complex. Each connection made lovingly and freely, being manifested, draws closer to an entity the realizations of honest kinship which can only be felt by first extending kinship.

15: Be aware that you did not enter this lifetime to enjoy the comfort of a family alone, but also to gain strength from it, that each may do its work with more love and more peace, that more hearts may be made merry, and more spirits at rest through the radiance of each light worker. In order to keep the self clear enough for what each came to do, we ask each to meditate on a daily basis, if for only a few minutes. That regular opening is all-important, that dependable silence life-giving.

16.16 1987/03/18

48: I would ask one more short one. You can merely confirm or tell me that I'm wrong. Is the reason that you cannot immediately answer the challenge of Jesus Christ that there is too much of Jesus who will come again to judge in my... in my concept of Jesus in my challenge and not enough of pure love? I've often thought that the Old Testament should perhaps be burned.

49: I am Quanta, and we found when faced with your challenge of our being and purpose that we needed to examine the nature of the challenge for there was contained within it the concept of the judgment of which you speak that somewhat distorted the pure emanation of the love of service to others which this entity's incarnation was the pattern that was offered for example. We were able to, shall we say, dismiss the more questionable portion of the characteristic of judgment and move to the heart of the nature of the challenge and determine from it that our vibratory nature was indeed in harmony with the challenge offered.

82: I am Quanta, and we thank this group for allowing our presence and our thoughts to move through it. We would also thank this instrument for allowing our contact to continue at those times when it was somewhat in doubt, shall we say, as to the nature of our contact and the purpose for speaking to your group. We look forward to any future service which we might offer and share with this group and until that joyful time we shall bid each the fond farewell, leaving each in the love and in the light of the one infinite Creator of which we are all a portion. We are that portion known to you as Quanta. Adonai, my friends.

16.17 1987/03/25

4: Do not mistake us for those who are wise. We are new to love and do not yet grasp the rudiments of wisdom. However, we believe that we are able to mesh energies and make them more compatible so that the transition, should contact and channel agree to work together, may be made with comfort and ease to the greater illumination of those who would be inspired, but without unnecessary difficulty to the instrument.

19: We come now to some thoughts for the following few days. Picture with us if you will the great eagle which soars to the sky, and then picture the meditation of sky, for you who are earth-bound must use imagination as eagle's wings to mount up to the ethers which move forever towards the shining One. Gaze with eagles upon the white, white heaven

which fades not away, but flows endlessly towards the illimitable white light. The clean, sharp river of good, which is the air, moves supporting the eagle, never combating, for the eagle meditates and does not struggle. The eagle soars and moves not one pinion, but only gazes and sees and acknowledges the white light, the white sky, the white river, and the white flood that moves from heaven in reflection to the beloved Earth, touching with white fingers all still things like the breath of the Mother, moves to touch all dead things with the life of the Father. Those two embrace all things in the Great Spirit. Hope then, and seek the feathers of the eagle and the eye to see the white sky.

32: I am Quanta. At this time we have the honor of speaking in the capacity that we now demonstrate with this group only with this particular group, though we offer ourselves to other groups by moving amongst those which call for our vibration and blending ours with theirs in a manner which allows the experience of love and compassion for an entity. Thus, we move in unseen patterns which may offer encouragement and inspiration that is offered by many such as we.

16.18 1987/03/29

1: About relationships—how does one determine whether there is still love enough or reason enough to remain with a partner; what is the real binding force of a relationship?

4: And yet, we journey onward from realization to realization, ever finding the face of mystery to be that of love, reflected in the smile of those who show the Creator's love to us or speak the inspired word which comes through them to us. And we thank you that you have called us to speak with you this evening about the greatest single catalyst which involves those of third density in their seeking for spiritual evolution.

16: For you see, the conscious self of the seeker sees the relationship for the first time as it reacts to the catalyst which has been prepared before the incarnation by the self and all those parts of the higher self which become ultimately the complete expression of love of the one Creator. All good and all difficult things, alike, have been offered to you by yourself, not either to endure or to avoid, but to learn from, to study, to ponder, to reflect upon and, finally, to make choices on the basis of what has come to you in the process of seeking.

17: This cannot be done while the catalyst is present and you are busy reacting to the catalyst, thus gaining experience but not being free to evaluate experience. There is no time when meditation is not extraordinarily helpful, but when one wishes to know where the kingdom which you seek lies, where love lies, where right action lies in a difficult situation, it is well to go deep within in faith and trust that there is a sense of right action within you, given before time and space began, purified and clarified by dedication to seeking and continuation of meditation, so that the seeker becomes more and more profoundly aware of when the still, small voice, as this instrument would say, might cause the feeling of right action to surface.

19: What you call church and what you call the mated relationship are equal partners in preparing the student of truth for more and more realization of where that truth might be and where it might not be. Personal and church related relationships equally are either helpful in preparing one for the fourth-density experience, or directly harmful in keeping one from being ready for the great challenge of more light, more love, a finer vision of reality, and a greater responsibility for manifesting it in the life experience.

22: The one known as Jesus knew that the third-density experience was coming to an end, and hoped not only for a few to learn of forgiveness and redemption but for all to know the love and the light of the one infinite Creator. The creature which has grown up from this teacher's body of instruction bears almost no resemblance, and certainly no ideological resemblance, to the nature of the community of those who love each other, which the teacher known as Jesus the Christ wished to form.

23: Indeed, the one known as Jesus sought only to form a fourth-density experience at the ending of third density, and so is the spirit of those who wed or are mated in commitment intended to bring one more and more to the love that sacrifices all, to the caring which owns forgiveness and disowns any negative omission, wishing only happiness for the other self which has become the most loved self, the object upon which all virtue may be spent. In neither case can any two

experiences be described together. Where then, in any situation of relationship, does the decision alight but with the entity who seeks the face of mystery for itself.

29: We feel in the silence about us the many thoughts of those who wonder why there cannot be said to be a preference, at least for harmony, betwixt peoples, and a looking forward together to the new age of understanding and love. May each experience such lovely pleasures and may each rejoice in those seasons when such occurs, yet when an individual's love seems to fail one, when one's religion or path seems to fail one, it is time to trust the desert experience of deprivation and want, pain and sadness, loss and disillusionment, not taking them as realities, but as illusion, just as the peaceful and contented times are illusions.

33: To sum, we may say that no outside element, including the most powerful group upon your planetary sphere, has power over you unless you as an entity react in a way you would not. Thus, seek always to know yourself more and more, to be yourself more and more, and to experience the glory of existence and consciousness with gratitude, only secondarily wondering what to do next, where to go next, and so forth. May your will, your faith, your love, and your attention be focused in the silence within, that when you act you shall know it to be right, and you shall be at peace regardless of church, family or friend.

61: There was much discussion and dissension at this time upon this topic, for it was felt by many that such deception was great disservice to the one known as Jesus the Christ, for this entity was one whose incarnation was based upon the light of truth and the power of love. Yet those elements within this governing body who wished to see this faith in the one known as Jesus continue in a fashion as pure and potent as possible held sway and were able to carry the votes necessary to delete those passages and portions of the Bible which referred in a direct fashion to the concept of reincarnation.

16.19 1987/04/05

4: Each human has many, many resources available each time that it desires to know the precise limitation which it may accept in serenity and tranquility. As always, the answers lie first within, and then from empirical experience, for the true author of peace and love within each life is the life, is the peaceful and loving entity which is...

8: The self-conscious entity within your density, unlike a frog, has many tools and resources at its disposal. The lily pads in the third-density existence are some physical and some non-physical. The self-conscious entity manipulates the things about him which may be manipulated in order to please and comfort the self. However, many trials, troubles and challenges can be met with no rational or objective point of view. It is in these cases that discernment and judgment take their place beside prudence, all of these being subservient to and corollary of constant, daily, regular and disciplined communication from humankind to the Creator and from the Creator to humankind. Much of the individual identity of each person upon your planetary sphere resides yet within the Logos, the one great original Thought which is love.

16.20 1987/04/12

9: And why are you more real than any other part of an illusion which includes you? My children, there is such a thing as consciousness, because consciousness is that of the original Thought of love, the Logos which created all that there is. This Logos dwells within, and subjectively speaks to consciousness. Through consciousness it speaks to the illusion, but without the pilgrim's becoming aware of the need to remain unattached to the illusions of circumstance, it is very difficult to become an actor, a dramatist and a critic, rather than one in the audience which reacts, laughing and crying as the scenes pass, the actors play their parts, and the flat, painted scenery slides up and down.

12: Yet to live within an illusion is to experience discomfort. We might observe that many of your peoples react to circumstances in an inappropriate way. For example, this instrument has what she calls a canker sore on her tongue. It is sore, and we are aware of certain nerve endings which are activated when this instrument moves its vocal apparatus. Many of your peoples would avoid speaking because of the

sons. These entities will not have children, but will not have the decision of abortion either. If an entity which has come here only for a spiritual path conceives, the child is simply spontaneously aborted, as the body's consciousness already knows that the mission of this particular entity does not include the luxury of loving a child, but rather the entity must face the fact that that work to which he gives his love and labor is his child.

68: I have one on another subject. Thank you for that. That's very interesting and informative. I observed two coincidences tonight. One was that while I was cleansing and doing my prayers, I did something I hadn't done for a long time. I invoked the archangels, whom I've always loved. And when I sat down here and took a look around the watchtower—is the way I call it—took a look around the mental atmosphere in here, I saw the usual white, green far away of entities that are not good that would like to come in, and I got rid of them in an instant. But there was over arching all of this circle a beautiful golden dome, except that it did not have any end to it, it just went up and up and up. And it is very beautiful and I just wonder if that had anything to do with the archangels?

18.29 1989/07/16

4: You have asked this evening about suffering: whether it is necessary, why it repeats itself, and what its uses may be. Let us lay a little ground work first. Each of you was created before your planet emerged from its timeless and chaotic state. This is, as we understand it, due to the fact that each of you was an unit of consciousness in the creation before this one, so that when the Creator began this creation, He sent out those agents of His active love housed in physical vehicles in many different illusions so that they might add to the complete knowledge of the Creator of Himself, for the Creator wishes, as anyone, to know Itself and It cannot know Itself without experiencing Itself as each of your Christ-selves within offer, as a gift to the Creator, all that you feel and suffer and think and manifest.

9: As we gaze within our memory at other third density planes, we may honestly say that some have done less well than you in producing a harvestable crop of entities who are ready to move on to more light-filled lessons. We feel very hopeful about many making positive choices and polarizing in power and strength in the spirit of love and light in service to the infinite One.

13: This instrument has a great deal of this knowledge locked within its subconscious, as do each of you, and is, perhaps, somewhat more transparent to it than to some, but to no one is it clear why the illusion is set up to be so difficult, so wearing, so difficult, so confusing, so irrational and in many ways so continually, endlessly negative—when all that you wish for yourself, or for those you love, is peace, harmony, joy and laughter.

15: The reason that many times an experience will happen again and again and again is that the situation is one which demands change. And more specifically, change which can only be made by one who is confident within the self and who has no fear for the future. You may think of making difficult choices of service to self versus the martyrdom—which sometimes seems to be the essence of service to others—is difficult to sort out within the illusion—the kernel, the heart, the core, of the lesson about love one is attempting to learn. Therefore, the reason for the repetition is that you are obeying the dictates of your own deeper will, which lies deep within inside you, in the unconscious part of you, and it takes both a clear and logical mind and contemplative, meditative, intuitive consciousness to achieve a fair understanding of the love inherent in this difficult situation.

18: If the slave frees itself, mentally, and chooses to do all for the love of the infinite Creator, the owner, no matter how mistaken in his feelings of possession, has no longer any true power to disturb the one who prays to change in freedom.

19: Now, what is the essence of freedom? Each of you certainly feels that it is "somewhere else" and certainly not in the present moment, or in the present life experience. And yet we say to you that full freedom is available to you within this experience, just as the Kingdom of Heaven is available to any who will do the work to transform themselves into a lighter being. Therefore, we ask you to have faith in your own self when you face repetitive problems. You have simply put yourselves into a situation which is a challenge to love the

unlovable; to accept the unacceptable; to return the good for the negative; to be blithely oblivious of the negative, and see the good in all; to retain the hopefulness of close and deep association with nature, both second-density trees, grasses and blooms, and third-density entities.

23: But, as you finish one lesson, your ambitious higher self will prepare you for another. Thus, your incarnational pattern, if you do not learn the first lesson, will be an endless repetition of that pattern. If you wish to accelerate the process of growth, then you will take the harder and less traveled road. And when you have solved one riddle of love, another challenge shall be put before you.

24: It is the tendency of entities at this particular time, so close to harvest, to have made for themselves extremely ambitious processes of learning, wishing to learn to give love without expectation of return; wishing to see the Christ in the self without doubt, without pride, and with humility, and you learn to bend the will to that Christ-self so that the willfulness that is free will ceases being various, ceases enslaving one, and, instead, becomes guided by the will of the infinite One.

27: Each of you is far more independent and strong than you may be aware of. This does not mean that there will be an end to suffering. It is possible to move to third density without suffering to the extent your peoples have. Your own planet has had many, many conflicts, which have added many negative biases to the thought patterns of the inhabitants of that fragile sphere. So, perhaps our best advice to you would be, if you wish to make an end to the repeated lessons: meditate, pray, ask to dream, and focus upon the love that must be, for you know by faith that that must be, in the situation that is repeating and repeating and causing you pain—the pain is the pain of change. If you may flow with the change and become that which is needed to balance the challenge, then you will have finished with that lesson and it shall not be repeated, except perhaps to make sure that you have understood the lesson.

28: Most frequently the challenges within third density are those of relationships. Entities who love each other do not know the depth of each other, yet they begin to discover patterns that are sometimes destructive to the relationship, in that there is a separation by this action within the relationship. Therefore, any action which is a separating action—we do not mean this literally, but figuratively—is to be regarded as an intellect solution, for you are at this time choosing to lead a whole and complete and unique life in service to others, polarizing constantly towards service to others. You are committing yourselves to a series of painful changes as the unnecessary portions of personality—especially that which this instrument would call low self-esteem—are simply vacuumed away by the realization that one does not have to take in that which is given, but can instead create a unity and end to discord simply as an act of will. Communication is very helpful, but there are few among your people who are capable of clear communication. This is due to the fact that the illusion is indeed so very, very convincing and there really does seem to be a bias within all that one may see of humankind towards the negative.

30: The question of martyrdom is interesting to us, for in fact one of the lessons of love is martyrdom. It is the most foolish choice, and therefore the most blessed of all choices, but if it is martyrdom for no good reason, then, though it may help you, it shall not aid the creation as much as if the concentration of the seeker is moving always towards questions of substance and changes of substance. For you wish to hollow yourselves out as an earthen vessel is described in your holy work, that sacred things may be held therein. Your earthly vessel has but a little time and it shall perish. Therefore, we encourage each to realize the incredible amount of aid each is to each, for when there is a relationship difficulty, it is often not the entities themselves who first grasp the lesson, but a third party, one who observes, one who makes the opinion known when asked, one who sees from the farther perspective as one who is uninvolved in this particular catalyst.

32: Some there are who are skilled at communication, and when two such entities come together, the work that is done is very intense. But even in this case, there will be the repetition and the lesson may be somewhat more refined. The choices which one makes for harmony, union, love and an increase in joy, and, above all, the choice of the light over the dark thing to say or do, the more you become ready and able to see through the illusion, if only dimly, [and] choose not to

the choices that you make here, will in turn affect your being at the harvest, and the more polarized towards the light you have become, the more loving, the more compassionate, the more accepting, the more peaceful, the more joyful, the more light you may accept in joy and use. And in that term, light, we do not mean simply the photon, but rather the energy that is the Creator's. The photon is the manifestation of that great original Thought of Love.

22: A paradox, too, is the result of a life lived in faith and service, for as one serves, one is served a dozen-fold, a hundred-fold, a thousand-fold. As one gives, one receives in plenty. Thus, the paradox is that compassionate feelings and actions in service to other entities by loving, by supporting, by sharing or by a brief smile to a stranger, these things commend you as a servant of the one infinite Creator, yet what you receive back from the creation is a thousand-fold that which [you] have expressed.

30: Now, you came, each of you, into the life experience with the biases which we encourage you to discover for yourself. You may then evaluate these biases for their polarity in service to others and in mutual love. Remember the great passion that is the Logos. You have been created with that steady state which you experience during orgasm in the sexual sense. This is the intensity of the Creator's love for each, and to be oneself in fact and not in conjecture, one needs to open oneself carefully and gaze with interest and an acuity of observation upon each and every situation, looking for the opportunity to serve and to share love.

32: You are not alone, as you work towards becoming more of what you are. Basically, you are uncovering who you are as you refine yourself, for the original self that is your consciousness is the consciousness of the Creator, that great, intense, passionate love which calls into being the photon and from that point all manifestations of your illusion.

36: We wish you to be extremely nurturing of yourselves as you perceive failure within the illusion. You have no idea of how you are doing within the illusion. You will not know how you have done until you have left the heavy chemical illusion that you experience and are once again able to look at the life experience as part of what this instrument would call the Akashic Record, turning the pages of the life, gazing at the tapestry one has woven of love and sorrow and service and selfishness. May each weave the most beautiful tapestry he can. May each look to the life experience as to a poem, an attempt to write each line with grace and beauty. In this you are supported and are never alone, for the higher self, under any guise which you wish to call this energy, is with you as comforter and nurturer, and when despair does overtake the soul, we ask that you suspend all judgment, all discrimination of the self, and move into an awareness that one is being held in the infinite arms of the infinite Creator, that one is, in truth, nurtured.

37: We thank this instrument and would at this time transfer to the one known as Jim, leaving this instrument in love and light. We are known to you as those of Q'uo.

18.28 1989/07/09

5: In the density to which you aspire at this time, the density of love and understanding and compassion, it would not occur to entities that were unsuited, to create new life, because each could see each other's radiance and particular aura and configuration of spirit. When there is no need for behavior or communication, then things become far more simple.

6: It is within third density that the illusion is so thick that each of you is unable to link himself to all else in the universe. Consequently, such things as the acid rain, the various pollutants of farming and those of war, all of these things exist because you are in third density, and in third density the illusion is that there is the dark and the light and it is for you to make a choice. Many things are misdone by entities seeking their path. Many may feel that they have erred in some way, but there is no more of an ethical nature to aborting an unborn entity than there is in polluting the air, polluting the water, and above all, polluting the minds of those within your culture. In your culture, passion is veiled; true passion, true love, for creation, for the Creator and for each other are not things that are intensely felt, appreciated, given thanks for among the majority of your people.

9: We wish each of you to know that you decided upon who your parents would be. Not only that, but as your higher self

between incarnations, you drew the basic geographical map of the journey that you would take and the lessons that you would learn within this lifetime. This is why we encourage each never to be disappointed because you have seemingly failed. Because the only thing that is important is that you persist in attempting to communicate love and light. Causing it to be manifest is the gift of grace, not the hallmark of humanity.

13: We cannot give you passion and wisdom and integrity. We cannot urge careful morals or ethics in any mass way, because it is simply not a message which anyone wishes to hear. Those who attend your organized religions for the most part are sleeping through the opportunity for group worship. The children then, because the parents are not fed the bread of heaven, also starve at the same table, and we would urge each parent to have a daily worship and to feel very strongly and passionately about it, for this is the way your children learn what life is like within this illusion. You are their teacher, each parent, and you hopefully will desire to give passion and love and a sense of peace that you feel within your heart to those children that are yours to teach and rear and tend.

14: Between the incarnations, after you have finished healing that which was unbalanced in the incarnation previous, each of you has gone through the process of deciding what the lessons are that need to be learned in this lifetime. Often there will be a former relationship which was unbalanced and a particular person will be in the life pattern against all reason for the simple advantage of the opportunity to be able to balance previous distortions of love and free will. The parents are chosen not for their niceness or for their wealth by most entities who are seeking to learn and to serve. Many put themselves in very difficult positions where they will have to do a maximum of thinking, analyzing, going within, and depending upon the self. Many of you have undertaken ambitious case loads, shall we say, this semester, who are taking perhaps more classes than you should. All we can say to each of you is, please have faith, for your higher self knew better than you know now that which was needed for your spiritual growth.

15: When one picks one's parents, one looks for the opportunity to learn the lessons of love that one has decided are still to be learned. In this instrument, for example, this instrument chose parents to whom she would be the parent and experienced a difficult childhood for such a young mother. This was, however, not because the instrument wished to hurt herself, but because the instrument wished to learn more carefully and fully to love without any expectation of return. Each of you can look back through the incarnation and see a pattern. The pattern is for you to transcend—not overcome, but balance.

16: Growth comes from within the self. Everything that is outside of the self, including the most intimate of relationships, is part of the illusion, is working within the illusion, is communicating within the illusion and will remain within the illusion. What must be done by the person who seeks to grow is to find what the entity in the relationship wants from you to determine that which can and cannot be done and to attempt as openly and as clearly as possible to communicate that of which you are capable and those things which you would wish of a relationship. May we note that this clear communication is very seldom seen among your people. We would suggest more of it for each of you, for each of you that has chosen a mate has chosen a mate as carefully as you have chosen the parents, and if you cannot learn the lesson that this mate offers and you move on to another, then you shall learn the lesson, but it will be more difficult so that it will get your attention completely and you will be moved to passion, to love, and to selfhood. What you are attempting to do is become a whole metaphysical being.

18: Thus you choose; not for comfort in a lifetime, not for convenience, but for growth. It was each of your decision to experience that which you have experienced and that which you are experiencing now. If for some reason this situation becomes intolerable and you escape it, you will meet it again with a more fearsome face and a larger growl. The wolf at the door will come back again and again until you have turned into a lamb and have walked innocently and in a balanced fashion through the tattered remnants of what was a ruined relationship or a lack of love.

21: Now, there are guards put against childbirth for some. This is due to their having come to this plane for other rea-

caner sore. We do not mean this literally, but as a parable. There is in almost any helpful spiritual activity, discomfort. It is the discernment of one who retains and maintains the consciousness of the love of the one infinite Creator that is able to adjudge correctly what possibilities lie spiritually within circumstances.

14: We are aware that each is concerned, as well as hopeful, about the coming of a new age, the arrival of fourth density, and the beginning of a new spiritual climate of love and understanding. May we say that the probabilities are that in the last decade of third density within your planetary sphere there shall be some discomfort from one source or another. Yet the greatest discomfort of all shall be the agony of those who, not knowing where the source of being is, have not sought it, and, more, thirst for that which they know not but would have.

15: It is in those times that entities will remember the one who smiled and exhibited the lively grace of peace and joy. Simple lovingness is perhaps the greatest gift which man can give to man or God. It is appropriate for the beginning of fourth density that those entities which wish to be of help in the harvest allow the natural formation of communities and groups in order that the source of consciousness may be sought by a group which then encourages each other, thus beginning, just beginning, the establishment of group mind. It is not to be expected that in third-density physical vehicles entities will achieve other than momentarily the consciousness of total oneness.

17: Your monasteries are built for just such purpose, yet you will notice that they are walled, and do not permit the entrance of strangers for the most part, but rather live a self-contained life, praying and offering in service to the Creator. Some of you have been called to such a solitary and worshipful existence. However, it is well that each consider what he or she may feel encouraged within to attempt or accomplish, for not all who are, shall we say, spiritually oriented as most, would wish to manifest as such, but would rather instead manifest without the identity, the authority, and the respect that is given to those who are considered to be more devout. Many are called to be parents, homemakers, mechanics, factory workers and all the other careers, professions and jobs, all the ways to sustain life with your money and to enrich life with love. There is no circumstance which is better or best for the furthering of service to others at this time. You must listen, each to his own subjective consciousness, with discrimination and with care, but also, in the end, with trust and faith.

16.21 1987/04/15

12: Thus, we have, shall we say, access to a great store of records which provide an immense challenge to new students of this grouping of consciousness complexes. Thus, our study has to this point been that which has examined only the outline, shall we say, of this planet's history, emphasizing and concentrating upon the means by which various groupings of entities have sought the one Creator in the distortion known as love and compassion.

55: Now, let me ask you another question. What you believe—what you believe. We getting good with our I's and our r's. What you believe is far more important than what you know—because you don't know anything. So, tell me what you believe in. What you say? How you declare yourself. We say one word—love! Hah! We said it right. This instrument think we crazy. This instrument not like to channel us because we mess up her face. Heh, heh, heh (giggle).

16.22 1987/04/19

5: It is the tomb of Jesus, the man of Nazareth, a carpenter by trade and an itinerant teacher by chosen profession. Come to the cold, gray dawn of a desert morning. Three women, all of whom love the newly killed Jesus, come to the tomb seeking the beloved body of a family member, or in the case of Mary Magdalene, a dear friend and teacher. It is not possible for there to have been a change within the grave, for the body that is so loved to have disappeared, but it has been stolen or taken. Mary, the mother of Christ, is frantic. Mary Magdalene weeps. Their focus is upon a tomb and not upon that which is there no more.

6: When you within your third-density experience become too close to those things which you are seeking which you love and which you wish to care for, your focus shifts into a gazing upon not the heart of soul, not the living spirit, not the breathing fire of that which you care for, but the dead and life-deadening house, tomb or structure within which that which you care for lives. To be even more specific, and at the same time, more universal, each which dwells within a physical vehicle dwells within a walking tomb, the tomb of chemical life, a life which grows up and dies away, in a cosmic sense, almost too quickly to be noticed, each of you being but a breath upon the wind, and then dust.

8: We are not among those who recommend extremes of asceticism in order to flagellate and deny oneself earthly joy, for in there, in the most mundane thing, [is] that living atom of the consciousness of love which cannot be overvalued, for its value is infinite. In every step that is taken by any entity, in every thought, in every word spoken, there is the living fire of creation which moves, as upon the face of many waters, creating in each entity a newness of life and love and strength, and this shall occur for each, whether or not any cooperates. This process is inevitable. It can be retarded, but it cannot be stopped. You cannot do yourselves ultimate harm, no matter how confused, how sad, how despised or how miserable you may feel.

10: We do not know whether this may aid you or not, but it is the way we see your discomfort at this time. It is a matter of placing the attention upon achievements made in tomb building, rather than the joyous and free expression of love for everything that exists. One may gaze, for instance, upon an old house, and see all that needs to be done. The house has become a tomb. Or may gaze upon the same identical edifice and ask that edifice, "House, which has borne my love, my grief, and my passion, tell me, what would you have me do for you this day?" You may even ask that angel within, that spirit of life, "What shall the day bring?" Thus is the day blessed with the same seeming routine that once cursed, narrowed and limited the mind. There is no occasion, circumstance or possession which cannot become a tomb, nor is there any of those things which is not at heart a source of life, a wellspring of joy, and a fountain of peace.

13: My friends, within your bodies, you have been dying since you first drew breath. It is a common cliché within this instrument's mind that there is no cell within you which was yours seven years previous to this night. Eventually, in a twinkling of an eye, this incarnation shall be past. What then shall you find as your source of joy and peace? It shall not be the body shell, nor yet the mind with all of its adornments and embellishments, nor even yet the emotions, though noble they be at times. It is rather that within you which seeks the face of the mystery of the Logos, the one original Thought of Creation, that shall love and live and serve as you do now, for an infinite length of time.

14: You think of yourself without your tomb—that is how you remove the busyness from the mind. Put in perspective that which lasts and that which does not, and encourage one another in love, for your consciousnesses are made of that creative and glorious substance.

21: The illusion is that which teaches. It is an illusion, for it seems to be quite other than that which it is, yet well does it instruct in the ways of service and the ways of dedication, in the ways of perseverance, and in the ways of accepting and loving those qualities of self and other self which seem unacceptable. By throwing the self into the experiences of confusion, frustration, difficulty, disharmony and disease, the seeker of truth might test its ability to find the perfect reflection of self within each moment, in order that it might, piece by piece, experience by experience, construct the complete picture of the self, the creation, and the Creator as one being.

16.23 1987/04/22

4: We would speak concerning the excellence of meditation. The concept of meditation we are able to discern easily has a great deal of attractiveness to each present, yet each wishes that it were more wholehearted in the meditations which it has, and in the case of the one known as N even the attempt to meditate has not always been taken. If only for five minutes in any day, it is well to meditate that much, rather than go through an entire day without acknowledging the Source of one's energy and love and centering oneself within that clar-

ified and purified energy which is the energy of the greater Self, the energy of the Creator, the energy of creation.

5: We are aware that for many it is most easy to worship that great Source of all that there is within the setting of the environment of the Creator, that is, the natural world—forest, stream and meadow. To marry meditation and solitary sojourning with nature is an excellent way to allow the inner self which is in contact with the higher self to be fed from the streams of living water, as this instrument would call them, which are a profoundly accurate description of the love which created all that there is.

8: This instrument is experiencing self-doubt, and we request that the instrument refrain from analysis. This is a small group and we are responding to those vibrations which are within the group. May we say for the instruction of this instrument that it is the desire for knowledge which calls us to the group, and it is this knowledge which is being called for by the one known as N, and to a lesser extent by each. It is not for us to judge, but only to inform. We have great love for each within this group and we thank each for the opportunity to share these thoughts.

12: I am Laitos, and we rejoice this instrument with thanks for the retuning, especially on the part of this instrument. The practice of channeling is a very specialized form of a general practice which we would also call channeling, for is not each a channel in every thought, idea, emotion and speech which it makes? Is each entity not always a channel, either for love and light or for some darker force of separation? There are some, indeed, which do not wish to be channels at all, but rather to deaden the senses. And to those we say, sleep and be comfortable, for there is an infinite amount of time. But to those present who wish indeed to progress, we say, “We rejoice with you, and would speak with you about love.” For the face of the Creator may be seen in many, many shapes. In your springtime the face of the Creator is seen in violet and snowdrop, in daffodil and hyacinth, in fruit tree blooming and lilac. Yet other ways there are too of seeing the love of the infinite Creator.

16.24 1987/04/26

3: This evening we would speak upon a kind of love which is called among your peoples, patience, for there are those in your extended group, though this instrument knows it not, who greatly desire to hear words upon this subject, and we would request that this topic be sent to the one known as S, although we cannot promise to offer any inspiration, but can only hope that our thoughts may have some help in them.

10: Patience is an infinite part of that infinite thought which created all that there is, for the infinite intelligence which is love cannot experience impatience. All times are the present time; all places are the present place; all things are one thing. The universe is a singular thought, and the eye of intelligent infinity sees unity in infinity. It is the co-creators of creation, those who are self-conscious and own the gift of consciousness, which create a distortion of unity, a distortion of infinity, and a distortion of endlessness, another term, perhaps, for patience.

11: For true patience is not that which waits, but rather that which bides endlessly. Love creates you, each of you, and thus you are manifested unto the world of illusion, equipped with a clumsy, yet very lovely, physical vehicle, equipped with a multitude of ideas, thoughts, dreams, hopes, all the many gifts that consciousness gives. And because of what you desire and what you fear, each of you co-creates the universe in which you live. Almost without exception, that universe is not a universe of endlessness, not a universe of unity, not one of a consciousness of infinity, for the illusion is with you, and so it must be in order that experience be gained.

14: The secret of patience is the knowledge that it is a portion of love hidden within the deep beingness of mind, that portion of the mind which lies below the sensors, below thought, below idea, creating in a powerful and creative way each experience which manifests itself through you and to you. Thus, patience is a resource, part of the glory within which each spirit contains.

37: I am Latwii, and it is our perception that one helpful way of defining or looking upon that term which we have called patience is that of so fully accepting the present experience in any present moment that one is full of that experience and has little concern for any which may have come before or

which may follow it, that the moment is indeed sufficient unto itself, as each moment is a portion of the one Creator, which contains in it the doorway to the fully experienced presence of the one Creator. Thus, to give the proper respect, shall we say, to each moment is to have a kind of love for the Creator that we have called patience. To abide with and to find fullness within any moment is to glorify that portion of the Creator that has revealed unto the seeker for that portion of experience.

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13: There is always a balance in spiritual excellence, not a leaning in one direction to the exclusion of another, but the balancing of the polar opposites which are both excellence, but which apart from each other do not create or sustain the consciousness of love. We could say to you, “Allow the flow of events to control you always,” and be giving excellent advice, and just as well could we say, “Use more discipline and meditate more during each day.” Both of these things are true in their season, and when the urge comes upon you to meditate more, to use more discipline and so forth, we suggest that by all means you follow your own intuition.

39: I am Q’uo, and again we rejoice at the sounds of the springtime shower that are evident to us through this instrument’s ears, for we see and feel those sensations available to us through such instruments as the further examples of the all-compassionate nature of the one Creator which gives in all seasons those qualities of sustenance that will enliven and nourish the spark of consciousness that resides in each portion of the creation, that each spark may in its season grow, ripen, bloom and bear fruit, and provide to those portions of the creation about it the beauty and interrelationship that weaves a pattern of unity, binding all creatures and creations in one Thought of love.

16.26 1987/05/10

12: We are speaking here of meditation and of those states of mind associated with meditation which may seem to be a waste of time to the civilized mind. We find this word in the instrument’s vocabulary has many connotations, and we wish them all to be recognized, for civilization is also an artificiality, and all of those notions and belief systems which arise from the cultural medium which you enjoy can be a deadening and numbing influence upon those who are not aware that at some point it is necessary to remove oneself from the grip of civilization in order that the creature which dwells within in illimitable light might move about, breathe the fresh air of unconstructed thought, and go deeper and deeper into that portion of mind which is nourished by light and love and contemplation and which gives as fruit of this kindness from the conscious mind a harvest to the conscious mind of health and right knowledge. The aid which meditation may yield to an entity is equal to that entity’s desire for that aid.

30: As the crystal is utilized for the enhancing, the balancing, or the healing of the energy centers of self or other self, it must, however, be understood that there is the attendant responsibility to utilize the increased energy patterns or intensified patterns in a manner congruent with the chosen polarity, for, indeed, the enhanced experience carries the responsibility to be utilized in a manner that is as pure an offering of love to the one Creator as the seeker is able to make.

40: I am Q’uo, and we have not yet finished the response, and would at this time attempt to cover the additional information that you have requested. It is our observation that the peoples of your planet have so succeeded in placing about the mind complex those veils which shield it from far-seeing and becoming aware of the deeper patterns of experience that are realized in each incarnation and the work done in each incarnation, that the efforts of any one seeker in the metaphysical sense are largely unknown to that seeker, for what you seek within your illusion is the quality known as love or compassion and the expression of that compassion or attitude of compassion within the consciousness in such a focused fashion that one polarizes the being so that it is more and more able to accept increased love and light energy from the one Creator, and proceed therefore upon the path of evolution.

41: The polarization prepares the personality that it might be

is enough for you to know that you are never, never without comfort if you ask for it. And if you ask for it, you shall find it—a comfort that you cannot give yourself because you are limited, but a comfort that can be given to you because the nature of the Creator is love and compassion.

16: If you are able in this incarnation to serve others more than half the time that you are doing something, you have succeeded, and we are not speaking of ritualized ways of aiding people, such as the job and so forth, nor are we speaking as if one could not be of service to others in solitude. But it is the person whose will has been brought so into alignment with the desire of the infinite One that those things which one has to face each day are faced, realized for the lessons that they are, and assimilated. There is seldom going to be a perfect day, shall we say, for a human entity, because each entity has biases because of willfulness in past lives. One cannot explain these biases. One is merely aware that one has somehow fallen short. Indeed, that is part of the human condition. Indeed, each has fallen short. This is an excellent lesson for each student of truth. All fall short. All fail. No entity may find the kingdom of the Father by itself or with any ease. There must be dependence upon love, a realization, a brave willingness to realize that the Creator is real, that the Creator loves and forgives and has forgiven all that is misdone, that the Creator has no low self-esteem, but rather, work for you to do.

19: The judgment of the self we need not say is inappropriate to this illusion from within this illusion, for those within the illusion cannot even see that they are energy fields with consciousness. Each thinks each is solid and pink and two-legged. We ask you, how much more distorted a picture of the self could one receive? Yet, that is how you perceive and are perceived. Consequently, never judge the self, but each day groom the will to desire to seek the love and the light of the one infinite Creator, and then, if there is ought to do for the Creator that lies before you, do it with a glad and merry heart and singleness of vision for only one reason—for love. And that is your salvation.

41: I am Oxal, and your query is a thoughtful one. However, we feel that at your current level of development, shall we say, it is the sending of the love and the light in the general form, the simple vibrations and intentions for harmony and peace within the heart, that may with hopefulness be sent, and it then be realized that as all healing vibrations, these shall be used and be translated, shall we say, in a most general sense by those to whom they are sent.

18.26 1989/07/02

4: Now, the entities which enjoy Buddhism and Hinduism are those which have experienced many lives in a culture which has been set up to furnish certain spiritual lessons about love, just as your own situation is. However, those who move through those lessons are those of other temperaments, of other needs, of other feelings that they have had in gazing at the past incarnation. As a result, they will move back into that system of polarizing towards service to others and realization in the way [most suited] to them, life after life after life.

9: If you are blocking energy by holding it at any chakra before the heart chakra, the kundalini will have a very quiet time resting within. The blockages of relationship that are not peaceful or a situation that is not helpful in the workplace, things of these natures, may well block and stop the universal energy which is the one infinite Creator from providing sufficient energy to the heart chakra. This is why over and over again we encourage that entities meditate and that they do so from time to time in groups, for in the group comes the universality of worship, adoration and love.

22: We are speaking of the Western tradition of living upon the very surface of the pond, shall we say, of life. People skate across the ice and enjoy the beautiful things that your planet has to offer without living in a state of praise and thanksgiving, without looking at each moment and asking, “Can I help? Can I love? Can I share?” The mind of Jesus is a most helpful interior guru. To move ahead without such an one to guide and govern these times is to ask not only for a lack of inspiration, but even a decline or regression in one’s spiritual growth. The human entity does not have the simple, persistent strength to be daily throughout a lifetime without opening the door within to the teacher that bids you take up

the cross, take up your condition, take up your humanity and follow in the footsteps of one who healed, who loved, who brought light, who brought union, who brought joy.

24: When the red, orange and yellow energy centers are all functioning, spinning brightly and moving the energy well, the conditions are good for the seeker to undertake work in consciousness. It is not good to undertake work in consciousness of a higher kind before one has gazed at one’s life and, to the extent it is possible, made amends, squared away debts and, in general, until the person no longer has the love of the wealth of the planet, but the love of the Creator as the motivating force. This change in attitude often comes in an instant, but that instant is preceded by a good deal of work. And when realization has come, then you shall find your next lesson and you shall find that the idea of becoming perfected and realized by yourself is quite impossible and not of this density. The teacher is there to guard, to protect, and to deepen the meditative state by meditating with an entity. You may ask any of us to do the same thing. We are happy to. 30: Each of you is dragged about by the free will of each. That is the willfulness which masks the Creator-self within. There is that in you of the mischievous child, that which wishes to play hooky. Consequently, we urge two things upon you, first that you attempt a very intentional time of just spending time with the Christ consciousness each day, silent and listening, and we ask that you love each other, for in loving each other, you shall work very actively upon the kundalini. Love expressed is infinitely valuable. Know that it comes through you, not from you. Don’t expect this to be a human task. It is a superhuman ordeal, but you have that within you which is superhuman, that is, above the state of third density. You have within you the Creator-self. It is simply that you begin your life experience somewhat deaf to the inner voice and the outer voices are so riveting to the young soul in the childhood years, that it is the rare child who begins to seek spiritually in any way except in imitation of the parents.

34: And that as truth changes as you change, we advise you to let that flow also, as change is the hallmark of the raising of the kundalini. You may be often uncomfortable in, what this instrument would call, the fast lane of spiritual progress, for change equals discomfort. It is your choice. We encourage you to work on your polarity, to use your teacher, whether it be incarnate or discarnate and to allow some discomfort into the life, that one may burn away that which is not needed and temper the personality that remains to be flexible, gentle and very, very strong in love of neighbor and of Creator.

18.27 1989/07/03

4: Firstly, we would like to express that beyond any control of your own, you are. You have no choice but to be what you are, for you are an imperishable metaphysical entity, a form of light. The beauty of your vibrations is unique to each. The balance of service is unique to each, yet each is beautiful and cherished by us. And we thank all who seek the truth and turn their face towards the mystery of infinity and the Creator’s love.

6: By far the greater part of the Creator is not active but resides in a state of love, which force created all that there is, and which force each of you seeks to bind into your lives more and more naturally, more and more authentically, more and more deliberately. The thrust of this thought is that you cannot help being. It is within you, unquestionable, from our viewpoint, as to what vibratory complex each of you is. We realize this is not available to you in this illusion, but we assure you that you are imperishable ones and that there is no mistake that one may make that could eliminate the beingness, the consciousness of the self.

10: This will never advance the cause of lightening the consciousness of Earth. Rather, it is a series of paradoxes which we suggest you consider—that is, the middle way, the via media—for walking in balance with the life about one in service to others. Non-dramatic services to others—those who tend the child, those who sweep the hearth, those who work in jobs that do not seem to have satisfaction in them—are just as capable as the most experienced seeker of bringing into manifestation within their creation the love of the infinite One. 17: Within your culture many subjects are considered inadvisable to dwell upon. The spiritual is a matter of life, and, in this illusion, death, for that which you do within this illusion,

you love, that you love is the glory of humankind. It does not matter if that love be twisted by another; it does not matter if that love be unknown or thrown away or despoiled. It matters only that you radiate the beauty, the peace, and the joy of a life centered in faith.

21: Turning to those about you for help will inevitably confuse. Yet, each person may have something interesting to say. It is always well to listen, for after all, all have opinions, just as we do. But in our way of thinking, we would simply suggest that in this very difficult illusion the main focus be upon centering oneself in love and acting out of love rather than reacting out of negative emotion. If in your evaluation of yourself you find that this is completely impossible, it is then time to attempt communication to work such difficulties out. 24: We ask only that you remember at all times that you are choosing as Christ would choose, that your mind is the mind of Christ, and if your willfulness moves your mind instead of your mind your will, you have put the cart before the horse, and you will go nowhere. Therefore, sit in silence and patience day after day, week after week, and allow the process of acceleration of growth spiritually to occur in a natural manner. When you receive an impression as to what would be well to be done, act upon it in a loving and compassionate manner, for truly you are dealing, no matter how else it may seem, with yourself, with the Creator.

25: Therefore, bring a sense of honor for the one who causes you pain. Rather than causing him pain, you may witness unto him of the light and the love of the infinite Creator by refusing to be beaten down, by moving from love imperishable into action, by reacting not at all to the negative things that move about one, but, rather, to put oneself in a protective shell and move through the life as one who is not quite of the life or the illusion.

26: It is a matter of the point of view. One cannot help or decide for another entity what path that entity may take, what thoughts that entity may think. You are the only guinea pig you have the right to work upon. Therefore, we ask that you gird your loins in situations of this kind, put on the armor of light and move out freely against any and all wickedness, knowing that love does overcome all things, and that all things besides love are distortions of love, no matter how depraved.

29: Once you see that you have found the basic lesson of love which you are to learn, then it may become clear to you why you have been associated with this difficult spouse in the mated relationship. This difficult spouse is breaking natural law by interfering with your free will. It is indeed difficult not to reciprocate. We urge you not to. We urge you to continue at all times to look upon each person as the Creator, but we do not urge masochism upon anyone, and if, after meditation, there is peace about the leaving of such an entity, then so be it. We find the idea of the so-called sin of divorce or separation to be misunderstood among your peoples. Mates are very rare. Many marry upon your sphere of existence, but few form strong teams. When one has a mate which is willing to work with one, one is blessed and should be humble before that and offer thanksgiving each and every day.

30: If one has the challenging relationship that tests one day after day, exhausts one, tires one, confuses one, then we suggest time alone, a walk, a meditation each day, a retreat to a beautiful place for the weekend, times when you—the entity who you really are—may sit down and contemplate the entire picture of your incarnational pattern that you may see a lesson of love you are to learn. Once you have seen that, the “slings and arrows,” as this instrument would quote, “of outrageous fortune,” though still hitting you, cannot penetrate, because you understand whence these negative feelings arise. This is not an easy task. This is not a task in which it is at all easy to be successful, for those who are in constant negativity tend simply to become too tired to do other than react to any situation at hand. We urge each never to become too lazy, too tired, too hopeless, too despairing to center in on who you really are and to move ahead that day as a child of the one infinite Creator.

34: Before you lie two realities. One is small. It contains things like garages, houses, relationships, jobs, chores and time. It is the surface of your life. But behold, underlying that surface is an incredibly beautiful, perfectly manifested God-self within. Seek that light that is brighter than light. Seek that love which ravishes and makes one whole. Seek to be with the Father. This is the most important thing which any entity may do to improve the level of vibration of your planet.

The good deeds are helpful, but no more so than good intentions. That is the metaphysical rule: thoughts are things. So look at the infinite creation. It is a blessing, a beauty, and a transcendent joy and gauge yourself in the life of life around you. Be your own person with your own resources. Hold your head high in the face of challenge, resting in the mercy seat of the compassion of your heart, for if you have the will to tame your willfulness to the service of the infinite Creator, there is no kind thing which is beyond your ability to do.

18.25 1989/06/25

5: In this density you do the big muscle movement, shall we say, of the dance of creation: you choose your partner. Shall you choose a Creator that is loving and giving, and shall you be loving and giving? Or shall you seek a Creator that is self-serving and hungry for praise, and you yourself be self-serving and hungry for praise? This is your dimension; this is your choice. This is where you make the choice. You are in the right place. Each of you has made the choice, yet still each wonders about the spiritual excellence of the self. And each judges the self as the person would never judge another. The self is always hardest upon the self, for it is privy to its stream of consciousness and very aware of what this instrument would call the clay feet.

8: Now, this Creator exists before it behaves, before it thinks, before it acts. The creation is made up of the Creator's thought, the great original Thought of Love that is within each. Now each has the free will. In an immature entity it is willful and you are moved by the will as one may be moved by the tides or the wind. In others, willfulness has given way to willingness, willingness to work, to share, to love, to be a part of the good of creation. This is the basic struggle of third density, the taming of the free will, the discovery of true free will, which can be found only when one has decided completely and dedicated oneself utterly to one of the two paths and is following that path in a daily way.

10: To will to do all things for the love of the Creator is not a very specific will. But when it is translated into practical ethics and workaday situations, one finds the Creator looking very odd sometimes—in the face of a strange woman or a peculiar man, someone who is attempting to get your attention, but who is irritating you. Or perhaps today the Christ appears in another way. Always there is that which may engage the self in selfless giving. Always there is the opportunity to be one who gives.

11: Now, when one who is willing to give is not able to give all because of bodily distress, as we find this instrument's case to be, or because of any other reason for limitation, we do not find that the being of the self has changed at all, but rather that the attitude becomes self-destructive because the entity judges a self which no longer exists. And in some degree, this progress of less and less activity as one becomes older, of less and less ability to have energy to help with projects and so forth, is universal and not to be mourned, but to be investigated as any other situation. There are many useful things about a situation in which there is much time for contemplation and thought. There is the opportunity at all times to do whatever one is doing for the love of the one infinite Creator. In that adoration, in that worship, lies the light of the consciousness of your planet.

12: This is your basic work and this is your basic worth. When you can bring into manifestation that which vibrates in service to others, the universe is happy with you, and those who receive the bounty that you give are happy with you. But if there is no production, if there is only the being and that beingness remains joy-filled and filled with thoughts of the one infinite Creator, thoughts of love, thoughts of unity, thoughts of peace, the entity continues, then, to function fully as one whose work it is, whose mission it is, whose job it is, whose choice it is to serve others, to help lighten the planetary consciousness at this time with so many brothers and sisters which have also come from afar.

15: We think, perhaps, that there is no way to escape low self-esteem, given the willfulness of the natural entity. Even the most disciplined entity will from time to time be unable to deal with the spiritual path because of exhaustion or confusion or anger or fear. And then we say to that person, remember you are not alone. You have support. You may call us angels, you may call us UFO contactees. We do not care what you call those of the inner planes who wish to help. It

able to accept the increased energy of vibration in a stable manner without disintegration. The ability to discern the precise manner by which this process is accomplished is a lesson which lies beyond that which you now attempt to learn, and is described by many as that known as wisdom. Those of your peoples within third density who seek the lessons of love do well to gain even a small portion of that lesson, and do not yet reach the quality or lesson of wisdom which allows the clear perception of the white light in its movement throughout all of creation.

42: Thus, the qualities which you seek to nurture within your being, those of will and faith to persevere in the seeking of love, are those qualities which discipline the personality in a fashion which allows further seeking and further progress upon the journey of seeking. The process is largely unseen, and not dependent upon the outcome for particular effort or group of efforts within an incarnation that are designed by the seeker as its attempt to polarize in consciousness.

50: I'd like to take the opportunity to ask one more question, with apologies to everyone else for the hogging the questions, because I have a stake in this myself. (Name) is not the only one who keeps thinking that surely there is an outcome that has not been achieved, and I'm learning a lot tonight too. Two years ago I lost a very, very dear friend, my beloved companion Don Elkins, and it was very sad the way it happened. My mind has been full of the sadness of it ever since. And even as I come up to such a joyous occasion as my wedding, and even as I'm involved in very, very happy preparations, yet still the sad parts haunt me. And it's as though I were Don, thinking Don's thoughts during the time that he was suffering, and so I still suffer. Even though I'm sure he himself has gone on, yet I still suffer with him in those last days and minutes of his life when he really felt alone and there was nothing I could do about it.

52: I am Q'uo, and again, my sister, we remind you that the true nature of your experience is that which is hidden for the most part from your ability to sense or perceive. Indeed, there is value in suffering. Have you not produced a fruit from the suffering? Can this not nourish others? In the larger sense, the Creator is able through your suffering to be glorified as the suffering is borne with a joyous heart, for it is the expression, then, of the discovery of love where one would not expect to find such.

53: It is not often or expected that each seeker will find even a small measure of love in a conscious fashion within any portion of the life experience which is devoted to suffering. Yet, it is true that within each such moment exists the one Creator, whole and perfect, full of joy and balanced in love and light. As the seeker who suffers discovers more of that joy in the moments of suffering, thus does the seeker remove yet another veil that covers the greater view from inner and outer eyes.

16.27 1987/05/13

3: Thus, the entity whose mind is in balance is sustained and sustaining just as is your sun; held in place and holding in place by its planets—the thoughts, the children of its love. And when the mind is not in balance, then do the thoughts become confused and go awry, for the Creator's hand is not in the midst of them, that creator being your own consciousness. When that which has been created achieves ascendancy over the Creator, then are things truly out of balance. How blessed it is, then, to seek the balance of love and light in daily meditations, for meditation is a wellspring of balance, light and love.

16.28 1987/05/17

7: There is an alignment of love in such a way that love is bonded in passion to light, thus causing sense to form of that which was before made of no consciousness. The secret of electricity lies in its generative and creative possibilities, and, indeed, although this instrument is not aware of any information of this kind, we believe we can impress upon this instrument that there is a large body of material and research done by scientists for many of your years upon the fascinating effects of love aligning light, that is, electricity, and its effects upon living organisms.

8: In your future it is possible that the increased understanding of electricity and magnetism as being love and light shall bring about a culture in which electricity may be used in simple and subtle ways to aid in the prevention of the development of diseases which are in some way egregious in the balance of one or another polarity. Electricity then will be measured in terms of its shaping ability—that is, its electromagnetic ability and its field effect instead of merely in terms of the force of charge or the amount of it.

16: When a seeker views the self as one which is acted upon by circumstance, one then sees the self lying down before the electricity of experience and having that experience burned into self. We suggest that the human desire has the strongest and highest electricity, metaphysically speaking, which is available upon the planet Earth in the third density at this time. Thus, the will, the heart, and the soul of humankind is far more powerful than any problem, any disease, or any natural phenomenon. Exceptions will be made in natural phenomena by appeal to a higher electricity, a higher creativity, a higher understanding of love.

23: I am Q'uo, and we are aware of your query, my brother. The focus of the desire upon an ideal or image which has emotional value and spiritual potential, shall we say, for the seeker is effective within the seeker's experience. When the focus has been as sharply drawn as is possible for the seeker to accomplish with the combination of inner images and intensified desire along the chosen path, the manifestation of such a focus of intentions is what you may call the vitality of the life experience. Some have given it the name élan vital or the joy of living which the greater influx of directed love, prana or energy has provided to the seeker as a result of the seeker's forming a channel or circuit for this influx of love and its creative power.

30: As succeeding energy centers or circuit areas within the energy centers of the seeker are opened and balanced to a minimal degree through a great portion of time and experience, the prana or love of the Creator will move further and further up the, as you have called it, path of the kundalini until there is the mating with the guiding light or Polaris of the self, where the seeker is already at one with the creation, so that an experience of conscious unity with the creation becomes available to the seeker. This completing of the circuit of the series of energy centers has been described by many of your peoples using various terminology, the enlightenment, the contact with intelligent infinity, the nirvana, as some call it.

31: Thus, the seeker may be seen as a configuration of circuits or series of lessons and balances to achieve, with each day offering further opportunity to move the flow of love further along the inner pathways that will eventually culminate in the bringing into harmonic resonance each portion of the seeker's being.

35: I am Q'uo, and though the physical vehicle may be enhanced in its ability to transmit various forms of electrical current, we find that any specific technique of a mechanical nature which lacks the metaphysical principle of the processing of catalyst as the primary means by which the mind, body and spirit are prepared in unison for the increased flow of prana or love energy is a technique which invites some degree of imbalance within the entity's total being and is that which would therefore be less than efficacious in the overall progress of the entity's mind, body and spirit complexes.

16.29 1987/05/20

45: I am Quanta, and we can only suggest that the daily meditations be pursued with the regularity and desire for service that you have thus far demonstrated. It is the perseverance and regularity of perseverance which prepares each seeker to become regularized and crystallized enough to transmit those higher frequencies of love and compassion which each has incarnated to do. Thus, the seeming mundane nature of setting aside a few moments each day dedicated to seeking and serving are most helpful in this regard.

49: I am Quanta. You may find as you pursue the uncovering of those feelings which have long been covered that there spring up further feelings which may also require the attention that you have given to the first feelings. Thus, if any feeling has not yet found its fruit of love, compassion and acceptance for any other entity or experience, you may consider pursuing that feeling with the same technique of magnifica-

tion until the feeling draws unto itself its opposite balance, and within this balance of feelings then may be birthed the compassion which equals the acceptance that each portion of the one Creator has as its birthright. This technique is best accomplished, we find, within your contemplative or meditative states as the focus is much more finely tuned in this state of awareness.

16.30 1987/06/21

18: Failure, my children, is completely irrelevant to the value of your attempt. You see, each of you will be claimed by death, or so it will seem. The reason for this is that illusions are just that—illusions. They are created and they have their moment and then they pass. That which is at your center, at your core, is a portion of the infinite love, the great original Thought which has never come into manifestation and is not manifested within you, but lies rather as the dynamo, the reality that fires and underlies all experience. It has sent out into the creation, for a marvelous merry-go-round of infinite proportions, your spirit in exploration.

19: And so you explore and report and gather your strength and again explore. And so do we all. The fire that lies within you can never be touched, can never be altered, but can only be eventually found because you have honed the personality until it is brilliant and clear and the properties of the crystal are yours. Then may you carry light as the Creator is Light. You do this now, but in a distorted manner. You ponder now, you suffer now. May we hope that you also heed that side of you which is most in touch with the light and love within, so that you may see the impermanence of all that seems to die.

16.31 1987/06/28

6: Looked at from this point of view, there is no spiritual benefit to be gained from a marriage ceremony, and many of those who enter into marriage certainly do not have the desire to seek out the metaphysical implications of the mated relationship which has been blessed by your orthodox religion. It is merely a commonplace of life, that which is to be done when two people feel that they have fallen in love. Indeed, many of those who wander to your planet find themselves virtually unable to understand or grasp why their brothers and sisters indulge in such a foolish practice.

9: The promises have to do with honoring, cherishing, serving and loving under any conditions whatsoever. Thus, metaphysically speaking, the marriage ceremony is among the most stringent possible promises or covenants, and requires the greatest degree of which the seeker is capable of loyalty, patience and sacrifice, for those who prepare for the ceremony as they think upon those promises know that difficulties will ensue at an unpredicted time or place with an unpredictable extremity.

13: Let us say that upon the one hand those who wish to do spiritual work together, but not physical or mental work together, are wiser to maintain the relationship of companions which are upon the road together and wish to help each other. It is a relationship which concentrates upon the present moment. The uses of memory and of looking towards the future are somewhat limited in such a spiritually oriented relationship. Just as the spiritual side of a lover's relationship is fragmented and often lost, the journey taken by those who are spiritually agreed to journey together may be very rich and satisfying. Very productive work may be accomplished. Each may serve as mirror to the other, each aiding the spiritual journey of the other, and deep friendship may ensue, that friendship which eliminates time and space.

14: The seekers which wish to do spiritual work together, emotional work together, mental work and physical work together, all at once, take for themselves an added burden and an added hope—the hope of fulfilling the covenant. If each of you is a crystalline being attempting to hone, clarify and sharpen that crystal which lies within, so too a relationship which has been stated clearly, spiritually and angelically is a crystal also, and throughout the life experience each of the two in the married pair may do all those things which are given to those who agree to seek together, yet there is also the responsibility for physical, mental and emotional loving, cherishing and honoring. The conditions are more clear, the responsibilities are greater and the end result is a crystalline

structure that may become part of the higher self of both in the marriage, not only within the life experience, but in the cosmic or eternal portion of the self, until such time as personhood is no longer. Those who have created the jewel of a promise fulfilled create a light source that, like all other light sources of love in the creation, are available whatever the time, whatever the space.

15: It is difficult for us to give to this instrument our words, for the nature in truth of metaphysical marriage contains a third party. This is not a thought which this instrument finds easy to channel, however, in any metaphysical covenant there is a third party which overshadows both entities. You may call that being the Creator in whatever face you see. Perhaps we would do best to call it living love. Those who do not marry and seek together, seek alone for the face of love. Those who seek through the covenant of marriage incorporate that which they seek into their seeking. This gives to those who grasp and understand the metaphysical meaning of marriage a gracefulness and a tenderness that would not come naturally otherwise.

61: Well, let me clarify my first question, because I didn't mean that relationships that have stopped continue. What I meant was that it has always seemed unlikely to me that love would just go away. It seems that if you have an experience of love with another person, that the experience may end, but that the love remains. As long as it remains in memory, it remains truly. The reason that this is important to me is that I have had more than one relationship in my life, and it's comforting to think of the light and love that those relationships created as having a life independent of the failure of the relationship for one reason or another, the ending of it.

62: I am Q'uo, and, indeed, my sister, all that remains from any experience within your illusion and all that is ever recorded within the nature of the soul is love. Whatever experience of love one is able to create and to share within any relationship or experience within your illusion is remembered and is gathered as the true harvest of the incarnation. All else is but the means to this end.

16.32 1987/07/12

0: [overview] "Q'uo: We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. We speak of forgiveness."

5: We thank you for the great privilege of such intimate sharing of heartfelt desires, and we assure you that we also have that goal of every seeker—to know the face of mystery, to be with the Creator in an illumined fashion. How far we are all from that great and all-consuming goal—the Creator's face, the articulated Logos. What a dear and precious mystery. That mystery is all wrapped up with love, a love that has been called compassion by those who seek to deepen the meaning of that word love, that word which has been so abused, misused and trivialized by common usage.

6: Indeed, the one who challenges in the name of Jesus Christ challenges in the name of love itself, and all challenges which are superlative and honestly felt, whatever the words of challenge, that challenge is the challenge of love, that compassion against which nothing may stand. What is the nature of compassion? How does compassion touch each as each seeks along the path and finds the road rocky or smooth, steep or plain.

7: We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. We speak of forgiveness.

15: Please remember at all times when you see hardness in others or yourself, that you are powerful to serve as messengers of love, peace and joy. You may encourage, exhort, commune and just be with one who is having difficulty, and by your mirroring forgiveness and love to the one you wish to aid, you are connecting your subconscious and your companion's subconscious in great echoes of compassion. Sometimes no word need to be said for this comforting effect to take place. Never doubt your value to one another, for you are the Creator. You are love, each to the other. May you dwell in a world where forgiveness is actively sought and joy is nourished by all conversation.

16: My friends, it seems while you are in the midst of the third-density illusion that the stream of your life experience

finity, and it is infinity for which you yearn, for that is your birthright.

20: Gaze at the pattern of your incarnation. What do you suppose the lessons were that you came to learn? What has your life been patterned like? All lives are a patchwork quilt when seen up close, bewildering to the eye. Yet when one backs off, one sees a pattern, a beautiful, carefully sewn pattern. All the pieces are stitched together, making the truth of love complete. And quilting is placed beneath the coverlet that you may be soft in your zeal, gentle in your speaking of the truth, never intrusive but always ready to witness to that which is in your heart when someone asks.

22: We suggest to you, therefore, that whatever your strong point is—intuition, analysis, meditation, prayer or contemplation—that you focus upon this in a daily and earnest manner, seeking to know how you may offer love, asking that the opportunity be given to you to share that love with others. If one does this, the lessons will still become harder, but they will at least have the interesting factor of being different. It is when one resists the pattern that one must repeat the lesson again and again.

24: The third reason that the lessons become more difficult is simply that there is a great subtlety to the art and the craft of service to others. Very many of your people confuse this with pleasing others, and if they please others, they feel they have served. We suggest that this may not, indeed, be the case, and that each request for service be gazed at, not from the standpoint of pleasing the self or the other self, but from the standpoint of where the love is in the situation so that you may fasten on to that lodestar of love and light and act accordingly to those principles which stream therefrom.

25: How we admire you. We remember third density. It is the shortest of the densities, the density of choice. You are here to choose to serve the Creator by serving others or by serving the self and manipulating others. As you serve others, you may be asked to do outrageous things, to go beyond your limitations, to do what cannot be done yet which shall be done because it must. And in those situations we strongly advise that you release your personal personality and move to an impersonal portion of your deep self, that God-self of unmitigated and straightforward compassion. To determine what is pleasing as opposed to what is serving another entity is sometimes difficult, especially on the spur of the moment. Therefore, we ask you to steep yourselves as you would imolate a tea bag in the teacup in the love and the light of the infinite One, that what needs be done for you to polarize, for you to choose, may be done with what this instrument would call singleness and gladness of heart.

29: ...you spirit, this polarization as the steps between the polarity you experience and the polarity you wish becomes smaller or shorter but much more intense, for you are burning away a great deal of what people may call personality. This is not to say that you should not be merry, full of laughter and joy, comforting and exhorting each other always in love. Each of you was put here for each of you. You have the freedom to be one with everyone or to single out the self as more important than everyone.

34: You see, each of you has complete free will. You do not have to follow the path of the Creator. You may stay in one place, or you may move in a negative fashion, controlling others and manipulating them to serve yourself. The choices are yours, and as you make one successful choice the strength is then given to you to try again and again and again. You will many times feel that you have failed. But remember, you cannot judge yourself, not until this illusion is gone from you and you can see the truth face to face. The very desire and zeal to be faithful and loving to one another is a light for the nations, a lightning of the planetary consciousness and the hope of your planet [at] this particular time.

36: Thus, willfulness becomes willingness, and difficulty becomes a smoothly running river of love and light that cascades you know not where. You do not know whose lives you touch, but by faith your life itself may touch many and give them the light that they need to make their choices.

39: Learning has always been a painful task. It is exciting, and when one looks back upon it, it is wondrous and adventurous. One feels as a voyager would, going to conquer new lands, going to embrace the world with love and light. Just about the time that you feel this way, the next lesson shall begin. This is what you planned for yourself for the utmost polarization for service to others.

63: I am Q'uo, and am aware of your query, my brother. We

find that you have in essence provided the answer to your query, in that it is, indeed, our observation that as your planetary sphere moves into a new sector of time and space that the increased love and light of that sector is felt as it streams through the web of energy vortices of your planet by each entity upon your planet, much as would the print on the written page be enlarged by the magnifying glass. Therefore, the directions which have been chosen, either to the positive radiant or the negative and magnetic, be enhanced in their direction and vector.

18.24 1989/06/21

0: [overview] It is said that our main goal or lesson is to learn to love, to serve, to give of the self to others. Is there a point beyond which one should not give, because it damages the self too much? For instance, giving one's free will to a dominating person or giving health to unreasonable demands of non-supporting family members or destroyed self esteem to the constant criticism by a mate.

9: When an entity has lost its free will to the point that it seems paralyzed and unable to move further, then that entity must needs go within and tabernacle with the Creator and listen very closely to the silence. Within that silence there is a love and imperishable beauty, a compassionate wisdom and an ever-comforting pair of arms that will rock you gently through the cradle of this incarnation until the chrysalis that you are becomes, in fourth density, the butterfly. The butterfly now is within you, waiting to occur. Honor yourself and let no man or woman take away from you your own knowledge of your own nature and birthright, for you are all made of love.

10: We encourage people to love each other. This is a blanket statement that has nothing wrong with it. However, we find that within your culture people confuse pleasing people with serving people. To please someone is a never-ending struggle, because no entity can be pleased all the time. Each entity will have its cycles of inward mood, regardless of outer circumstance. It is not your responsibility to take care of the mood level of those about you, but rather to maintain your own centered joy and peace.

11: In extreme cases such as you have queried about, there are options concerning communication or a simple action for the good of the entire family unit. But we cannot decide for any person where that point is. We can only say that if one perceives that one is at the point where one cannot go on in partnership, it is not a negative thing, lovingly to separate. It is also quite likely that if it is done with no rancor that the couple may be together once again on an entirely different footing—the footing of equals.

14: That is the important thing: to discover joy and peace within yourself. If it is being robbed from you, you must cut that cord that tugs your good times away from you. This does not necessarily mean that you physically no longer see the mate, the friend, or any entity that may hurt you, but that when you do see that entity, you are corresponding with that entity in the language of the Creator-self and not the language of free will. Realize that your own free will is completely predominant. You may decide to accept a very sacrificial environment because you have decided to learn a very difficult lesson about love, that generally being that one loves the ideal, but one sees the shallowness and foolishness. It is difficult to love shallowness and foolishness, yet this is the incarnation in which you must make the choice to love and be of service to others.

15: Therefore, if there is the strength within to continue loving despite the challenges of a troublesome mate, a good spiritual line of accelerated growth will spiral forth and you shall shine brighter and brighter. It is a myth that certain circumstances create more spirituality than others. Spirituality is that which is recognized within one's self.

18: So, in solving a riddle that cannot be solved, such as the riddle of how to deal with someone who is despitely using you, it is well to take into meditation this dilemma, not urging one or the other way, but asking, seeking, hoping for an answer that may be more unitive, more loving and more effective in making loving gentle relationships occur.

20: Trust that meditative process. Trust that asking and seeking, and when you hear the answer, find the grace and the will to act upon it with a singleness of heart. For you wish to give glory to the infinite Creator, and no matter who

which need analysis, though we urge you to keep the intellect in abeyance while experiencing intuitional information.

22: My friends, there is not a lack of free will, but each of you has a destiny. Each of you has come here hoping to fulfill some job, shall we say, some change in attitude, some feeling, some bias that before you were born you decided needed strengthening. Therefore, that which is happening to you is happening to you because you chose to be strengthened in a certain way. Let your intuition speak to you concerning the catalyst of the day and especially the spiritual coincidences that occur. For much information, in fact, all that there is, resides within your own consciousness which in itself is a portion of the one infinite Creator in its active state. Trust in your birthright, and do not be fooled by this little life that you live at this time. You cannot make a mistake within this illusion if you but shoulder your troubles and carry on, having faith that you have arranged for yourself in a perfectly simple and understandable manner that which confronts you. No matter how confused or difficult it may seem, there is a heart to it and in that heart is a lesson of love.

23: Do not berate the self as you fail in your own eyes, but simply start again, look again, meditate again, and persevere in the desire to know. For if you desire to know the truth, the truth will repeatedly come to you, some truths useful for a small period of time, some truths useful for all of eternity. When one truth changes to another, do not be afraid, for the basic truth is love, and its basic expression within your density, faith. You were born as part of the Creator and part of free will. You have within you love and variousness. As you move through the variety of experiences that your free will chooses, allow that Creator-spirit within to recognize the spiritual lessons which you are to learn. Allow that rainbow bridge to form, allow, shall we say, in a mechanical way, the use of the frontal lobes in which are stored all of creation.

42: Thus, one may experience a good deal of frustration and anger pointed toward the self within an incarnational pattern as a result of various what an entity may call mistakes and ineffective application in order that a greater love and compassion might eventually replace the anger and frustration which were the first distortions or biases with which the entity began. Thus, the continued experience of this anger pointed toward the self may eventually attract the attention of the entity to the degree that the entity begins to consider why such anger exists and what use may be made of it, all the while building the potential for eventual acceptance and compassion for the self and then for others about the self.

58: I am Q'uo, and am aware of your query, my sister. Within your illusion it is quite possible to progress in a spiritual sense without physically doing any particular thing, for the entity which is consciously aware of the process of evolution may utilize any experience, thought or desire in order to advance the ability to feel love and compassion for the self and for all other selves. Thus, it is only necessary that the desire to learn and to serve be present within the entity for these goals to be realized within your illusion.

78: I am Q'uo, and am aware of your query, my sister. The hallmark difference from our point of view between the judging and the discerning is that in the act of judging an action, a thought, or an entity, one in some degree removes that thought, action or entity from the loving compassion that one would feel in a normal sense without the judgment. In the act of discerning, one looks at a thought, a word, an action, or an entity and attempts to describe what is occurring without removing this thought, word, action or entity from the heart, shall we say, and attempts to relate to that thought, word, action or entity in a fashion that is consonant with the feeling of compassion and love that each portion of the Creator has as a natural birthright.

18.23 1989/06/18

4: When you face a challenging task, it is often exciting, and if you are given the opportunity to finish the task before beginning another, there is much satisfaction. If you begin another large task while in the midst of finishing the first, the stress and anxiety of time allotment occurs, not because there is not enough time, but because you are depending upon yourself. This is a secular world, a secular culture, an unchurched culture. The offering of unity and unconditional love that the master known to you as Jesus offered has been so subverted and contaminated with doctrine and dogma that it seems that

there is no longer the possibility of what one may call Christian worship.

5: Yet I say unto you, my children, this is an untruth. You may, in opening yourself to the less personal side of yourself, find the strength, find the time, and find the grace to know the will of the Creator and to do it. This cannot happen to you secularly or in a human fashion, for you are, in your waking consciousness, very, very little aware of the fact that all of you are channels. Therefore, you attempt to channel your own deepest love and service to others. And at some point, you reach your own limits and can go no further, and this seems to you to be a great failure.

7: So our focus, perhaps, to you this evening would be to suggest that a time be set aside, and, if possible, a special place where one may go to listen within one's heart, having opened the door behind which stands the consciousness of Christhood, the consciousness of Love. This consciousness is infinite, and one who trusts it and has faith in it is able to tap into that overflowing, beautiful and ineffable stream of the Creator's love. You tap into it, it flows through you, and you are not weary or disappointed or saddened, for you have done your best, you have done your work, you have prepared yourself, you have challenged each spirit and found that spirit to be true to your own beliefs.

10: At this point we feel each of you is at this time. Now what lies ahead of you is what one of your poets would call "the road less traveled." For we are not here to evangelize. We are not here to ask you to believe in dogma or doctrine. We are here because we are those of the consciousness of love, and we come to you as called for this particular kind of information which we give you in love, asking you always to remember that all that we say is opinion and not gospel. If anything that we say disturbs or disquiets you, we urge you to put that aside immediately, for you will recognize your own personal truth. It will be as if you remembered it.

11: After the first several years of an intensely lived spiritual life, some good habits and some bad habits are in place. The good habits tend to be that of dailyness and regularity and intensity in worship. More time is spent thinking about the one infinite Creator and Its loving nature; less time is spent considering the treasures of this particular illusion. Yet, there are always teachers which will urge you onward, and the primary teacher which always urges you onward is yourself, for you came into this incarnation blazing with zeal to do the Creator's will in whatever way it has been laid out for you to do. By faith alone can you silence each day, "What is there for me to do?" and find a feeling in answer. We advise that you sit in meditation until you reach the point at which you are illumined, may we say, and lost in the Creator, so that each cell of the body and mind and spirit-if spirits may be said to have cells-is comforted, strengthened, sustained and blessed.

14: Therefore, we begin slowly. The creation, first density of rock, sea, fire and air; the second generation or dimension of plants and animals, all of these are connected intimately with love. This is why many of you experience such a deep peace when surrounded by wilderness of nature, for it sways with the rhythm of creation and has an open heart for all beings around it. It even offers to each of you the oxygen that you breathe, just as you offer it the carbon dioxide which it needs.

15: So you learn the beginning of things first. You learn to turn towards the light in second density, and by the end of second density you have become an individual, whether you be an animal, a plant, or a rock formation. If it is invested with enough devotion and love from third-density entities such as yourself, it too will become ensouled within a physical body which is able to be self-conscious.

17: There are two reasons why things become more difficult as one goes along. Perhaps the most characteristic reason is that of the unlearned or incompletely learned lesson of love. Each lesson which comes to you, each challenge and difficulty and demand, holds a lesson of love for you. If you do not successfully work out this particular lesson through the aids of meditation, contemplation, inspiration and analysis, you may not learn the lesson in front of you. You may decide instead that perhaps you have a more glorious ministry, a more exciting gift to give to the world. You are impatient. Yet there is no room for impatience in timelessness, and, my friends, all of your spiritual growth takes place in the time-less present moment. Until you have removed yourself from today, yesterday and tomorrow, you have not contacted in-

moves slowly and endlessly. Yet, we urge you to make some attempt to realize how very fleeting birdsong, brook's rill and the wind in the trees are, how very short is your time to gain experience upon your beautiful planetary sphere. May you find zest and joy in your inward walk. May your eyes behold the creation of your brothers and sisters of air, earth, wind, fire and all the creatures of those densities. May you love life as you experience it, and may you find comfort in each other.

17: It has been a great privilege to speak with you. We feel particular love for each of you, and would send you our blessings through this instrument. We wish you to know that at any time that you are meditating and you wish us to be with you in that meditation, you have merely to mentally request our presence. We do not speak in a lone meditation, but many find our vibrations to cause meditative states to become achieved more easily and held for longer periods of time. We also find great benefit from sharing in your vibration. We would transfer at this time, with thanks to this instrument. We are Q'uo.

16.33 1987/07/13

3: Thus, it is the nature of humankind to be receptive, as a channel is receptive, and then to be a broadcaster, so that those who may find aid in your words may have access to them. Needless to say, the varieties of channeling are endless. There are those souls who channel such healing into the pie or roast that each bite that is taken at the dinner table fills not only the stomach but the heart with the love of the one who channeled perfect love into food.

5: Most of all, we send you our love and wish for each the joy that service to others brings back to the self. You shall be surprised by the love that is mirrored back to you from time to time, simply because you have a wish to be of service. This wish is the legacy of the kingdom within, that kingdom which is often called heaven. Yet, does it not lie within, my friends? And do you not bring to channeling the very essence of that which is to be channeled? For are you not in God and the Creator in you? Thus, fear not the experience of channeling, nor be concerned what you shall say.

18: You form a ring, my friends, as you sit about the room of your domicile. The domicile forms a ring about you, and the yard about the domicile and the town about the yard, and the continent, then [the] world in which you have lived. Then that great round, the galaxy, and the timeless, convoluted roundness of the creation itself. And each of you wishes to serve the roundness of the galaxy and of all creation. And the roundness of one circle sitting in light wishing to be of aid to fellow seekers is equally powerful. We know you will seek to be stewards of the power which is yours for good or for ill, and we rejoice greatly in the light and the love...

21: ...which you who dwell in mystery yet achieve through faith in the light and through the will to know and to give love. We would wish at this time to transfer to the one known as Jim. We are known to you as Hatonn.

16.34 1987/07/15

28: My friends, it is not important under which stars you dwell, but vastly important that your gaze upward be keen and persistent. Many times in any incarnation there will be the need for the dark night and the lack of humankind's banishing of the night, for only in the deepest darkness can one truly see at their very best those starry dominions which are symbols of light and love.

46: To be of service to others is an elusive and baffling goal, and yet we find the hearts of each true and the desire of each to serve. May your sacrifices of time and caring in all that you do be a channeling of love and light, and may the channeling itself, for those of you who find it a helpful thing to continue, be a source through you of that great spreading light which more and more is being lit up with great lights among your peoples. More and more of you upon your sphere are becoming lights, channels of love, and, as for us, we love each of you and bless you for all that you have given us.

54: In a general fashion, the nature of such calls may be seen to fall within three major categories, each with many, many subdivisions, shall we say. There is that seeking that is of love and for compassion and understanding and the attempt to accept more and more of the creation as a portion of the

self. There is that seeking which partakes of that known as wisdom or light which reveals unto the inner and outer eyes of the seeker more and more of the nature of the creation which Love has formed. And there is that seeking which partakes of the balancing of these two of love and of wisdom into a force or source which may be seen as unity or power, and which partakes of the blending of love with wisdom by wisdom. Thus, a seeker may throughout an incarnation move into each of these three general categories of seeking, and by the nature and intensity of the seeking call unto itself the assistance of those unseen teachers, guides and friends which vibrate in harmony with the nature of the seeker.

16.35 1987/07/26

4: It has been written in your holy work known as the Bible that the master known as Jesus is a vine and his students branches thereof. If you consider yourself as a cosmic citizen, you and all other consciousness in the universe are rooted in one vine, that is, the life-giving vine of love. We use that word, although it is inadequate to express the mystery of the Creator, because as ill-used as that word is among your peoples, it nevertheless evokes knowledge of the most extreme of human emotions. Pure living love, stemming directly from the Uncreated in perfect order, in perfect love, is a force of unimaginable magnitude, a force which has propelled into being all consciousness, and a force which wishes to assist each portion of consciousness in its full circle through experience and back to the Source of love, that which is uncreated, that which is always the same, the one great original Thought.

5: Depression is one of many human experiences, as you would call them, in which a branch of the vine is damaged by the cutting off of the supply of food from the root. The invisible strangling of love can come about because of many circumstances. In its worst cases, one may observe in its results those personalities which do not have an emotional bias against murder, theft and so forth. When one looks for the invisible garrote that has so strangled love within such an entity, one cannot see it, although earnest scholars equate the loss of life-giving emotion with lack of love or even lack of a home in the murderer's early years.

6: With the emotional experience of depression, we may see a person which is experiencing a strangulation, to a certain extent a loss of love from the root, and when the person looks to see what the source of this strangulation of love might be, again it is invisible, for it has taken place within the mind itself.

9: It is well to attempt to gaze at and consider the self and all of its vagaries. The one who attempts to change depression by denying negative feelings is perhaps on the right track, however, that person has little chance of creating an easement of the strangulation of love simply by speaking it so, for in depression, that which ties the cord too tightly around the vine, that which holds back the supply of love, is a desire to hold in the mind circumstances which seem unacceptable. This desire, whether quite conscious or relatively unconscious in nature, has a very adverse affect upon the supply of the life-giving energy of love which is falling constantly into each of the portions of the Creator's consciousness.

11: Since the entity who is depressed can blame only itself, a disassociation almost inevitably begins within the mind of the depressed person, which then adds to the inertia that is dragging down or to the block in the fuel line that is keeping fuel from the engine of consciousness. It is as if there were two consciousnesses, one healthy and free and thriving, which exists in our dreams and at the core of all illusion, and that consciousness which has come to a standstill, getting, instead of love, a fueling supply of fear and anxiety.

14: We say to you that depression is impossible in a consciousness that is new. If an entity gazes about itself at any point in the lifetime experience, it will see some things which are pleasing and some things which are not. The consciousness which has been your source of life sees the creation with eyes of love, for it is love, and in this love all things are as they should be.

15: Contradistinctive to undistorted love is the operation of free will which moves within each particle of consciousness in such a way as to make choices possible. Thus, the new consciousness, by the operation of free will, would turn each moment, like a stone, to see each facet of beauty, unity and

love, or perhaps to marvel at those balances which are particularly unusual in those about it. This new consciousness is that which the depressed entity may acquire not only through meditation, but also through remembering at each moment when it is first noticed that the experience of depression is becoming active.

16.36 1987/07/29

25: There is what you may call the testing, oftentimes referred to as initiation of one kind or another. The attitude that is the means by which the seeker views and accepts the manifestations of the various seasons of the soul's seeking is that which is of most importance in each testing, for if it can be discovered within the point of view of the seeker that each situation has a metaphysical implication that revolves about the concept of love and acceptance of that which is, then the seeker is more able to take advantage of the more specific lessons that orbit the primary concept of love that may be found in each cycle or season.

16.37 1987/08/02

5: These dates of which you ask are such an occasion. There are various levels of cosmic energy instreaming into the planetary vortex of energy which surrounds your Earth's sphere. An unusually high degree of transparency exists during that upcoming period, making that spirit which is Love within more easily apprehended and shared. Each seeker will find opportunities during these hours to offer the great intention of coming into balance more and more with the planet itself in its physical form and in its spiritual form.

7: The effect upon entities will be various, for each entity which seeks, seeks upon its own path, having its own assets and able to offer its own gifts. There are some whose gift is with the practical, and to those entities the world will call and perhaps will be heard, for there are the hungry to feed, brothers to be embraced and a damaged planet to redeem. There are those whose skills and love lie largely in dreaming, hoping and loving, and we encourage entities which are of this nature to take their dreams, hopes and love with the utmost of seriousness that they may offer themselves [as] channels of light in a dark world, for sending love is perhaps the most powerful action of a seeker.

12: The concept of balance is perhaps the most important concept which we feel in our opinion is to be focused upon at this time—the balance between the celebration and the nothingness, for both of these things are the self. Both of these things are the universe. Both of these things are a portion of what we may say about the Creator, for as you gaze at your consciousness and watch that balance roll back and forth within your own mind and life, so you see the Creator in endless balancing. We do not say that the Creator is celebration, nor do we say that the Creator is nothingness. We say that the Creator is beyond both and beyond any understanding or word. We reluctantly use the word love to describe the Creator—it is the closest word which your language has. May you dwell in this love until you know yourself to be a channel for that love.

13: May you learn to trust more and more your ability to be harmonious, may you let go more and more of those sharp edges, those bad habits of thought which take the power from your loving and the truth from your words, for each has the behavior, born of pain and sorrow. These pains, these sorrows, held to the breast, create strife evermore. Held instead to the light of love and accepted, it is then possible to have them let go so that pain and sorrow become transformed into compassion, the strong compassion that shares the deep awareness of the oneness of sorrow in all peoples, and beyond that the ultimate rhapsody of oneness in living love.

21: Thus, as each moves as likened to the cells within a great body of being, the relationship of each to the other and to the entirety constantly moves and changes so that those energies which have set each in motion are facilitated in their movement through those planetary spheres. The entirety may be seen as similar to the face of a clock which has three dimensions and in the case of your planetary sphere is moving into a fourth dimension. The dimensions of being for each planet then affect the ability of the influx of intelligent energy or love

to move in a fashion which enhances the ease of movement and the intensity of movement.

16.38 1987/08/05

7: What a new instrument is engaged in is creativity. A channel produces out of nothing a something which, it is hoped, will be beautiful, inspiring or useful, or perhaps all of those. Creating beauty, creating the feelings associated with divine love, is one great purpose of the existence of all consciousness, and the vocal channeling is one way of achieving the creative act which expresses the trust and love that each feels for that great love which is the Creator.

16.39 1987/08/12

63: When you said, “gather about yourself the qualities,” by that you mean hold in mind such things as service to principles of love and to keep those—well, I don't know how to ask the question, but your words put a picture in my mind which I guess for the moment I will trust this as good, and perhaps if there is a question it will come later. Thank you very much, that was very helpful.

16.40 1987/08/16

2: We would speak with you about being and doing, two verbs that seem simple and yet are not. We, as you, are students of that great mystery which hides the face of the Creator from all of us. We, as you, seek more and more to know and to be with the Source of all that there is, the Love which created all that there is, the Light which sustains all that there is. We find great love and harmony in being and great love and harmony in doing, and yet the tension between those two poles of behavior and consciousness is felt by many seekers, and, indeed, can be a stumbling block, for one desires, in doing spiritual work as in any other work, to be occupied, to have accomplished something, to have gotten somewhere. Yet is consciousness ever and always at the base a being, not an activity.

4: Now, this energy is the energy of beingness. It is your own and no one else's. Each consciousness source in the creation is unique. Thus, it is valid always for the seeker to be attempting through all that which it does to more and more carefully choose the path of seeking, choose the way of service, and choose the source of experience so that at the end of all experience there shall be a consciousness which is more and more full of love, more and more able to channel that great original Thought which created all, that Logos which is love.

7: We ask you to avoid the emotion of discouragement. Perhaps the best way to avoid that is to give encouragement to others. Thus, we suggest that you love each other and serve each other. It is an antidote for the blues, for it balances that which within you felt unbalanced. It is only our opinion, but we believe that good intentions, a true desire to do well, is far more important than how things actually come out in the illusion. So be of good cheer. We do not ask you to be silly and funny in the face of tragedy, but try to keep the light touch, for when one embarks upon the path of spiritual seeking and attempts to accelerate the pace of one's seeking, experiences can become intense and discouragement is easy to come by.

9: We encourage and recommend the daily practice of meditation, the tabernacled in the inner room of the silent consciousness, for that consciousness touched into often enough may more and more begin to shine through that which you do that you may become radiant, a more and more pure channel for the love of the infinite Creator. If you find it difficult to find time to do this each day, we still suggest it would be worth the effort to create a short time for touching into this consciousness. Indeed, it may be done momentarily when the clock strikes or the siren sounds at noon. Remember who you are and what you seek, and open the door to that inner room and just for a moment close it behind you and say to that great mystery which lies in darkness all round the heart, “Here am I.”

33: I am Q'uo, and many are the ways, my sister, in which love may be produced and shared. There are as many as there are seekers thirsty for this love, and each chooses a

passionate love for the Creator, and they seek to reach that within themselves. Make that connection, feel the true worth of the self, stand upon one's own two feet, metaphysically speaking, and that which is catalyst will then come to you as catalyst. And once one has discovered the basic lesson of the incarnation, one may quickly move, when the sliding resistance begins, into a positive attitude of asking for the change, asking for the experience, asking to change, opening that biocomputer of the mind to new programming, new selfhood, new ways of perception and new ways of storing memory.

22: Much of your brain is not at this time used. Start suggesting to yourself that a spiritual portion of your mind, so often symbolized by the third eye of the forehead but containing the whole of the skull, be recognized. Above all, we ask that you allow adversity, handled well or handled poorly, to mellow into sweetness within the character. Kindness and charity and hope and faith—all of these things are different ways of saying love, and that is the essence of your being, that is the essence of your Creator, that is the essence of creation itself.

23: As for adversity... ah, you have designed it to come upon you. You shall one day be interested, rather than fearful, of what the day may bring, for the entity which rules himself needs little but the infinite Creator and the ability and opportunity to love others.

24: When there are practicalities involved, we suggest that one use one's biocomputer as logically and carefully as possible. However, over against this caution, we assure you that you cannot truly make a mistake, for whatever road upon which you turn, you shall meet your catalyst again and again until you recognize it, love it, forgive it and move beyond. You are queens and kings, rulers of yourselves, all of you royal. Remember who you are, remember your birthright and remember that you live in a spiritual democracy where each entity is precisely, mathematically equal. The differences within the illusion come from your use of will through faith.

52: I am Q'uo, and if we understand your query correctly, we may not speak as to the motivation for your actions which is unknown to you, for that which is your heart's desire, if unknown to you, is that which you must seek by your own efforts. We would suggest that each entity in the life pattern takes those actions and thinks those thoughts and speaks those words that one feels are appropriate to the situation at hand. And yet if this entity will look at the motivations for each word, thought or deed, one may discover that it is not a simple matter to put the finger squarely upon the single reason for any thought, word or deed. For each of you, my friends, is a complex being with various lessons, abilities, desires, blockages and challenges to face, all revolving about the concept of love and compassion.

66: Yes. I would like to learn to deal with passion that relates to the human being—a passion which is destructive, which doesn't lead any place, which hurts. How to dominate it and how to make it less destructive? Maybe there is no way, maybe there is a way. What would you advise someone particularly in love with someone since a long time and doesn't know how to deal with it anymore and knows it doesn't lead any place. What would you advise this person to deal with so this person doesn't get hurt so much, that this person has no room to serve, or it diminishes the action of this person to really serve the others because there is this healing process going on, or this big hurt and wound going on?

81: I am Q'uo, and am aware of your query, my brother. The benefit of such emotional biases is personal to each seeker. The stronger the emotional bias, the more intensity there is noted within the learning opportunity. That is to say, the greater the emotion, the greater the bias, and the more obvious the lesson which is being presented to the seeker, for there is but one response to any catalyst within your illusion that reflects a balanced point of view. That response, as you know well, is love or compassion. When any other emotion is noted within the mind/body/spirit complex of the self, then the seeker may assume there is catalyst there to be processed in order that a balancing may occur.

18.22 1989/05/28

7: To some, it may seem as if the Creator is progressively against them [to] these or those who have not awakened to the catalyst being that which is borne as fertilizer to the

ground of faith and love and service to others, that fruit may appear from the suffering endured and learning the lesson. Why is there suffering, my friends? It is very simple. Suffering is a natural concomitant of change, and when something new is realized and put into action within the self and the self's thinking and behavior, change occurs. The energy of programs which have become useless may now turn to new programs, and so the student progresses upon the path of seeking the infinite mystery of the one Creator.

10: We ask you to think of yourself in a symbolic manner as the Christ upon the cross. Each suffers; each dies. Each spends the life, no matter how happy, in some degree of psychic, spiritual, emotional, mental or physical pain. This is the road of service to others. This is the sacrificial road which each of you has chosen as service-to-others entities. Each of you loves each other. Each of you would step in front of the other to stop the bullet. This is service-to-others polarity, and this entire vibratory nexus which you call third density is that in which you make the foundation choice which each of you has already made to be of service to others and to live a life in faith. Your basic contribution is living the life in faith; not in being happy or melancholy or useful or productive, but in being a certain kind of entity, an entity that is able to shine through the windows of the eyes and the smile upon the lips with the light of the one infinite Creator.

13: It was part of the question that there were many upon your inner planes which were at all times available and might aid the entity. This is indeed so. None is alone ever. Each is beloved not only by the Creator but by those who have chosen to be companions within the life experience of this spirit. Thus, the second thing which we would encourage in each is a program of daily, humble, simple, listening, silent meditation. There are voices deep within you of the Creator, of what this instrument would call the Spirit, and many others, the higher self, of guides, of the inner planes, of the deeper recesses of the self, which in a subjective sense is equal to the description of the outer spirits above, that can give information to you which you are unable to reach or have access to while in the normal waking state.

18: We encourage you not to be concerned as to how fast you move along the path to spiritual enlightenment, for, in truth you are not seeking a specific gradation of light, but are seeking merely to progress. There is, indeed, a resistance point between densities, a point of light which becomes suddenly of a different nature, so that those which truly cannot move into fourth density at the end of the life experience will be placed upon a planet which is having third-density experience. Those who are able to cross the threshold to the fourth density upon their physical death may move into a larger life, a life of glowing colors and harmonious entities, a life where all the lies and deceptions and the schemes and attitudes are known and loved and forgiven, and therefore are no longer needed as armor and are dropped; a density of understanding of each other, of being able to see which mate is truly associated with you and is truly to be with you, and in this instance we would refer to the query of the one known as P.

19: The choice of a mate is most important, for one who seeks may seek much more stably, much more objectively, and much more creatively if that spirit is, shall we say, in harmony with another entity which likewise is dedicated to carrying the cross of humanity and suffering to learn the lessons of love. We are not specifically Christian, anymore than we are specifically Buddhist or Taoist or Shintoist. We are those who speak of love and light, and we wish each to realize that those who speak of a life experience as the proverbial bowl of cherries, as this instrument would call it, have in one way got it right, because this is an illusion, my friends, a complete and total illusion.

21: In daily meditation you sink into your intuitive mind, into your subconscious, and you build that rainbow bridge of faith. Above all things, we urge you to live a life in faith and love, faith that what is happening should be happening, love for all that moves and breathes, love for the elements themselves, love for the Creator, and above all, love of each other. Listen increasingly, as your intuition becomes more able to communicate with you consciously. Keep the dream notebook, keep the notebook of that which comes to you when awake, and see what your concerns are, what the pattern of your difficulties may be. Your so-called brain is a biocomputer which is of limited use. It is very useful as an employee of your spirit, and we urge you to place that ability to think and discern upon those things which have already happened

and keep asking. Do not make it an obsession, but make it that which you are most curious of and wish to learn, for it is those who seek who find. Respect and use your deep intelligence. Allow the experience of many lifetimes to inform you. Allow all of the intelligences of the universe which flow through you to speak to you. Go ever deeper. Jump ever further in faith. Trust ever more in a kindly but mysterious Intelligence that is love. Trust love. All within the illusion will fall and fail at one time or another; that is because free will is various. But that within you which is imperishable is safe, and that is where you must repair to lick your wounds, to soothe your soul, to ease your mind and to seek your deepest heart. Come to your safe place often and experience love from the one infinite Creator and love for the one Creator.

25: We wish to emphasize that the reason that some mythical systems not only exist, but last for many, many centuries is that they are myths which do things which are needed to move someone from [finitude] to infinity. The leap of faith needs to be taken holding someone's or something's hand. There must be the feeling of safety while being the fool. No one within the illusion can talk oneself into the belief that one can do everything perfectly and unravel the secrets of the universe by the self. You go into uncharted waters, and you will change by seeking in this manner. You must determine that in which you have faith, and if you need to make up a figure, so be it. If you need to visualize a quality, visualize it as a figure of some kind that demonstrates that quality. But allow the means of moving from time to eternity to be personal to you, to be an object of worship and love, for it is the bridge of faith that moves you into the present moment which has all the resonance of eternity. We cannot express to you what hero you may have, what great teacher you may follow, or what you may make up, feel and follow as your own path, but make it personal and own it faithfully and live in faith, abiding in faith and hope, no matter what the outer illusion indicates. This is the basic choice toward positive polarity, to live in faith. For in faith, one does love others, one sees the Creator in others and, finally, one makes that move from loving the Creator in someone to loving someone with all the foibles, the character defects, and the aggravations.

26: The first challenge the seeker has is the self. The first work must be done to forgive and love the self. That is why a personal symbol of redemption is necessary. Each workable myth creates a means of that redemption. Thus, those who move through that particular program of belief system experience the emotion of faith. We encourage you to experience the emotion of faith, no matter how slender your faith. Do not make it pretentious or show it upon the outside. Let it be personal and real and authentic, and if it takes years in the growing, so be that. You have years. Take them. It is most important to you.

36: The nature of any mythology is that which offers the model, the blueprint, which provides the seeker a means by which it might move itself in a general fashion, made more specific by application, with the goal of enlightening the self with the love and the light of the one Creator in a relatively pure fashion.

52: I'd like to tell you what I'm thinking about. A friend of mine is sixteen and has been going through a very severe mental breakdown, and I'd like to support her as much as possible. And if you can give me any clues as to how to go about that. She seems to have lost her concentration and her ability to connect, comprehend, and I'm not clear whether she'll ever get that back. And I really... I know I can love her and I can be with her, and that's important, but I feel a little bit at sea as to how I can help her.

54: Thus, perhaps our greatest aid in this instance would be also to suggest the trusting of one's own self and the intuitive recognition that comes to the self as one desires to serve another. It is also quite helpful to provide an environment which supports and makes comfortable the one seeking assistance. This is done more by the relationship which is developed between the one seeking assistance and the one desiring to give it than the physical placement of either entity. To provide the loving words, understanding, sympathy and embrace is to make safe the relationship and trust which are most necessary for any assistance to be received.

18.21 1989/05/14

5: Therefore, before you came into this incarnation, you planned for yourself temptations, trials and troubles aplenty. You may have piled your plate very high, or, as this instrument has put it about herself, you have done the equivalent of taking a twenty-one hour semester. It is not advisable, but there are certain souls which are advanced enough that we permit even an ambitious lifetime, for if the ambition turns into fruit, it shall be great fruit. And those who suffer are those who bear fruit, therefore, each of you has chosen difficulties on purpose, not for your abstraction, disgust, apprehension, fear or worry, but for catalyst, that you may learn the lessons of love that it has been given you to learn to make the choice of service to others.

6: Now, we must do a bit further background work in establishing the actuality of this adversity. Within the illusion, adversity is most real, and, for the most part, normal. It impinges on one, and one reacts to it. In actuality, it is part of a plan set up by your deeper self and the Creator, and it has a sense about it which, when one has lived long enough, yields to inspection. There is always the pattern of the incarnational experience. Over and over again has come the same experience, the same disappointment, or the same betrayal, the same anger or the same love, the same difficulty or the same needs. And after a time one may begin to see an incarnational pattern. Perhaps one is learning patience; perhaps one is learning to love without expectation of return.

7: That is within this instrument's mind because this instrument believes it is her personal reason for choosing to incarnate at this time as opposed to the work of channeling that she is doing. To love without expectation of return is a most important lesson to learn. To reach out and console, to bring into unity—these are the traits of a strong character whose control is not over others but for the sake of others. And to be in control for the good or for the bad, you must begin and end within yourself.

11: If those about you are unable to deal with the fact that you as a seeker have become an actor in the play who writes his own lines, not one who mouths the lines given by mother or grandmother or mate, one simply does not be concerned that others are not understanding, that others do not seem to be loving. For the satisfaction of being a true, independent, metaphysical spirit is in the loving. However, communication is, indeed, a prize worth pursuing on a daily basis with the mate. However, it is not necessary to achieve the ability to see adversity coming and the ability to become an actor rather than a reactor in the situation.

14: We ask that you remember the Christ, who suffered unto death willingly, if not enthusiastically, because it was the will of the Father. We take this example because it is most important to each of you. Each of you is upon a journey, upon a quest. What you are to do is directly in front of your eyes. It may be the scrubbing of a pot, it may be a great adventure, it may be professional work or waxing the car, but if it be done for the love of the Creator, then shall it be blessed and nothing shall be unholy within your spirit, your heart and your mind. For as you do all that you do, you do it for the love of the Creator, and adversity then seems much further off, much more distant, and you are strengthened by your faith and by your will to be yourself.

18: In other words, in this instance and in every instance you are the instigator of your own pain, others are merely catalyst for you. You must stand upon your own two feet metaphysically and see that, yes, you are responsible, yes, you do not know why, perhaps, you are in a situation, but, yes, you have the faith that it is no mistake whatsoever, but what should be happening, and, yes, you have the will to endure, to love, and to serve.

19: Be yourself, for you are part of I AM, you are part of consciousness, you are part of All That There Is. Do not be discouraging to yourself, but give yourself every encouragement as would a mother, and do all that you do for the love of the Creator. If you are imperishable, you must ask yourself the question, when adversity begins and you feel that friction: "Shall I move with my catalyst and eat it as fast as I can and learn from it, or shall I surrender to it and be taken like a ship in high wind with no rudder out to sea?" Needless to say, you wish to maintain control of the rudder, control of the sail, control of the direction of your tack or sail.

21: We speak to those who seek to have faith. Yet those who seek to have faith do have faith dimly remembered, do have

manner in which to contact the living love, that power which sets all which is created into motion, and then to share this love with others. The way of which you speak is one which is full of this potential.

16.41 1987/08/23

4: The question that is before us is why we say that we gain more from our contacts with you than you gain from us. You are wondering how you can be of service to us, as you are supposedly the students and we the teachers. To give you a thorough answer is beyond the scope of this evening, however we shall attempt to articulate some of what we find valuable and lovely and full of learning about entities within the third-density who sit in circles such as yours, seeking the light and aware of the darkness.

7: We seek the unknowable, as you. Yet, gone are the days for us when the peculiar fascinations and glory of a chemical body befuddled our senses and limited sensuality to the sensuality of the physical. Gone are the days when the great choices betwixt service to others and service to self were hidden in veils upon veils of mystery, illusion, deception and bias. Those days are gone when we could look at confusion and see order; those days are gone when we could look upon order and see chaos. An unimaginable amount of time, millions of years in fact, have passed since we dwelt before the choice, gazing at the choice, hoping and wishing and praying to see love and choose love, to see separation and shun it.

10: That is why the path of seeking is straight and narrow. The path of seeking consists in one present moment and then another. Not the present moment with burdens of the past, not the present moment with digressions about possibilities which have not yet been explored. Each footstep, as you may call it, upon the path of seeking is a step into the enormous depth, power and richness of the present moment, and to this realization we are committed. This is one of the reasons we have much to gain from gazing at the life patterns of each of you and seeing the enormous vitality and love of fun and of the present moment of which each of you is capable.

11: We find it incredibly moving that entities which labor as if underwater, hampered by a clumsy physical vehicle, can still look past the shimmering surface of the passing of time and see not the tick-tocks of the river of time, float not upon the canoe of shallow thought, but with such encumbrances still dive deeply into the moment and gather treasures of love from it.

13: It is not remarkable for us to visualize and experience the gifts of time, the gift that is of the present moment, for as far lighter beings than yourselves we enjoy vision and sense which is able to record more nearly the incredible energy and creative movement which is the love within each moment. When we find each of you seeking and trusting and finding that creative and active principle in the present moment, we are touched, and in our hearts there arises a great compassion. It is the spontaneous outpouring of love which is the highest service of which we are aware. We are able to do this on an impersonal basis of course, and, indeed, there are planetary entities which devote themselves to this very task, that is, of being a beacon of radiant love which is broadcast throughout the creation.

14: Perhaps you feel that we look at you as infants or children, and in a way this so; we feel the nurturing care for you that a mother or father would, for we see your vulnerability and have an instinct to care for you. Yet our overriding feeling for your peoples is one of admiration, for that through which you now go is by far the most challenging illusion which you will face, the most difficult density to penetrate and find the love within.

15: We would say one or two words more about time before we move on. We encourage those present, indeed, all those which have a feeling for that which is aesthetic, to ponder deeply the nature of perception, for if perception is of the present moment, then one may see in a vase of flowers far more than one who sees viewing the vase of flowers as that which moves upon the river of time. For to the seeing eye and the understanding heart, those flowers and all those things which echo from them—scent, beauty, death, birth, growth, love of light—all of these things adumbrate and echo, and perception becomes capacious and generous, and then that which may be brought back from an instant's perception may take much time upon your river of time to execute. Yet, not

every perception needs to be executed and manifested. The greatest perceptions of time, the greatest fruits gained from sinking into the moment of time are those gifts of opened ears, opened eyes, opened hearts, and opened lives.

16: Another way in which you serve us is very simply that you call for us. We are those who await the asking, those who have dedicated a portion of a long incarnation to working with those who wish to accelerate the speed with which they may spiritually evolve. If no one calls us, then we stand idle, sending our love to those who have not asked for it and who often reject it unconsciously. Thus, our love surrounds your planet and your peoples, but without those who ask our help we are those who knock upon a door which no one will open, missionaries, if you will, in a tribe which needs no strange idols. Or to perhaps make a more true analogy, peace corps volunteers who attempt to dig wells to make clean water, yet find their shovels vanished.

48: As the focus of the attention is moved higher and higher up the racial and planetary energy centers which correlate to those within each entity's vehicle, the nature of the concern of the focus then is raised in vibratory frequency so that concern for the self moves to concern for another, to concern for other groups that are known to the self, for concern for groups yet unknown in a personal sense, to a concern for the providing for the welfare of all, and so forth, so that the focus of attention is likened unto a progression up a scale of notes, with the scale corresponding to the expanding perceptions and ability of the population so focusing to express itself in a manner more and more approaching that of unconditional love or compassion.

16.42 1987/09/06

2: This evening we find within the group questions upon the mind, questions of time and purpose, money and suffering, questions of how best to pursue the road of learning, of seeking that point of view which may yield contact with love itself, with that fuller consciousness that embraces, accepts and grasps the unity of all things.

4: Yet there is a way of gazing upon the day-to-day experience which can create a double perception within the self, that most complex of entities. The time in its mundane river-like existence of earthly things moves on inexorably, rhythmically, cyclically and sweeps all of immediacy before it. Yet there is another kind of time. It is the time of the timeless moment, a moving vertically upward and downward upon the moment to feel the echoes of love, meaning and manifestation in one moment that removes from time its horizontal inexorability, its forced progress, and makes for the seeker opportunities of timelessness.

6: The practice of timelessness begins, after many repetitions of visits to this point of view, to unfold for the seeker an unlimited point of view, a point of view that sees the mundane limitations and necessities of the everyday life, yet dwells as a native son or daughter in that kingdom where love abides without the mask of illusion.

7: Time is a difficult subject upon which to speak, yet those within the circle seek knowledge of how better to use their time, of how better to dwell with ultimate reality, even within the illusions of third-density life. Therefore, we tackle the subject. Perhaps the crux of pondering upon time lies in one's conclusion about the absolute. It is a principle by which we live that there is an absolute and unchangeable reality which undergirds and holds together all creations, all of the infinity of illusions and all consciousness. It is our opinion that we came or were created from the very stuff of reality—absolute, infinite, unchanging, unpotentiated, passive and final reality. This reality has seemed to us to bear a certain character: that character is love.

8: The reality which indwells each created consciousness is of a nature which is infinitely creative, infinitely free, which retains in its original and undifferentiated form that quality of love which cannot be given or shared in words, but only caught as a shadow, a hint, an insinuation by inspired turn of phrase or sudden realization within the seeker's deep heart or mind. It is our opinion that it is possible and profitable for seekers of the truth about the nature of creation to seek persistently, comfortably and with the light touch that mysterious reality which undergirds all the myriad of illusions of which your Earth plane is but one.

9: The challenge which you face within third-density illusion

is the challenge of one whose eyes are covered, whose ears are stopped, whose mouth is without speech. By persistent and loving seeking, by the desire to know and to feel the love of the infinite Creator, the seeker may experience timelessness and the strength of the ultimate reality of perfect love. Yet what fruit can the seeker produce as a result of this contact? For he has seen things which he could not see, he has heard that which no ear has heard, he has spoken in communion with love which is always and always creative. And so you find entity upon entity attempting each in its own to describe the undescrivable, to move into horizontal time the vertical timelessness of the awareness of the infinite Creator. 11: Within the everyday life there is no moment which does not contain the possibility of this union with timelessness, and the more you hunger for that which is real, the more motivated you may be to take with rejoicing those moments which are yours, gifts from the hullahaloo of a busy life, and in that one moment, by will and faith, see and acknowledge the contact of the small self and that great Self which is love, love undivided, love coherent, love creative, love unending. 12: My children, may we say each of you has gifts to give to each other, gifts to give to humankind. There are those things which you before your incarnations have planned to do in the service of the one infinite Creator. Please know that the very first of those things which each seeking soul hopes to do while in the manifestation of human consciousness is to become a channel for love, that others trapped in the mire of earthly time may have their despair turned to hope by seeing and sensing what they cannot explain: that light within your eyes which speaks of a happy and sweet union with infinite love. The light from the eye of one who has spent time in the presence of that mysterious and unknowable Creator can be startling, but always is that which is a channel for renewal of hope and faith in others.

13: It is a paradox, yet it is true that when you seek to advance in knowledge of the one infinite Creator, the progress of that seeking is marked not so much by one's own realizations, but by the degree of generosity with which those moments of companionship with the divine source have been shared in the life experience with others. Think over your experiences of this day. Were there times when a realization of love could have been shared by a smile, a touch, an understanding ear, a caring heart, that were missed? "Lay up for yourselves," it is said in one of your holy works, "treasures in heaven where moth and rust do not corrupt nor thieves break in and steal."

14: You, my children, dwell in two realities—the apparent reality of time and the immanent and overshadowing reality of timeless infinity, an infinity made of love. How we with our free wills have distorted that love, yet in each moment there is the same complete possibility for intimate contact with infinite love. We urge you, then, not only to meditate within each day, but to choose moments within the most busy of your hours wherein you sink into the verticality of timelessness for one instant and see that each entity and thing which you behold is beautiful, perfect and lovely.

15: With this point of view, the knotty and insoluble problems of one day or another may be seen again and again in timeless moments as configurations of energy wherein there is a challenge to learn a lesson about love. Sometimes the lesson seems simple, sometimes heart-rendingly difficult, yet with the point of view available to you of timelessness, you may see at the very least the inner reality of infinite love within troublesome entities with whom you are in relationship and within situations which seem troublesome. This means not that you can become a happy person with no problems, for it is not for this that you chose to come into incarnation at this time, but rather it is that you may begin to feel the deep celestial rhythms of a cosmic point of view which sees patterns extending from incarnation to incarnation and from creation to creation. The generosity of the infinite Creator we feel to be overwhelming in offering with each lesson that is to be learned about love that cleft in the rock, that safe hiding place where one may dwell with the Infinite and fly with the wings of immortality. This you may do in but an instant. This you may do because your deeper nature is already timeless.

16: My children, we ask you to love one another, for it is in the practice of offering love to others, to situations, and to life itself that you yourself become aware of the incredible sea of love in which the universe swims. It is those who keep the love inside that never experience infinite love in its fullness. Thus, you may be the bringer of a sense of wonder and

love and peace to another, and though you wish only to be one who serves and gives love, it is then that you shall receive in overflowing measure the reflection of your service, for love returns and becomes a marvelous infinitely complex circle or net of shared energy.

17: Each of you has the opportunity to form the bond of infinite love with all portions of the illusion you experience, that which you call the natural world—the world of unseen things, wind, thunder, intelligence without bodies. And you, having taken on the physical chemical body of illusion, move into worlds and can reach into the Earthly world as a light bringer, a love giver and a love sharer.

16.43 1987/09/10

2: We would tell the one known as D the basics of our nature. We are those of the density of love, and as a planetary group offer our contact to those which may have some use for it.

4: We would speak of a young teacher—a teacher who wished greatly to offer his services to the children whom the loved. We shall call this young man "Jamie." Jamie enjoyed children of all ages, yet he found no employment as a teacher for he did not have the background and education which the authorities of school districts demand. Jamie had been very ill throughout childhood and had never been able to attend classes, nor to receive degrees. Jamie could not move about with great ease. In fact, for all but four hours of each day, this entity was told that he must rest quietly.

41: We pray—we who used to aid in the ways of love—that each seeker may seek the peace in the struggle and the mystery in joyful service. We pray that the listening heart may come to know that it is not a common purpose of life's beginnings that the creation grows in rejoicing, but rather it is the deepest consciousness of spiritual beings. May each dare to plunge deeper and deeper into our love which is the source of itself. We pray that each may sink like a star into the peace of the deep part wherein those depths are standard.

16.44 1987/09/13

0: [overview] Concerns the concept of Christianity and the usual concept that people hold, at least the common one, that if you simply believe in the name of Jesus that you will be saved, without having to do or live a certain kind of life that might be exemplified by the eleventh commandment, "Love one another." Is it possible to get information that would resolve between "living the life" versus "simply believing"? 9: Thus, consciousness, that original undistorted Consciousness which is Love, is indeed the Way; it is indeed the Truth; it is indeed Life itself—and eternal Life at that.

12: We realize that all these things are written down that we have quoted, that they have been there for scholars to see, for priests to teach, for your many years. Yet, because the concept of a channeled life is foreign to those who wish to preserve that which you call the ego, it has not been seen that the master known as Jesus was transparent and became, though human, a living channel through which could flow undistorted the powerful and perfecting love of the one infinite Creator.

16: He wished for his people a realization. He wished them to realize and truly know that their identity, their nationhood, and their kingdom was eternity itself. He wished them to lay down those weapons which make kingdoms of Earth and pick up instead those tools of peace and love which might create the growing and life-giving knowledge of a greater life, a greater kingdom than this Earthly one. Thirdly, this entity wished by his death to be remembered as one who intended to die of love for those who killed him.

17: He wished to be remembered as one who loved. He wished to be a symbol of that greater kingdom which was the true kingdom of his people and all people. His instructions about bread and wine were that these be taken in remembrance, that when this food was taken, it would be food not of this Earth, not filling the hunger of this illusory plane, but, rather, he hoped that it might be seen as the true manna which is infinite and which feeds an infinite hunger—the thirst for truth and right action.

22: It is our bias that the life of the one known as Jesus the Christ is perhaps the most artistic realization of the nature of undistorted love indwelling in the third-density illusion. It

infinite Creator. It is, of course, in the journey itself that the transformation of the hero occurs. When the hero returns, this entity, then, becomes the teacher, able to speak in parables and stories, anecdotes that may make sense to those about one.

25: What is your story? Have you conceived of yourself as a hero or a heroine? Have you learned to love the self and realized the consciousness of the self as blessed and holy...

30: The feeling we hope most to encourage you in is the emotion of worship or thanksgiving or praise. For the infinite Creator, the Imperishable One, is indeed Head of all, Source of all and Omega to all. You are all, indeed, a portion of the infinite Creator. And when your personal myth, your personal journey has been enough refined—and we are not at that state yet, at all—you shall one day gather that consciousness in its purity, having burned away all the dross of illusion, and move once again into the uncreated love of the one infinite Creator. 32: Encourage yourself in your pilgrimage and love one another. And although you need not believe in Jesus Christ or Buddha Christ or whomever, we ask that you have a consciousness of faith and live a life of faith to create that which you were born to be—a living string in the plangent tonality of infinite love.

34: We thank this instrument and would transfer at this time, in love and in light and in the joy and in thanks, to the one known as Jim. I am Q'uo.

18.20 1989/05/07

12: Forgiveness is very difficult without a kind of bridge or shuttle between the conscious and the subconscious mind, for the upper levels of the subconscious very much wish to make the behavior more perfect in many cases, or perhaps one has given up, but yet sits upon the surface of life and tells sad stories. To start the day, opening to the Creator, is very helpful. If it is only thirty seconds as you lie in the bed upon waking and think to yourself, "Creator, I love You, I adore You, thank You for this day," you have begun speaking during this day to the one imperishable portion of yourself, that being the infinite Creator which is a part of each of you, which will enable you to take the material that the day's catalyst gives you and give you the resources to see difficulties as challenges and good things as wonderful gifts for which one gives thanks. When one has realized how much the Creator loves one, one begins to love back. It is easy to love the Creator. That love is unconditional.

13: And so, in whatever form your myth takes, you must jump into it in faith, with no proof, with no idea where the road may lead, with terror, shall we say, and one then lives this way each day, each week, each month, each year, through the life experience, doing all that one does for the love of the one infinite Creator, and therefore becoming a portion of that one great original Thought of love. As you give to others, as your love of the Creator begins to manifest in your life in the cheerful smile, in the recognition within the self that one is self-forgiven, one is redeemed, one is holy and sanctified if one wishes to be by simple prayer. One begins to become a light to others—and it is not because that entity is clever; for cleverness can be devastatingly terrible—it is because that entity feels love. Love created all that there it. That is the key.

14: Now, when one loves another entity, one is loving a distortion of the Creator, the distortion caused by free will acting through many incarnations upon the personality of the one that is loved. True love occurs between entities when one looks into the eyes of the entity and sees not only the familiar self, but the Creator. This is a deep, deep feeling, a deep recognition, but must depend upon that first great choice which must be taken in ignorance. Faith has nothing to do with belief. Belief is for those who need that structure in which right is always right and wrong is always wrong. Within your illusion, this is simply not so, and within the wider view which one's imperishable soul would take, many, many choices which the brain makes are quite irrelevant to the aiding of the spiritual growth of the self.

15: We emphasize worship, worship of that which is infinite and invisible, that which loves without stint, that which may be seen most clearly as a symbol as the sun—radiant, generous and ever outpouring. It blazes forth in ecstasy and fusion, in unity that is so powerful that it keeps each entity upon your sphere within the ability to live. Such generous love has your

Creator for all of you, all of us, all of the infinity that is the creation, all of the illusions contained within that creation. 17: Now, it is true that when one trusts entities, sometimes the trust is broken. One learns from these episodes, too. But one does not, if one is seeking to emphasize spiritual growth, armor the self, blame the self or blame the other self, but simply sees that a process is taking place and that all is well, and love does abide, whether in the present or in memory.

18: Entities in any walk of life, whether it be long or hard work in the outdoors or long and hard hours at the desk, are not hampered from dwelling upon holy ground and loving the Creator, for all that one does may be done specifically for the love of the one infinite Creator. This allows the entire life experience and creates many opportunities in which one may move into the deeper part of the mind in conversation with others who recognize an entity who can truly speak of substantial things.

19: And so a network of love, a web that grows, begins, and little by little, one begins to know more and more entities who love unconditionally that which they see of Christ, if we may use that word, or the Creator in you. Each within the circle wishes to learn to love and to love each other. Those who feel they are not doing enough for the most part are loving already, but they are blocked from their own ecstasy, from their own joy at love, because they see the illusion of work and toil, of shadow and arguments. They see the daily things upon the surface of life, but they never reach the life-giving water of heavenly food, which is the deeper self.

20: Therefore, to encourage one's feelings, we encourage reminding oneself how much one loves the Creator or how much one loves the weed by the road, the tree at the top of the hill, the house in the middle of the city, the river as it meanders downstream. Anything that is truly, truly loved by a seeker may be dwelled upon, and as one does any chore whatsoever in life, one may do it and ennoble it because one does it for the love of the one infinite Creator. In this way, feelings move. They are safe feelings, they are feelings that are silent, they are feelings to be tended, as was the Christ child, swaddled and rocked and fed and kept very silent, because others would harm a young entity that is opening to bloom.

21: Others do not understand why some wish this process to occur, and are content to swim along the surface, enjoying the gusto. Protect yourself from these entities by speaking not of that which you feel. But let yourself feel, and you will find that as you love the Creator, you will begin to realize your other loves. There are things which each love, there are people which each love deeply, irrevocably. To be in touch with those feelings and to be in touch with a feeling of self-forgiveness about all that occurred or occurs between these two entities or between you and that particular career or thing which is loved, is simply the outgrowth of the original love which is infinite, intelligent and what you would call divine. Love runs through you as a river, and as you make that choice to leap into a life in faith and not look back, you do a great service to yourself and to the consciousness of planet Earth, which is improving greatly at this, and we thank each of you that is a part of that.

22: The feelings are very effective in controlling the energy and the passage of energy through the chakras. One who is dwelling in love and doing that which one does for the love of the Creator moves fairly easily in this consciousness through the challenges of difficult relationships or problems, through wearying times, trying times, sad times and happy times, exhibiting always an awareness of that which is going on—we do not wish to speak like Pollyanna—but realizing also that beneath these daily occurrences of life and death within the illusion there lies an imperishable, infinite point of view that is made entirely of love. This realization quickens and crystallizes each of the chakras, as you yourself seek and feel the excellence of that which the Creator has made. So it is always helpful to one who feels very tired, very disappointed, very downhearted, or very depressed, to visualize each chakra and open the self to the love of the one infinite Creator and allow it to rise until the heart expands and sorrow has had its day and the heart now sings with the love of the Father.

23: You must realize that the Creator is Father/Mother, rather than Father; that is, the Creator creates, but also nurtures. There is comfort there for the seeker by simple mental request. There are those which are with you always. So as you wish to know what you truly feel, ask before you sleep; ask when you awake, after you have praised the one Creator;

consciousness; therefore, there is no need for movement or thought. The ground upon which you stand, the rocks, water, chemicals, the wind, the fire are of a simple mind, completely lost in the Creator.

12: Now, the relationship between you who are above and the plants and animals that are below is that you with your consciousness may affect that which is of second density, or even that which is of first, by your love of it, not because it is mechanically able to be predicted, but because it is life and is part of the one great original Thought which unifies all of us. The response to that thought whenever you see it, if you are centered, is to love, or, if there is not love in the artifacts of the moment, to do that which must be done for love's sake, your love of the infinite Creator. The equation need go no further than that. This alone is a perfectly acceptable reason for action. Thus, an interaction that you may have with animals, with plants, even with those things of first density, may invest them with more consciousness, more love, more beingness, until finally the consciousness that has permeated this life form which is so miraculous does not move back into the gene pool of that particular species, but has become individualized and has begun the walk towards the third density and full self-consciousness.

16: Thus, we may say to you, yes, it is interesting and permissible for you to move into nature with all the measurements, observations and so forth at your command, but there is always the consciousness factor. There is a growing amount of consciousness as one comes closer to third density. And when one finds oneself in third density, we may tell you, if your will is strong enough, those who should die and will to live, live. Those who should live and will to die, will die. This is the degree of free choice which your consciousness permits you. Thus, we suggest that you heartily move towards a consciousness which thinks of the mystery of the love of the Creator; that your purpose in picking up each piece of paper, in doing your chores, in doing the most menial of jobs, your purpose is to express your love of the infinite One. It has nothing to do with pleasing others, relating to others or dealing with others.

19: We realize this seems to stray far afield from the land of microscopes, repeating patterns in nature, and so forth. But the Creator's order is such that were there no consciousness, all would move in an animalistic and balanced fashion which would support all. It is the distortions of humankind which have created the situation which rests upon your planet at this time. By your body you can only manifest the fruits of that which comes from within [of your] love for this planet and for each other and for the one infinite Creator.

20: That which is designed a certain way finds itself to be a natural form which has an equation, is interesting, but that that same form is completely a consciousness of service to all that is around it is a far more central truth, for that which you understand with the heart results in communication with the consciousness within, that natural shape about you. And it thrives upon your words of love and encouragement, just as you thrive upon the inspiration of the one infinite Creator. You are not the Creator, but your consciousness is one quantum leap ahead, and so it is as if you were turning back to help the little ones to grow as you speak to nature and express your appreciation, your heartfelt emotion, your caring and compassions and love of the beauty that is all about you.

22: But your essence, my friends, and the essence of all that is, is not that which can be measured in the acorn, although it is in the acorn, that which cannot be measured in the fertilized ovum. It is a matter of the strength of will and faith that that life form may be capable of. You have all seen the flowers and trees and shrubs that are strong to grow, and grow regardless, and those that seem hothouse flowers, unable to deal with the rigors of life in the sun and wind. So it is with entities, yet you, my friends, are self-conscious, and you know the value of desire. Desire carefully to seek the truth of the creation. Desire compassionately to love each other, and much more shall be learned than the gazing at the order which permeates this local illusion. It must be remembered that the order is complete and the illusion is complete; therefore, all order will eventually break down as the illusion is penetrated. This does not mean that there has not been order; it simply means that the illusion has been penetrated.

30: We are aware that this has been in some ways a most unsatisfactory discussion, yet we felt it would be helpful to each to reemphasize the center of learning about all things that is the inner room. When you enter it within your heart, shut the

door, and be alone with the Creator. Do not attempt to visualize this occurrence; let it occur to you as it will. But ask. Ask with much intensity of hope and desire that you may be with the one original Thought of love. For you love that Creator, and you wish to do all that you do out of love of that Creator. And in that consciousness, much shall begin to become apparent to you about the entire range of human knowledge, depending upon that upon which you work, that was never clear before. It is a matter of getting the self, the questioning, curious, restless, gypsy self, put to one side long enough to sit in silence with infinite love. That infinite love is not far away. It resides within your inner room, yet there is the door that you must open yourself. It will never be opened for you in the normal course of events. Remember to open that door, to step inside, and to make use of the deepest portion of yourself, that self which moves in a geometric and regular and, yes, a repetitive way, hierarchical, into the racial mind, the planetary mind, the archetypal mind, and the mind of the Creator.

31: It is possible that [the] mathematician that is a mystic shall be that person who is of most help to the beginning of those in fourth density. But may we say that at the end of third density, what we feel would be the most help is not physical, is not explanation of the order of nature, but rather an insistence upon a gaze at the spirituality of all that there is, the thought that each thing that one does is done for the love of the Creator. There need be no other reason, there need be no higher path. Anything that is done may be done for the love of the Creator. And as long as you are practicing that presence and the Creator is with you, all that you do, though it may be the most menial and undramatic thing possible, is blessed and appreciated, and you are loved.

32: Indeed, if you do nothing, you are still loved. You shall always be loved. The only difficulty in third density, truly, is learning to trust that love, to rest back in the love, and to have the courage to return that love, although its recipient is invisible and infinite. As you spend time with the Creator, as you converse with the Creator, you will find that there is no circumstance in which the Creator cannot be a conscious part. And you will find your scientific concerns falling into appropriate perspective.

18.19 1989/04/30

19: When you have determined that which creates the bridge to eternity for you, we urge you to cross that bridge as often as possible. The ideal which was shown by many Christed entities is to live in such a way that the entire life experience becomes a channeling, a parable of the journey to infinity, of the ridding of oneself of the dross of perishability and the winning through of the understanding that your consciousness, more and more refined, polarized and uplifted, is, indeed, imperishable and is your true self. The more time one spends having crossed the rainbow bridge into eternity while in the physical body, the more one is able to offer in consolation, in forgiveness, in peace-making. For to one who has faith, there is no problem too great to solve, and that which is unsolvable is acceptable. Each day and night is its own entity, appreciated for itself, experienced for itself and action done for love out of faith. This is the life in faith.

20: Some entities require a very simple myth of a personal nature, and those within the so-called New Age movement demonstrate the simplistic nature of the path to infinity. It is, however, a path which is difficult to remain upon, for the nature of the illusion is to challenge and test the growing entity again and again. Those who feel that there is naught but love and light may be most distressed and confused by that which happens in the life experience which may be called traumatic or devastating. The impulse is to remove the faith and replace it with anger. Avoid such impulses, for the Creator is not simplistic. The Creator and you, together, have designed quite carefully the kind of lessons of love that you are to attempt to study within this life experience. To study them as a materialistic entity who lives and dies is, perhaps, all too often to remain asleep to the possibilities of challenge. 24: Let us look at the compelling myth of the Holy Grail. It has perhaps seized the imagination of mystics in a more direct way than any spiritual system, for it involves entities in a myth which is adventurous. The hero must go forth alone. It must pass impossible tests. It must bring back that which is unavailable, seemingly, and it must do it for the love of the

is felt by us that the teachings of the ones known as the Buddha [Siddhartha] and Lao Tzu were those teachings which might well appeal more to those entities who are attempting to learn the lessons of wisdom. It has always been the nature of consciousness that it is eager, as eager as a horse at the beginning of a race, as eager as a lover at the onset of a tryst, for more knowledge and more experience of the one infinite Creator. The wisdom teachings are most eloquent, yet there is the lack of communication caused by the one known as Siddhartha's lack of desire to communicate faith and love to those which are at a great extent still unawakened to wisdom.

23: The third density is the density wherein one attempts to learn the lessons of love, therefore it is our feeling, which is only an opinion, that the wisdom teachings are perhaps not as generally useful to awakening souls, but rather are helpful at a point at which the heart has been opened to compassion, for wisdom without the grounding of compassion can be a cold and indifferent thing, and the Father of all things, though perhaps characterized as unbiased, is certainly not cold or indifferent, for the Creator dwells in all consciousness, and consciousness which is alive has a nature which is anything but indifferent, anything but cold, has a nature which grows and rejoices and spirals ever into a greater and greater sense of well-being and stability and infinite grace. The teachings of the one known as Mohammed we find as incomplete, shall we say, as those teachings of a similar nature within what is known as your Old Testament.

24: As a final note, and we hope we have not spoken at too great a length, may we urge each to disregard our discussion at any point which does not seem correct to each and to remember that the truth—and we do believe that there is a truth, though we do not know what it is—lies inside each one of you and each one of us and all that there is in an articulate, enormously simple configuration, so that that which one hears is accepted as true not because of authority from the outside, but because the heart and mind within say, “Yes, I remember. That is the truth.” There is an inner wisdom, an inner compassion, an inner spark of love and light that is not like the Creator, it is not from the Creator—it is the Creator, so that the Father is in all things and all things are in the Father.

25: May we say that this instrument is somewhat chauvinistic, and we do apologize, for we do not mean to infer that in our opinion the Creator has gender, for it does not have polarity but is therefore Father and Mother, Creator and Nurturer. That Creator which you will know most within your life, you may perhaps gain from studies of inspired lives such as the master known as Jesus, that when you experience the love that that master encouraged each to seek, that love is experienced as nurturing, supporting, enabling and inflaming the life, the words, the heart, and the mind of each seeker. The one known as Jesus hoped to encourage each soul upon the journey home. May you love each other and encourage each other in the path towards that home—that is what the one known as Jesus would hope for.

33: This illusion in which you find yourselves is one in which the lessons of love and compassion are those which are of paramount importance, for they are the very fabric of your learning and your experience. However, there are many who have needs that move into realms of what may be called light or wisdom, and it is to these entities that many masters and teachers have offered their inspiration and guidance and example. We have the bias, as we mentioned, towards the teachings of the one known as Jesus, for in our estimation these are the most simplified and clarified that have been presented to the general population of your planet.

46: I am Q'uo, and we spent but little time upon this subject, for, indeed, it is one which covers a great amount of territory, as you may say. We attempted to give a small amount of information in this regard when we gave information concerning the one known as Jesus being overshadowed by the Father in respect to the manifestation of love which this entity saw as being the Father; and when this entity spoke unto its disciples saying that if they would follow this entity that they then should take up their cross and follow, and that they, the disciples, would do greater things as well, as would all who followed the one known as Jesus in this manner.

47: Thus, this entity was presenting a model or pattern by which any other entity might attain to the similar state of consciousness, that of being overshadowed by the love of the Father. We would welcome the opportunity to utilize a fur-

ther session in order that more attention might be given to this interesting topic.

16.45 1987/09/20

4: This entity in a discarnate state is, therefore, a solidified distortion of the one original Thought of the infinite Creator; that is, each unit of consciousness, each spirit, is a clear distortion of love, for indeed, love must be materially distorted as light to bring anything into manifestation at all. And once light has been distorted in such and such a manner and consciousness resides within, so shall consciousness work with and thus distort the one original Thought.

5: This discarnate spirit has an opinion arrived at after long and careful thought, and aid from those who help on what needs to be done, what needs to be changed, what needs to be reemphasized. In other words, what work needs to be done to rearrange the distortion of that one original Thought which is the essence of the self, in order that the self may be less distorted and thus may be a clearer channel for love itself.

6: Let us pause before we plunge into incarnation in our thoughts and gaze at the immensity of the creation and the infinite bits of consciousness which are distorting love, creating ever-new ways of expressing the Creator, ways of expressing Love. Each bit of consciousness, at some point in its evolution, begins making its own choices about what it needs to learn next, and so you see the process taking place over an infinite span of time, whereby consciousness, having become distorted by coming into manifestation, works with each distortion slowly, patiently and lovingly for the most part until, one step following another, that state of consciousness which is known to your peoples as the Kingdom of Heaven is again achieved by experience and grace.

10: John then gains from his childhood the prejudices of the father and the guilt of the mother's son who could never completely please or satisfy. John is now an adult, and as he gazes back upon his childhood, he can see that among the many good things he gained from childhood, he still must count racial prejudice and instinctive guilt towards women as those influences which have hindered him in his expression of love.

14: Each entity is utterly responsible for itself. The influences of early, late and middle childhood, all influences whatever, let us say, are designed as catalyst, chosen by the self before incarnation, and encountered while the mind dwells within an illusion which keeps the entire mind from knowing how the greater mind hoped that the lesser mind would react. However, you will find that you and those who helped you before your incarnation used a fairly heavy hand with the hints that point the seeking self to do the work along the lines that were intense before incarnation. Again and again throughout an incarnation, John will find, and you will find, that there is a return and again a return to a particular theme of learning about love and service, something that is difficult, something with which you grapple, and each time that you face it, you understand just a bit more, and you recognize the bones beneath the flesh of catalyst, so that you can say, “Aha, I know this anatomy. I have healed the break in these bones before.” And thus, little by little, you work with that lesson which you have given yourself to learn, healing more and more the distortion that you have wished to heal, and turning more and more to a clearer, more lucid perception of the great thought of love, which is the life of all creation.

16.46 1987/09/26

7: This particular planet offers another rhythm or cycle which influences entities at this particular time. Much has been said about the coming of a new age of harmony, love and understanding. The so-called golden age has already had its birthing, and thus there are more and more entities upon your planetary sphere which are nascent fourth-density beings, incarnated in dual third-density and fourth-density bodies, those who have come as pioneers to attempt to express fourth-density understanding within the environment you now experience.

17: When an entity keeps reflecting to you again and again a less than positive, happy face, a less than peaceful tenor, then many who have not yet awakened to spiritual reality say that

their relationship is no longer good, that their relationship has suffered, that they are not meant for each other—and this may be true, but not, not, my children, ever because there is a seeming disharmony between two mirrors reflecting each other. The great gift of this relationship, then, is its very disharmony as well as the harmony that is so easy to love and enjoy.

31: Yes, just one more along the same line. You were talking about heightened expectations and what springs to my mind first, I guess, is romantic love. I've often read it—although I've seldom heard it said in my lifetime—that romantic love is a very foolish and immature thing, and that arranged marriages were the better way of mating because then the two partners understood the nature of their relationship and were not disheartened when difficult times came, since they were not expecting to be blissfully happy always. What do you think of romantic love?

32: I am Q'uo. The terms "romantic love" are a description of one aspect of the love and compassion which exists as a natural force between all portions of the creation. Each entity develops with its being an image or perception that corresponds to any or many aspects of love which are perceived by any who seek in this direction. The means of perceiving through the mental images of a culture and an individual experience distorts that which is seen and sought in a fashion which corresponds to that which has been learned and experienced. Each will adapt any learned image to the personal experience, and thus both offer the opportunity for the expansion of the point of view and the containment of the point of view within new and understandable boundaries.

33: The romantic aspect of love which is provided in your culture of instant communication is that which offers a kind of continual infatuation, that force which draws the naive male and female together as the iron filing to the magnet. This is a necessary portion of the mating process, for it offers the first feeling of pleasure and purpose that will begin the interaction that may ripen over time and experience into that learning which the entity has placed for itself before the incarnation. However, the expectation that this beginning attraction will continue untarnished and untested throughout the duration of the relationship is often most unrealistic and provides yet further catalyst for growth within the relationship.

16.47 1987/10/01

4: I am Hatonn. We shall continue through this instrument. As you move in your daily round of activities, it is the design of each incarnation to partake more and more intimately and consciously of this love and compassion. However, the process is unique for each entity, and one cannot necessarily from any one experience extrapolate the degree of success, shall we say, of another's entity's expression and experience of love and compassion. Each entity has fashioned that which may be called a channel of his incarnation, and more than this, of its entire, what you may call, soul history which has then achieved as a result of many forages, shall we say, into the third-density of illusion which you now inhabit.

5: Thus, each incarnation is entered by a unique entity, lived by such and exited by the same. Thus, each seeker of truth is indeed a channel for the connection of each with the one great original Thought is near enough at hand that all further refinements of this one great Thought may be seen as the creation of a channel through which moves the great power of love and [which] forms through light a certain field or configuration of energy or love that becomes the soul experience which partakes of the incarnations.

6: Thus, the work we do this evening as you study the art of serving as a local channel is further and specific refining of this funneling, forming or channeling process which all creation joins with you in. The perfecting, the study of the vocal channel then becomes the consciously chosen focus for the expression of various facets of this great creation which renews and creates itself again and again, moment by moment. Each entity steps into the stream of experience and is not only enriched by the living waters of love and light but by the interaction of its own field of experience, and enriches that which it touches by its own being.

14: The process of achieving clear reception telepathic vibration is an infinite one for those which dwell within the physical form. Even [as] the self that you are you do not express fully. How could you express a telepathic contact fully?

Let this be the exercise, the work out, and the dedication at all times, this energy, this love, this hope, this service to the one infinite Creator.

18: The growth and the process of the coming channel which is manifest in the setting aside all factional processes and question the analogy in spiritual growth within anyone who comes in closer contact with the inner planes. It is analogy. In fact this can be a time to one's attitude toward life and one can become more spiritual through the practice of channeling and learns to trust impulse and to trust nature of love. The fabric of life is only and is made to control the thought and speech during channeling is given up on one's analogy and the flow of totality of one's life as life offers his abilities as a channel and stops listening to others and practices.

31: We see, in short, how each entity may wander through what seems a metaphysical darkness and yet with delight and hope and faith and those qualities of compassion and mercy and love continue to search for greater light and greater love and greater experience amidst the darkness. We learn of courage, of endurance, of faith, of a variety of perceptions that provide endless possibility of learning, of growth and of service. Yes, my sister, we learn a great deal, far, far more than can be described through your words, and we hope that we may offer even a tiny fraction to you of that which we learn.

16.48 1987/10/04

0: [overview] Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well?

3: You state that love and light seems far more easily given to any besides the immediate family, the mate, the loved ones. And you wonder why this is so and what can be done to bring the situation to balance. We would like to take a long look, a look from another vantage point, at this same situation in hopes that we may be of some service. As always, we could be wrong, for we are only pilgrims, as you. Therefore, we pray that you will use your discrimination to recognize what is true for you and pass the rest.

4: The entity which is in incarnation within third density upon your planet's surface at this time is an entity of a certain kind. This is an entity which is, within the heart, and the heart of hearts, one with the Creator and co-creator of the entire universe. Around this seed of love, love being the nature of deity, there grows a large amount of material, thoughts, biases, motives, opinions, understandings, experiences, mind, heart, emotions, the body and the demands of the body. And where the field of force of a unit of consciousness seemingly stops, there starts the vibrations of all else which are perceived by the incarnate being as those things which are other than the self and which in some way may need a reaction from the self. This is your incarnate situation.

7: It is our understanding that out of this creative collaboration of the personal self, the impersonal self, and that great non-personal self, which is the Christed deity of love, have offered an incarnational plan which is without reference to what might have been or what should have been, the precise plan for maximizing the opportunities of the incarnation for learning, for growth, and for service. Thusly, when the question is asked, "Why this? Why now? Why me?" the question by itself, by its very nature, blocks the flow of the harmonious unfolding of the self's plan which is the Creator's plan as it concerns your precious, much adored and eternal self.

8: With this said, it may be seen that, in our opinion, the correct question to ask in the circumstance of seeming disharmony is along the lines of a love letter to the self:

9: Dearly beloved, sweet confused Self," you should say to yourself. "It must be so that this circumstance is blessed, for there is nothing in all creation that is not blessed. Therefore, Creator/Creation, show me, speak to me, let me know where is the love, where the learning, and where the service in this situation which I know beyond all appearance to be good.

11: Let us suggest that the surface self—by which we mean the entire conscious thinking self of which you are aware—is a hostage sent out into a seemingly chaotic sea of experiences which are grounded in the love and the light of the one infinite Creator. Upon your planet you have the trading of money and the buying of land and ownership seems to be reality. In truth, one has only to gaze upon your beautiful planet from the vantage point of orbit about it to see that it

which moves through the one serving as healer to the one seeking the healing.

18.16 1989/04/12

14: Now, we are aware that it is felt sometimes that there is some help in offering difficult images in the dreaming process. However, we may suggest that you protect yourself by praying as you sleep, that is, as you enter the state of sleep. A simple prayer, the Lord's prayer or a simple child-hood rhyme, thus surrounding yourself with the love and the light of the Creator which you remember instantaneously and Who instantaneously sheds grace abundant upon you.

18.17 1989/04/16

4: In the sense which most of your measuring devices could discover, there is only observed order and not true order. In terms of metaphysical order, the universe gives certain hints of the nature of this order. It does not occur to entities how fragile their physical vehicles are and how probable it would be, were there not absolute order, for there to be enough significant variation in the habitat of creatures such as yourselves that life would not be possible. One may gaze at the starry sky and notice that the light is neither imploding nor exploding. The stars remain fixed, although, we may note, there is always the oxymoron in spirituality. You gaze at the past as you gaze at the order of the universal sky. There would have to be infinite order, for the Creator is without order. Anything that is created is created first because the Creator had a Thought, a Thought of Love. It decided to create beings of Itself, so that they could exist in illusions, react as free conscious entities and send back to that Self that is the Creator within that information about the self to the Great Self.

5: Thus, the Creator created a principle, a Thought; it was Love. Love chose, out of all the ways to create, the particle called the photon. Light is your constant in a metaphysical way that is not at this time measurable by your scientists. The radiance of the sun which may physically be measured is notable in that it moves in a constant rate of speed. This velocity organizes and is the tune of love. It both is and moves. It is that which creates space and time.

8: Now, some of this order must seem somewhat random because it has to do with time rather than space. We have trouble expressing our thoughts through this instrument but will forge ahead as best as we can to try to explicate this hierarchy. It is as though there were one universe which contained one great principle, that principle being Love. In all forms, from animal to mineral, to the vegetable kingdom, to spirits of air and water, wind and fire, to gods and goddesses and planets, to all the mythical thoughts of all the cultures, there is, indeed, an order. Yet some of this order is, shall we say, the "y" axis, and your scientists move along the "x" axis. The intersection at the very middle is the constant. The universe is one and expresses itself as love.

15: Now, we were speaking of the metaphysical order of the human personality. It is to be, because of the needs of time, a slow and gentle penetration of the subconscious by the conscious mind. It is a very, very good idea to remember that that which is the most real thing within this illusion, that is, the human spirit, has both the "x" axis of space and the "y" axis of time. It is, therefore, an entity of love and it must be approached lovingly. The subconscious must be wooed, not only gently, carefully, discriminately, but also with gentleness, with returned passion, with respect, with praise, and with honor.

16: It may seem unnecessary in meditation to approach the silence as one would approach a lover; yet we ask you to sit and listen as you would listen to the one you adore, waiting with bated breath for that moment when you are aware that you and the Creator are lost in light together.

26: My friends, as you are trapped within the infinity of all that is by your experience within your illusion, you find yourselves pondering the relationships between yourself and that which is about you. And we have spoken this evening of those relationships having as their unifying factor that quality of the Creator which is called amongst your peoples the photon—light, my friends. You travel and are at your very heart moving within this light which has love as its product, love

that is formed in such and such a way according to the vibrations of light that has formed all that is. You find yourselves attempting to penetrate the mysteries of your existence, which means that you attempt to penetrate the nature of love and the nature of light and the nature of free will which has created both of these qualities, the nature of the one infinite Creator, that Creator which has chosen to set in motion the creation as you know it, and the creation that lies beyond that which you know, that which rests in mystery.

27: As you explore on the equations of your relationships, on the qualities of your experience, you will find that the components of these equations can be reduced to your ability to accept more of yourself, of the creation, and of your experience as being whole and perfect within itself, lacking nothing. There is within each human heart the ability to express this acceptance in a direct ratio with the sincere desire to know what you call truth, for as you sincerely seek the truth of your experience and of yourself, you will find that all has the foundation of love and the qualities of light as it vibrates in a specifically defined field that gives you a framework or an environment in which to exercise your love. Thus, the creation has been made that you might play, as it were, study, romp as does the young kitten in the fields of experience that are made possible by the vibrational frequencies of the light which enfolds you and the love which empowers you.

87: There is, in the relationship of human beings, the continual trading of the power over the self between various entities for a great variety of reasons, each of which has a relationship to the central theme of the incarnation, the ability to give and receive love under a great variety of conditions, therefore, the relationship that has as its foundation the complete power to exercise free will vested within each entity, each entity having a variety of lessons and services that it desires to perform, and therefore when it joins with any other entities there is the interrelationship and interaction that affects both entities in a manner which is described by the preincarnative choices that, in themselves, form the lens of which we spoke previously, that which is the subconscious predilection to see certain events in certain ways.

18.18 1989/04/23

3: We must preface all remarks tonight by expressing that our intent is not to explicate the mechanical aspects of the creation which may be measured or predicted in one way or another. The gift or service which we hope we have to offer to those of your planet is an ever-increasing realization of each entity's own capacity by will and faith to grow in love and light, to more and more become one with the infinite Creator and more and more to be a channel for an infinite love and an infinite light that humankind does not have in its native design, nor was ever intended to have. So we shall be speaking with a philosophical or spiritual slant, and, therefore, we are satisfied to use this instrument, ignorant though she is.

4: We also thank this instrument for persisting in the challenging process. There were multiple challenges and a very persistent negative entity has now left the vicinity. We say this because we know that each of you is a channel, and each of you channels each and every day. We strongly suggest the use of the challenge or the simple question, "What spiritual principle does this action, does this person, does this relationship, does this interaction call to mind? How would I prefer to accelerate my spiritual growth or aid another in its spiritual growth at this point?" This we hope is something that is never far from your minds through the day, and whatever you may ask us, it is an eye to the practical as well as the theoretical that we make our answers, for we are not those that simply say that the Creator is love and love is the Creator. This is true, but this gives the student no steps to take from the miasma of the confusion of everyday life to the truths of eternity.

6: The spiritual principle that governs the likeness of forms upon various levels of the hierarchical nature of your creation is "as above, so below." That is, you will find repeated again and again certain motifs which are those motifs which express the Creator's original creation of a certain kind of life form which was designed to carry a certain amount of consciousness, or what you would call, perhaps, Christ consciousness, that is, the God-self within. That which is elemental is that which is made up almost entirely of the love and the light of the infinite Creator. There is only minimal

involves the careful examination of the life pattern, in order that the system of energy centers or chakras within the human physical vehicle might be utilized in a clear and lucid fashion that will allow the passage of the intelligent energy or love of the Creator through these centers without significant distortion.

91: We would suggest that each entity be reminded that it is the desire that is found within the heart of the being that is of most importance in any incarnation. The desire to imbue each relationship and each activity with as much love and service as one can find within one's being is that quality which shall provide the entity with the peace of mind, shall we say, in the ultimate sense.

18.15 1989/04/09

5: There is an energy that radiates outward, blessing, shining, warming. The sun that you experience is a good example of such radiance. This is the radiance of unity, and in its promise lie the bloom of many kinds of qualities that may be considered positive and radiant—love, peace, unity, consolation, hope and joy. There is another sort of energy which may be worked upon to empower it, that is magnetic or attractive energy, in which the entity creates the self as the Creator and controls the creation about it as would a king his kingdom.

8: Now let us describe these paths from this point of choice until the point at which they move together again in the density beyond our own, that is, the sixth. The positive polarity in fourth density is learning how to love completely, manifesting that love by creating a social entity of itself, that is, a single group memory. Thus, we call ourselves Q'uo to you, I myself who am speaking to you am an individual within that population which has chosen to serve at this time in this manner. However, I have access to the experiences, ideas and thoughts of all of those who work with me at this time.

10: There are those of us who in this fourth density turn back toward the third to offer themselves as teachers. There are those of the fifth or wisdom density that do the same, and we are one of those groups within the Confederation. There are very few sixth density entities which still attempt to communicate, for much happens within the sixth density, you see. The fourth density is a density of love or understanding. All the lessons that you are learning now have to do with how to love the unlovable, how to accept the unacceptable, how to remain radiant though all of the negative seeming experiences of the illusion, how to refrain from armoring the self.

11: These are very, very difficult problems to deal with through your heavy illusion. Therefore, there are those of us in the love density and in the wisdom density which turn back to aid as teacher. But, in the sixth density, wisdom and love must be combined and it is wisdom's final conclusion that we all are one. This creates within the negatively-oriented entity the terrible, tragic, unbelievable knowledge that it can go no further in its seeking for the one Creator unless it sees all others as the self. It can no longer manipulate others and fool itself that it is being otherwise all-compassionate. This is a great crisis for those upon the negative path, for those upon the negative path in fourth density create the social memory complex in a very rigid pecking order. Thoughts are shielded whenever possible and no one is truly trusted, for personal power remains that which is sought in order to use the Creator's light, and much, much learning is available to those willing to think only of the self at all times.

14: Therefore, you may hear, perhaps, even a majority of negatively directed information pass through your hearing apparatus. This is not an indication of the Creator's opinions; this is the stuff of an illusion made of energy. You are to make a choice in a seemingly negative atmosphere to be radiant and positive and loving, to offer the self as servant for all, to humble the self and surrender to that Self within, and in this you have help. You have us who have been called angels to you. There are those upon the inner planes that have refused to go on, although finished with third-density work, concerned that so many sit at this time upon the fence unwilling or unable to bring themselves to that final cornerstone decision, "Yes, my life will be service to others in the name of the infinite Creator, in the name of the mystery that I shall seek imperishably."

17: You are the kings and the queens and the knights upon the board. You are the players in this game. The game, my friends, however, is too simple for most entities to grasp—to

love, to smile, to have the light touch, to consider cautiously to reserve judgment, to encourage each other, to care for those whom you know who may need it. These are simple things, yet each act offered in humility increases your polarity in just as much power as does the more obvious power of the entity who gains power by his charisma and his skillful manipulation of entities about him.

19: We are all pilgrims, and in talking with each other do we encourage each other to move onward and to seek the Father's house. Oh, prodigal daughters and sons, whatever your condition your Father awaits you and all of us with rejoicing, and we are all hungry for home. Yet, let us vow in whatever place we may be to pay attention, to see, and observe, and perceive that which our catalyst is attempting to give us in the way of lessons about love. Do not lose any opportunity to ask yourself in difficult circumstances, "Where is the loving thing to do; where is the love here?"

20: Yes, negativity and positivity exist, and it seems prudent to both positive and negative entities to form alliances in the positive sense so that we may share in one higher self which is a common memory of us all. In the negative sense, there are various reasons, shifting and restless, for combination. They all have to do with conquest. About those things which are political we wish to remain silent, simply reminding each that phenomena are manifestations of energy. The energy may be understood very simply. Gaze at any phenomenon and ask yourself, "Is it radiant and giving and loving and unifying or is it frightening and painful and difficult to bear?" Are you requested, or are you told and commanded? Judge for yourself the polarity of entities and situations, and know that armies will clash until entities tire of that game. The mystery of why the Creator chose to offer us these challenges and these ways of learning remains unknown to us. It is as well to accept, for now, that such is the case and to move always upon the positive path, thinking of others more than you do the self, giving more than you receive, understanding more than you are understood, being content to love. You are loved, loved most passionately and imperishably as the imperishable and unique soul that you are. The Creator is fascinated with you and wishes to know the tapestry of your feelings and thoughts and ideas and intentions. Offer to the Creator a passionate life, a life filled with caring and giving and loving and sharing. Let the colors be true and rich and let yourself have those periods which are the desert times, for those colors, too, must be in a truly beautiful painting or tapestry. Know, as you go through the dark times, of all the life that awaits to burst forth through the soil at the first drenching of blessed rain, and know that you shall as a soul receive that rain and walk once again in the lush oasis of joy.

60: I am Q'uo, and am aware of your query, my brother. We are most grateful that you have queried in this regard, for there is, indeed, the means by which any seeker of light might provide itself with a protection from such influence. Though it seems quite a foolish thing to do, the means is to enter, within one's own heart, within the state of meditation or prayer and to find as much heartfelt love as one can generate and offer it to those that would wish one less than well, and to bathe these entities in this love and in that light and to offer to them that unconditional love from the heart which is so sweet and delicate to those of the positive polarity but which has the opposite effect upon those of the negative polarity.

61: However, we must remind each that it is necessary that the intention for such a protection be not to resist or to cause the entities of negative polarity any discomfort at all, but to simply offer the heartfelt love to such entities and then to bathe the self in the armor of love and light and to offer this love as often as is necessary in order that the protection and wall of light be constructed about the entity in a pure and heartfelt manner. Thus, the positive and negative poles offer a natural boundary, shall we say, or resistance, each to the other, for a certain portion of time and experience before the unification of these polarities is accomplished within the sixth-density illusion, as we spoke previously.

71: ...for it is that which has properties that are, shall we say, multidimensional in nature. The ability to affect or remove these implants is present in those who seek to work in the metaphysical realm using the techniques of visualization and the, as we find you have called it, the laying on of hands in order that the healing touch of love and compassion might be directed according to the visualization which sees the implanted substance being dissolved by the intelligent energy

is the Creator's planet, every square inch. Your life also is not owned by you. You are rather a tenant, one who rents temporarily the honeyed spark of Earth life, the sharp sting of experience, for pleasure or for woe.

12: Now, how does a lease-holder operate when the landlord is seemingly absent? Often, because there is no ownership, the premises are not fixed up or repaired, the grounds are not beautified, and the rented place has the look of transience, not the look of loving care. Yet, what if that property were owned by your Father, who gives freely, loves dearly and asks only that as you rent the property, you love it, cherish it, beautify it, harmonize it, so that it welcomes all in comfort. Such is your choice in the living of the tenanted life in a temporary physical vehicle.

13: Know and remember that the circumstances that you have are the house of your experience at this time. Treasure your Father's house and know it to be good and bring it increase by planted seed which takes faith, in brightly covered pillows and cushions of thought and deed, to beautify even more the Creator's wonderful gift. Know that your stewardship of this life which you count from the first breath to the last of your physical body is the stewardship of a spark of infinite creation, a consciousness that is the consciousness of love itself, and honor that which you are.

14: Those who hear these words may perhaps also take comfort in the following thought, and that is that some of you have chosen not only to experience within the incarnation to learn to grow and to serve, but also to maintain the high places within the consciousness, the watchtowers of love, which beam forth as light sources to the planet upon which you now enjoy incarnation, to the entities upon it, to the Earth itself and to those energetic vibratory levels within the Earth's atmospheres which are in dire need of that great watch, faithfully held.

17: If it calls you, go, not only in meditation. Allow the watchtower to call you again and again, for moments, for minutes, hours, for the incarnation, until your desire to serve as conduit for light and love on the totally unspoken vibratory planes is satisfied.

19: It is rare, in these latter days of your cycle, that any two mated entities are together for the first time. Often the two are together, one to challenge the other and the other to challenge the first, for those things which are the most difficult within physical incarnation are indeed the expressing of a clear love energy to the entity closest to one. This has nothing to do in general as a principle with the relative pleasantness or unpleasantness of the personality with whom you are involved. It has to do rather with the daaliness of experience and that great tendency of the personal self to form attachments to the outcome of one's behavior. It is, if not easy, certainly easier to love the stranger, the acquaintance, or the friend whom one sees only socially, to share with that person all love and all light, than it is to express that full-fruited, open-hearted song of joy to one who has not fulfilled your expectations.

21: Think of yourself, then, as a spiritual being, as the Creator Itself, one which does not need others except so that it may be of service to the Creator by means of service to them. Experience the joy in a mated relationship of knowing that that entity which is your mate will mirror to you those very things about the self that are out of balance so that the self may work upon them. There is a harmony within the universe which is absolute. All that you experience and all that you see and all that of what you hear is a portion of an harmonious development of creation which in every fiber praises, expresses and manifests that great original Thought of love.

22: If you are weary, move in thought to the citadel which has windows to heaven, and gaze beyond the stars at the profound and tumultuous joy which is crystallized in every star, in every piece of the infinite creation, in every piece of consciousness, and know that you are in the process of shaping and faceting and crystallizing your own expression of the infinite Creator so that your consciousness more and more has a heartbeat of joy and peace. And if that joy and peace flees before the footstep of the dearly beloved mated, one with which one does not agree, acknowledge the disagreement, smile at the thought of remaining upon the surface, and move away from the here and now of illusion into the far deeper, timeless present of infinite love.

23: Five seconds within the citadel of that consciousness may indeed create that mind even upon the surface of things which may see the true harmony that is the plan of the in-

finite Creator, a plan which incorporates free will at every turn, a plan where the essential and unmovable lessons are there in emotional and mental structure awaiting the clothing of circumstance, so that if you face a circumstance and are not able to see love within it, you may rest secure and peaceful in the realization that that same circumstance shall come to you again and it shall be a time of testing. And each time, it matters not whether you win or lose the game of consciousness-raising; it matters greatly whether you purely, deeply, lovingly intend so to create love.

27: ...it is not necessary that any understand you. Let it be your hope, rather, to gaze upon the situation with the faith and truth in the Creator's plan, in your own plan, and with firm intention to offer to the situation your love, your understanding, for you shall not receive love and you shall not receive understanding by seeking it, but only by attempting to give it.

28: We shall be with you in the citadel of the waiting, trusting, loving consciousness. We shall be with you, as part of you is in the citadel, and the other doing the ironing, the dishes, the blueprint, the lesson plan, the design, the painting or whatever occupies the life. Those who serve most effectively are quite simply those who remain persistently and doggedly and joyfully aware that there is rightness, appropriateness and wonderful opportunity in your situation right now.

29: You certainly do not know all about why the situation is helpful. This is far better learned in meditation, and may we say that we see meditation as a time of moving up into the citadel and then moving away from the window into the inner room, into the darkness, into the silence, into that which seems nothing, that you may trust and allow the silence and the darkness to teach you, to fill you, to repair you, to nurse, cherish and comfort you. Then you may in mind climb down the tower steps, step out onto your tenanted life experience, gaze at the troublesome mate, the difficult situation, with faith and love anew and know that you are an ambassador, an ambassador of love and light.

38: The entity is one which has for a great portion of its incarnation given in a selfless manner to those that are close to it, and has felt the love in return for this service. That it would give in such a manner was a portion of the choices made previous to the incarnation, as each entity sets about the blueprint, shall we say, for the incarnation prior to its beginning. The difficulty which is now apparent within the physical incarnation is that which provides a symbolic representation of further ramifications and refinements of the balance to the giving, that is, in some degree and in some sense, to receive.

46: I am Latwii, and it is not that we suggest one block the normal and spontaneous response to any situation, for it is most necessary that each entity not only expect that which, shall we say, bubbles forth in a spontaneous fashion from within the depths of the being as a response to any situation, but that there be an attempt made following such a response to remove the small conscious self from the world of mundane things and place the consciousness within that location we have termed the citadel, that the greater view might be taken of the experience just past. By such retreat, one may begin to appreciate a greater purpose within the life pattern for the transaction which has occurred and might take, then, this appreciation into further communication with the other self in the light of the greater view and with the dedication to love and the granting of perfect freedom to the other self, that the wounds that may have been created might now be healed.

50: Yeah, I'm still not satisfied. I got a clear impression towards the end, there was a sentence something about treat your mate as a friend. Now what you do with a friend, we basically know, is you comfort them when they're discouraged or down and we pat them on the back when they're great and we hope for the best for them and like that. That's friendship. But when somebody's coming at you in a confrontational manner, it's hard to react to that person as a friend, because usually friends don't do that to you, at least not without good reason, you know, not that unjustifiably—although I admit that there are some friends... But I'm trying to figure out how you can do that, how you can make your spouse or your mate or your lover your friend, and really make that primary. I think that was what you were trying to say, wasn't it?

61: If everybody's through, I'll just be frivolous, because I

love to know. What color are you in these days? Are you still doing your scientific work?

62: I am Latwii, and we have shown this instrument a variety of colors, for we are experimenting, shall we say, with the blending of various subtle, what you could call, plum, with the apple green and tangerine, in order that the subtler energies that produce these vibratory oscillations that are perceived as colors might be available for study of their correlations within your planetary population, as it seeks to move from the individualized self that corresponds to the orange or tangerine and begins its movement into the all-compassionate love of the heart or green-ray energy center, and through further catalyst and processing of such begins the transformation that affects the Buddhist body or that which is of the violet ray. We study the color emanations, for within these vibrations there is contained much information of a nature that cannot be discerned by the outward eye. It is within our own citadel that we study in this manner.

16.49 1987/10/11

0: [overview] (Continued from last week.) Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well?

5: Each of you is a portion, or may we say perhaps more clearly, a miniature replica of the Creator, that one great original Thought of love, love which dwells in the most part uncreated, unmoved, unbiased and singular. That part which has never come into manifestation, that part being the greater part, is unconscious of its consciousness. Through the action of free will, that great original Thought which has thought the creation, that Logos which we often call love, is at the very core of each of you in an undistorted and true verity. Surrounding this core in energetic vibratory patterns are the biases which you as an entity have accumulated through experience and evaluation of that experience.

6: As you have been through many, many lifetimes, you have also evaluated many, many experiences. And each lifetime of experience gives you its harvest of biases. These biases or distortions of the great original Thought often seem unlovely, for many there are who have the biases of prejudice, meanness of thought, selfishness, anger and all those ways of being and doing which seem not at all to reflect the Creator that is love.

7: The creation has in the infinity of time a beginning and an end, just as each of you as a creature has a beginning and an end. The creature dies; the Creator is eternal. Thus, the scale of bias and learning and seeking moves on not only from lifetime to lifetime, or from beginning to end of creation, but you who have been in one creation shall be the seeds of those who learn in the next. Thus, all activity within the creation upon whatever scale of activity is part of an infinite process wherein love's great desire to learn of the self is more and more satisfied. For that which is eternal within you records everything which you have learned.

10: Therefore, we do not speak of trusting entities, yourself or others, of institutions, be they ever so grand, or the opinions of any, including us, be they ever so eloquent. If your heart and mind resound with an echo of recognition when we say that your Creator is love, then you shall see why we ask that the key word of trust offers much to one whose illusory or Earth life is being experienced as tragic, sorrowful, difficult or upsetting. Equally, we would say that of all who are successful in some way, for you see, the experiences of an incarnation are ever up and down, ever positive and negative. The clue is given in the lack of consistency of either state of mind within what is called the human condition. When one is content, one does not agonize over one's proper point of view, one's appropriate relation towards the Creator. It is the sorrows, the difficulties, the upsets, the tragedies which bring mind and heart to a state of attention, to a state of questioning, and we hope that this is persistent and determined, for there is a good outcome, that is to say, a satisfying and positive outcome to such a search.

11: The obvious and only reaction to love is love. When we speak of the love of the infinite Creator, we speak of the love that has created stars and all else, seen and unseen, within an infinite universe. We do not speak of personal love, for we find that among your peoples it is necessary to make this distinction. Neither do we speak of completely impersonal

love. We are speaking of a love that is beyond any definition of love which words may offer. We ourselves know not how to convey what we have experienced. Words are paltry and often little more than useless. What we can say is that as we have studied more, we have found more and more evidence that those words which we share with you have some validity and usefulness to the seeker.

12: Now, if your consciousness partakes of love and your Creator is love itself, but love which reaches down to you in a personal manner, in an immediate manner, in a present tense manner, you may perhaps see that a relationship with this love shall be intimate and trusting. Portions of the Creator's love have expressed themselves to you before your incarnation as what you may call your higher self, your guardian angel, your teachers. We care not what the words be; we care that you know that you and these helping entities gazed at the harvest of your biases and your distortions, noted where there were lessons still to work on, lessons of love which you wished to learn, for this is the density of learning how to love and how to express love.

16: Which brings us back to the seeking soul, that Creator which is the original Thought of love and the relationship of that seeking soul with the infinite love of the one Creator. That relationship, my friends, is trust. Trust is not only for the good times. Trust is not only when the parking place opens up next to the store. Trust is an emotion which can be evoked only by implanting above the illusion of distance and difficulty another picture of what you are seeing, based upon your understanding of the Creator.

18: This is, my friends, central. All is well right now, because your deeper reality is that you are love, and that all about there is love, so distorted sometimes it is an incredible challenge to perceive. Yet this deeper reality is an experience which is more and more substantial as the seeker persists in the journey undertaken by one who knows the way is long, infinitely long, and often rocky and lonely, for each must find answers for the self, and this means that in the end the soul is alone with itself to choose its manner of being.

19: We speak to those who already believe that there is a plane of absolute values. We speak to those who tentatively accept that God, as you call the Creator, is love, and that each is a portion of that Creator, a holograph of that Creator, and that the basic thrust of the life experience is to live it more and more lovingly and be of more and more service to the Creator and to each other, that love may abound and that this illusion may be penetrated.

20: We realize that those who are in mated relationships have special problems. This is due to their expectations of each other. Had you no expectations of another entity, it would be very easy to be polite. However, among your peoples the mated relationship is one in which two become intimately involved enough that each attempts to learn to treat the other as Creator, to trust each other. Yet each is a very distorted version of love, a very confused rendition of creation; therefore, trust is hard to come by between people.

22: That plane of consciousness is that which one uses to meet with the Creator within. We speak here of meditation. What each of you truly is is an eternal spirit. Your natural state is so joyful that we can best compare it to your physical sensation of orgasm, held in a steady state. This is the consciousness of love which created all that there is, and in its distorted form as the sexual orgasm, created each; that is, not the spirit, but the physical shell or vehicle.

23: Let yourself be who you really are. Let yourself trust the Creator, yourself, the fact that you did plan on learning lessons and most of all the fact that you are never alone as you attempt to interpret and evaluate your experiences. Then you may with eyes of trust and an eye to seeing love look again at the difficulty. If it still makes no sense, it is well to return to the independent idea of the self in loving relationship with the Father and allow your deeper mind or intuition in cooperation with inner silence to open to you those realizations which will aid in seeing the lesson to be learned.

24: Often the lesson is one which you do not wish to learn consciously. Patience, restraint, caution, all these qualities have seemingly little to do with love and compassion, but many, many of the lessons of love concern the meticulous disciplining of the consciousness, so that no matter what the outer circumstances, the truer, higher self is expressed, that self which is love and which expresses in a loving manner those good works which you and the Creator have planned together for this day, this hour, this moment.

the presence of the love and the light of the one infinite Creator. If one is able to die, knowing one is dying, and recalling one's faith in love, one's transition is the easiest possible.

10: We wish each to remember that this incarnation is most special, for at this particular, what you would call, time, those wishing to participate in the polarization of consciousness upon planet Earth are far more than the opportunities for animals which may house these consciousnesses. Therefore, souls to move into these human-being animals are chosen by seniority of vibration. This means that each of you is capable within this lifetime of achieving a harvestable attitude towards love. That is, each of you is capable of caring more for another, more for loving another, understanding another, comforting another, consoling another, forgiving another, than each cares for being understood or being loved or being consoled or being forgiven. This sacrificial nature of love, where one spends more of one's time concerned with aiding others than one does concerned with aiding oneself, is a tremendously helpful way to move in polarization ever closer to the point where, when you do enter the larger life after the death of the animal which has carried you about, you shall be able to use the requisite amount of light from the infinite Creator.

11: Now, we would not want you to feel that there is only one path. There is also the negative path, which we feel is very difficult, and is not that which we teach. It does, however, have a validity, although this validity is limited, and one cannot move the entire journey to the Creator, as far as we know, without having finally to reverse polarity to the positive, for that is the truth of the creation: love, unity and oneness. All of you and all of creation is one thing. You experience yourself as having boundaries. This is necessary for you; it is also necessary in terms of the experience within this illusion. Your very heavy physical vehicles, your animals, protect you from each other and from your own subconscious, for in this relationship you do the equivalent of taking the first real step in a mature and carefully considered way, a step which then must be pursued with persistence through many experiences, through several densities and through many, many refinements.

13: Now, those who are unaware of a life in faith, those who have spent a great deal of time working to manifest physical possessions and loving those physical possessions, shall find it difficult to become those who care more for others than for the self, although if one withholds the possessiveness which one may feel for one's possessions, and sees them rather as a gift from the Father, one may train oneself to think of oneself as a steward of the Creator's goods. Thus, if there are already many possessions, stop thinking of them as yours, and realize that you are the steward that is taking care of that which is the Creator's in every atom and every energy circle. These are those things which keep one from having the easy transitional experience.

15: So, we suggest to each that during the lifetime one begin with the daily meditation to ground oneself in the Creator's love and light, to focus upon service to others, to love oneself and love each other, and to have no fear of death, for there is no break in consciousness; there is no snuffing out of the flame of consciousness; the animal which has carried you about simply becomes unviable. Among your peoples, this event is very moving and poignant, and, indeed, in our density too, we mourn our mates and our teachers. But we do not hold onto them, nor they to us. Each has the freedom to stay or to go, whereas within your illusion, sometimes entities do not know what freedom they do have.

17: Thus, eventually each is healed, each moves to a portion of the creation which has the light density which is comfortable for it, and from this vantage point, with its higher self, and, we always add, with that which we can only call grace, the entity judges its incarnation. The entity gazes back and leaps through the pages, or to use another metaphor, looks closely at the woven tapestry of emotion and thought and action which made up a life. Is your tapestry beautiful? Have you used rich colors and loving emotions? Is it stark with cold emotions or disturbing with anger? How are you making the tapestry of your life? It is you who will judge yourself. Please yourself today. Then judgment will not be so difficult.

18: Once the incarnation has been reviewed, and you have judged how well you have learned the lessons that you came to learn and what lessons remain to be learned, you may then plan your next incarnation. At this particular time in your density, many of you are hoping for, and some of you will

achieve, harvest, thus going on to a more light-filled density, the density of love or understanding. If that is so, then the concerns of the higher self for that incarnation will be those of the new soul in a new situation which wishes, as always, to offer love. This is the beginning of the social memory complex that our colleagues known as Ra have spoken of through this channel.

21: Perhaps the best advice we could give to those who are interested in the death of a body is to point them toward the true death that the choice between positive and negative paths demands. You have the power to choose. This is your time of choice. This is the heavy illusion in which you must make your choice. It was designed that you would have very few clues of a clearly overt nature as to the true nature of the mystery of the Creator. You make your choice in darkness, a shadowland where you can see nothing clearly. Wrong seems not-so-wrong and right seems questionable. There is nothing within the illusion that suggests ideals, ultimates or superlatives. Yet, we say to you that you yourself are absolutely unparallelled by any other spirit within the infinite creation. You are unique. You are very, very important to the Creator and much loved. When you know this, perhaps it is easier to open the heart to love in return. Perhaps it is easier to open your mouth to words of praise and thanks. Perhaps it becomes slowly easier to think of things from another person's point of view or from some larger point of view which alters provincial and petty thinking.

22: Now, each of you shall lose your physical vehicle. As you do so, our best advice to you is to have lived a loving life, to have encouraged within yourself a consciousness of love in the presence of the infinite Creator. It is a matter of allowing it to occur. It is a matter of asking for it, of desiring it. That which you desire, you shall receive. If you wish proof, we suggest that you join those technicians which are called scientists among your peoples who create many, many gadgets, using principles that are a mystery to them. They will not admit the mystery. Do you wish to live in a world of observations, repetitions and tests? Or do you wish to live a life of love and faith? Then take heart. Take courage and do it, persistently, one day at a time, and one day you shall die and you shall experience that which you have prepared yourself for.

24: May you find that in yourself which is of faith and love and wishes to give, and through meditation and desire, nurture it until the tapestry of your life becomes jewel tones upon jewel tones and patterns upon patterns and you become a poem to give to the infinite Creator, the fruit of a life in faith—peace, love and joy; also sorrow, suffering and death. See all these things as your brothers and sisters. They all equally teach; they are all equally blessed. Gaze with love upon all, and when you gaze upon death, you shall think of the Creator, Its light, Its love, and you shall be instantly in a wonderful, beautiful place.

25: This is the preparation we would suggest, the turning of the attention to love, the nurturing of the awareness of the Creator by meditation and by frequent, tiny thoughts during the day to bring one back to center. The physical death is momentary. You are spending this incarnation preparing for, shall we say, the final exam that shall occur thereafter. Do your homework, my children.

41: There are instances, however, where there is a final communication with those who have been the loved ones within the incarnation just completed. Oftentimes, this communication will take the form not of words or spoken concepts, but of a feeling of the essence of the entity being blended with the one with whom communication is attempted.

45: Just another one, and then I'll let somebody else ask questions. Just to clarify that. As I understand what you're saying, most of us who are living sort of do not believe that we can actually communicate with our loved ones who are dead, but I also seem to understand that if we did, or if we attempted it in the right way, that it would be possible. First of all, is this true what I'm saying, and secondly, are there any peoples on Earth who are doing that? Or are interested in that and are doing it in a way that is visible?

46: I am Latwii, and am aware of your query, my brother. The ability to communicate with those who have moved beyond the boundaries of the present illusion is an ability which may, indeed, be learned by those who have the intense desire and the persistent practice that is required in the area of becoming, shall we say, a clear receiver and a clear sender of consciousness upon which information may be placed. This

consciousness, self-consciousness, shall we say. Each of you is a mixture of the very stuff, shall we say, of the active principle of the Creator, that is, you have a God Self. However, to it was bonded free will, and in the immature, shall we say, seeker, that free will shows as willfulness, variousness and unpredictability in choice making. Indeed, many do not see that each day and, perhaps, each hour a decision that is to be made, that may seem very small, actually bears upon a spiritual principle. One could be working upon one's development as a polarized service-to-others entity. Many, many times, one misses the opportunity because one is far too much involved in that illusion which you call the everyday life.

6: We come to speak of a love that is so great that it does not run out. It is infinite in supply. We come to urge each to participate in that great original Thought of Love, for the more that one participates in the great original Thought, the more one's point of view regarding the mundane and everyday experiences of the life experience become infused with the light of the one infinite Creator and the compassion that is felt by the Creator for Itself, all parts of Itself, those who love the dark as well as those who love the light.

8: The process is most difficult to judge, we find, from those within the illusion, for within your society the mind complex is requested to be very active at all times and the body usually also. This makes it rather difficult for what this instrument would call the western or Occidental entity to participate in a passive meditation with much true quietness of mind. We ask you not to be discouraged on that account, for the work that you do in consciousness by meditating and listening is that work of the will, the will to discipline the personality, to change willfulness into that phrase from your holy work, "Not my will, but Thine," in other words, not the will of free will which is various, but the will of the Creator Self which is a will to love. To this, we ask you to surrender, as the finite surrenders before the infinite, as the past and the future surrender to the resonance of the present moment. Intersecting with the present moment at all present moments is eternity. One may think of it as, shall we say, perpendicular to all things. It is enmeshed with you. You dwell in heaven at this time.

11: It is well to do the very best one can to place one's creature in a good position for survival, so that one may go about the business of polarizing in consciousness. Do not allow the intellect or the instinct to rule the behavior, but turn again and again to the glory, the unity, the peace, and the joy of the presence of the one infinite and mysterious Creator, that Thought of love which created all that there is. Do not choose to be that which carries you around. Do not choose to be willful forever, but choose instead to will to surrender to that greater Self within. Ah, my friends, what a jewel rests within you, what light, what love! You are unique, each of you, unique as snowflakes. You have experienced much. You would not be here upon this planet within an incarnation at this time if you did not have a good chance of choosing to be of service to others to the extent that you polarize enough to graduate from this density to that density of love and understanding where the veil between the conscious and the conscious mind is lifted, and much is seen and understood that can never be understood within this illusion.

12: We do not mean to suggest for a moment that there is any hurry about this; it is one's choice completely. We do not mean to suggest for a moment that the fourth density is easier than the third. This is not so; it is simply different. The fourth density is a density in which one refines one's ability to love and one's knowledge of love, one's ability to be love and one's knowledge of being love. However, because there is a fourth density negative, there is a dynamic tension, and both those of positive and of negative persuasion may speak to your people. We ask you, therefore, to discern and discriminate carefully with each piece of information that you hear, including ours. We are fallible. What we have to say to you is, we believe, helpful. We hope it is. But if it is not, my friends, we ask you to let it go, for we would not be a stumbling block before you in any way.

13: We would not ask you to meditate for the long periods of time, for we find that the process of spiritual growth among your peoples causes a good deal of change. It is well that the change take place slowly enough that one's mate may deal with it as well as one's self. The process of change is sometimes painful, and we urge each to be extremely courageous and pick oneself up after each and every self-perceived failure to turn one's face again to the mysterious face of the

Eternal One. We join you on this journey. We hope that you will meditate each day for a short period of time, not the long. We hope you will enjoy the changes that you perceive in yourself. We hope that you may again and again and again choose love and serving others over that love which takes, controls and manipulates.

14: See those activities and behaviors within yourself and start making other choices. These things you can do—not out of your own strength, but because you spend time with the Creator. May we say to you, the basic, single, most thoroughgoing advice we may give to you is to meditate on a daily basis, for one moment with the Creator can make one feel joyful, peaceful, centered and ready to meet that which comes later. Then when one is in a difficult situation, one may cast one's mind back to that centered place and in some way draw eternity into the most difficult of situations. It simply is a matter of spending time with the Creator. This mysterious Entity created you. It is infinite. It is intelligent. It is invisible. This much we know. The Creator is still a mystery to us as well. But the Creator intersects with your life at this time and at every time, for each moment is the present moment, and each moment is eternity. May you spend your time with the Creator so habitually that this becomes a resource that you may become a channel for the love and the light of the infinite One. And then, my friends, you shall shine like a lighthouse, like a beacon, for you shall be a channel for love, that which does not stop, that which is infinite. It is the lightening of the consciousness of the planet Earth that is our hope at this time.

61: I am Hatonn, and am aware of your query, my sister. We find that this query is far more complex than its simple statement would presume, for within the query are various presumptions, some of which work against others. We would suggest that the greatest protection for any entity in any situation is to see the self and all other selves as the Creator and to have as the foundation stone of any interaction between selves a true and heartfelt love for the other selves. Whatever actions may then depend from this basic attitude of love, compassion and acceptance may then proceed within the boundaries, shall we say, of the greatest protection that is possible. For to those who move within the ways of love, there is no fear of any other self, for all is seen as the Creator.

18.14 1989/03/25

4: Thus, the concept of faith must be divorced from all objective reference. One is best prepared for the death experience when one has learned to live a life in faith. Basically, this faith has no objective referent, in that the Creator is not an objective referent. This is no palpable, tangible, testable, visible Creator. Rather, the Creator is infinite intelligence, a concept which cannot fully be expressed using your language. The closest we may come to the active principle of that one great original Thought, which is the Creator in its active phase, is that inadequate word, Love. Consequently, that which one has faith in, if one must have faith in everything, is Love Itself, that which creates, that which destroys, that which is wonderful, that which is terrible, that which is all that there is.

5: Divine and creative love is a great mystery. To have faith in a mystery is to truly have faith, for faith is that which does not rest upon surety, but upon things unseen, unknown and unproven.

6: If you wish to live as a faithful person, faith works in the following way. A person of faith will, by centering oneself upon the first and great original Thought of Love, attempt to listen to those interchanges which come to one, and before responding, ask oneself, "How may I indicate compassion, support, wisdom and understanding, and most of all, love? How may I be of spiritual aid to this entity speaking with me?" This is the life and faith. It contains no dogma and no doctrine.

7: Many there are who have found the path of an orthodox faith to be the path that aids the seeker most ably along the journey of prodigal sons and daughters that we all walk. Others find that this walk is incomprehensible and therefore the walk must be created as a personal, shall we say, myth of self, Creator and the relation between self and Creator. However, all these are things which one does with one's mind in order to exhort oneself to an ever-deeper intensity of desire to focus and center upon the presence of the mystery of Love, that is,

25: Once you trust in the process and trust in your ability to sustain the loving attempt to learn love, that which happens before the eyes may distress and scatter one to the winds, but not for long, for you always come to that place within yourself once again and close the door behind you and tabernacle once more with the Creator. We are with you, and we have ultimate, infinite trust that each of you is full of love and beautiful.

26: Our illusion is much less difficult to penetrate, our work is far more subtle, and we gaze with a mixture of fascination and remembered fearful distress [at] the violent emotions and reactions which are brought forth from one experiencing within your density. You chose, each of you, to work very hard in this lifetime, to learn much, to serve and manifest to others the love and the light of the one infinite Creator...

30: These decisions are up to you, indeed, all of your incarnation basically, in our opinion, has but one end: to allow you to make choices which will polarize you more and more towards being a manifestation of love to those about you, to yourself and to the one Creator. This is your reality, this is who you are, pieces, entirety, of the Creator, covered all up with illusion, seeking to find the Creator within. May you water your Creator-heart with silence, love and trust and allow no outer circumstance to sway you from love, trust and service. May you hold your head high and allow no one to demean you. May you be harmless, and above all, my brothers and sisters, may you love one another with an ever more compassionate love.

35: I just want to extend love and thanks to you for caring for us and helping us.

39: I am Latwii. My sister, you are joined on your journey by those both seen and unseen, and even though there may be times on the journey that seem quite lonely, we assure you that many marching feet and loving hearts move with you.

57: I am Latwii, and this is correct, my sister. When you have informed yourself to the greatest degree possible concerning the nature of the relationship and that which may be learned from it, then you may offer yourself as a more informed and aware entity that may contribute that which is yours to contribute in a clearer and more loving fashion because of that which you have found through your own seeking.

61: I am Latwii, and, indeed, that dance which you do is one which is filled with mystery, for within your illusion the knowing is not possible. Only the seeking is that which is important. That which is sought with the loving heart, the strong faith, and the persevering will is that which reveals itself to you as the truth of your experience and the fabric of love which enfolds all experience.

16.50 1987/10/25

0: [overview] Reinvestigating the question of why it is so difficult for people to share the love and light good vibrations with those near and dear to family and friends, especially the mate.

4: Because each of you has five senses and must operate within an illusion designed specifically to register upon these senses, that which is unseen is often not abandoned, but simply undiscovered. Yet, when the search begins for love, we would like to suggest that in our opinion that search first has what one may call a vertical axis, that is, at the base of this axis is the self; let us put that value at minus ten. At the height of this line is a plus ten. Neutral ground for the soul is the middle, the zero point. It is about this point that the individual which is reacting to the stimulus of the environment without spiritual consideration will hover, first perhaps a bit up towards the peak of the line, which is the Logos, the Creator, divine love, then move somewhat towards concentration upon the self, hovering around and round the zero point of neutrality.

6: By the self in this axis we intend to convey not the whole self but that self which obtains and values tangible possessions, useful friendships, and advantageous arrangements of social, economic and political influences. It is written in the holy work known as the Holy Bible that the master known as Jesus, when asked what it was important to do, that is, which commandments were the greatest within this master's tradition, the reply was, first to love the Creator with all the heart, the mind, and strength, and secondly to love the neighbor, the associate, the intimate, the stranger, the enemy as the self.

7: Those who attempt in all goodness of heart to achieve improved communication and a softening of heart, mutual expression, by going directly towards working upon the relationship have moved one step too soon and are very probably doomed to an unsatisfactory communication and an unchanged difficulty, for until one has achieved more and more consciousness centered upon the Creator, until one has lived in the immediacy of the very real love that lives between each consciousness in the universe and that great Consciousness of which each is a part, the results are bound to be disappointing.

8: Thus, we suggest that, as usual within an illusion, what apparently seems the difficulty is, shall we say a smoke screen to those who wish to meet problems seemingly head-on, for such problems are a by-product of a lack of closeness to love. The Creator is a mystery, yet like any unexplored land or person or idea, the mystery beckons, and through what you would call eons of time, many, many consciousnesses have come to what may be called the understanding that there are certain reportable aspects of divine consciousness which have been common to pilgrims upon the journey in planetary consciousness development time and time again. The reported manifestations emanating from love, when found within the relationship with the individual consciousness, are love, joy, peace and compassion.

11: Now, you may see as upon the graph that you are attempting to move your point of contact with the Creator higher and higher along the vertical axis. Thus, if one were to draw a horizontal line through the zero point—also if minus ten being the self, plus ten being another consciousness—you start with indifference at the zero point. This is also a most important axis, one which is most sensitive to your good intentions, that is, great polarization towards love of others and service to others is possible whether the relationship bears fruit or not, for it is in the purity of intention and the wholeness of effort that the bias towards service to others is increased.

12: Now, if one were to put the most desirable of all possible mental, spiritual and emotional arrangements, one would, of course, gaze at the extreme right upper corner of this square graph. The one who is focusing upon the self rather than the Creator and manifesting love of self rather than love of others would find the point at the diagonal lower left corner of the graph. The goal, therefore, for those who wish to accelerate the process of spiritual growth is to find the meeting point of the seeking of the Creator and the seeking to do service in the right upper quadrant, moving more and more towards the upper right hand corner.

14: Therefore, we would commend to the consideration of the seeker the virtue and efficiency of turning, after the relationship with the Creator has been established, to those in need which come before your notice, those in whom you can seek to offer love, yet not seek be loved. It is comparatively easy to sit down with the prisoner, the orphan, the indigent, and the elderly in need, and share the fruit of that joy-filled time when the soul and its Creator were intimate together.

17: It is from the vantage of high upon the vertical graph, moving towards the Kingdom which is exemplified by ten, that one may look down upon a very small, very local, very foolish difficulty, where one may see the humor of two who love yet cannot speak, two who love but cannot help but contend. From the vantage point of love, creation is possible, and that includes the recreation of the self and the healing of relationships. From the higher vantage point, one may release the other self from all expectation.

19: It is in the interest of the serious seeker to be view all relationships from the same stance, and that is the desire to love, to understand, to forgive, to give. It is the choice of priorities for most that the one whom the seeker wishes to serve the most is that intimate mate of the days and the nights, the months and the seasons of a lifetime. Yet the joy bubbles forth more and more freely as the entity is able to retain the memory of who that intimate soul to you truly is. That soul is, as you, a student seeking after truth, a soul searching for the source of love, a wanderer seeking a home. This consciousness, as yours, suffers, attempts to change, fails and succeeds, and moves through all the private seasons of anguish and pleasure. This soul has been given into your care, as are all whom you meet, not in an absolute sense—that is, not in the sense that one soul can be responsible for another, far from that—we mean that one soul's hope in contacting and blending with another's life stream is that he may be able to be of service.

20: Once the expectations are laid aside, that is, once the barnacles of barter and expectation are removed from the hull of that entity's spiritual vehicle, the waters betwixt your consciousness and theirs shall be far more peaceful. For if one calls another husband, one inadvertently within your culture thinks of a number of suppositions regarding the relationship. Yet when such a relationship is breaking down, it is well to go back to that which is in no way illusory, that is, the absolute principle that each entity whom you meet is a child of God, as yourself, to be loved as yourself, and to be served, if necessary, at the expense of the self if, in love's opinion within you, that service is appropriate. That is, we do not wish to advise needless sacrifice, for that is martyrdom for no cause. We advise only that that person with whom you hoped to spend a lifetime of love is worthy, as are you, of the greatest service.

24: ...to move beyond the harsh and seemingly betraying acts of one's mate, how easy it is not to trust, not to nurture, not to stand firmly upon the two feet, knowing that one is completely and utterly safe and secure in a loving relationship with the Creator, and thus hold out the hand and say, "I love you. I accept you just as you are, I see and sympathize with your difficulties," or even for those whose hurtful behaviors include still others, "I accept your needs to be happy, and wish you well." These thoughts seem to be a way of subtracting the self from the relationship, removing the emotion from, and thus the intimacy from, the relationship. Yet, it is the best beginning of which we are aware for those who cannot read each other's thought, to move into a situation in which the relationship becomes more trustworthy. It often takes a great deal of an incarnation to rebuild trust betwixt two which have hurt each other in heart, mind or spirit. Yet it can be done in a moment if each turns first to the Creator, and then, knowing a new world within the self, turn to each other. Turn and turn and turn, becoming more and more graceful as each conversation and confrontation is experienced.

25: We may say in closing that many, many incarnations have been planned by entities incarnate at this time to include very serious challenges to faith and a life lived in love and service. Before the incarnation, each of you considered well that which you wished to accomplish. Now that you are experiencing the actual classes which you chose for yourself, you may feel, in this instrument's scholastic vocabulary, that you have taken too many hours, that you have enrolled in too many courses, and that you cannot possibly conclude and do well in this exercise of study and expression of the fruits of that study which is commonly called life upon your sphere.

27: And so you must mount once again to the watchtower which gazes upon the kingdom of the Creator which dwells within that kingdom. It is something that you must do by yourself, yet that lover which you pursue, that divine love which you seek, sought persistently shall become to you real, intimate and very dynamic. And more and more as you seek consciously immediate experience of the love of the one infinite Creator, what you seek shall come to you. And as you seek that which is the highest of all things to seek, thus all else begins to fall into perspective.

30: You in the watchtower, you who suffer, you who watch and weep and walk this day and night, you are not alone, for within you lies the greatest love, the only reality. Seek it in earnestness, experience in joy and laughter and lightness, and become the lamp set upon a hill. Not in and of yourself, but only as one in love, knowing the peace of the most intimate of all relationships—yourself and the Creator, your heart and love itself.

41: I am Latwii, and we have used this phrase this evening, for it best exemplifies that state of our being which we have activated in order to continue the transmission of concept which was begun previously. This has been our choice for this topic, for it is one which deals most wholeheartedly with the concept of love or compassion, and it was our feeling that our own tuning or placement of focus of being would be most helpful and informative with this level of understanding available. Thus, we called upon that manifested by the one known as Jesus the Christ within ourselves in order to be of service to those gathered this evening.

44: So from your perception, the phrase which the fundamentalists use, "Christ is Lord, Jesus is Lord"—what you're saying is that for you as well as for us, you see this Jesus consciousness as being the basic redeemer of human experience, the highest of compassion of love? Is that so? Or would you express your feeling about that phrase, "Jesus is Lord,"

in the context of challenging. I don't challenge that way. It doesn't seem necessary.

45: I am Latwii, and if we understand that which has been asked, we would say that that which is loved and accepted is that which has been redeemed. Thus, it is within the heart of love that redemption occurs.

16.51 1987/10/30

3: There once was a young woman of Lustra named Penelope. Penelope was brown as a berry and ran among the thorns and berries, the rocks and crags of her neighborhood like a young, happy foal or kitten. She was a sweet and perfect child, untouched by tragedy, secure in her mother's and father's loving arms. One day a catastrophe caused Penelope to experience for the first time a seeming separation, a seeming abyss betwixt herself and all in which she put faith and trust.

6: The catastrophe which Penelope suffered was one in which a member of her family, that being her father, was killed in a manner which seemed questionable, shall we say, in that the entity was engaged in taking from another that which belonged to the other, and in this act was killed. This was enough of a catastrophe in itself, that being the death of the father, that the additional burden of the nature of the death caused many to speak ill of Penelope's father, of her family, and, indeed, of herself. Her grief over the loss of father was increased by this ill speaking and feelings on the part of those in the surrounding environment. This situation caused Penelope to consider herself the taking of her own life, for she felt that without her father's love and the family's good name there was little for which to live, and for many days and indeed weeks, Penelope was distraught and on the edge of taking her own life.

16: Jonathan's love and kindness was as a balm to the wounds and albeit suffering, and drew her even more closely into the aura of his spiritual strength. With his nurturing through a period of many months, her despair departed and was replaced by hope and determination to make the best of the situation these events had created in her life. Having neither property or status, but through Jonathan's inspiration able to contact the spiritual strength deep within her, she determined to lay a constructive course in her life that would enable her to succeed without the benefits of inheritance or family support. She attained a position with a family whose head was a kind woman who had also succeeded in making her own way and entered into something of an apprenticeship. She also was able to acquire the experience of continuing a family life in the caring for the young children of her mistress. Through her own diligence and the infusing of the continuing strength and support of her friend Jonathan, she was accepted as a colleague and family member as well.

27: Suddenly Penelope could see that which she had not glimpsed before, the panorama of a life of giving and receiving love. "Perhaps," she said, smiling for the first time in many days, "I shall be able to give until I have given all that I received and more."

32: ...under which you labor. If the assumptions include the feelings of solitude within the spiritual search, then we say this is a true perception. But if one of these assumptions is that one is truly alone, then we suggest that this assumption is grossly in error. For each Penelope there is not only an outward Jonathan, but an inward and compelling Jonathan, a presence to comfort, to love, and to aid and counsel when requested. These inner seers, these Jonathans of the soul, are called by your peoples such things as the higher self, the inner guides, the guardian angels, and it is largely in catastrophe, in times of peril, and in danger that the soul first becomes truly aware of the strength and comfort available from within the self.

39: I am Latwii, and we feel that you have given a quite substantial interpretation of that which we offered in the form of the story to this group. We do not mean to dampen those spirits which ever seek the hope-filled future and inspiration within the lives of others and the self, but wished by this rendition to illustrate the sustaining source of love and support which accompanies all travail and difficulty, for, indeed, within your illusion you shall find much that is difficult and hard to experience and accept, yet the seeker, and, indeed, all entities, is supported by a source of love greater than any outer difficulty.

nicate with Itself for the enlargement of Its personality and to learn that which seems to be subjectively true, beautiful and perfect, that which, unlike the physical vehicles of your density, is imperishable. In the sense of the God-self residing within the many layers of distortion and confusion that abound within third-density experience, the statement is accurate. However, we would quickly add that it is misleading to consider to oneself that one is capable of living in the God-self for any length of time and having this experience be a steady state. It is not that this is not possible; it has been done by those who ruthlessly remove themselves from anything but the sitting, the silence, the meditation, the breaking down completely of the self. When one resides, acts and reacts within the societal structure which is your best environment for learning, one cannot remain the God-self. Thus, as one gazes into the eyes of the loved one, one may upon one level try to remember that one gazes at the gift of love of God for Itself.

8: On another level, it is well to remember that you are gazing at yourself. You may well not love yourself. Therefore, you will not be pleased with the face of another, the conversation of another, or the actions or thoughts of another. The more disturbed or upset that face is able to create the catalyst for you to become, the more that self has to teach. We do not suggest that any learning difficult lessons attempt for any length of time to remain consciously the God-self, for it is a dangerous choice of personas, a risky choice of masks. The risks to one who walks incautiously upon the path of learning [are such that one] finds that one has been waylaid almost inevitably, for one's energy, unless taken from what you may call the world full time, is most usually not equal to the task of remembering who you really are.

9: Now, you are here to learn, rather than to dispense information and learning to others. The learning is primary; the fruits of that learning, secondary. Thusly, that which comes to a seeker from the faces of those around the seeker will reflect various facets of that seeker to itself, as a mirror may reflect accurately or in a most distorted fashion. Indeed, all of the mirrors are distortions, in some way, of love, yet the catalyst that this distortion of love may bring is far from a joyful experience.

11: As we allow these pauses, we are hoping and asking that you may begin to feel a presence, a presence called to this group from beyond us. We practice at this moment the presence of the one infinite Creator. Allow your heart to open to the greatest amount it may stably open. Do not ask it to become brighter or more crystalline than the power that is moving into it, but allow that to bloom. Allow the feeling of being in the presence of the Creator to bring to you praise, worship, adoration and thanksgiving. You sit with the Father and Mother of All, infinitely available to all, infinitely loving and infinitely unable to speak.

12: Each of you, then, by the changes made by meditation, may begin to perceive differently throughout a lifetime of sincere and openhearted effort in love, not duty. The viewpoint may change and widen and deepen and strengthen greatly in balance. As one meditates, one is intending to experience firsthand the Creator and the environment of the Creator, which is love, light and eternity, all of those in infinite quantity. With enough repetitive, impassioned silence and listening, one's reactions begin to change because one's consciousness has begun to change.

13: Meditation does other things as well. One great aid that it brings to the meditator is simply the strengthening of the bridge betwixt conscious and subconscious, intuitive and rational; all the parts of what a medical person would call the encephalos, working together and not at odds. We find often among your peoples that there are many voices within, each with a different viewpoint, each with a different program, if you would speak in terms of a computer, and all together having mutually opposing agendas. Meditation, taken daily, systematically and without the long, long meditations, but, rather, short meditations followed by the feeling of being strengthened, the mind begins to remake the basic metaprogram of the biocomputer mind in order that it may complete the process of integration so that one may become more and more a positive, unified entity, capable of a singleness of heart, a singleness of purpose, and a singleness of passion and love.

14: That which works—that is, that which functions within meditation—is not much affected by the meditative state achieved. The meditative state may, for most of your peo-

ples, never be satisfactory in a subjective opinion, the self of the self. This is due to what this instrument would call your lifestyle; that which is full is ever a little fuller and details clog the arteries of inspiration. With meditation, intention, desire and passion are all, for the process is not a physiological one, not unless what you are attempting is the relaxation of the physical vehicle. Meditation is spending time with the infinite One and with Infinity Itself. It is a completely metaphysical act. Indeed, it does aid a person to be relaxed in order to meditate, but even the strong desire to meditate, pray, contemplate or worship has the desired effect; it opens a door behind which stands a Creator who will not knock, who will not ring the bell within the head, who waits patiently to be asked to come in, to join with the seeking soul and to offer it light, love, healing, peace and joy.

15: Yes, indeed, my friends, the Creator loves, and all of you are part of what it loves, for all of you are part of Itself. It desires to know each of you with a passion that is incomprehensible. All of the reactions which one has in love, about love, with love are shadows of the Love that created all that there is, the one great original Thought that is the Creator. We encourage you, therefore, not to see love in every face if you do not, but to take it into meditation without judgment, for you are as you are; each pilgrim, with its self-perceived strengths and weaknesses is unique. The Creator does not judge, but loves. Thus, we urge each never to force or push the spiritual seeking, but to allow it to occur naturally. When the seeker finds itself impatient for more knowledge, more truth, the seeker needs to realize that this is not a means to an end; this is the end desired. The Creator's hope is one thing more than self-knowledge. It is self-love.

16: We urge and encourage and exhort each to love each other and to see the face of Love in every face. We equally urge each never to judge the self or to become discouraged when this is not occurring, for that which is occurring is that which needs to occur at the very moment you experience that which is occurring. It is the raw material which, when refined, will become the gold of compassion, wisdom and humility.

18.13 1989/03/19

3: We have been called to your group this evening by the thoughts and desires of those who are here. We come gladly because it is our method of service to others to be with you at this time. We would perhaps recognize the motives of service to others that moves some among your peoples to go to those other peoples upon your sphere which are needy and teach the ways of using the environment to their environment. So, too, we wish to aid entities in another environment than that of the physical bread, the physical food, the physical existence. Each of you also is an awakening spirit, and each of you begins to awaken to the need, not only for food of the spirit, but for tools and resources, that one find the means of growing the wheat, of removing the chaff, of grinding and breaking that which is hard within you, that the newborn spirit, that the wheat, that the gold which you have made and found within yourself may glow and become a channel for the love and the light of the infinite Creator. This is what all of us seek to do, and this is the adventure at the beginning of which you now gaze with a fascination that this instrument would say would be shown by Dorothy in the Wizard of Oz. She knows she is not in Kansas anymore, but she does not know where she is.

4: We feel that it is a kindly universe, a most loving and loving and beloved Creator, and we find that our fates, as far as our teachers know, are most benign, and that our end is never; that we are imperishable beings, created to be the active portion of the one Creator, cells of an infinite Mind, which learns about Itself because of the interaction of all of us, all of you, all those of your sphere, all of your galaxy, all those of the billions of galaxies that you may see, all those in the infinity of the illusion of this octave of experience.

5: We of the Confederation of Planets in the Service of the Infinite Creator come to you with a very simple message. We come to you with what may be said to be a message so simple that it cannot be heard. We come to say that there is one great original Thought; that thought is Love. Not a love as you know it, but a full and complete love, a love both beautiful and terrible, the love of the Creator to know Itself. In that love, It created by using free will that which is called

that it is always so that there is a measure of meaning in any communication betwixt one's own private guidance and one's conscious self, which it would be an infringement upon free will to express. That is a portion that [is] unique to the self asking the question. The generalities we may offer, the twist or quirk that makes the information personal to one person is not ours to discuss. We hope that the one known as R grasps this and is able to, after assimilating this information, move forward in the freedom of its own choices, its own study and its own progress towards a more perfect, true and whole essence of remembrance, to a more entire identity with the Creator, the Soul of souls, the Self of selves and the Love of lovers.

40: Would that suggest that the Creator has emotions? Besides love?

41: I am Latwii, and am aware of your query. The emotions are not properly present within the mind of the Creator, if we may use these terms, for terminology in this area is somewhat mythical, too [fancifully] constructed. However, there is a desire on the part of the Creator to know Itself in Its fullness, and as It knows Itself through Its creation, to love that which is created, that which is experienced. Thus, this desire to know and this great, overwhelming feeling of love may be seen as the equivalent of emotions, in your terms, on the part of the one Creator, as far as we can ascertain. We do not claim to have full knowledge of the great mystery which the one Creator embodies.

18.10 1989/03/08

1: I am Q'uo, and thank you for calling our group to your meeting this evening. It is a great pleasure to be with each of you and a privilege to share this meditation time with you. Our hearts are filled to overflowing with the joy of your presence and we love and bless each.

14: Let us move on in this discussion of the lived life. For you see, the reason for the meditation is not that it is an end in itself but that it is a tool through which one may focus one's will and one's faith. It is—if we may speak in Christian terms—a communion, a thanksgiving, and offering a Eucharist. It is the time that is, if you are seeking the Creator, the center of the day. It is time that you call to remembrance that Thought which created you. It is, within the illusion you experience, as much a family matter as concern for your relatives, and upon the level of seeking, replaces one's concern for any loved ones. Sharpen the desire, sharpen the faith, and this shall be done through it's use. Will and faith together; simple, dogged persistence; going on when you don't feel like it; getting up when you are tired; honoring the Creator to make that mysterious entity a part of your real, everyday life.

18.11 1989/03/11

7: There is another phrase which may lend some illumination to the phrase, "the willing suspension of disbelief," and that is a phrase used by, shall we say, one of your more angst-ridden Christian apologists. That phrase is, "the leap of faith," for you see, the willing suspension of disbelief can only be done in the faith that it is safe to disbelieve—that is, to the intelligent, rational mind—like saying that it is safe to jump off the cliff without a moment's thought for how deep the cliff may be or what lies below. This is what faith is about. It is a choice made in a vacuum. The choice is very simply to abide and to have faith. What shall you have faith in? We would not call it anything more specific than love, for love is the closest word you have in your language to the terrible, awful, beautiful, creative and infinite love of the infinite One, the Father and Mother of all that there is.

11: So, too, you may choose to see your story in everyday, mundane, logical and pragmatic ways. Yet, you shall not learn as a soul by this technique. Far more shall you learn if you seek to suspend all disbelief in love, if you leap into love, whether it is a void or whether it is full and can hold you completely, you must make that choice always at each beginning, at each turn in the path.

12: In order to do this, it is very much necessary to meditate upon the daily basis, to put oneself in the Father's house at the Father's feasting table for just a few moments in the day, so that you know who you are and Whose you are. You are not your own. You do not belong to yourself. You are a story

in the mind of the infinite Creator. May you leap into each leg of your journey with faith undiminished, ready to run the race in love, in joy and in hope of wisdom and compassion.

13: About the lower energy centers and their blockages we could speak for many, many hours, yet much has already been spoken about these blockages. We can only say that there is no body of philosophical or spiritual material upon your planet, of which we are aware, that has not within it some good insights into the voyager's search for the peaceful inner self. Thus, it is not a matter of pointing you in this direction or that, this religious system or that, but rather, perhaps, we may say in a very general sense that those things which keep energy from pouring at full volume into the heart energy center are those things which are not of love, but are distortions of love, seen in the faces and voices of those who have experienced pain. The essence of that which robs the heart of energy is separation. Thus, if you anger yourself, you must sit down and find that self within you which may forgive, find the grace within the self which redeems and makes one new. When the difficulty is perceived as being another, let it be clear that in some way you gaze upon the Creator and the self. From this you may learn if you are capable of remaining faithful and abiding in an inner peace which allows one the larger point of view.

14: Impulses towards kindness are sometimes not helpful in clearing lower energy centers, for there is a distinct difference between pleasing another and serving another. Before an interaction takes place, ask the self what spiritual principle is being called upon in this interchange and what role am I playing within the dynamics of love within this situation? For that which you wish to offer to others is that which may enable them to grow spiritually. Sometimes those things are not pleasing to those whom you would wish to serve, yet, if it be your light, given to you as your own truth, that to serve, this and this must be, then this and this must be the way that you act, in kindness, in compassion, and in unity, forgiving and being forgiven. To experience forgiveness, to allow it to be generated through one, is perhaps the shortest way to the clearing of the lower energies.

18.12 1989/03/12

0: [overview] Concerning how our (most importantly) mated relationships are perhaps a manifestation of our love for our self. And to carry this further, how all relationships that we might come in contact with, however brief or long, intense or shallow, might also be some kind of a manifestation of our love for our self.

3: This leads to discussion of the thought offered by the one known as R that the mate is the gift of love of the self to the self.

5: To look at it in another way, one might see the quandary of a Creator which creates a companion for Itself, only to find the companion is not happy spending all of its time with the Creator, but rather feels alone without his own kind. We are not saying that this is the way creation in your density began. We are simply saying that the concept there embodied in the female being the artifact of man and man's desire not to be alone is far different than the original statement of the loved one as a reflection of the love of self for self. For in this debased picture, the two perfectly dovetailed species, male and female, are offered less than equal roles in a creation. Thus, we must pluck from the concept of the outer world of experience being created by the self's love for the self, we must broaden the horizons of this concept, as the author of this concept rationally had already begun to do, so that it includes all that there is.

6: Now we may gaze at the nature of the entity within third-density incarnation, and we say that this statement is a statement of an ideal nature of a certain kind. It is a spiritual ideal which is invoked. Indeed, the greater Self or the Creator is invoked in this concept, that is, the sense in which this statement is correct and literally accurate, is that the self, which is in the end the Creator, somewhat young and confused within third density, and certainly remaining confused by our fifth-density experience, somehow still contains that perfection which created all that there is. And in that sense, the Creator gazes at the Creator and knows that all has been created because of love.

7: All that is is a reflection of the Creator's love for Itself, and further, Its desire to know more about Itself, to commu-

40: And it is the seeker who avails the self most effectively of this love and support, for the conscious seeker is the one which looks beyond the outer way of experience in order to ponder the deeper truths and nature of experience, so that there may be gained from each experience, no matter how difficult, the seed or crystal of understanding that enriches the soul or inner nature of the being, much as the creature of your second density known as the oyster creates the pearl as the result of the constant irritation of the grain of sand.

16.52 1987/11/01

5: You contain memory of past and future, yet these memories are most deeply placed within what is known as the unconscious mind. They dwell within a zone to which the conscious mind is denied access. Without the concept of the higher self it is yet possible for an entity going on faith alone to open gradually the gates of perception and to become aware little by little of a larger beingness within the self, larger and larger that beingness, until it eventually encompasses all that there is, and for the first time you are aware of your true identity. Such determination and persistence is very rare. For most, not only ultimate discoveries of wisdom, love and power, but simpler understandings pertaining to specific mundane affairs, come hard. The way often seems unclear, the emotions frayed and worn, the spirit numbed with the repeated shocks of a callous and seemingly indifferent world. It is into this arena that what is known as the higher self appears. The character of the higher self may be perceived as glorious and majestic, or it may be perceived intimately as a boon companion and dear friend. The personality of the higher self is much amenable to that which is needed by the everyday waking self. Its identity, insofar as we are aware—and we wish to express that we are not infallible—is that of a future self, as you would call it, a self that is entirely yourself, yet a self which has experience, through that which you have experienced, to the present moment and onward events, far into lessons of love, wisdom and unity.

6: When your consciousness has reached that point where the lessons of unity are being well studied, this self turns and reaches back to the third-density self, to the self that is confused, puzzled and insecure. It is the most loving of presences, for by the middle of sixth density you shall have learned to love yourself, to embrace yourself, to protect yourself in light and love rather than with weapons of defense, words of anger and gestures of fear. This self is to you a great resource, dwelling within your consciousness, within those deep areas of consciousness where time is simultaneous and the great issues of love and service are always in incredible and lambent focus.

13: Similarly, each group to which you may belong, if there is a common purpose which is idealistic and service oriented and sought in unity, develops a group higher self, one which can be enormously helpful, and so each nation, race and any group which bears a common identity can develop, and will ultimately develop, the higher self. Indeed, we, as social memory complexes, are an existing group mind. The higher self, then, is ever more clearly and intimately available. It is our dear wish and happy desire to join the ocean of the Un-created, that Logos of undifferentiated love from which all is created and to which all shall return.

16.53 1987/11/12

3: I am Oxal. We wish to say at this time, for this call has come to us, that the love and light of the infinite Creator takes great measures of energy to probe into at any depth at all. The delicate balance between the positive and the negative move and turn, sway and twist within the distortions of each mind/body/spirit complex's universe, within each heart and each mind. For every excellent ideal and symbol, there lies upon just the other side of the coin, terror, need, ugliness and violence.

4: The drama of your third density is the drama of discovering duality and beginning the long trek toward balance. In this the student, the journeyer, the worshipper must choose one path to move, one face of the Creator to worship; one, and not the other. This is a most difficult choice. It is so difficult to make within your illusion that most do not begin to

make that choice, but rather remain dancing about the bonfire of neutrality, tossing their garlands to and fro within the ethical and metaphysical universe, laughing, crying, hating and loving and moving neither towards the one great stage or the other, the glorious heavenly universe, or the equally glorious negative, each strong in its own way, each full of the Creator which is all things. Yet only by strong feeling, only by that feeling which this instrument would call worship, is either path traveled to the end.

6: Thus, as each travels along the path of service to others, let us say again what has been said often upon your planet. Let us respect and appreciate those circumstances of suffering, of judging the self, and of despair which have produced hearts and minds set with determination and persistence, but better yet with passion, the passion of experience and lessons learned and choices made. We ask each to respect that within the self which makes such a choice, to know that each will inevitably fail from time-to-time but that, the choice having been made, the life shall be, if such desire continues, a walk hand-in-hand with the Creator, for there is passion in the Creator for each of you, such a passion as you cannot imagine. We exalt in the joy of the love the Creator has for us, and we answered it with love and thanksgiving, and turn ever again to service to each other, and thereby to the Creator. And then in the end we turn to the Creator alone and see the Creator and know the One

16.54 1987/11/15

6: But, my children, you came here, glad with the challenge of serving the Creator, and the key to moving gracefully through a sometimes distressing illusion is trust, trust in the greater self that is you, for before this incarnation, when you chose the manner of your being within this illusion, you created a place wherein you felt you could offer your love to the environment about you. Those people which you have met and will meet, those combinations of circumstance and people which trigger new beginnings, all of these things you laid up as treasures that during the incarnation you shall mine.

7: Further, you carry with you on the other side of the veil of consciousness thought a level of consciousness which is tuned to a fuller love, because of your experiences before this incarnation. Your unconscious self, therefore, is uncommonly rich as a resource. It behooves wanderers, then, to pay especial attention to regular daily meditation, for the true self, which is your gift to a planet in need, lies waiting for you behind the door of conscious thought, within that unconscious part of your being wherefrom intuition and passion for love spring.

10: Perhaps we may invoke the law of relativity upon the question of wanderers, wanderers such as the one which asked the question. Wanderers may have a greater treasure of experience on the unconscious level to bring to the drama of living the life within the illusion. Whatever the gifts that you have been born into incarnation with, it is this amount which you have to make prosper within this environment. Some of those who have arrived as wanderers have perhaps a relatively small amount of love and light compared to others. Those within third density who have not yet been able to deal with the strength of light necessary to move into higher density may have less. But in the currency of love, it matters not how much you have, but that your intention be to increase the flow of that infinite supply of love which is the result of your constant awareness of your contact with the infinite One.

11: As the instrument has previously stated on her own accord, we also state that the work of the wanderer is to exchange love in a completely open manner with those entities with which the wanderer comes in contact. All other activities are derivative of this service, for what is one who wanders except one who wishes to serve. The serving may be done in a very humble manner, yet if you serve one entity with purity of intention, it is as though you served the planet in its entirety. The difficulty within your conscious mind is that it does not seem as much a service to love another unconditionally as to form new social organizations or create some consciousness-raising project. We may say that those wanderers who choose these more public and dramatic life scenarios suffer in accordance with the magnitude of loneliness which renown brings. For the wanderer, it is a great blessing to be obscure.

12: Now let us move on to the greater realization that all who are conscious of self and conscious of the Creator are moving upon the same path, gazing at the same challenges. We ask you to think of yourselves as seeds. All that is the Creator. You are the Creator. You are love. You speak and gesture and move in love, and you see love from all whom you meet. The distortions of love are many, so that love expresses itself often in negative forms, yet all are on the path, by the side of the path, sleeping by the side of the path, or somewhere in the vicinity of the path. It is impossible for that seed to be lost. You are very young expressions of the face of the Creator. Those who are wanderers will find it easier than those who have been moving through third density for the first time to make the choice of service to others. It will seem more obvious.

14: May we urge each wanderer to make the journey of the prodigal son in consciousness, not in action, to let the mind go blank, to start with a clean tablet and make that choice from the beginning, all the way through as a meditation, as a contemplation, as a prayer, and finally as a thanksgiving. For you shall not feel that you have come home to the kingdom of love until you have allowed yourself to experience the going away, the temptations, the failures, and the return as one who has had all assets of privilege stripped away. You see, it is fatal, spiritually, for a wanderer to put any particular emphasis upon this situation in terms of the expectation of increased closeness to the Creator or increased awareness of the Creator's will for you. Indeed, you must work harder, for you are only prodigal in your imagination, and it is very near to impossible for you to deny your link with the Creator. 16: How we wish we could take you within our vibratory web, that you might feel for a few moments that love without the baffling impediment of the physical vehicle, yet we cannot do this for you. You may, however, through meditation, find yourself upon holy ground and share heart-to-heart and hand-to-hand with the infinite Creator. My children, the Creator is a love that is astonishing in its intensity. The imagination reels at the infinity of creation. Yet this love is that which built, created, energized and enlivened all that there is with only a tiny portion of infinite energy. This is a love which is awakening within you, the love of the co-Creator for the Creator, the love of the child for the Father, the love of the beginning for the Source and the End. Center yourselves upon love and compassion. Attempt to intend well and to be harmless and above all to love each other. And when you consider yourself to have failed, grieve if you wish, but not overlong, for the intention is that which is recorded spiritually, the action within the illusion relatively incidental. We ask you to...

19: We ask you to nurture the relationship betwixt yourself and the Creator, tuning, honing and intensifying the joy and love that you feel in communion with the One Who Is All, so that you may tap into the bubbling, joyous, free ecstasy which love is. This exercise of homing upon the Creator brings each entity, no matter what its vibratory level, to the highest level possible for that entity at that time. Each of us has still lessons to learn, and the source of the answer to the questions we have to ask, at whatever level they are, is the infinite Creator which is within each and every piece of consciousness. Trust yourself more and more deeply. Woo your own unconscious as does the lover the maiden, gently, lovingly and caressingly, and respect those things which you receive in dreams, visions and intuitions.

20: And above all, know that you are doing that which you came here to do. You cannot get far off track, for those forces within you which you devised before incarnation shall forever be giving you the proper vector toward the action that is appropriate. May your communion with infinite intelligence be ever more wonderful, and may your trust in each morning, each noontime, and each eventide be sufficient for you to do the will of your greater self, of that self which is closer to the Father and Mother of All That There Is. Each of you shall shine from within. May you also shine to yourselves. May you love and respect the Creator within you. Wanderer or native, these things are so, in our humble opinion.

22: Wanderer, in your agony, you shall comfort many; in your loneliness you shall share love, and every tear, every ache, every pain can be, if you respect these feelings, a crystallized bitter-sweet gift to the Creator, a memento of a dramatic play which seemed to have an unhappy ending. Trust that it is only play and that your true life-stream dances and rejoices. So in the end may wanderers reclaim within the illusion their

deeper selves. Mourn first and then rejoice.

54: I am Q'uo. Again, our lot is the generality, for each case is unique. The offering of the self in unconditional love and acceptance of the other self provides the basic environment of healing in which the entity experiencing the splitting or separating of portions of its personality might find helpful. The acceptance of such an entity, given in an unqualified manner, will provide the support that is needed to encourage the revealing of the primary conflict by any portion of the personality which is most vulnerable or moved or sensitive to the giving of the love. Thus, the one experiencing the separation of personality may begin through some portion of its personality to move into an harmonious resolution with other portions of the personality.

16.55 1987/11/19

2: We would like to speak this evening about love. We choose this subject not in spite of its familiarity or its centrality, but because of it. We have a desire to express enough consciously known principles as concepts to the new instrument that it will, by simple repetition of exercises, each concept being one exercise, regain the feeling of some small confidence within the one known as D.

12: We do, however, continue to emphasize that the rational mind be tuned carefully before the control is given over to the intuitive self, and further we suggest that the powers of analysis are most helpful in revealing the experience of the intuitive mind and its fruit in collaboration with us who are of the principle of love. We feel that the encouragement which we offer the instrument is to an extent blocked by the instrument's dissatisfaction, and we ask that the instrument set aside that dissatisfaction or need to please the self, for in this matter the process of learning to serve as a vocal channel is greatly helped by a veritable lack of interest in the excellence of one's own work when one is not within the channeling mode of perception.

13: What we are saying is that this phenomenon is most natural and is in fact a portion of the birthright of the intuitive mind, that portion of the mind which is the largest, that being the frontal minds of your brain, yet being by far the least respected and the least used by your culture. Intuition vanishes upon attention and advances upon a relaxed peripheral view. Those who see intuitively see without focus and speak without hindrance, so many learn to channel themselves in spontaneity and joy and some few discipline that faculty for use as a medium through which impersonal principles may find [an] attuned gateway which resonates in energy with itself and which can thus be used to be of mutual service to those who may find value in words of love.

49: I am Laitos, and we also wish to thank each for the great offering of attention and service which we have experienced this evening. We appreciate the opportunity to speak our humble words through each instrument, and find a great joy in being able to transmit concepts through both the old, shall we say, and the new instruments in order that there might be some small enlightening of service and of the mental preparation for service in each instrument. We ourselves gain a great deal of experience as we work with each instrument, and feel that that which you offer to us is far greater than you can imagine, for we learn as we teach to be clearer channels for the love and light of the one Creator.

16.56 1987/11/29

11: Let us now gaze at the concept of prana or breath. Your creation and mine is a plenum, a vast infinity completely full of that light which is life itself in first manifestation. To breathe this prana-filled plenum of air is to breathe in oneself the primal love of the Creator. To exhale is to exhale all that within which is to be eschewed, eliminated and cast away. Other organs do this for the solid food and drink which entities upon your planet enjoy. The careful, intentional breathing, on the other hand, deals with catching up the stress and stale thought, the tired emotion and keen sorrow of the day.

15: It is not in fasting precisely that our recommendations lie, but rather in a shift of focus, an alteration in our use of vocabulary, for the one known as Jesus the Christ stated during one confrontation with that portion of the Creator known as Satan, that man does not live by bread alone, but rather

27: This is the movement of consciousness into that density of love and understanding which it is our honor and our privilege to inhabit. Within this [fourth] density of creation, the form of the body that has been chosen in the second-density experience of plants, of animal, to be invested, then is again used, as it was in the third density, but is used in what you might see of a somewhat different form, that is, what your peoples frequently call the astral body, that body which is lighter in your material gravity, shall we say, but is more densely packed with light. This body, then, is far more responsive to thought, and may move far more freely in time and in space than your bodies move.

30: Thus, the wisdom density, the fifth density of light, is that which seeks to create a form through which service might be offered in both a wise and a loving manner. When this lesson has been learned, there is again the opportunity to experience the leap in consciousness and the potential for greater perfection, as the point of view is widened to take in a greater portion of the Creator and the creation and to see it as the self.

31: The density numbering six is that density in which the unity of the Creator is again approached as love and wisdom are balanced, each with the other, and that which might be called a spiritual power is gained, the power to be of service without the infringement upon the free will of another. The sixth-density experience of light and of the creation is one in which those who have traveled both the positive, or radiant, and the negative, or absorbent, paths are again joined, so that seeking after this point within the sixth density continues apace without the great polarization in consciousness that begins within your third-density experience and continues through the fourth, the fifth and into the mid-sixth density.

18.9 1989/02/26

6: This particular experience which you enjoy at this time may be considered the dimension of choice, for if the face of the Creator is love, then a response of that created one to love is also love, yet it may be love of others or love of self. It may be the path of service to others or the path of service to self. In this illusion, where focuses of energy appear to be solid and thoughts that are stronger than those energies cannot be seen, the stage is set for a choice to be made in complete free will, for within the illusion the truth cannot be known in any objective fashion, but must be sought within through guidance and inspiration, through meditation, contemplation and discussion with others upon the path.

7: The choice is to radiate the love of the one infinite Creator or to so magnetize the self that one draws into the self-control, and becomes as the Creator, using each other spirit as power for the self. We are aware that each within this dwelling and this circle at this time has chosen the path of service to others, the path of radiant love. These foundation stones of the structure of your experience we thought were necessary before moving to a direct discussion of the statement concerning the soul as the essence of remembrance.

13: Now, as you may deduce, the biased amount of information which you have received from the senses—that is, biased in accordance with conscious, and most often unconscious programming—then goes through a complex procedure of choices. The choices concern how or whether one will respond to that which has been perceived. Perceptions are hierarchical, in terms of survival being the first consideration of any entity, concerns of the self being second in importance, concerns of relationship being next, concerns with society being next, and all of these things coming before that which is the first purely spiritual concern, that of opening the heart, not to one or another thing, but in terms of strengthening, empowering and [crystallizing] one's authority as a channel for the love and the light of the one infinite Creator. 14: Thus, one's memories have no chance of being objective at any time. They are biased from the beginning, and as your memory becomes older and dimmer, it moves through one of two simple processes. Either it is gilded with a loving hand, to emphasize its beauty, its depth of meaning, its poignancy and its truth, or it is simply blocked and segregated as that which seems too self-destructive to allow within memory or to be healed at that particular moment in space and time.

17: Now you sit in the midst of the greatest decision you shall make within the entire octave of experience of what you

would call men and angels: the choice to love or to be obeyed. Once you have made the decision, it then becomes your task, "if you wish to complete it," as "Mission Impossible" would say, to choose ever again to give, when you could receive, to console, when you yourself need consoling, to care and feel and love when others turn away in scorn and dislike. Each small choice is, in fact, a larger and larger choice, for as one positive choice builds upon another, so your spirit and soul grow in strength and power, and you begin to be, in feeling and in conscious thinking, that which you truly are—a metaphysical being, alive eternally in an infinite universe, peopled with nothing but yourself in the guise of many, many mirrors. Gaze into anyone's eyes—they show you yourself. Gaze at the trees, the skies, the stars—they, too, are yourself.

18: When you have graduated from this classroom, learning the first lessons of love, then shall you, in what some have called heaven, and others, paradise, enjoy a somewhat more comfortable atmosphere, yet you shall not be without your work, for you shall be learning. That is the essence of the soul, for the soul is the stuff of which the Creator is, that being love, combined with free will. And free will is ever-curious and ever-restless. And free will truths do not last forever. Only the mystery of that which is unknown is as truly imperishable as are each of you.

20: We would direct your attention to that portion of the Christian faith whose liturgy is called the Holy Eucharist. Common to almost all Christian denominations is the inclusion within such a service of quotations from the holy work you call your Bible. The one known as Jesus the Christ took a simple, homely article, the bread, which was the bulk of a meager meal. This entity gave thanks for the plenty of his bread. He then broke it and offered it, saying, "Take and eat this in remembrance of me." And so, too, with that wine which was the usual libation in that less than cleanly age, "Drink this in remembrance of me." This entity did not wish to be remembered as an entity, but as a channel for that which flowed through the entity and transfigured it, the love and the light of the one infinite Creator.

22: To remember the small change of a lifetime is not altogether helpful, for there is not the focused power and a singular path for one's daily experiences. The effort needed to put into place a structure whereby one may give daily thanksgiving and remembrance to the one infinite Creator is a structure each must choose for himself, yet we say to you, that if you wish your imperishable self to rise as quickly as possible into the light of what you would call the Kingdom of Heaven, the greatest tool is daily remembrance of that great Thought, whose name in your language is love. Love has created you. Love sustains you. Love that is alive and caring and with you, guides you, aids you and protects you.

23: The words that you hear at this time are a very humble part of the system of incarnate spiritual aid that is available to those who seek it. There are many, many channels, many various ways of offering the information of the Creator [to] the children of the Creator, which are yourselves, and the eternity and full knowledge of yourself as Creator, which is ultimately your birthright. Yet, this birthright shall come to you not because you become more and more powerful and, therefore, are able to wrest it from the arms of the Almighty. This power descends upon one who has surrendered the free will of variousness to a far more impersonal kind of will, that deep will found within the self for good or service or love.

24: The desire to learn and the will to persevere may seem like those things which are taught to one in business school, that one may be a better salesman, yet we say to you that the faculties of desire and will create your experience. That which you desired to learn before this incarnation you set in place, not specifically, but in kind. You allowed yourself any number of attempts at each lesson. Thus, if you are seeing the same pattern over and over again, you know that there is a lesson of love in this pattern, and that the answer to this pattern lies along lines of the seeking of love within that pattern. Once this has been done and love has been found, the pattern is balanced, and one may go on to the next lesson one has offered oneself for the learning. Thus, you may see that your soul is, indeed, in your hands. You may learn, you may polarize, you may reclaim your birthright. You may advance as you wish—slowly, moderately or quickly. We would advise each never to run, but to take the careful steps, building slowly, nurturing the spiritual self, nurturing...

31: We very much thank each again for asking us to speak upon this interesting question. We would, of course, note

or needing relationship, one or the other way. This kind of dispassionate guide is sometimes requested. Each of these are always with each. There is no shortage of available aid, and the ways of requesting it are, in many cases, subconscious. Bringing them into the conscious mind is always recommended if the growth is to be accelerated.

10: Once one has begun to accelerate the program of spiritual growth, there are many, many others which may become attracted to the entity. These are some of what you would call inner plane entities, that is, those who have completed their work in your illusion of third density, but have elected to remain behind to encourage and inspire those who wish to graduate into the density of love and compassion at the end of this particular lifetime. These are available by request, and are heard, by those who do not have the refined psychic ability, best in the dreaming process where, when one approaches the sleeping state one simply places oneself within a tuned and protected atmosphere, and protecting the physical vehicle with the crossed hands and the crossed legs, or legs together, invites the teachers of the appropriate vibration to express to you within the dreaming state that which you truly wish to work with, to grasp, and to begin to understand.

17: If you wish to alter your perception of reality, it is well that thoughts be examined for associations and relationships that do not make logical sense. In the tracing of triggers for illogic lies much self-understanding, and, therefore, an increased ability to alter the basic program which chooses that which you will perceive. This work is best done, as always, in an atmosphere of meditation on a daily basis, and, perhaps, a period of reflection or meditation at the end of any given day, so that one may work with one's own subjective material in one's own way, be it serious, humorous or a mixture of the two. That, too, is a portion of programming which you may wish to change. We do recommend inserting as much humor into the biases of the personality as possible, for that light touch will hold you in good stead as you weave your way through the many, many ways of channeling the love and light of the one infinite Creator.

44: The task of bringing the self to the point where the components that comprise the self are seen as whole and perfect is a task which requires that the entity investigate the, shall we say, polar opposite qualities that also exist within the being that is known as the self, for as those qualities are explored that already exist within the perception of the entity, the entity will find that each quality calls into the realm of experience that which may be seen as its opposite so that when, for example, loving acceptance is experienced in sufficient quality, shall we say, there is a natural setting up of that which is not accepted as well. For as one defines that which one may accept and accept in a loving manner, that which does not reside within the definition in some degree partakes of that which is not accepted.

45: As the entity begins to explore that which is accepted and that which is not accepted and begins to conduct this exploration in a conscientious fashion in an ever-widening reach of the life experience, illuminating those dark corners of the consciousness, the entity will find that there is a closer and closer connection between the self and that which has previously not been accepted, so that as this process continues, the entity is slowly able to expand that realm of that which is acceptable and that which is loved.

18.8 1989/02/19

4: You see, each of you is an imperishable portion of the Creator, an immeasurable spark of divine creativity. It is, shall we say, well hidden within a material physical vehicle, which is an analog for the rest of the outer illusion, a series of electromagnetic vortices, making it possible for that which is the imperishable you to experience and learn within an environment which is illusory and designed to challenge your perceptions, your judgment, and your maturity. Over and over again you shall receive lessons about that one great subject which you all came here to learn, that is, how to love.

5: How to love is that which you seek to know, because the very nature of the Creator, as closely as can be defined by your words, is, indeed, love. Love made manifest is the creation. That it is manifest is an illusion. You are within this illusion to gaze upon it, to learn and to offer the best learning, the best thinking, the most beautiful spirit that you may,

back then to the Creator, as you move into the larger and more spacious light of the spirit, within a much, shall we say, more light and agreeable physical vehicle.

6: We agree that many things within an illusion which is designed to be perfectly imperfect would appear to be moot questions, that is, endlessly arguable. The nature of the illusion is specifically in this order that each of you may make choices which will advance your own spiritual seeking and maturity. The way to move into a more interesting classroom, shall we say, than the one in which you now exist is to learn to love enough so that you think about the concerns of those whom you love just a bit more than you think about your own concerns. That is, the work you face in this particular classroom is the work of wholehearted and sometimes sacrificial love. Inevitably, then, you are constantly moved into situations where it is difficult to love. Love comes from within the self. That which is described as love, that which moves in and out of the pattern of light for each in relationship, is that poor analog of love which is imperishable, which is that which is possible to that human animal with spirit which you are. That is, you will be unable to love at all times; you will run dry; you will fail. This is inevitable.

7: Eventually, each spirit decides to seek a love that is greater than the love it has been able to manifest, that it may know it and thus manifest it. This is the true end of all ethical thinking and spiritual seeking. This is the true end of humankind—to learn well enough how to love that death from this illusion rises to life in a far more lovely and more challenging grade of study. You are here to make choices, and you are here specifically to make one central choice—to honor and worship the Creator within you and you within the Creator by serving others, moving towards unity of self with all others, moving toward peace, concern and passionately held ideals, or controlling others for the good of the self, manipulating those about one and making choices which separate one from the loved ones, from the society.

8: The way of separation, the way of fear and terror and those things which are called negative, has its own ethics and we will not explore those. But the way of service to others is very straightforward about its ethics, and perhaps these ethics may help as you seek to learn the lessons of love in this very difficult and challenging illusion of yours.

11: The second thing that was created by free will working upon the uncreated Creator was that which is called the name of Logos. We prefer to call it Love, to be careful in our delineation of our understanding of the nature of the Creator. The active principle of the Creator is creative Love, that which makes all that there is, that which takes all that there is back into Itself, that which is intensely curious about each thought and action and choice that you make, that each of you is the Creator, and through you the Creator learns about Itself. Thus, Love is the second priority in ethics.

12: The third thing that was created by the active principles of creation, love or Logos, was the photon, that so-called particle-wave of yours which light is created from. Its nature is mysterious to the scientists of your planet, yet this light may be considered to be the physical manifestation of what may be called compassionate wisdom. That is, the light of the Sun, for those who wish to be fundamentalists or literalists, is the nearest and most obvious manifestation of the Logos. Its consciousness has not moved from being one with the Creator, and its nature is that which may be seen to be the most understandable parable, shall we say, of the nature of the Creator: fiery, intense, compassionate and immensely generous and powerful and radiant.

14: In a situation which that particular ethic does not address, one gazes at the situation to discover how one can best express the love and the light of the infinite Creator. Some things are reasonably moot or arguable, yet a patient waiting and asking and listening within the inner realm of silence and meditation will yield for you the bias of feeling of compassion and love that will enable you to address the situation.

17: We have, perhaps, said that which we would most hope to cover, and being told by this instrument that it does not wish to channel over-long, we hope we have given you something to think about, and if you have further questions, we will be very happy to answer to them as soon as we transfer this contact. We would like to thank you once again through this instrument for the most delightful chance to share our opinions with you. We would now transfer in love and light to the one known as Jim. We are known to you as those of Hatonn.

from every word which falls from the mouth of the Creator. This entity was expressing a principle, and the entity's use of the word "word," when saying that man lives by every word of the Father, was intended to be that which we would call the Logos or love.

16: There lives within each man and woman and child within creation the capacity for dwelling in realms of light, not only in those fragrant fields which await in larger life beyond the grave, but also and more importantly, at this time during this experience this involves a change of consciousness. Thus, we suggest that there is a food for which you hunger and for which you are starving. There is a drink which shall finally quench the thirst. This food and this drink is love, the Word, and you are seeking to become, as did the entity known as Jesus the Christ, the Son of Man, one who lives upon the Word of love.

17: The nature of physical existence is that of limitation and finite dimension. And those who seek that bread which no entity can have except by grace often become greedy and acquisitive, hoping to store up the love that made all of us, that Source to which we shall return. Yet this heavenly manna, this word, this love cannot be stored, but rather can only be gathered one day at a time. Thus, the one who wishes to live and think and feel more purely must turn not once but each and every one of your days to the seeking of that heavenly food and that paradisaical drink, for love exists within the present moment. It is not a part of space/time in its fullest sense, but rather a part of time, that time being the time which is behind all illusion and which is infinitely and eternally the present moment.

18: We offer exercises in closing, simple breathing exercises which may aid in the deepening of meditation. Visualize these exercises as the taking in of the physical manifestation of love, and tune yourself by intending to exhale each and every negative thought and feeling, stress and worry. These exercises are two, and are known to your peoples. The first exercise is the quick breathing with the emphasis upon the outbreath. This breathing is done through the mouth and may be done very rapidly to build up a great sense of the fullness and beauty of creation. Yet in breath there is motion, and in motion there is a lack of attention.

21: That which is truly and inalterably helpful in every case is the turning of the trust of the spirit towards that manna which cannot be controlled, which cannot be grasped for or hoarded, but which is there in abundance for those who know and proclaim its abundance. The quality and the quantity of the manna which feeds the spirit is very much determined by the seeker itself, by the level of desire the seeker has to become a purer vessel for love and light, by the simplicity for innocence of the firm belief in that which is unseen. It is to the mind an insult to declare that something unseeable may be the food the spirit needs.

16.57 1987/12/05

5: We are sorry we have importuned this instrument, but the instrument [was] able to pick up our contact, something not often occurring, and we wished to share our love and our celebration of all that is.

16.58 1987/12/09

4: The conjecture is, in fact, erroneous. The light, which is the prana or life, of all the universe is offered equally to those upon the service-to-self path and those upon the service-to-others path who have obtained a certain degree of confidence in accepting and rejoicing in the light of love, of wisdom, and of courage. It may seem strange to wrap the mind around the concept that those who are of service to self are equally or perhaps more suffering than those which choose service to others, for the Law of Reflection requires that you shall be treated as you treat those about you, with the exception, of course, of those times when the balance betwixt two entities has lasted for several lifetimes. For souls who have been with each other repeatedly it is always the constant feeling of déjà vu.

10: I am Hatonn. We shall continue, in love and life. Within the channeling framework, the entity must learn to deal with the heart of those entities that speak invisibly for the most part. In the life experience as a whole, this is also true. The

waiting, watching, meditating, and praying may seem to be the throwing of good water into the field. It is not wasted, it is only changed. And this is what we hope when we work with new instruments. That is, that they may become those who recognize within themselves a balanced, hollow place wherein the self is safe, and from the position of unassailable faith and commitment may, indeed, deal with any entity, whether it be a man, beast, bird or thought form.

11: Sometimes, as in this evening, the contact comes and goes, just as in some days in the existence of the life pattern the general feeling at the end of such a day is that which is known to your baseball fans as, "I should have stayed in bed." See yourself as a person who believes passionately and as an advocate in the greatest highest principle which is possible at this time within your mind and heart. It may not be something so easily spoken as the challenge in the name of Jesus Christ. Yet, we suggest that those who find the face of God in nature or in any other way, position that self so that out of the center of that commitment and passion for life and love, the vibration most desired shall come. The contact shall come. And when all the challenges are done, the instrument's work is basically done, for the rest of the channeling of concepts is what one may call an intuitive rather than a rational process, whereby the instrument feels certain feelings and is able to express, in an acceptable way, the intense emotions of the spiritual search.

18: I am Hatonn. I am again with this instrument briefly. To conclude. The flow of information is a part of love, of light, as you perceive it. Just as there are varying degrees of colors and so forth of illumination, so too there are those [who] use the same light. One, for service to others; the other, as service to self. As each, shall we say, soldier upon the plain of Armageddon is matched by the negative polarization of that warrior, so too is there what could be called a loyal opposition of service to self which is aware of and attempts to alter communications received. The conscious, awakened mind is not capable of discerning betwixt two voices, both of which who say, "I am Hatonn." Yet there cannot be two of Hatonn, for ours, like many others, is a social memory complex, and one could not defy the consensus without removing the entire population which we bring to this work for healing work before we come back at all.

23: We ask those present to consider carefully the desire to channel as a priestly avocation. We ask the instrument to consider carefully and, above all, to keep question of what concept or complex of concepts contains the limitless ideal for which you live and for which, if pressed, you would die. Within some entities the face of God resides upon the face of the child, the beloved. In a more spiritualized sense we hope that each will treat the child which is growing in knowledge of service to others with the same tender care that the one known as Jesus received, albeit difficult circumstances, in a cow barn, in the middle of a snow storm. This is, of course, recorded to your accounts within your Holy Bible.

24: May you be the best you can. Relax into the web of love which connects you to all in the universe, which is closer to you than your breath, and be careful of whom you seek, for though the Creator [is] all, yet the distortions are many. And although we are distorted, yet it is true to our best belief that we attempt to safeguard the vocal instruments of our message and are successful in the most part in doing so.

16.59 1987/12/20

4: In this general sense there is no one who is not a channel; there is no life which is not primarily a channeled existence. By this we mean that each of you carries within the self deep and unconscious forces neither to the good nor to the evil as much as to the deepening of experience. The more times in which the student may recognize the depth of the present moment, just so shall that soul channel more and more in a biased fashion, in an engaged fashion, in an enabling fashion for service to all and for love of the infinite Creator.

5: For what is channeling, my friends? Many think of it, especially the vocal channeling, as a kind of letter left perhaps upon one of your telephone answering devices, telling interesting things which have happened in your past or your present or your future. Of oneself it is difficult to truly grapple with the questions of the heart, the heart being the closest connection to the spirit. Therefore, we affirm that all are and should be, in a general sense, channels for the one infi-

nite Creator, for each of you is co-Creator, with that face of mystery which created your life as the open book with the blank pages. And as you are created in this image, the image of the open blank book, so by your living, your polarized thinking and your channeling, more and more you begin to fill the book of your life. Your penmanship matters not, the exquisite outcome of an hoped-for event matters not, for it is as has been mentioned earlier the task of the instrument only to attempt to channel a life lived in love and peaceableness. Sometimes these attempts are taken by the conscious self and made hard and brittle, so that in the name of good the self is broken as a piece of toast.

12: There is no entity so lost to desires of helpfulness that this cannot eventually learn to channel the love and the light of the infinite Creator. However, there is a certain temperament which finds its reward in being used as a vocal channel. A person with such a temperament is willing to undergo difficulties, misunderstandings, inconvenience and all the minor difficulties that a time-consuming activity causes. And this is where we begin to make the distinction between those who channel the equivalent of a simple tune upon the piano and those who wish to study the instrument of the self. The study required for being an instrument is a careful, persistent, dogged and light-hearted gaze at the life as it is lived from day to day, from week to week, from year to year.

16: For it is a great service to us that you ask the question that we may in our humble way attempt to answer. And may we say, as always, that we cannot state anything which is infallible. We are pilgrims along the same path as are you. We have stumbled over the stones which now confront you, and are stumbling now over different stones, and we in turn are helped by those beyond us. When all of us achieve the complete channeling which is the impersonal life, then it will be that this creation shall gather itself together in Oneness, in sleep, in timelessness, until once again the Creator bursts out with a new creation, and all the consciousnesses begin again upon a new level to learn new lessons, and to express to the Creator within each other the nature of holiness, compassion and love.

19: You are channels. You all should be channels. The call to be a vocal channel is a call to a religiously or spiritually-oriented life. There are things which one must turn one's back upon if one wishes to remain a positively-oriented channel, open for undistorted information giving. It is not well when all in a society decide to be priests, my children. Thus, if you find other ways of channeling [than vocal channeling] which are better [for you], then we urge you, by all means, to realize what kind of channel that you are, and be that wonderful, loving, compassionate self that this particular type channeling may bring

20: A weaver channels the beauty of the cloth. One who works with people channels a love and acceptance, a true listening ear for the entities around it. There are so many examples of the channeling which all may do—the cooking, the washing, the smiling at the sun, the enjoyment of water, all the excitement of daily life, all the little things which are like flowers in a bowl in unexpected corners of your daily life. You channel your daily life. We ask you to do it lovingly and honorably, honoring yourself and honoring that which this instrument would call the Christ consciousness in each and every face that you see.

23: There are few who are so oriented that they may gaze daily and lovingly at the many errors and peccadilloes of the human self. Therefore, in those who truly wish and are capable of being vocal channels, it is important that those entities judge not the temporary or ephemeral thoughts, feelings and conclusions, but rather with a good heart and a real sense of commitment move forward day by day, meditation by meditation, honing, refining and humbling the self that it may be a vocal instrument which is harmless but helpful.

28: The successful channel, whether vocal or otherwise, is one whose heart is happy, one whose wings are spread, yet one who is not impatient for the song to sing or the winds to take wing. It is up to each to decide in what way service lies. Many there are upon your planet who sit, shall we say, at the top of a great watchtower, gazing upon infinity and bearing the sadness and futility of apparent human existence, and with that open and terrible gaze, that pitiless eye, seeing the perfection, the beauty, and the harmony of that great plan wherein self shall meet self until all selves have met and merged and again we are One, the one Creator, the one original Thought which is love, not love as you and I know

it in a personal sense, but the love that builds and explodes the very stars themselves.

16.60 1987/12/27

6: We intend for each to see that each is an imponderably important portion of the channeled cumulative value of humankind at this time, and insofar as struggles have been rewarded with virtuous hope, as difficult dealings have been faced with honest courage, so moves the labyrinth of humankind, slowly yielding to the carefully penciled traces of the path we must retrace to that source of all channeling, of all being, the one infinite Creator. It is important to us that we express that it is not merely those whose sensibilities have been tuned and honed to be exquisitely fine upon whom the fate of humankind rests. Nay, far more is it the hard-won capacity of the busy, overworked, underappreciated man and woman of lesser circumstances whose response to these difficult environments generates the love and the light of the one infinite Creator for all of mankind.

9: Our thesis is that some discipline in the living of a practical, modest and loving lifestyle is very helpful to a channel [and] may or may not suit the mood of those who wish to become channels. We shall say clearly at this point that it is not the desire of the Confederation of Planets in the Service of the One Infinite Creator to create channels through which we may comment upon physical disasters and other remarkable and unusual natural effects which have to do with the movement of your peoples and your planet itself from the end of third density to the merging with the beginning of fourth density as it shall occur more and more among you.

11: Let us look for a moment, then, at the work in consciousness which a channel may wish to consider accomplishing, for the channel is not the entertainer or the one with the job to do. The channel is rather a kind of person. Your closest word would perhaps be minister or priest. This human minister/priest gazes upon the face of the illusion and chooses to live in a loving, caring and openly spiritual way, bragging not one word, celebrating not one virtue, but instead learning the true humility of one who knows that what one wishes to be, one is only by will and faith, for it is the nature of humankind in third density that all seeming perfections shall be pierced with error. All glasses to a brilliant future are made murky by the inevitable, constant, dramatic game-playing of the illusion itself.

12: If the new instrument who decides to live a life of spirituality thinks at first that there is some ongoing trickster designed to test that channel, this instrument is not only accurate, but has foreseen the mere beginning of a long series, indeed, an endless series of challenges to see through, of seeming heartlessnesses to bring love to, of seeming dreadful inadequacies to enfold in consciousness until finally the one who seeks to serve as channel aches and cries with the agony of compassion in such a dark world, and yet at the same time trembles with the ecstasy of the limitless light and the glory of souls who gradually shed the used skins of ash and dust. New channels shall have an interesting transition at the time of your passing, for you have been intending to die to yourself for time out of mind, and when finally the poor ragged flags of personality flutter and lie limp in the breathlessness of death, the channel rises with lightsome step and with glorious enthusiasm for the light and companionship which lie ahead.

13: This topic has been to us an important one in two ways. In the first way, we wish to express to all the concept of the channeled life. We wish to confirm that all live a channeled life; none lives by rational thought alone, and that which is not rational is channeled through to the conscious and acted on as if it were fact, when it is, indeed, bias only. Each of you is a channel with biases, and each glad and sad activity within your experience upon this Earth plane is designed to teach you just how you wish to channel. This is not a vocation. This is a portion of the way a thinking entity regards the various forces of irritation and subconscious thought which creep into human discourse. If you know that you are indeed a channel, not to others but to the self, then you know that there are certain responsibilities. When you are offering the best you have in conversation, with perhaps unfortunate remarks made by others, may you find the patience, the light touch, the understanding and loving word in the face of the opposite which will make others rethink those conversations

you laughter, that moves the rubber band about the soul so that you may breathe, so that you are not constricted. Let yourself have fun; let the child express itself. Then move back with a full heart and single-minded devotion to your goals. Let them be those of service to others, and let your efforts be the best that you can produce. And let there be no emphasis placed upon the outcome of your efforts, for your efforts may fail or succeed, yet it is not important to your own choice-making procedure, as long as you may see that the best which you could [do] is done, the outcome does not matter, for when you are expressing from a centered, loving portion of being, you are, in fact, acting as a channel for a higher self, still yourself, yet more beautiful, more focused, certainly more enduring. You are able to shine a light through yourself, and you are then a great blessing.

35: Very briefly, the understanding that we have of what you call stars is that they are entities, radiant with the love and light of the one infinite Creator, that they send into the energy web of each a certain energy which affects that higher or finer body which may be called the form-maker body in a metaphysical sense, so that certain subconscious feelings and biases are part of the geography or topology of the mind just below the surface mind.

38: The basic kind of experience one has within your illusion is that of loss, as we find this instrument heard the one known as Joseph Campbell say, "Life is loss." This meant a good deal to this instrument, and we use it with thanks. This is indeed so. It is the self within you which chooses to respond to the love inside which is felt within, to the love outside which is perceived by gazing at the creation without it.

39: It is that will and faith which has been developed within and without, not gazing at the affairs of the day, but by gazing within at consciousness and without at the world of what this instrument calls the natural world that one begins to develop a sense of the beauty and the goodness and the consolation and the light and the joy that is reality. For all that you experience in this third density, or in our density, is illusion. None of us sees plain. Yet, within may we experience more and more purely the love of the one great original Thought of love.

40: Thus, you have chosen to learn certain things, and those certain things will make up your incarnational pattern. If you do not like the pattern as it is at this time, make up the mind with determination to desire to learn the lesson which is being offered to you. Gaze at it. Find the love in it. Analyze it. Meditate upon it. Allow your intuition to develop. Yet, always, if it is too serious, if you are unhappy, if you are tense and troubled, back away and sing a song or play or laugh or move the body in rhythm or make something with whatever portion of yourself desires to create freely. The universe, as far as we know, exists at a steady level of joy. You know it when you experience that which you call the sexual orgasm. That is the steady state of reality. That is the intensity which created the physical vehicle in which you now express. That is the beginning of one way of understanding the Creator.

41: May you be blessed in your search, my friends, May you be comforted within and may you comfort and serve each other in love and in joy. We are those known to you as Latwii. I am a Latwii, however, and if I become confused, I may immediately ask any other entity which is within the complex calling itself Latwii to you this evening, and are able then to, perhaps, gain a deeper understanding of how we wish to be of service in the answer. Thus, I am Latwii and we are Latwii. We and I would wish at this time to transfer to the one known as Jim in order that we may close through this instrument. I transfer at this time.

47: Each moment of your existence there is fed into your energy centers or the system of chakras, as many have called them, a kind of energy which is described in many ways by many of your peoples according to their study of their culture and their religious or spiritual histories. Some would call this energy the prana, the breath of the Creator. Others would call it love, others light. Others a combination of these qualities, a kind of intelligent energy which is the daily and moment by moment gift of the one Creator. This energy enters into the physical vehicle or the electrical energy fields, the aura of the physical vehicle, through the soles of the feet and thereupon through the base energy center located at the foundation or base of the spine, moving upwards through the various centers of energy which represent the qualities of one's character as a human being, thus allowing one to participate within the realm of the humankind to the degree that

one has chosen previous to the incarnation and, increasingly, as the incarnation, progress as one has chosen in a conscious fashion to utilize.

49: The mental complex or body is somewhat nourished in what you might call a second-handed fashion, therefore, by its connection to the spiritual body and partakes of the quality or energy of beingness through that connection. The love and the light of the one Creator are the primary energy sources that are daily utilized in a conscious acting by each entity, as these energies move through the chakras or the energy centers, thereby, one, enlivening the need for survival and reproduction; moving upwards, two, the relationship with the self; moving further, three, the relationship with those of the family and friends known well to the entity; moving upwards further, four, the relationship of the self to all about one, whether known or unknown; moving further to five, the establishment of clear and freely given communication with all of those about one, sharing freely that which has been learned; moving further up the energy centers, six, to the quality of being that radiates without words; moving to the final center, seven, the reunion of the entity with the one Creator as the energies have been activated one upon the other by the conscious application of analysis, prayer and meditation upon the daily round of activities that have been made possible by the infusion of the intelligent energy, the love and the light of the one Creator, through the energy centers. All this in turn taking place because the physical vehicle has been energized by these energies as well as the food that powers its movement and its existence within your reality.

68: I am Latwii, and am aware of your query, my brother. This, in a general sense, is, indeed, quite correct. However, it is more the outgrowth of a more fundamental blockage of another energy flow. This energy flow is that which is of the mental nature, for the lessons of your illusion, the catalysts of your illusion, move first to the mental complex, for the process of evolution within the creation is primarily a mental process whereby the consciousness that is developing its individual expression of the one Creator slowly but surely widens its point of viewing until it is able to see, accept, love and forgive all about it as it would the one Creator, for, indeed, it eventually sees all as the one Creator, including the self.

18.6 1989/01/31

7: The energy of the Creator, that which you may call the prana, the love, the light, the intelligent energy of the Creator, which moves through each entity, then may be seen to move through the crystallized being, that is, the seeker of truth, that is, the one who would serve as able co-instrument. As the facets of the personality become more harmoniously balanced due to conscious attention and work upon them, become balanced with each other in a regularized configuration, the intelligent energy of the Creator then moves through the crystal, so that it is reflected in a balanced manner, and the crystal, then, because of the sure and sturdy construction of its angles, is able to utilize the intelligent energy and to move it through the entirety of the crystal that it might be returned again to the source whence it came. The contact that we establish with each new and each experienced instrument travels this same path as does the intelligent energy of the Creator. It partakes of the same framework or pathway through the crystallized being where there is an area or portion of the self that is not well understood, or is not functioning as well as it is understood.

18.7 1989/02/12

9: Each entity may, if it desires, form a cordial and mutually loving and helpful relationship with any of three guides or angelic presences, as this instrument might call them, which are, in fact, entities which partake to some extent of the self and to some extent of the imperishable greater Self which is the Creator. Some are more comfortable with a guide that is female, seeing that special nurturer as the gateway to the subconscious. Others are, perhaps, happier with the male guide or higher self, as, perhaps, that may have the connotation of good advice and so forth. Others prefer the third guide, which is androgynous in nature and understands each of the sexual polarities without being in an unbalanced

18.5 1989/01/29

4: You wish to know who you are. What part of you is yourself, and what part influence only. The answer will be a paradox, yet it is what we have to tell you. You will find that the nature of spiritual seeking is such that paradoxes occur quite frequently. You are consciousness, and within consciousness lies the total experiential series of illusions which make up the experience of the creation within this creation's octave. However, these halls, shall we say, or temples of intelligence and information, inspiration and imagination are carefully guarded, and it is unlikely within the illusion you now enjoy that this portion of yourself would be available in any understandable fashion in its entirety. This is a real Self. It is also that which you call the Creator, for it is out of that which you call the Creator, out of that great singular consciousness which we find we must call love, since there is no stronger word for this feeling in your language, that is your being. Each [note] of illusion is instinct with the Creator self.

6: What we suggest that each entity does, basically, is to put the individual self back into perspective as a portion of the great unified Self, which is love. To say that another way, all are a portion of a consciousness that is beyond all intent or desire. Each of you through the action of free will moves towards desired ends. That from which you sprang, that one great original Thought of love, had, through the use of free will, made one choice, that being self-knowledge. Each individual portion of consciousness, thus, is offering to the Creator the experiences which it registers and the extremities of bias or intensities of feeling which its portions of consciousness can create and experience. The more intensity and color, shall we say, the more resonance and undertone one's internal experience expresses, the better, as far as the Creator is concerned. Thus, the Creator is interested alike in all things.

7: However, there is a bias that has been set in place within this density, which does, indeed, tend toward a suggestion that the Creator; being a Creator of love, has created in the path of love for others, a path which is more easily and joyfully taken than the path of service to self and control of others. Thus, each of you is, indeed, an individual, each of you is here for one basic purpose, that being to make a choice between one path and another, and then, that choice being made, to attempt throughout the remainder of the incarnation, with dogged and continuing persistence, to follow that choice and to make other choices which support and undergird the first choice of service to others.

9: We may recommend for those who are at the beginning of this path that the first step in such a path is not to be of service to others, but rather to know and love the self and come into communion with the self so that one becomes to oneself the individual that others are to the self, but the self seldom is. It is often the self which criticizes the self the most harshly, the self which has an internal voice which pulls and tears at one's feeling of self-worth. These negative voices from within need to be reckoned with, need to be gazed at and brought into balance. These voices are speaking to you of pain, and the pain must be investigated and all involved forgiven.

10: Most of the forgiveness that is needed at the beginning of the spiritual search is the forgiveness of the self, for one forgives others far more easily than one forgives the self. It is most centrally important to forgive and love and care for the self in a nurturing manner in order that one may love one's neighbor as oneself, as it is said in your holy work, the Bible. How can service to others be performed by those who do not love the self, for all other selves are in truth as the self? All are beloved and intimate, for all are brothers and sisters of one infinite Creator whose expression to all of us is much, much love. This Creator is most interested in each, tastes and relishes the experiences of each, and we, in return, those countless brothers and sisters of the creation, move evermore intently toward reentering that same awareness, which is the consciousness of love itself.

13: The act of meditation opens one to the experience of the Creator in a worshipful or personal manner, that is, one awaits and listens for a dear friend or a beloved one, one has the feeling of intimate expectancy. This is the beginning of the listening process, a desire as if [one is] before a lover or one who would read a beautiful poem that meant a great deal. This attitude is that which opens the heart and the mind in a way which gives much energy and power to whatever it is

that is willed or desired by the entity. If the entity wishes to move ahead quickly and learn, then the entity will, indeed, be changing quite rapidly.

14: Those who are in relationship with such an entity are advised by us to join with the mate in this endeavor, since the changing otherwise causes one of the mates to gaze upon the other and say, "You have changed and I do not know you anymore." We find that the strongest and most comfortable or sturdy of the alliances that one may make in the spiritual search is that of the mate. The mated couple which has managed to clear away the many petty disagreements of everyday living and has agreed to work together may greatly intensify and accelerate the process of spiritual work in consciousness because one who is supported and loving, but truthful and honest, is a far better mirror than that one made of glass.

15: Many relationships between your peoples are those which offer the very distorted picture. Indeed, it is a great service to be a mate and offer an objective, loving and truthful picture of the other self. This is a worthy and service-to-others attempt. It may not sometimes please, but if it is truth to you, then allow it to be communicated, and in that communication shall you find unity, strength and more understanding, more awareness than was there before.

17: Now we move to the question of influences. Yes, indeed, my friends, you are most influenced, and most of the influence is to distract you from the game at hand. For just as school is a game in which one attempts to pass the test at the end, so is life itself, and life after life after life part of the game in which an individual entity that is a consciousness or a soul, that is, in part, a part of the Creator, is intended to go through experience after experience after experience in each incarnation, testing the biases that have withstood the test of many, many, many experiences, so that by the gradual process of erosion of bad habits, shall we say, or habits that you decide are bad, and by the continual encouragement of that which seems to your deepest truth appropriate, you may change your choice more and more toward the polarization of love; love for yourself, love for the Creator, and love for all those whom you meet, all those who are alive and all things that are alive, or by being the product of man's hands are in that way alive.

20: Many people feel that they cannot be of service if they are not of dramatic service. This is not so. Each entity is of maximum service in the exact moment in which he asks the question, "How may I be of service?" by opening the eyes and gazing at what is in front of him. There lies the first service. Usually it is not a new service, but, rather, one which has elicited from the self a somewhat less than totally positive service-to-others feeling. There is your first challenge, your first choice. Gaze at that situation and ask yourself what you need to reprogram within your biocomputer in order to express and manifest the love and the light of the infinite Creator to that entity in some form of service.

22: For your first service is to be the individual that you are, for you are unique. You carry perfection within you, but you have molded it and distorted it in an unique way. Each of you is as a gem. Each, perhaps, feels very flawed, and expresses itself in a flawed manner; imperfect in many, many ways, yet each is also the Creator. When this is seen, the difficulties of achieving peace, cheerfulness, a positive attitude, are made much, much smaller, and with the aid of meditation, affirmations and prayer, and for those such as this instrument, the use of some gift such as singing, the state of mind which may be called centered may be achieved without purposeful or pompous effort in a relatively short number of years, considering how many lifetimes that you have been working upon how to love yourself, your Creator, and those whom you serve.

23: It is not surprising that the acceleration of this learning process would take a bit of time. It is well to do that which makes one's body, mind and spirit sing with joy. Failing such ideal circumstances, it is well simply to have hope, to be able to nurture and console the self and to wish to console and nurture others. Love, you see, is that which we come to speak about with you. It is too simple a thing to be drawn out by so many, many possible channels. That is why we always encourage those who wish to offer the vocal channeling as a service to others, for each entity is, indeed, an individual. Each entity brings to the channeling, which it corroborates with us on, its own unique experience, vocabulary and thinking processes.

33: Move to something that makes you merry, that causes

and wonder, perhaps for the first time, if they too could be responsible for such a wonderful thing as channeling a lighter, more joyful attitude.

15: Lastly, to you whom we may call shepherds, there is sent a glorious company of those who surround you, love you and love the one original Thought that is slowly taking place and growing within each. Call upon those helpers which you know by names such as Holy Spirit, guardian angel, and inner guides. More than that, rest back into the recollection of the enormous web of caring, trusting, hoping and loving which your most mixed-up planet does indeed send out greatly.

17: We rejoice in each effort of will, each movement in love, each word that has been prayed about and considered, each spontaneous expression that brings the Creator directly and engagingly into the surface, the center, the heart of a group. May each of you find your rejoicing in each other. May you love each other. May you see the Creator in each other. May your channeling become a channeled life.

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17.1 1988/01/03

9: A great deal of the work of your people at this time is what this instrument would call orange-ray work. The orange-ray energy center deals, in our opinion, with personal relationships and difficulties of the person within the self. When that orange ray becomes blocked in relationship to another, the negative feelings can be very intense. We speak at first, of course, of those who know each other; those who have said they love each other, and now can find no positivity. Yet the orange-ray bias that is blocked is blocked within the individual self first. Therefore, when it is infringed upon by a stranger, it may well receive a very unwelcome mirrored picture of the negative blockage, and thus it is that the stranger is disliked upon sight.

13: In this circle, for instance, this evening there is a strong power and a strong light. Those who are negatively oriented by careful purpose, whether they be incarnate or discarnate, have an automatic battle with those spots of positivity which glow too brightly and stand too plainly upon the hills of personal experience, for you see, you as a positive entity work not for yourself in terms of what you may gather, but for others, for it is the normal and necessary experience of one who is on the journey of seeking through love in service to others that a very large percentage of the time that you experience there will be some elements of negative intrusion, so that the entity feels not at all positive, but sadly out of kilter, out of tune. These are the productive deserts of testing and temptation in which it is necessary only for the pilgrim of positivity to remain peaceful, loving, gentle, harmless and warrior-like.

14: Now, we say warrior-like in a very specific way. We ask that you consider what it is that you do in attempting to serve the one infinite Creator. Do you shamble along as a person and put together various collections of pretty things to share in happiness with other pretty people? Or do you wish to live a life in such a way that it is in the end a gift to the one infinite Creator, a gift you have made day by day, moment by moment? You have been given help, and we say from our standpoint, we have been given help. All those presences in the universe which are positive await your call. You are never alone. There is always a solid backing of love, courage, patience and the instinct for the proper time to walk away waiting for you if you can but disengage your computer. Your computer cannot evaluate the intuitions of positive and negative energy that are at the heart of your work in consciousness.

16: As a warrior of light you use no weapon but what may be called the armor of light, the sword of truth, and a wide open heart chakra, loving without stint, without expectation of return, and most of all with no judgment. It is not difficult to love negatively oriented individuals once you can connect into that portion of your deep mind which sees each person, whatever the vagaries of trouble and circumstance, as a holograph of the one infinite Creator. This entity becomes utterly essential to you, and you may pray with a full heart with this person and move from strength to strength, from learning to learning. All threat disappears, all separation vanishes.

18: A portion of the query which began this meditation spoke

of an actual incarnate negatively oriented pilgrim which was attempting by means of the use of thought forms negatively to influence the lives and peace of mind of other incarnate entities. This negative entity has learned how to use the light of the infinite Creator. The negative path is very difficult, but it can be walked and light can be learned in its many uses, this as positively. Therefore, it behooves the student of positive polarity constantly to exercise the will to polarize further towards positivity, and when negativity is viewed, to stop and give that entity the honor of an unstinting love, of a generous prayer that it may [be] held upward, that it may be protected, that it may be cherished and loved as a child of the one infinite Creator.

19: We say to you that those who are armed with light and go forth with that breastplate shining offer their love to those who flee before the onslaught of that terrible powerful creative love. You cannot possess this love, you can only be a channel through which it may flow. If there is this love within you, even such negative societal plans as those monetary and banking schemes questioned about can only seem that which the world wags on about. True, in a society devoted to the orderliness of what you call your bureaucracy, positive individuals are constantly bombarded with those who wish to control you, usually with good humor, with the control seeming to be for your own good, but to the self the control seeming to be anything but good.

20: It is in these situations where one may see the hidden enemy as the self. It is your negativity that recognizes the paper-pushing negativity of bureaucracy. There is no actual reason that you cannot in such a situation constantly center your mind upon the best that you know, the love that you have experienced, the light that you have indwelt, the joy that has been yours, not because you wish artificially to change your circumstances and so be impregnable to evil, but rather so you may enjoy yourself and give a lighter, more joyful gift at the end of your incarnational experience to the one Creator.

24: ...he cannot make a positive experience out of a negative one. Yet he can ask to be shown where the center of love in this experience is. This is a function of hope and faith, and each of you dwells within this environment, not yet being saints, and we say again there are few incarnate ones. You have not mastered the ability to be constantly loving and giving and caring. You have inner mysteries to beguile you, you have many duties and honors within the world of illusion. All about you says a thing which you cannot believe, that there is only chaos, that there is only chance. Those who have made the choice have made as the basis of this choice the realization that there is indeed a Maker, a Creator, which created in such and such a way for a purpose. Thus, each of you seeks in partial ignorance and darkness, through hope and faith, to find more and more that center of the self which truly sees negative infringements as experiences in which a gift may be offered, a gift of love.

25: Perhaps one who has been threatened and is in a state of profound fear may find what we have to say unhelpful, and to such an entity we say that there are those materials available for those who wish to know certain symbolic actions to take. We can only add to this understanding our opinion that these physical acts are ways of focusing the deeper portions of the mind so that the mind may bring up that great material of channeled, creative, divine, immeasurable love.

35: When specific people call specific people and start a trip like this on them, is it enough simply to express love over the telephone? This entity was very persistent and was able to follow her through two changed phone numbers. I'm not sure that what you have said would make this woman feel comfortable yet. Could you tune in to that a little bit? Or is there advice to give at this point?

36: I am Q'uo and am aware of your query my sister. As we spoke to this it is most important that one recognize the creative power and responsibility that is perfect in one's perception, and form that perception as best as one can with the foundation firmly rooted in the loving acceptance of what one sees as the Creator. With this foundation set, then, in love, one may construct any action that the conscious mind can form, and act upon this action as the means by which the heart of love may be made manifest. Therefore, if any ritual or image or procedure is engaged as a means by which protection for the self might be offered, it is our suggestion that love be the motivation, for in such fashion thus one may love and do as one will.

43: I am Q'uo, and, my sister, we can offer no greater ad-

vice than to seek one's heart's desires as purely as one can and as you move with passion in that loving expression, for you see each of you have the ability to create the [world] of service and [love] from whatever illusion stands before you. Thus, we can only lend our blessings to those thoughts, feelings and actions which are well begun within your own life patterns.

50: I am Q'uo, and we find that the measure of time which you have called your new year is a means by which one can take the opportunity to readjust the perceptions, that one might, in the new experiencing, open the eye chakra and point of view to include more of your illusion and your experience within it within the realm of the compassion and love which animates each portion of your creation. Indeed, each day and moment you spend within it in a day is an opportunity yet to find that among your peoples. This is the time which is taken to begin again a new cycle of experience which is shared each with the others, a time when all again seems new and unblemished. Each, my friends, is a new moment and a further opportunity to open the inner eye to greater love within all experience.

17.2 1988/01/10

7: However, it is well that the parent also be concerned enough about itself and about its responsibility to that young self which has come into relationship with it to create and maintain a daily, loving, persistent and genuine search for that spiritual truth which cannot be found in the hustle and bustle of the busy world of the market place and your television. For children, as you call these souls with small experience, learn that which is offered to them, and will learn gladly from the television. We do not say there is anything inimical to a child's growth in this pursuit, we only suggest that if the child does not see the parents engaged in earnest and sincere and persistent spiritual seeking, the child shall be vulnerable to any charismatic entity teaching whatever distortion of the laws of love and service in whatever highly distorted manner.

12: Now let us look at the question of discipline. The keynote to discipline between parent and child or elder soul and younger soul is that the elder soul shall not take away the worth of the younger, but express only those corrections which may normalize, one might say, that younger soul's relationship to the culture in which it must live after it grows into a more elderly status. Often elder and younger souls of the same family are placed together to continue working upon the question of how to love, how truly to love, for this entire illusion is designed as an environment in which people go about that one learning activity from their earliest remembrances until, at long last in the fullness of age, that soul shuts its eyes and departs this small shadow of life. Many of those things which the young soul may do which seem mischievous are those expressions which indicate the young soul's inability to express the pain through which it is going. And many of the punishments offered by those older souls called parents are ways of expressing the frustration and pain of knowing no way to aid the younger soul. Thusly, each soul is in distress and each has closed itself from communication, for it feels it cannot communicate.

13: One very positive way of communicating those behaviors which are acceptable in that which is called your society to a young soul is to behave as the older soul in the way in which the teaching would point that the parent is doing. Thusly, the young soul learns from imitation. There are many occasions when the young soul cannot at first see the wisdom of one or another behavior that has been chosen by the culture to be appropriate rather than another. These public behaviors are often appropriate simply to allow others which share that public space their own measure of quiet and relaxation. Thusly, within the social situation the discussion may be had prior to the public outing that certain behaviors are appropriate within the culture within which both souls live. This does not make behaviors right or wrong in any fundamental sense, but rather behavior of certain kind appropriate. The discipline for a younger soul which begins acting in an inappropriate manner for being within the public society would be to remove the self and the beloved younger soul from the public environment so that it is clear that there are some behaviors which cannot be acceptable within the public experience.

19: Perhaps to sum up our encouragement of the parent who wishes to know about discipline, we should suggest, number one, that they would live as they would suggest their children to live; number two, that they be honest in their dealings with those souls given into their care, meaning what they say and saying what they mean. And thirdly, when discipline is to be accomplished, allow that discipline to be such a one as may perhaps sting the pride of the young soul in a private way, but not in such a way that others might know that this soul is being disciplined, and that by this much loved parent.

20: Thus, we move the focus of discipline of children into two areas. Firstly, the arena of the parent, in which the parent is encouraged to think deeply about stressing the spiritual, the just, and the lovely, and second, the arena of the child, in which the child may learn to trust the honesty of the parent and may learn by imitation those things which are to be learned. We know that parents and children and all entities whatever shall fall and clamber up again many times. Mistakes are made upon top of mistakes, yet there is one deep and fathomless thing which binds parent to child, and that is love, for the parent cannot help but love the child, nor can the child help but love the parent. Let this love be communicated. Let this love be celebrated. Never let this love be taken for granted. Love each other, for you are both pilgrims upon the road, parent and child. The parent must do a good deal of guiding, suggesting and, yes, disciplining, for the best road to learn has its limits, its right side and its left side, and beyond that road lie desolate deserts of experience which are not helpful in the sense of learning of love.

22: May you love each other. May you feel the harmony of the plans you have made together. May you trust even in hard times that this is part of the outworking of an harmonious plan, at the end of which you shall know more about how to love, the greatest lesson that this density has to teach.

17.3 1988/01/17

5: A way of coming back to the Creator which had sent these entities forth was offered, a vast plan which has been unfolding for eons, and shall continue we know not how long. Each of what you call your planetary systems dwelt first in the consciousness that is the Creator, lived in a state of love, which is another name for the Creator, and in the fullness of time, planets were formed and that process you call evolution took place.

6: The first lessons were very simple. There was the lesson of existence itself, lessons that your rocks and your sea and your fire and your air still learn. Then came lessons of growth and a turning towards the light, and many plants flourished, and animals began that slow process of learning. And eventually within each portion of consciousness there came to be a turning not only towards the light, but towards the love that lies behind light, and thus an entity became ready in physical vehicle nature to receive infinity.

8: Now we shall move to a slightly different aspect of the same question. You have lived for many, many lifetimes already in this environment or density of experience, and by now you have observed over and over and over that much of the experience that you gather seems to be about love, love expressed in selfish ways and love expressed in service to others and to the Creator. The overall plan, which the Creator made available and which lasts not only through this density, but through many densities, indeed, those higher than are we, this process has to do with attempting to grasp the nature of the Creator. It is our opinion that the nature of this Creator is the nature of one singular thought, and that thought is the thought of love.

9: Now, the densities of experience and learning above your own are a process of refining that which you, within the density you now enjoy, have decided upon. This, your Earth world, is an exciting and difficult illusion, designed to create for you opportunities to make a simple choice, the choice to serve the Creator by serving others or to serve the Creator by serving yourself. Since the Creator's nature is that one great original Thought of love, service begins and ends in love. Since you are of the very nature and stuff of the Creator, you yourselves in your essence are perfect love. It is a matter of finding and recognizing that true nature and then of choosing to express and manifest that nature by loving and serving those about you.

10: To love and serve those to whom you are most close is

ever these are somewhat more filled with light and somewhat less easy for you to detect than are your own.

87: I am Latwii, and I am aware of your query, my brother. We have one central emotion, as you would call it, or as close as we can come to approximating that which you call the emotion, for emotions are those mental qualities which carry a certain weight or charge for entities within your illusion, and it is these charges set upon the mental qualities that allow the learning of certain lessons, all of which evolve about the concept of compassion or love. That we also experience this emotion of love is the central quality of our being, for it is the lesson of the fourth-density entity to find within its being this quality of compassion for all experiences and entities that should come before its notice. When it is noticed that there is any other response to an entity or an experience other than that of love or compassion, then it is that the entity so experiencing that deviation shall learn from that deviation in a manner which will eventually bring it full circle in order that it shall then experience only love and compassion.

88: We have within our experience as a group, or as what we find some within this group would call a social memory complex, been fortunate in our own evolutionary experience to be able to develop this quality so that as we look upon any situation, any entity or any concept, we see first and foremost to the heart of the experience of the entity or of the concept, and see at the heart the one Creator knowing Itself through that experience, that entity, and that situation. Thus, we have little of the deviation that one would normally associate with what you call emotional responses. Rather, we feel the great upwelling of love for the creation that we see about us and for the creation which lies before and ahead of us upon our journey of seeking.

18.3 1989/01/18

6: We are sorry to tell you this. We would like to paint a rosy picture, for we would like very much for those of you upon the planet who are interested in working for the light to do so. Yet we must begin by explaining that there are costs to this work, and one of the costs is that it is hoped that it may be seen that if one is to express love and service to others, so it is that one must love the self in a final and holy way, for you are divine, each of you. Not in your Earthly form, but wrapped deeply within you lies the infant babe that is your pilgrim spirit. It sojourns here within that which you call a body, and you move about in this body, upon this plane of existence, upon this small sphere, this globe, this island in space and time. What is your wish for this experience? Would you wish to live without ideals or with them. Without faith or with faith? Without hope or with hope? Without consolation or with consolation? These are the choices you may make. It is your universe; your opinion rules your creation.

8: To know yourself, to forgive yourself, and to love yourself is the first business at hand. This forgiveness needs to be complete. This is necessary for the tuning to the self, for if you are to love and serve another, you are to love and serve them as you would yourself; so it has been written in your holy works. If you do not love yourself sufficiently, how shall you love another? Therefore, your first work is the healing of the self and the setting of a goal, the goal of experiencing and knowing imperishable truth, of coming into realization of the natural laws of spiritual existence. Gradually, these things will become second nature to you, if you persevere.

9: For right now, we simply ask that whenever you catch yourself being negative about the self, that you remind yourself that you are an orphan on a very unusual planet, and that you must mother yourself and nurture yourself and care within your heart for yourself, until those sore and painful places are indeed nurtured and healed at last. Until there is forgiveness and redemption within the knowledge of the heart, not only of the mind, then may you tune upwards, seeking ever higher for a more beautiful, lovely and perfect ideal, a more clarified and fine version of love divine. What do you seek? How much do you want to know? Sharpen and hone your desire, for it has been written truly in the work you call your Holy Bible, "Seek and ye shall find; ask and it shall be given to you." Be very, very careful about that for which you would ask, for it is divine law that in one way or another you shall receive everything that you truly desire. Tune your desire, and so you shall learn to tune for channeling.

13: Then we ask each to spend the intervening time before

the next meeting considering the implications of the channeling seeming to be the self. It is one of the central problems of new channels. You must begin to acclimate yourself to the atmosphere of doubt which you will enjoy for some time. You will not know if it is you, or if there is truly another who is speaking through you. It is only through practice that you begin to be able to distinguish. There will, in conscious channeling, always be a portion of yourself in every channeling that you give. This is desired by us, and we feel that it is the strong point of conscious channeling, that is, that we have a very simple story to tell, a story of one great original Thought, a love which created all that there is, a love to which all shall one day return. This story is too simple for people to understand. They must make it more complex, so they may attempt to understand. It may be said that understanding is not something that may happen within your illusion, but it is part of the illusion that people wish very much to understand that which is not understandable.

18.4 1989/01/25

5: Now, we are presuming, we ask you to understand that there is within each a determination that drives to live a life in faith. Without faith in the positive and in love, there is in the end no protection. It is the decision without any objective evidence to live a life based on faith, abiding peace, joy, freedom and hospitality that such words as a channel, saint, mystic, seer, shaman, so forth, can in actuality mean.

10: It is this energy that you need clear, and clean, and pure. It needs to be this way that you may receive those messages or even information to the self about the self which will truly be full of the love and light of the infinite Creator. If these lower energies take from the supply of that prana or living air which the heart chakra needs to brighten and to spin and to move the energy upwards, then the channeling work is compromised at best. Consequently, you continue with the green light center until it is clear, flashing and brilliant.

24: Visualize that as a shield of light that covers every portion of the outer physical vehicle, allowing no thing which does not love the light within the sacred confines of the temple of the one infinite Creator which is your body. This protection is important for both.

25: There is further protection which we will emphasize before the one known as C. We are concerned that this entity moves even in the phase of discomfort into a fairly deep state of meditation. The toll of the type of labor which this instrument does to provide for those he loves has taken its toll in the sense of enabling spiritual growth by allowing work of such a nonintellectual kind that the mind is free to move into a relatively meditative state at nearly all times since there is not a large portion of the intellect involved in challenges.

36: This is not foolproof, however. If the guidance continues to be positive and helpful, then it is sufficient. It is, in the majority of cases, sufficient, may we say. There are some natures whose electrical properties as entities as such are that the circuitry of the physical body is changed in enough ways that this is not sufficient protection, this instrument being one of those people. This instrument has always wished to wear the crucifix about the neck, and the reason is simple. The instrument needs the protection and the reminder of the faith which creates within the instrument the love necessary to banish those influences which would speak of negativity.

37: When the channel is open anything is possible according to one's gifts, and the possibility of serving the Creator becomes almost certain. The life pattern may be such that beyond the simple vibratory nature of the self no dramatic work is expected. Simply the loving of those which are hard to love, the smile to stranger as a charity to those who need it. Others have more dramatic ways of being channels of love and life. All ways of service to others are equal.

39: Within this state the nature of channeling is such it is well to choose, from the bounty of all that there is, one way of directing the channel. Some are healer, some are teachers, some are simply wise or loving. But it is well to focus one's energy in the direction which feels most helpful, good, pleasing and pleasant, for the path of service is part of a life which must first of all be joyful. Thus, the tuning of the self becomes important, the knowing of the self and so forth. And of these things we shall speak again but we feel we have worn out your ears.

are awkward, clumsy and hurtful. Your jail cells, your prisons, your orphanages, your madhouses, are all full of people whom your society could not find ways to love but by secluding them.

16: Thus, you cannot look toward your society, your culture, for anything familiar to find your own passion for existence, for joy, for vitality, for the Creator and for love itself, yet it is there within you, coiled like a tiger's spring. Your heart is the heart of the Creator. It simply needs uncovering, remembering, finding and experiencing. Now, one way to accomplish this in an accelerated fashion, other than daily meditation, is the pushing of oneself beyond the limits, moving by simple exhaustion into a state where the utter joy and passion of life may be felt in a steady state, much as one would feel the sensation of orgasm at the climax of a sexual experience. This is the steady state of the universe at rest. This is the passion which you have for yourself, for your neighbor and for the Creator. This is how strong and how powerful your feelings truly are, and the fact that they have been so greatly shut down in your society is simply a matter of that which must be in order for you to have a free choice of whether to serve the Creator and others, and thus move towards growth of spirit, or serve the self, controlling others and bending them to your will, following the path of self-aggrandizement or service to self.

17: You have this choice to make. This is your basic choice in this density. Each time you choose to serve another instead of serving yourself, you become a more powerful being, a being more expressing of love. Yet, before you express love, let it be that you have first experienced the love of the infinite One. Let this experience be to you that subjective reality which does not have to be proven from the outside, which cannot lend itself to intellectual speculation, which is simply, utterly experiential. This is the basis of your own perception, of passion, of truth, of love.

19: Thus, the way to passion, the way to love, is not easy, for you must along the way empty out of yourself many armorings and defenses against those things which you fear which you do not have to fear, thus freeing the attention so that it may rest upon the fundamental mystery of consciousness. Focus upon that fundamental mystery until you begin to feel the desire to experience, to know more. Let that desire build ever more. If you are not satisfied with the level of your desire to seek as we said, you may simply dance or sing or move or run or swim or do anything which moves one past one's limits. Then sit and meditate again. Some of the veil will have been lifted because when one is quite exhausted the seat of consciousness rests far more in the subconscious portion of the mind. There it is that feelings are stored. There it is that passion lies waiting for its remembrance. The key is remembrance.

20: There is much more which we could say about this most fundamental topic, yet we sense that there are many questions in this group, and, thus, we would somewhat shorten this particular answer, that we may make room for other concerns and other questions. When you first feel the love of someone who loves you, the natural response is fondness in return, if one does not have fear. Your relationship with the Creator is self to self, but, my friends, you are very, very young creators, and your free will has remained willful. We urge you, through the process of daily meditation, to lay that will before the mystery, and ask, and simply wait. For that which you are to do shall come to you, early or late, and if you yearn for it more and more, it shall come to you more and more. As you desire, so shall you find. May you desire to experience the love of the infinite One. May you glory in the remembrance of that love. May you respond with equal passion to the Creator which wishes you in turn to create for others the manifestation of that love, not through your own limited resources, for you cannot love, even a day; the illusion is very heavy about you, and there is not the energy within you for such. By yourself you have enormous difficulties.

21: However, you are not alone. You are one with an infinite Source, an infinite Creator, which is at the same time intensely personal, intensely in love with you and waiting for your response. In your holy work, the relationship of the one known as Jesus the Christ to the people of Jesus which was, perhaps unfortunately, called the Church, was the relationship of bridegroom and bride. There is no more intense passion upon the physical level than that which draws a mated couple together. This same level of passion is felt for you by the infinite Creator. It is a matter of removing from yourself

the armorings, those things which fill up the mind with triviality, and turn the attention within to the light within, and without to the beauty that speaks in the creation. May you feel the stars laugh. May you feel the joy of the seeds beneath the ground, resting, hoping, seeking that first warmth. May your hearts lie as fallow and your souls seek the light as the seed beneath the ground. You are beings of great passion, power, strength and majesty, yet also you are entities completely free to express in whatever manner you wish. It is a subject for thought, is it not?

31: As the entity is joined by those which have served as its teachers, its friends and its guides, it is at this time, as you would call it, that the entity reviews the life experience which has just been completed, in order that the essence of the experience might be assessed and it might be determined those lessons which have been well learned and those which yet remain to be learned. For each entity, before entering the incarnation, sets before itself those programs of study which will allow it to know the Creator more fully and will allow the Creator to know itself through the entity's experience. Each entity has a great variety of choice as to those lessons which it wishes to pursue. Within your particular illusion, each lesson revolves about the concept that you would call love or compassion, the unconditional acceptance of all that is as the Creator. As the life experience is reviewed, there are those portions of the experience that point toward new lessons that are called by the experience which has been completed. For as any course of study within your system of schooling, the life experience is that which may be enhanced and refined and utilized in ever more broadening, deepening and intensifying means.

33: At some point within the progression of incarnation, there comes the time that one may call the harvest or the graduation, for as all courses of study, there is a point at which the entity shall have learned those lessons of love which it has set about to learn, and shall then progress in the evolution of mind, body and spirit to those lessons which await beyond the beginning of the learning of the lessons of love. This harvest or graduation concerns itself with the entity's ability to welcome the love and light of the Creator within the entity's being in a manner which allows the entity to utilize this love and light in a dynamic fashion to further expand its understanding of that great mystery towards which it moves, the nature of the creation, and the nature of the Creator, and the nature of the self.

47: I am Latwii, and am aware of your query, my brother. The process of learning which is accomplished by the utilization of lifetime after lifetime within this illusion of forgetting is one which, for many, is quite difficult, for as one enters into this illusion, one must forget that the unity of all creation exists for each entity, and, indeed, for the self. One must forget the exact programming of lessons that one has set for the self and operate within the illusion only by the smallest and simplest of impulses, that which has been called by many of your peoples, "the still small voice within." One must forget that there is, in truth, no danger or difficulty so great that one cannot find the necessary love to overcome all.

59: I am Latwii, and am aware of your query, my brother. It is true that each entity between the incarnations sees far more clearly the nature of the self, the nature of the creation and the journey that the self makes through the creation. The entity between incarnations is able to see and assess all previous incarnational experiences, as one of your entities would look upon the courses of study within the school system that has been completed for the entity. The entity between incarnations is far more aware of the unity of all creation and the binding quality of love which holds the creation together. The entity between the incarnations is able to see the purpose of its existence, and is able to see the efficacy of the incarnational experience in that it offers the entity a far more accelerated means of evolution than should be offered the entity if it were not to enter into the incarnational experience, for as we mentioned previously, the lessons which are learned beyond the veil of forgetting, within your illusion, carry far more weight within the total beingness of the entity than the simple recognition of these basic truths outside of the veil of forgetting.

63: I am Latwii, and we, at this time, are within the incarnational experience of that vibratory frequency which you would liken unto the wisdom or light-oriented density, that which follows the learning of the lessons of compassion and love. Thus, we move as you, within incarnated bodies, how-

very difficult. The environment of your illusion was intended to make such expression difficult. Thus, although you have had many experiences and have made many choices, some wise and perhaps some foolish, these things have been veiled from your memory. You come into this illusion through a veil of forgetting. The forgetting of past relationships, past biases, past opinions and experiences is intentional, for ever-new are the opportunities to make and remake the choice to serve and manifest the love of the one infinite Creator.

12: Thus, as we talk to you about reincarnation, we wish to not downplay the experiences of the past, but reassure each entity that when past experiences become a necessity, they will float into the conscious mind through dreams, or most especially through meditation. In general, we may say that it is not helpful in a deep way to know past life experiences, but rather it is helpful in terms of your desire to accelerate your process of spiritual evolution, to be more and more sensitive to the promptings of your intuition, your feelings, and your heart, thus becoming more and more sensitive to those energies that are passing between you and those about you. Thus, if you find yourself at odds with a co-worker, a friend, a companion, or a loved one, it is well to move into meditation, asking and releasing the question of where the balances of love and service have gone awry in this particular instance, and more than that, how you may bring love back into manifestation within the circumstance, how balance may be restored, how love may thrive.

14: We are speaking to those who have already made the choice to serve others as a means of learning to know the Creator, as a means of experiencing relationship with the Creator. Therefore, we may freely and joyfully urge each to know the self as one who may be a channel of light, a channel of love, not by your own Earthly energies, for they fail, but by becoming through meditation aware of that which comes through one from the infinite creation, that which is infinite love. Thus, more and more you may become a light to those about you, not so much by what you do as by the smile in your eye, the peace of your expression, the gentleness of the reply to a hard rebuke, the kindness to a stranger. And each time that you attempt to serve, you run the risk of failure, and when you feel that you have failed, it is a temptation to think poorly of oneself. We ask you never to feel such sad feelings, but simply to pick oneself up and continue, for you are an harmonious part of an infinite plan whereby the Creator in its infinity learns more and more about itself, for each of us who are companions upon the path back to the Source in our relationships with each other express the Creator's thoughts to the Creator; for each of you is a spark, an infinite part of an infinite Father.

15: Many of those whom you meet within your incarnational experience shall be familiar to you one way or another. See each as the Creator. Serve each in love, for loving each other is the greatest service that consciousness is capable of. Eventually, as the process of refinement goes on, you may learn as we believe we have learned, that all consciousness is one, and that we are all one great being, a portion, infinitely precious, of the Creation itself.

16: Your third-density experience upon this planet grows short. Soon there shall be new lessons, a new illusion and an exciting new beginning. Yet the nature of that experience is shaped by your decision to serve the cause of love during these final life experiences. May you see and bless the many, many lives you have learned in your deep-felt biases and opinions, in your love of the good, the beautiful, and the true, and your distaste for that which is dark and negative. May you believe in your strength as those who have been choosing and learning for many thousands of your years, and may you always have the light touch in your studies, laughing together in times of joy, and finding the light side in times of sadness, that your life may become more and more a balancing of all those energies with all those with whom you are in relationship.

17: You have heard of the word, karma. The end of karma is forgiveness. If you find a certain entity particularly difficult, seek the seeds of forgiveness in the infinite love which lies within you, for as you forgive the other entity and yourself, so you have balanced in love that which before blocked energy and stopped the process of spiritual growth.

23: I am Q'uo. There are many among your peoples who move in the daily stream of activity, partaking of all that your illusion and your experience has to offer and distilling [from] this experience that which they themselves have determined

before the incarnation would be the point, the goal of the incarnation. These lessons have to do with some aspect of learning that quality that you might call unconditional love or compassion. Each learns in an unique fashion according to what has been learned in previous incarnations and according to that which remains to be learned. Those that find the solitary experience of most use in the life pattern learn the same kind of lesson but in a fashion which is more inwardly directed, rather than utilizing the outer stimulus of other entities and the relationships that are formed in the normal, shall we say, means of living and experiencing the incarnation. Those who learn in a solitary fashion enhance their own understanding of the purpose of their incarnations and express that love which they have learned in a manner which is likened unto the radio station which broadcasts a certain frequency of information. These then, as all who have learned any portion of the lesson of love, become likened unto beacons for this love that is felt by all fellow entities upon the subconscious levels, as you would call them, and provide a kind of nourishment for the species, much as the gardener provides the fertilizer for the plants within its garden. Thus does the great creative power of love move through all its creations, whether they be found in the fertile valleys or the high mountain caves.

17.4 1988/02/03

6: We say these things because, as the one known as D and as anyone gazes at an opportunity for service, we feel it is important that the gaze first be turned inward, to ask if the entity may pay the price for this service, for to begin enthusiastically and to lose so much energy that the service must be ended is perhaps a wrong use of will, and clearer listening needs to be done as to what sort of service is appropriate. If the healer is prepared to pay the price of living a certain kind of life, and we feel that each in this group intends to be so, then it is necessary only to choose the manner of service and maintain, with the greatest of enthusiasm and ardent love, the manner of life, living, thinking and being which nourishes and feeds that crystal soul within.

9: Gazing at the obverse side of a warning, we do find it so that when a student comes to a healer to ask for that which the healer does, the student has therefore done a great deal of preparatory work to engage in its own healing. Thus, the healer who is a hypnotherapist or a teacher or a channel is offered an opportunity to be of service, and this is cause for rejoicing for those whose wish is to serve the Father and to love each brother and sister with a spiritual embrace that magnifies the opportunity to gain in spiritual learning.

42: How precious is the entire being, the entire consciousness that you call the mind and that is truly yourself. May you see it in a loving and holistic way. May you glory in your branches, in your thoughts, in your ramifications, in your distinctions, and in your conclusions as you go onward from conclusion to conclusion. But may your faith be in the system of roots that links you to eternity, and may your will be more and more to place the tree above ground in the service of that greater consciousness which lies within the nurturing darkness of earth and water and, finally, fire.

17.5 1988/02/07

4: It is our understanding that each of you in that timeless time, before you began your incarnation upon your world, chose carefully the manner by which you would prefer to learn each lesson which you put yourself to study. In that way you are like the student in the school, knowing that your ultimate examination shall take place when the schoolroom is no more and the physical body that carried the brilliance within is also no more. Thus, no matter what circumstance appears before you, whether it be seemingly usual or seemingly unusual, there is in that circumstance, in the relationships about you, and in your days whatever they may be, every bit of catalyst that you need to bring to your attention the conflicts about which you need to make the choice between finding love and offering compassion and using control and effecting separation.

5: As this classroom of yours is attempting to study love, many lessons are concerned with the right use of compassion and love. There is the same energy generated by a mother

who watches her children at play as by what you would call the most advanced and illumined being who was watching the doors of eternity, for no matter what the object of that love, that emotion has within it the strength to create and the terrible strength to destroy. It is an energy which your atomic bombs and your hydrogen bombs barely begin to express. And this energy which created you now flows through you. You may either block that energy or use that energy in order to accelerate the rate at which you learn about your environment, yourself, your Creator, and, as this instrument is so fond of saying, the relationship betwixt those two.

9: If what you have seems to be very, very little, know that this is an illusion and what you are working on by this dedication is the lessening, little by little, of the power of this illusion you call life over you. Each entity brings much into the experience of incarnation. Rejoice in the richness of your deep mind. Rejoice in exactly who you are and seek to place that honest, naked, uncovered soul in the light and love of the one infinite Creator, knowing that that Creator is within you and you the Creator. Then can you stand on your two feet and be proud to offer whatever it is you have in a spirit of love and in the hope of sharing that love.

12: Sometimes this period of confusion may last an entire incarnation. Never think of yourself as failing because you have not yet been given the answer intellectually to why, for instance, the out of body experience is spontaneous. It is not important intellectually that you understand your gifts or your limitations. What is necessary is that you go through enough processes of acceptance and forgiveness that you come into full acceptance of the self, a full love of the self as a part of the Creator, and a full and single-hearted commitment of the self as an outreaching portion of the Creator through whom compassion and love may shine.

17: Yes. This question has to do with my personal life. There is a female minister who I've just come to realize I'm very much in love with and she is in love with me. She has moved to another state. After being hurt many times, I feel doubt, it's hard for me to accept the fact that she loves me. The question is, what do I use as a rule and guide to judge whether or not she is sincere, or should I just go ahead and accept what she has told me?

19: As you consider your current possibilities of movement in your own life pattern, we can only suggest that you look within your own heart in your deepest meditative state and observe that which is your heart's desire. To know the direction of one's life pattern is to place before one the guiding star. Look then to the other with whom you consider joining and consider as carefully the guiding star towards which this entity moves, and consider you carefully if together you can move as one, pulling together that each may aid the other in the journey, for there shall be those situations which are difficult for each. Yet if one has the common bond and goal shared with another, the journey can be made smooth in those places that may be rough. Look then to your heart and look to the heart of the other and observe if there is the harmony between the two, that you share a love for that which is greater than each.

23: I am Q'uo, and we consider the words which you have spoken and may again suggest that as you consider the concerns of each about you, that you take those considerations into your meditation as often as is necessary in order to move your steps through the maze of seeming difficulty in the manner which is true to that guiding star which is yours to follow, for the journey is not often without difficulty. By facing those obstacles which present themselves in your path and resolving each with the greatest amount of love and compassion that you have within your being, you gain the strength of love and the sureness of your desire to move in harmony with the pattern which is appropriate for your growth as an entity and your service to others as one who has reaped a harvest of growth.

24: My brother, your steps may not be easy, but there is much of inner strength that can be gained in times of difficulty and we recommend the meditation for as long as is necessary to discover where the heart of love moves you most forcefully and surely at this time, for within your heart of hearts the plan for your life's pattern which you proposed before this incarnation lies complete, and by intensely seeking this heart of hearts it shall be revealed to you in the way that is most appropriate at this time.

35: No, that's all. I would like to take this opportunity to thank you very much and it has been a pleasure, and your

advice has been very, very well taken and well informed, and it has removed quite a bit of doubt I have had in my mind in listening and sitting here meditating about the love that this woman who I am contemplating on marrying has for me. It has brought me around to realize that people can love me without me doubting, and again I would like to thank you very much, and it has been a very enlightening, warm, well accepted advice. Thank you very much.

56: Again, we may recommend that in meditation or prayer that you determine for yourself that which is your guiding star, that quality, be it love or the Christ consciousness or the one known as Jesus the Christ or compassion or wisdom or truth or whatever quality has for you the greatest meaning and vibrancy. And in that name ask this entity to come to you and identify itself, but ask that entity if it comes in the name of that which is your guiding star, that it might assist you in that journey upon which you now find yourself traveling.

17.6 1988/02/10

6: Now, this is what you entities may do for each other. In one way or another, a healer acts as a catalyst for the one to be healed. When crystals are used, the healer's ability functions with the crystal in order to create the catalyst, the space and the time wherein the entity to be healed may pick up the heart and the will and claim the healing that the catalyst is offering. If this is not claimed, it does not happen. Therefore, free will is not abused. Yet, catalysts do appear as solutions to difficulties, and this, too, is a portion of that which was planned. It was not planned before an incarnation that a certain condition or limitation be applicable for an entire lifetime. Thus, even if one chooses a certain path, it is not known to the entity within a lifetime at what point that path should change. Indeed, as always, living, learning and loving are daily matters, those that cannot be pulled over the scorched ground of yesterday or shot like Roman candles into the mist of tomorrow. Help between brother and brother lies in the present moment.

19: All things are indeed as they should be. This in no way inhibits the action of free will. You came to this place you call Earth hungering for the opportunity to feel, to sense, to see, and to wonder at the sensations of a physical vehicle. You came knowing that these sensations, these feelings, these feelings of memory which lead to battle and to the bone-weariness of the old were the gateway through which you would learn, in a more and more and regularized fashion, the omnipresence of love, the unity of all of the creatures of the Creator, and the joy of choosing to serve others, each in its own special way. Never mistake the tools of the trade for the wisdom, the compassion, and the intuition of the trade.

20: Seek further in your book learning, you who seek to heal, and apprentice yourself to teachers you deem worthy, but remember always that the true work of the healer lies within, in the healing of the self, in the regularizing of the fire of love, the heat of compassion, in the willingness to be open to those things which are not possible, to the compassion that stands unmoved before life and death and wishes only that the highest will and the most harmonious plan be fulfilled.

17.7 1988/02/13

10: With this understood, the pressure may be taken off of the entity who no longer needs to search for vocation, action or any manifestation. It is indeed true, a seeking entity cannot help but be doing the work it has come to do, for the creation is an harmonious whole and the plans of learning the lessons of love set by each soul before incarnation are part of the very electrical magnetic field of the entity and will attract that work which needs attention along the lines intended by the higher self and the seeking spirit.

17.8 1988/02/14

16: The meditation, upon the other hand, moves into the deep mind as does the lover to the beloved, the intention being to woo and win the beloved with these positive feelings and thought which accompany the desire to meditate. An atmosphere of love for the Creator and for that deeper portion of the self in which the essence of the Creator does

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18.1 1989/01/01

7: In point of fact, when working with the deeper programming of the metaconsciousness, the movement of feeling within may be in such a powerful way that it may seem irresistible and perhaps counter to usual politeness. These expressions, however, are to be credited as part of the mind, not part of something called hysteria or emotions, but rather those times when the metaprogram has once and for all time changed a deep, deep program. There will be some sort of release from such a deep change that you do not understand it, and the fact that you may, perhaps, be disappointed in yourself must be accepted by you as a condition of your attempt to live a life based upon the faith that there is, indeed, a kindly Creator, a Creator made of love, which loved us first, and to Whom our response is faith.

14: Claim your disappointments now. Face them and learn from them and grow sweet with compassion. In this way, may the disappointment at seeming failure become, appropriately and in a balanced fashion, appreciation of and forgiveness of one's limitations, of the history and the tracks of one's change into an impersonal source of love. Then when, without the veil, you stand and gaze upon your life you shall see that you were aware, that there is no such thing as Earthly disappointment, but only the sounds, the experiences, the side products, the pain, and the difficulties of transformation. May you intend always the highest and best that you know, and may each limitation, disappointment and seeming failure become for you the opportunity of self-forgiveness, appreciation of yourself, and the nurturing of your growing spirit.

35: If you would, I have another completely different question. Thank you for the answer to that one. I'll enjoy reading it. The other question, I'm honestly a little bit baffled by, because I got a Christmas card from a perfectly lovely lady, but she does something that has through the years irritated me more and more every time, and I guess I'm just getting old and judgmental. But she's a perfectly well-grown-up woman, and instead of saying, "A relationship I'd put a lot in on failed, but I was really lucky; I fell in love with somebody else that same year," she had to say that she had done a great deal of work with this wonderful person, but that they had talked together and decided that their work during this incarnation had come to an end, and so they blessed each other and went their separate ways.

42: Thus does each seeker pursue a path that wends its way through experiences according to the programmings that it has provided itself and according to the guidance that it receives in a loving and wise manner from those unseen spirits whose hands yet ever enfold the seeker within their protective and nurturing grasp. We would recommend that when you desire to communicate to others your experience or understanding of any quality or concept, whether it be of relationships, of commitment, of seeking, of desire, or of whatever nature, that you give fully and wholly of yourself with as much clarity as is possible and also with the qualification that that which you give is your opinion and your learning, for it is a dynamic process that one is engaged in as one pursues the path of the seeker of truth, and this dynamism is a fundamental necessity for one who would teach and instruct others, for if one teaches what one is learning, then one is engaged in a living and growing process, rather than the recapitulation of dead facts which have little bearing upon one's life experience.

18.2 1989/01/15

4: I am Hatonn, and am once again with this instrument. The beauty of each soul within the circle is unique and perfect, and to join with you is a cause for thanksgiving. Before we begin, we would like for you to know that we are, as you, pilgrims upon the path. We are not authorities to be unquestioned. We are those as yourselves, with opinions. Perhaps our opinions come from more experience than you, for we have been the way that you now trod, and are, perhaps, a few steps further along that infinite path towards the mystery of the Creator. But we would not be a stumbling block before you. If anything that we have to say to you disturbs or does not ring true in your own opinion, then it is not your

truth, and you should and must discriminate carefully that which you take in, for you shall recognize, as if remembering, those truths that are your own, those truths that fit the situation, the biases, the person that you are this time. Do not attempt to force yourself into anyone else's mold, dogma, doctrine or way of thought, for such will only impede your natural progress toward the light and the love of the infinite Creator.

10: Let us make one thing very clear—as the characters in this instrument's head have been known to say many times (we refer to former presidents)—the first passion is not one for which you are responsible. The great and original passion is the passion of the Creator to know Itself. In that great passion, in that love, It created each of those portions of consciousness that sit as one being in this circle of seeking this evening. It created each of you before time and space began, for time and space are but a stage upon which consciousness may play out its many, many roles and learn those lessons which it has chosen to study, that the Creator may know Itself in the windows of each entity's eyes, in the mirroring of each relationship, in the transactions of all people.

11: Thus, the first passion is that you are loved. You are loved enough to have been created. You are loved enough to have been given free will. And you are loved and trusted enough to be set completely and utterly free, your mind carefully shielded and veiled from the deeper portions of its archetypal self, so that you cannot remember who you are, what your make-up is, what your relationship is to the Creator, or how you wish to respond. The call to a life in faith is a call to remembrance of the passion that created you. Therefore, the first element of passion is remembrance that infinite passion is the basis for all that you see, for all that you see was created because it was loved—and loved because it was created.

12: We draw you a picture of a seemingly needy Creator, a Creator needy for you, for your love, for your reactions, for your information, and in a biased way, this is indeed so. There is that portion of the Creator that lies beyond desire. Most of the creation, indeed, rests in love unexpressed and uncreated. You are portions of the active principle of the Creator, the Logos, or for want of a better word, love itself.

13: Now, each activity within an entity's life may take upon itself the tone of ordinary dayliness or the tone of communion. We suggest to you that when one has contemplated long upon the love the Creator has for oneself, then, perhaps, the second step to finding passion is a slow, gentle allowing of the self to awaken to that love, to listen to the bird that sings for your ear, and, yes, my children, it does sing for your ear, if you can but listen, for the breeze that blows so beautifully, for pearl-gray days that soften and gentle the harsh edges of winter moods, for sunshine and joy. In all these experiences, you may remember that this has been a gift of love, and that you are completely satisfying your Creator, no matter how quickly or how slowly you advance, simply by being and reacting in a natural and spontaneous way, or in any way whatsoever, to those things which occur.

14: There are those things which block this simple process from gaining in momentum. When one is distracted from the natural creation of the Father and when one has great difficulty seeing the Creator in each pair of eyes upon which one looks, one begins to move off of one's center, away from one's remembrance of love, and passion dies and numbness sets in, or anger or another negative emotion, but, indeed, we find that among your people the quality of numbness is marked. We ask you by a slow process of daily meditation to allow these layers of protection from that against which you do not need to be protected, to drop, simply to be let go. Then, with that done, call to remembrance that natural reaction which one may have to being loved so deeply that one becomes absolutely necessary for another's existence.

15: This is your situation. You are absolutely necessary to the Creator. You are timeless metaphysical entities, and you are beloved, with a passion and a love so far beyond any of your words that we must humbly beg for forgiveness for the paucity of our language. But, ah, my children, when you can remember, then you may dance the joyful dance of the heart and laugh the merry laugh of the child, and in that childlike way know for the first time the love that is the answer to love, the passion that is the answer to passion, the life of the spirit that is the answer of a clouded consciousness, to a wonderful light-filled mystery that calls to remembrance. You are beings of love, created in love, and you dance through life your own dance. You are aware that many are the steps that

may consider that you have crawled as metaphysical animals from the sea of deeper consciousness, and lie parched with spiritual thirst upon the shore of an inexhaustible ocean, fertile with archetypal images and a larger point of view. And so, movement by movement, you attempt to move at last back into the water of nourishing, fulfilling, deeper consciousness. As you do so, you shall become more polarized in service towards others, you shall begin to feel the true worthiness of that which is you, the true perfection which you wish to arrive at in your conscious knowledge of yourself, and above all, your goal is to forgive the self of each and every iniquity, as this instrument would call it.

31: We ask you to take yourselves seriously in your seeking, and yet at the same time to retain that light touch which is part of the essence of self-forgiveness. All entities are programmed to go through difficulties and challenges. Meditation may help each more and more to respond in creative and loving ways to situations, rather than reacting in a blind and uncontrolled way. The straitjacket of emotional programming is difficult to unravel, and there may need to be the help of one to which one may speak which can give the true reflection, the clear image, that which the personal eye is too close to see. But we must tell you that you truly do need to work at the meditation and at the living of a certain kind of life, a life that is not what this instrument would call “goody goody,” but rather a life of deep caring, lasting compassion, and a love that comes not from the heart, but through the heart, from the Creator.

48: Okay. Now, as to the nature of the guides and also all that stuff, I have long thought that, like you and every other thing that comes through positive service-to-others type channels, this is some part of the principle of love, which as a Christian, I would term the Holy Spirit or the Comforter, and I figure that the guides and so forth are a more personal vibration of that same Comforter. Are these assumptions correct? I believe them to be so from questions I’ve asked you before, but I just want to make sure.

49: I am Q’uo, and though the difficulty in describing the nature of the guides is significant, it may be stated with a reasonable degree of accuracy that those who offer themselves in the service of a guide or teacher offer themselves from the point of view of that quality which you have called love, and are able to stand somewhat closer, shall we say, in their own life pattern to this quality, or we may even describe it as an office or level of vibratory beingness, and, standing closer to this quality, may then share some of its essence in one manner or another with those who they have placed themselves in custodianship over, shall we say.

17.28 1988/11/13

2: I am Ira, son of Mishdad. I come to you in the name of Jesus Christ, my Lord and Savior. We must identify ourselves to you who are servants of love and light, for we have been some time so identifying ourselves to this instrument. We have had no trouble passing this instrument’s challenge, but this instrument was displeased that we were not members of the Confederation, but rather what you might call an ascended master. The significant incarnation for this humble one of Jerusalem was that of Ira, son of Mishdad, for it was in that lifetime that I followed Jehoshua, as he was called in his own dialect. You call this teacher Jesus. I was not worthy to touch his clothing, yet it was my joy to follow Jesus as my Lord and Savior.

4: In the spirit of love and in the spirit of Christ, let us pause to praise and thank the Father of All, and to worship at the feet of the one Father. Much is misunderstood that my teacher said, and I am most happy to share what in my own opinion was that given about what this instrument calls the elect. This is a grievous distortion of the true intent of Jesus’ saying. Where to begin?

7: Each who hears my voice may choose himself to be the elect by choosing to live a certain kind of life, by choosing to attempt to be of service in the spiritual sense, by intention, in as much of the experience as possible. These are those things, this manifestation of love, this thinking about love, by which each of you creates the condition of the chosen. It is you who choose yourself. You have not my experience in walking in Galilee with the Master. You have not my personal experiences, and I realize that because you did not experience these things, they will never be real to you, as they are

to me. Yet I say to you as honestly as I know how through this instrument, that there was no intention in the one known to you as Jesus, but to me as Rabbi, or Jehoshua, this entity precluded, excluded no one, but took all potentially within the heart, yet never, never would the Master presume, always was he patient, except with those who did not tell the truth.

17.29 1988/12/18

8: The meeting together to share love is also a kind of Christmas, and we would suggest to remember when each entity inevitably will feel downhearted during this period, that each day can be a small Christmas, if it is remembered that the Christ within is small, needs nurturing, needs attention, and needs most of all to be in the company of the infinite Creator. This is done by the turning of the attention. Meditation in and of itself tends to bring one to a realization, on a continuing basis, of the mystery and fascination of infinite intelligence, tends to bring one to a reckoning with love, and with one’s relation with love itself, that which created all that there is. 9: Yet, if it is simply remembered that Christmas is far more important symbolically than literally, then you may keep Christmas within the heart, and then “bah-humbugs” are at an end forever, for the Christmas within you is the mass of Christ, is the thanksgiving for your relationship with the infinite mystery which for want of a better word we call love, the one original Thought, the Logos, which created all that there is. That relationship is direct. Thusly, what you wish for at Christmas is not presents, as in gifts, but the presence, or the communion with the infinite One.

11: We encourage each further, whenever the feelings are depressed, at whatever time of year, to recreate within the mind the Christmas experience of great darkness, short under-lit days of shadow and bleak cold, and a piercing and poignant joy of that infant spirit that against all odds, and without the acceptance of the darkness, moves into darkness as light that is not recognized. You yourselves are full of light which you do not recognize. It is not sunshine; it is not light in a physical sense. You are the carriers of precious treasure. You carry the infinity of the love and the light of the infinite Creator. Picture it. Symbolize it within yourselves as the Christ child, and give it room, encouragement and attention that it may grow each day.

17: One who wishes to know how to move into the unveiling process may well view the courting process. The deeper portions of the mind are pure, more sensitive, and far more delicate in structure than those portions of the mind which are in heavy, everyday use. The deeper portions of the mind are those portions which react to impersonal and deeply felt rhythms and energies which flow into the energy web of the individual. The process of unveiling that deep mind is one which will spin many, many incarnations, and, in short, our opinion—and we stress that it is our opinion, and fallible—is that entrance into the deep mind should be as careful, loving and concerned as the suitor with damp palms who offers a corsage to his date for the dance.

19: The way to stop the flow of information from the deep mind is to ignore information from the deep mind. That is not to say that one should be without discrimination and if one feels one has had a vision one must then do it. We do not encourage this sort of lack of discrimination at all. What we are saying is that it is well to seek gently, persistently, as the suitor would court the beloved, allowing the deep mind to reveal that which was previously unrevealed in a natural manner.

21: Remember that all that there is lies within your consciousness, therefore you are as capable of receiving information perceived as negative from the deep mind as information biased towards love, kindness and an over-arching ennoblement of self, of purpose and of life. Therefore, it is to the gentle person, to the persistent person, that the deep mind offers its beautiful, sweet-smelling bloom. Enjoy each new realization without holding onto it, and know that the veil is there for a purpose, and is not to be ripped away or to be torn asunder, but rather it is to be that through which necessary information will come to the one who daily waits and watches at the tabernacle of inner silence.

lie is strengthened, and that which then is touched within the deeper mind is that which strikes the most plangent tone, offers the most needed medicament to the seeker.

19: Compared to creations and densities above your own, your third density is seen as a marvelous and exciting place and time in which experiences are vividly beautiful and exponentially more powerful than in later experiences which focus far more upon refining that which has already been decided. Without the veiling process, the decision making which is the testing portion of the lessons of love would be attenuated and the power of the decisions lost. Yours is a valley of decision. You live many lives, but only as many as it takes to formulate in a final way your particular system of biases in such a way that a harvestable amount of light may be accepted by the seeker. Thus, you dwell in the darkness of unknowing, and in honest unknowing, depending upon your biases, your thoughts, your dreams, and whatever shuttle you have been able to make through to the deep mind. You the seeker spend third-density time deciding how to love. What a great decision, my friends. What a pivotal one, and for it the veil is necessary.

35: As an afterthought we would add that it is more difficult by far for that entity ruled with intellect alone to enter into a conscious seeking in smoothness and grace than it is for one who is highly intuitive, yet all paths are valid and each path shall in time lead to the face of mystery. We have gazed into that face as have you in timelessness and in time, in darkness and in light, in nothingness and in space, and we say to you that the mystery recedes before you as the waves do move out at low tide, always coming in again to immerse the seeker in power, love, beauty and joy, but always then moving again out to sea so that the path leads ever onward, the mystery beckons always. And as the path unfolds, it becomes clearer and clearer that that mystery which we so seek to know is the only concern which we may carry with us through eternity. We know not the Creator. We know only the intimations and reflections, the currents and the winds of a beautiful mystery which we have learned to call Love Itself.

36: In all your deliberations, my friends, we urge you to return always to that which this instrument calls the watchtower, to call to the self, that most nearby Creator, that its love and light may fill and transform the self and the self’s service. May you love one another, may you know, as we feel that we know, that we are most beloved by the Creator who is love. May you find joy in your seeking.

17.9 1988/02/28

3: There is much beauty in the increase in lights and the increase in hope, and as we speak to you and meditate with you, we rest in the joy of the shared quest, the brotherly journey, and the great work of service to all the sons and daughters of light. We are but here as your humble brothers and sisters. You must know that we carry no gospel, give no testament but only our opinion, a testament of its own, for it is true to our perception of our experience. We are hounded, however, by the relentless subjectivism of our identity, and though that which we know has brought us this far and gives us hope for further learning and joy, yet also must we say that we cannot see the other side of mystery, nor should any answer to any question which we or any give be considered substitutes for that unblinking focus which the pilgrim has upon the love within which lies all truth, that beacons always around the next bend of the path of the pilgrim. Move forward, and that beaconing presence casts its shadow one more ridge further along the way, or so it would seem.

7: However, a significant amount of suffering or any extreme emotion along certain lines, either positively or negatively polarized, can and does create an aura or nimbus of like weak thoughtforms which together seek then to become the psychic vampire, taking the energy needed for independent survival, if they are negatively polarized, from the fear of others; if they are positively polarized, from the awe, love and compassion of others.

12: In conclusion, we may say that to any whose feet are set upon the path towards the true and the beautiful in service to others and in the love and the light of the one infinite Creator each occasion for negative emotion shall also be an occasion in which it is possible to accept the relationship of food given to those who would feed from the negativity expressed, and as in all cases where negative thought-forms

are encountered, the solution is—this instrument has just informed me, “Much too simple”—the conscious turning of the mind and heart to positive thought, to the generation and the remembrance of service offered and love given as the one only weapon of mind and heart which may starve away those thought-forms which can so intensify and make mercifully enjoyable the experience of negative emotion. 14: Turn to the Source. Turn then to the end of all seeking, and know that from one to the other is a perfect circle. Love each other, my brothers and sisters, in spite of all, love. And then those thoughtforms which are positive shall radiate and your light power shall grow. And thoughtforms which are positivity shall with angel wings come upon you and take food from you and give back to you the desire for more positivity, more joy, more compassion and peace.

17.10 1988/03/09

4: It is into that system of biases that events occur, are born, flourish, and are dealt with. When the hope of outcome is eliminated by the player—who is the seeker—and concentration lies only upon the accuracy of the catch—that is, the accuracy of the perception of the circumstance—then the knowledge of the self, which by instinct then moves that ball within the game to its rightful place, is made plain. Love itself prospers in such an atmosphere, for the entity which you are contains infinite love in a form which is, almost always, unavailable to the conscious mind. It must be touched within that inner silence by that infinity of the love of the infinite Creator which then channels through the seeking student joining with the infinity of love within and thus enabling the channeling of infinite love to occur.

5: In life, as you know it, in the experiences of love, there are many times that the balls—the thoughts, the perceptions—are dropped, misplaced, thought about past the point of ethical consideration, pulled and puzzled and torn, and so the flow stops, just as in the channeling process. So then the experienced student chooses that moment of gazing at the dropped balls and without blame of self or rancor of any kind, delivers himself over to the ministrations of patience, for there are those times within the illusion when the channeling stops, the channel being blocked. Then it is that the instrument of life, of love, or of service may sit patiently upon the mound, still in the ball game, but, shall we say, between innings, doing work which is just as difficult and just as important as active channeling, that is, waiting, and in the waiting, knowing that success is inevitable, that this ball game of love, of life, and of service, shall always go on. It is those who walk away from the game, disappointed in themselves or in others, who may find it difficult, then, to remain balanced and centered in faith.

9: For as we have said, ours is a very simple message. We speak of the one great original Thought, which is love, if that which creates all that there is can be called in one word. Language is a poor thing indeed when it comes to superlatives. 10: We would at this time transfer to the one known as Jim, that he too may speak in some wise or another of love and love’s many, many faces, for no matter what the subject, love is the source and the answer. And each entity’s web of experience, learning and thought create one more way to express the inexpressible, to bring to illusion that brightest reality that shines already within, in each beacon heart. I am Hattonn.

17.11 1988/03/13

3: Before we begin speaking about the question asked this evening, we would like to be sure that each understands that we, like you, are pilgrims upon a path. We have not yet reached that end which is the source of all things, for still, though we have advanced and learned different lessons from you, yet there are many things we do not know. Yet you call to us, and we turn back to you as brothers and sisters, sharing our opinions with you, we who have perhaps experienced more. You do us a great service by asking for us to share within your beautiful meditation, and to become a portion of your unified circle of seeking, for were you not to call us, we would be unable to serve you. And it is by serving you that we ourselves may learn and grow and refine our own knowledge and love of the one infinite Creator.

6: Thus, much of your incarnation you will find yourself in the process of making choices, and as you begin to seek in a conscious fashion those spiritual lessons which you believe are there for you to learn, you begin little by little to include in those considerations for choice thoughts and biases which you have developed in the process of your seeking, thus transforming what may seem to others to be a mundane and unspiritual choice as a truly spiritual means of making some manifestation of love and service for others overt, enlightening the consciousness, not only of the self and those others about you which may be affected, but also upon another level, the consciousness of the planet itself.

10: Yet each of you is, in truth, light formed by divine consciousness, containing a gem that is that portion of you which was, as your holy work the Bible says, “before the world began,” that part of yourself which sees with eternal eyes, and loves and gives with infinite supply. In the prison of your Earthly body, you have perhaps not been able to offer infinitely those things which you would wish to offer. Perhaps you have felt you do indeed need wisdom from those phenomena which signal to you the presence of a greater self, a fuller light, a larger reality.

14: There is another category of light phenomena and your so-called UFO phenomena which expresses and manifests in ways which generate negative emotion, terror, control, fear and so forth. These experiences are those offered by entities which are upon the negative path, who have chosen within your density of learning to follow the path of service to self. These entities have a philosophy to offer, and to those who are willing to carry this message, the message is given. These entities also appear in vehicles of light or in shapes of light. This is due to the fact that those who worship the Creator can only serve. Whether they serve other or the self, all are one, and consequently, if their service is pure enough in a negative sense, they too may use the Creator’s light which falls upon all in a fearless blessing of free will, for the Creator wishes those who come to Him in the end, to come in an irresistible love by total free choice and with every faculty ablaze with the spirit.

15: We have not yet addressed the true, or shall we say, the more efficient method, of obtaining aid from those sources which you have identified with manifestations and phenomenon. The tool that is the most efficient in this way may be called meditation, prayer or contemplation. It involves not only expressing oneself inwardly and asking those petitions you would for the self and for others with needs that you know of, but also of listening quietly, persistently and in a daily manner to that which the holy work known as the Bible has called the still, small voice, the voice of silence, and the true voice of enlightenment. For the knowledge which you would wish to know is not knowledge, but an inner knowing which cannot be expressed, a way, shall we say, of being wired, that you may glow the brighter as an entity in mute witness to the beauty of love.

17: The entity may not notice, but those to whom the entity is manifesting do indeed notice, and are blessed by the light which shines through them, blessed indeed by the focus which sees into the heart of each, to see the consciousness and the perfection of Christ and Christ consciousness. For this [is] your intended and true nature, a nature which gives and receives love freely, wisely, gently and unstintingly. To love, to exist in love, to begin discovering the selfhood of the self in love, is the basic work of those who wish to lighten the planetary consciousness. It may seem most undramatic—and it is. It may seem most unlikely to produce the riches of the world—and it is. To work for planetary lightning is a service-to-others act. To do it daily is a blessing to your beloved and fragile home in space and time.

18: We would turn now to the question of how best to manifest and express the joy, the peace, and the love of consciousness which is held within what you would call the Kingdom of Heaven. How can one best share with others? How can one find what this instrument has called right livelihood? We wish that we could move within the experiential nexus of your culture and find some persuasive way to express the extreme biases and distortions among your peoples concerning those ways of living which are of most service.

19: Perhaps the key to what we would say concerning service and livelihood that is what you may call righteous is this. The consciousness of the Creator, unique parts of which manifest as yourselves in a highly distorted form, is completely unified. You may love one and serve one, and give as clearly

and beautifully and fully as the entity who shares that same light and love and passion for light and love with ten million. The service is the same, for the service is in the preparation of consciousness that it may do the work before it in such a way that that work becomes positively polarized, serving in gladness, so that those about one who is serving in any capacity whatsoever may witness the light, the joy, and the peace which cannot come from one within an illusion in which so much is distressing. That which you call human faculties fail. The love of the one infinite Creator is infinite.

20: We do not wish to discourage an entity which finds a desire to use those visions which it has received from so using them. We wish to make each aware that it is well to express the desire that only those entities which wish to aid in service to others be accepted, and after that determination of consciousness has been repeated frequently enough that it has pierced the veil of the subconscious mind and moved therein, that then that level at which these entities enter the conceptual web of a being upon your planet may be stopped at the gateway of your subconsciousness if they are of a negative orientation. It is most practical to place the guardianship of love in service to others as deeply in the mind complex as it may be sent, and to keep the self within this place of choice, that those things which might come into the consciousness from an impersonal source be those things which shall rebound to the beauty of the Creator and the kindly love and blessed light which that Creator offers to each and through each each day in every conceivable way.

26: It is not that we wish to discourage any from following their talents and their abilities, but we find most often that those among your peoples who ask about right livelihood have every opportunity for love, giving and receiving of love, in that which lies just before the eyes, in that task which is just to be done. There is no gift, no thought, no action which may not be sanctified by its dedication to the will of love, to the will of the Creator. We would transfer at this time. We are those of Q’uo.

36: I am Q’uo, and am aware of your query, my sister. The one known as Jesus the Christ wished to offer to all of humankind the symbol of the path which all must travel in some fashion in order to become the love of the Father and to express that love to others. The nature of the sacrifice of the life and the mundane world was exemplified as this entity sacrificed all that one may have—the life—knowing that it lived not of this world, but of a greater world. And by making this sacrifice in such a dramatic and fulfilling manner, there was instilled then within those whose hearts are turned toward the truth of love, the path boldly and brilliantly blazed so that there could be no doubt as to the nature of the journey and the value of the sacrifice.

43: I am Q’uo, and am aware of your query, my sister. That which Jesus was and is was far more than a being that moved among your peoples and lived a life in a certain fashion. All the teachings of this entity were in the form of that which you call the parable, so that those who had ears and hearts and eyes inclined in a fashion to perceive greater truths could look beyond the surface of the teaching and dig far more deeply for those treasures which awaited the hungry heart, hungry for truth and love.

44: That which the one known as Jesus the Christ exemplified was above all else unconditional love, a love so great that it was willing to lay down the Earthly life that others might live eternally. Thus, the pattern was given in a manner which each will approach from a unique point of beginning. Many will find the journey seems to lead in lands far distant from that spoken of by the one known as Jesus the Christ, and yet as each through experience and time moves closer and closer in its seeking towards greater and more refined expressions of that which you call truth, each will find that it moves closer to the heart of that which the one known as Jesus the Christ exemplified, the unconditional love and compassion that is the gateway through which each shall pass at some point within the evolutionary process.

50: Are you saying that unconditional love is the I AM? Like the “I Am That I Am” of God’s name in the Old Testament? And that I AM is another way of saying unconditional love, is that what you’re saying? Like unconditional love is the way, the truth and the light?

51: I am Q’uo, and this is basically correct, my sister, for within your illusion there is the choice which each has to make in order to progress yet further. The choice is how to love, to love others without condition as has been demon-

stration, this one will find the heart chakra unblocked, and the positive energy able to be manifested.

17: Beyond this, the responsibility lies from self to self. In enlarging and purifying the point of view, each other self is the Creator. Each other person is truly a mirror of yourself. Those hatreds, those distortions of love which the seeking soul feels for another are only reflections of the feeling for the self. Thus, it is the self which must be turned to in forgiveness and total compassion. “That which is beautiful,” it says within your holy works, “that which is good, that which excellent, that which is of virtue, love, enjoy, do.” These are words of simplistic advice. Yet we say to you that your thoughts are those things which people, populate, indeed, your consciousness, and in fact move your destiny. Attempt, therefore, to seek the Creator, to feel the oneness of love and light and to carry that flame within you which has been lit into each and every relationship and situation you may possibly achieve in this way. You are of maximum service to the self as a creature or child of the Creator, to the other self as the Creator, and finally turning at last from the illusion, the choice having been made, to the Creator Itself, to the great mystery which draws us all ever forward in love and light.

19: Tolerance of irremediable differences is learned only through the Creator within the self, not from the self which moves through the illusion in a wounded fashion, one way or another. May you each choose to love and to understand. This giving, without expectation, shall place a call within the universe for its balance, and to one who loves much, shall much love be given.

20: We ask each to live each day as if it were the last, to be as impeccable warriors of peace—of inner and outer peace—as possible, to pick the self up if it may fall, and to tabernacle with the one infinite Creator by going into the silence within. These are your tools. Remember the breastplate of righteousness within your Bible, and all the other armor of love. My friends, it is true—love is its own armor. Those about whom you have distorted emotions are...

23: ...light and love of the Creator at what this instrument would call the lower energy centers.

24: Let not these things be a stumbling block before your search for unconditional love any longer than necessary. The first order of business is forgiveness of self. Do not attempt forgiveness beyond the self at first, but only work upon the self. We find that each expresses its positive aspect, so we need not encourage this aspect of behavior. We do not encourage false behavior. We find each to be by nature friendly towards other entities and compassionate. Exercise your nature in this regard whenever you can, giving each passing stranger, into whose eyes you smile, a smile a bit longer, a bit wider, and from the heart. You will never know how many lives you touch by the gentle word, the kindly gesture, the gentle smile.

17.26 1988/10/17

11: Upon another level, we address the query concerning our relationship to Christ. Our faith differs somewhat from this instrument’s, which is not surprising, considering that our experience is somewhat better realized within our manifestation. Nevertheless, when any seeking entity discovers compassion, that is to say, unconditional love, that entity has discovered and defined Christ.

13: We are those who worship the Creator, and seek to serve the Creator, thus we move as close to infinity in our purity as we are able, and offer to those who wish to hear the one simple message of love. Again and again, we suggest that the nature of the creation is love, unmanifest and manifest, and that by moving more and more in harmony with the original Thought of love, a seeker of the mystery of the Creator may accelerate his pace upon the journey.

16: There is a third nature which shall disturb this instrument, although it has been intellectually considering this possibility for some time and has discussed it. Yet it will be sorry to hear from this contact that in our opinion we are completely within the instrument’s mind, that is, we are allowed to speak because the instrument has made a pathway deeply enough into its own subconscious levels of thought that it is able to contact principles which lie deep within the mind and are influenced by the various energies of gravity in a spiritual sense which flow rhythmically through the metaphysical portion of each individual as well as the physiological portion.

The study of the latter is called astrology; the study of the former could be called metaphysical astrology, and would reveal an inner universe of which the outer infinity of galaxies is but an hologram which moves in a predictable fashion, allowing at various times the various life-giving, gem-like energies of the archetypal subconscious to flash through to the surface and produce each day differently, each moment slightly variously, the message of love and light.

21: Therefore, without wishing to infringe upon free will, we are nevertheless sanguine that we shall indeed be acceptable to this instrument at the end of each deliberation, as we are indeed of the principle of love, and that is the Christ, and the one known as Jesus was a complete Christ, Son of Man, and servant of...

17.27 1988/10/30

13: That which the artist and the spiritual seeker have in common is the lack of an icon held in space and time. Rather, the true artist and the true spiritual seeker or mystic is fascinated by the mystery of the present moment, and seeks in that moment, in each and every moment, the face of that mystery, the face that shall not be known, the ineffable face of the one Creator, the face of love. Because this entire concept of what we might call Creatorship or Godhood is completely beyond the resources of any of your languages, we can only speak in ways which may be poetically satisfactory in inspiration concerning the one great original Thought of love and the importance to the spiritual seeker of using those resources which seem helpful to the seeker, that is, not all seekers need the same rituals, aids, resources and tools. For one entity, the silent meditation may be that which is truly needed. For another entity, a long period of reading and study and intellectual growth may be needed, for that entity may well be all faith and no awareness of the environment.

14: In order to communicate about eternity to those living temporal lives, it is well to place the self within eternity, within the tabernacle of the Father—to use a phrase from your holy works—as often as is physically possible, and certainly upon a daily basis. Others will need the inspirational reading and the discussion with the self or with others of the contents of that reading. Contemplation of a reading, which we may suggest might be read aloud, is also very helpful. There are also objects which may be taken into the mind for a visual meditation when the mind is having difficulty in quieting. The word “love,” or any other single word or phrase which moves one’s attention to the center of one’s being, sometimes called a mantra, is indeed helpful, as is any visual symbol, such as the rose or the cross, to one whose spiritual resources include those symbols.

25: That principle of love which stands ready for the seeker to open the door, the key to that door, behind which wisdom and compassion lie, is meditation. If no book is read, if no symbol is imaged, if there is nothing in the worship but the most devout silence, yet still this vehicle alone may be all that is needed for the entity to have that larger point of view which enables the entity to see each situation in terms of compassion and love, rather than feeling in any way personally unworthy or in any other way inadequate.

26: The beginning of spiritual maturity is the acceptance at last that one is forgiven. Those who follow various of the well-known religious sets of belief use various symbols for the principle of redemption or forgiveness. The one known as Jesus is perhaps the best example. However, as each self is made up of that which is the Christ consciousness and that which is the free will consciousness, there is only to be needed a simple recollection by a very complex entity within the illusion. So many, many illusions must be stripped away before one can see clearly one’s true nature and begin to wish to become the consciousness of love and not the consciousness of variousness or free will. Both characteristics are part and parcel of each entity, yet those which attempt to be of service to self, which are not aware of their doing so, but instead are happily ignorant of any decision that needs to be made between service to self and service to others, shall not be troubled until it is their time to be troubled with such simple choices as face each who has awakened to his path.

28: And why, may you ask, should one then try to polarize, to seek to serve others, and to seek to love the self and the one infinite Creator? We suggest that in the same way that those may observe that the tide will come in and will go out, you

This instrument has been wondering, ever since the last time the beloved entity known as Aaron was part of a circle of seeking, why we were able to offer material of a high intellectual content. Firstly, the one known as Aaron is most intelligent, and will pick those truths of which he has the need, in a simplistic way. There is much of what you call your time for subtleties. Secondly, this entity is an humble entity, one which is grateful to sit in a circle of beloved entities and enjoy their company. Therefore, this entity is a very strong battery within the circle, and does not expect to understand each word, but is very pleased to be with each. This unconditional love offers the highest of vibration within your group at this time. Never estimate an entity's worth by age or accomplishment, but by the ability it has for unconditional love.

4: That which is hatred and that which is anger, and all of those emotions which may be called negative, are distortions of love. They manifest through the distorted individual by blocking energy and trapping this energy in the center involved in the changing, confusing difficulty which is catalyst for distorted love. This catalyst may be extreme. However, may we say that that which the questioner considers hatred it does not know in full intensity, for it is incapable of achieving the purity of negative emotion which would be necessary for those which wish to polarize negatively. Nevertheless, we in no way disregard or lessen any of those emotions which are beyond the control of the entity at this time.

5: When an entity is extremely positive, as each within this circle is, that which may be seen by others to be unimportant or non-catalytic, upon the contrary sensitive entities which seek will certainly use this catalyst and experience painfully negative emotions. Thus, hatred is love which has been hurt badly. Anger is that which comes of hatred. Beneath the hatred is what this instrument would call the orange-ray blockage. This is especially painful when the entity who is in pain has some difficulty in experiencing self-worth and self-acceptance, self-forgiveness and self-love.

6: The one which loves the self has the most undistorted energy available to manifest in love in an undistorted form of intimate others which offer negative catalyst, shall we say for the sake of brevity, though this is not the exact description. Beneath both of these concepts is the concept of separation. The illusion in general, made up of many seemingly other selves separate from the self, is most powerful. Thusly, it is possible to see each entity as unique. However, the veil has dropped betwixt the waking vision and the evidence that each is also the Creator, each perfect and all one, one with each other and one with the original Thought of love which is the Creator.

7: We are aware that each has chosen the path of unity, peace, the love of neighbor, the hope for peace within all nations, all hearts and all peoples, and above all the seeking of the one infinite Creator. To those who wish to ameliorate the negative emotions they feel, action is necessary. The first action one may take is to outlast the length of time one is capable of feeling the same catalyst. This is, as this instrument would say, an easy way out, in that no effort must be expended, but merely existence prolonged. However, we are aware that each wishes to move as quickly as possible along the pilgrim's path towards the mysterious face of truth. Thusly, we would give you harder ways to work upon the distortions of love which are the result of blockages which keep energy from moving through the lower energies into the heart energy of unconditional love, which the one known as Aaron has such a great deal of.

8: Each of you has, buried within, an unconditional love. In each case, this unconditional love withstood many trials, but ultimately the illusion made its mark, and each of you has separated the self from the other self to the extent that the unity of all is not reflected in the relationship which is under consideration in each case. In each case, the difficulty which is, shall we say, the proximate cause of separation is that which paradoxically seems to unite, that is, the rite of marriage. To those which find that they need change nothing of their relationship in order to live in a married fashion, the catalyst which is negative will be minimal. To those whose expectations are raised by marriage or who have in some way separated themselves from their true selves during marriage, [they] will find that that unifying ceremony has instead placed great pressure upon the entity which creates the illusion of separation.

9: We would now say a word about marriage. This instrument has been reading the work of your author, Joseph Campbell,

and we find within the instrument's mind the concept which is consistent with his theory that myth explains the truer nature of humankind. The phrase is, "Marriage is an ordeal." It is through the great sacrifice of both entities that a marriage becomes a spiritual reality. The gestation of this primal and cornerstone unity is that consideration which you may call deep love or deep friendship or deep commitment. The unmarried who have these feelings do not have as many raised expectations of change as do those who choose the married state. There is indeed much sacrifice in creating the first social memory complex. To be together is the nature of the density which you enjoy. The lessons are only partially those of aloneness and solitude. Much necessary catalyst awaits the seeker within the illusions of relationship.

10: Thus, we would say to those present, especially the instrument itself, which is at this time married, to ever lower the expectations of another self, to remember the desire for the truth, and to remember also the desire to be a positively-oriented being. Now this is to say that without minimizing the effects of negative catalyst, the self-forgiven and self-loving self will stand upon its own two feet and consider not judgment of any other, but the most helpful way to respond. If there is no blockage within the feelings and thoughts, expectations and hopes within the entity, the energy shall flow through to the heart chakra, and the negative catalyst will fade, slowly or quickly.

11: The effort this takes is the utmost an entity can make, and when that utmost is not enough, when the entity which seeks fails to love without distortion, the entity must immediately begin to forgive the other, the self, the situation, and the illusion. The illusion is designed as an ordeal, indeed, a series of ordeals, within which, again and again, each soul chooses the positive path of unity, peace, joy, love and light, or the negative path of discord, despair, hatred and darkness. When the periods of darkness strike without warning, they are needed, for each entity has all of the varieties of humanity within the self. The most positive entity can be negative. The most negative can be positive. This illusion fools each as it ought and as it must.

12: In the end, we must move towards meditation as our primary suggestion for acquainting the self more and more with an undistorted love, a light which does not fail. In short, we recommend the daily meditation, the reading of thought provoking or inspirational material, the contemplation upon that material, and the attendant praise and thanksgiving for the moment of consciousness. All of these are but the frosting upon the cake of silence, for as one dwells within the green cathedral of the forest or mountaintop's bleak aspect, or the splendorous church, waiting in what feels to be a holy silence for the service of group worship to begin, one is entering the silence within as well as sharing the silence without. Within there lie infinite spaces, for within lies all that there is.

13: Each of you has two basic parts. One part is that of the Creator, that of undistorted love, and to the body, to each cell, is given this awareness. In moving and knowing the body, an avenue into an excellently unblocked state of consciousness is encouraged. Therefore, if the entity is not able to meditate, it may walk about within the creation of the Father, for as this entity sings in its head, "I walk in the garden alone, when the dew is still on the roses," this image was given to you by the teacher and Christ known to you as Jesus. Think of your inner space as the garden, and realize that it is your deepest desire not to be loved, not to be understood, but as this instrument's favorite prayer gives, "To understand and to love," for each of you is a radiant being. Each of you has strayed from the concept of unity, due to perfectly understandable catalyst. It is time to forgive. Remember always that the negative emotion is that which is as real as the positive emotion in that it creates the electrical atmosphere of certain of your higher bodies, and therefore affects your health and your experience within the illusion.

15: We have no discouragement for each. It is not right or wrong to act to think or to feel. It is, in addition, well to express the self honestly. The key to unity with others remains a responsibility [of] unity within the self, so that the self is a true manifestation of what the self has faith in and lives for. If that which is done in relationships manifests the love and the light of the infinite One, there can be no more beautiful gift to the relationship, to the other self, and to the Creator. When one loves the self, one loves the Creator. When one loves the self through one's own perceptions of self-failure, or regains the love of self and moves once again in quiet con-

strated by the one known as Jesus the Christ, or to love in a lesser fashion. All your great religions and philosophies teach at the heart of their dogma the need to love without condition. Jesus the Christ was a perfect example of this means of loving, and thus learning that lesson which is the great lesson of your third-density illusion.

57: Is this why Jesus said at one point that unless you are as little children you cannot enter the Kingdom of Heaven, because little children have not yet learned distrust and they love unconditionally?

64: It is the free will choice that is made in the direction of love and service which then begins to open the eye to another reality and the heart to another reality and the ears to a greater reality which speaks in ways not understood in the mundane world.

17.12 1988/03/16

6: I am Hatonn. I greet you once again in the love and in the light of the one infinite Creator. We have moved from engagement with the instrument known as D due to our determination that the limit of this instrument's ability to learn at this working session had been reached in terms of the technical or mechanical rituals prior to and during the act of channeling.

17.13 1988/03/23

4: It is well to sort out these two avenues of expression and experience to determine the level of change which one wishes to deal with at one time, for the changes of the body, which over a period of time reach, shall we say, a critical mass and create a necessary adjustment of programming of the biocomputer, are those changes which contain the, shall we say, inside track for the most available use in accelerating the process of spiritual growth. It is well to disassociate this feeling of fundamental shift in attitude from the circumstances which are occurring at the moment, and to view the circumstances which are occurring at any given moment as that which they are—a drama, an illusion, a lovely play, or perhaps a not so lovely play, depending upon the circumstances, put there not for you—the audience's—total enjoyment but also, the author hopes, for clues, hints, inspirations and nuances which may function as parables or allegories for those more theoretical and general thoughts which concern the process of bodily change which contains the great emotional content.

17.14 1988/03/27

2: For no matter what our capacities, our states of advancement and our several opinions of ourselves, yet this one thing remains true of all equally who seek the face of that great mystery which is the uncreated: all of us are pilgrims, equal. All of us are one: one in seeking, one in feeling we are missing the point, one in willful misunderstandings, and one in rueful new beginnings. Yet do we all keep on, step by step, along an infinite road, paved with hope and love.

6: Let us look, then, shall we believe in anything, have faith in anything? We turn the mind at once to that which you have implicit faith in, and that is something called love. There is no entity in incarnation in third density who has not experienced both love and the loss of love, joy and sorrow. It is more tangible than anything which may be touched, more acutely real than anything which can be measured. It is the stuff of sentiment and emotion in many ways, for your peoples call by one name a thousand different emotions and feelings. Yet we speak of that love which all consider as that which is to be believed in, and that is unconditional love, for such is the nature of that love which has created all that there is, that one Logos, that one great original Thought which is all things.

7: Thus, we suggest that that which one has faith in is by its nature love, for any lesser faith shall fail. And when the seeking entity wishes to become one whose use of will is most pure, one may call upon love itself to teach the spirit that will and faith may be united, that the being may be polarized further, crystallized further and take one more dusty step along the long road.

8: It is difficult for us to express to you, who feel so keenly

where your energy fields end and others begin, our concept of the right use of will, for we find that we think of our will as that which is indeed imperfectly known until we have included that portion of ourselves which fits in no energy field, but rather is a part of the one infinite Creator. Applying the will, then, without matching it, yoking it with and to love itself is to minimize and fail to fully explore the nature of the self and of the will.

9: It would seem perhaps that in many cases love need not be sought and its wisdom listened to, for many things seem cut and dried, as this instrument would say. Yet let there always be that thought in the mind, "Not my will, but thine," knowing that that love to which you pray is your own self in a greater manifestation. It may have crossed your minds that you are all gods. We acknowledge with joy the truth of this statement, but only caution that we are all very young gods, and God's will is sometimes hidden from the surface portions of young god's minds.

10: We urge each to trust and follow the urgings of the self, to express the self by whatever means needed in order to feel whole. We certainly do not wish to encourage blind obedience, but as you meditate, as you become more and more thirsty for and comfortable in the presence of the one infinite Creator, you will find less and less that there is a paradox betwixt the will of self and will of the one infinite Creator. May you be patient with yourselves in the learning of this and every lesson. May you meet whatever disappointments you feel you have with the sure knowledge that you have been making a good effort. This is all that is necessary—to intend, to desire, and to want to be a not-so-very-young manifestation of love. May you have joy in your quest and its fruit.

23: I am Q'uo. The experience of the sighting of such a craft is one which is understandably unique enough to attract the desires of many such as yourself which seek the keys to the mystery of being and the process of evolution. Yet we might suggest to each such ardent seeker that it is not necessary to experience that which is considered greatly unusual and other dimensional, shall we say, for within each life pattern there moves a rhythm and giving and receiving of that quality called love which is appropriate for each entity.

44: I am Q'uo, and apologize for the delay, as we were rejoining this instrument after its resetting of the recording device. The experience of which you speak is one which we find has an important significance as a symbol within your consciousness at this time. Because of its current importance and semi-veiled nature, we wish to give only that information which will not infringe upon your own free will, for it is the exercise of that free will and its application to the resolving of such experiences that is the heart of the process of seeking that which you call the truth. The image of the crystal is quite significant to you at this time, for each seeks to become that which might be called the crystallized and seeks in this process to regularize those patterns of energy expenditure which will allow one to move further along the path of evolution and to experience that quality of love which is the prime mover and creator of all that is.

17.15 1988/04/03

7: There is much of what is called truth which is indeed not truth, but a multiplicity of ever-shifting truths which function in what you may call a social way, in order to slide one through the incarnation with the least possible friction. There is another truth, an absolute and unchanging truth, a mysterious, puzzling, ever-calling truth which any within your illusion cannot see but only know through the experience of love.

8: Love is the great one original Thought. It cannot be bought; it cannot be manipulated; and it cannot be killed. It may become obvious that we are not speaking of romantic love, which is prey to all these difficulties. We are not speaking of the love of friendship or any other definition of love which may be put into words. Indeed, could we find an unique word which would express the beautiful, terrible love which created all that there is, we would use it. Yet this concept lies so far within the area of the deep mind its reality can only be reached through the non-words which may be called "faith." This love is single, and within it are all things, all entities, thoughts, artifacts, seeming objects and each and every energy within the infinity of creation. Each of you is love. This is your reality, your absoluteness, your unchange-

able nature, your truth.

12: Let us gaze at the panoply of emotional suffering. Within most of your culture, to have a skin color at variance with the fleshstone which you call, to our puzzlement, white, is to suffer from the narrow-mindedness and the prejudice of those not of your race. And whether each race knows it or not, each suffers from prejudice, and this prejudice becomes a suffering. Each who is born homosexual within your culture is denied the consolation of your cultural institution's regularizing relationships. Further, there are many, many cultural obsessions which form a rejecting net of discrimination, and so in the name of truth suffering is perpetrated. There are those who in their mated relationships, experiencing in the mate much love, find that in the passage of time, the mate has turned to other energies, other entities, other positions in time and space. The separation creates suffering, not because the separation is real, but because there is a loss of love perceived.

19: Cultures change. The self changes. These truths are relative. Those rules regarding behavior, for the most part, need constant reexamination, for that which has been true for you at one time, will of necessity change and transform as you change and transform. We do not wish to suggest that it is necessary to change any thought or action. We only ask those who are suffering because they are homosexual, divorced, addicted or any other calamity need not think of themselves lost to Oneness, for all of these things are taking place within an illusion which is designed for a certain purpose. This certain purpose is absolute, and within the absolute purpose of spiritual evolution towards love, suffering is an absolute necessity.

24: His judge was immediately fascinated. "What is truth?" he asked. Jesus the Christ only gazed into Pontius Pilate's eyes, and Pontius Pilate saw the I AM of Love.

29: We want you to experience I AM. As you rest, speak that word, "I AM," and find something come to life deep within. I AM. This is the kingdom of which Jesus the Christ spoke. For the essence of being, the essence, I AM is that which we have called divine love. It is not only that which loves all that there is; it is all that there is. It is not that through any agency you may become an associate of Christhood; it is that all of you shall eventually perceive the self as Christ. Or to put it another way, that one day, if we may use inaccurate terms, you shall be all Christ, all absolute, pure being. Rest in this consciousness for a moment, and experience life.

30: Where is truth? Truth is in the absolutes that shine through the relative. Truth is in the smile, the laughter and joy, the moments of kinship, the body's intimate ecstasy in the making of physical love, the spontaneous reaction of deep compassion. And in the end, truth in an absolute sense may, to the disciplined mind and heart, become the companion that walks beside you, through whose eyes you may see anew the whole and unified life lived in love. That which is suffering is that against which the entity seeking to know love for the Creator, love for the self, and service to others may push against, may use, not as the stumbling block, but as the starting block. For each difficulty which causes suffering is that which has been arranged that some distortion concerning the essence of love within your understanding may be examined, thought about further, and perhaps revised somewhat.

32: Each challenge gives one the chance to turn to I AM, to Beingness, and ask that infinite intelligence which is love, "What is the absolute principle which illuminates this situation?" Absolute love may be hidden for long periods of time, and the questing process, the experience of pain and separation, may go on for a seemingly infinite period of time. Your peoples attempt to avoid, cover over, and patch up these situations to alleviate discomfort, without seeing the spiritual opportunity for new understanding in the light of that which is absolute.

33: We ask each to remember the experience of true living consciousness, and then in faith to turn to the self and bless each wound, each limitation, each pain, and each circumstance that causes suffering, for suffering is the sacrament, the food of spiritual evolution. May you rejoice in your troubles even as you suffer. May you roll the stone away from the tomb of your limited acceptance of damaging thoughts. May each look you take be fresh, and may you live in love, and so love each other with a passion and a zeal that blesses each with whom you come in contact. You need say nothing. The I AM in you, that Kingdom of Heaven, of which Jesus the Christ spoke, lies deep within you, for you are all that there

is. It is simply the illusion which keeps you from that ultimate knowledge. By faith, in the love you have observed in whatever limited form, may you enter into that life which is love.

34: We will be with you in meditation if you so desire company, and we shall share that unlimited, absolute love as we are given it to channel from the kingdom within ourselves, which is the kingdom within you, the kingdom of love.

36: We hope that you do not accept suffering as something which must be done so that in the next incarnation, stage of experience, or density you shall be rewarded. Instead, in all humility, know that your heaven lies waiting within you, just as your hell waits to embrace you. Your life experience is a matter of choices. Shall you follow truths, or shall you more and more attempt to experience your own true being, your own inner I AM, and thus prepare the meeting ground, the holy ground whereon you may see the face of your God, your Christ, your Love, your peace, your light, your life?

47: I am Q'uo, and am aware of your query, my sister. It is true that each entity is responsible for that which occurs within the life pattern, for each entity has taken the primary role in designing that pattern of life experience which shall serve as the lessons teaching further aspects of love and service. Yet most of the responsibility has been taken by a portion of the self which is far more informed than is that smaller self which experiences the incarnation. Thus, that smaller self often feels isolated and abandoned or too powerless to be able to affect forces within its life pattern which have control and impact upon that life pattern.

48: Before incarnation this greater portion of the self looks with careful eye to see what within the entire being contains that which is yet to be fulfilled, that which yet remains to be exercised as an avenue for offering the self to the Creator and for allowing the Creator to know through that offering greater portions of its own being. Thus, before each incarnation does this greater self look most carefully to see where there might be an increase in the learning and offering of the lessons of love, of wisdom, and of unity to all those which might come in contact with this self.

55: Yet each entity in any life experience must at some time begin to look beyond the general principles which it finds are helpful to view the life experience through, and then must begin to make individual application of the deeper principles which apply to each situation, for though are all indeed a portion of one great Thought of love, each portion and entity which expresses that love in the life pattern does so in a manner which is unique to that entity. And those general principles which may give a surface description of many entities at one time, yet do each entity an injustice if there is no further examination of the individual life pattern and expression that is manifested in each life pattern.

17.16 1988/04/10

4: First let us say that our basic message springs from one Thought, and that is that love is all that there is, that creative and divine love is the one original Thought, that this thought is the closest representation in words which we know to the unseen and ever-mysterious infinite Creator, and that each of you is a portion of that Creator and the infinity of that Creator a portion of yourself.

10: Peace on planet Earth is possible. It is possible because humankind wishes to progress. We do not know whether or not the possibility shall become reality, and we would not prophesy. We only wish to encourage each entity to know that his or her own inner peace is the road which must be traveled by each and every person. And when that inner peace meets other inner peace, boundaries drop, hostilities end, and a realization of oneness occurs. When you are truly self-forgiven and at peace within, you are doing planetary healing work—you are averting war. You are being a reflection of that beloved and ever unknown Creator. May each of you hold peace within the mind. Take it into meditation and open the self to allowing self-forgiveness.

37: Thus, the experience of fear is that which needs be approached with the same loving acceptance and looking forward with eager opportunity as any gift that one may present to the self or another, for each portion of your experience is a portion of yourself which exists in order to reveal itself to you.

microcosmic way—that is, the death of the self. And what you would do to aid the planet is precisely what you may do to aid the cells of your second-density body. Indeed, there is no density which is not moved by the honest declaration of love, faith and unqualified support. We do not ask you to do this as a duty. We do ask you perhaps to find affirmations in which you believe, and to repeat them often, or simply to tell that earth, tree, bush, flower, plant about you mentally or out loud, "I love you." Enjoy the sun; enjoy the rain: "You give me pleasure." Thus do you, in second-density terms, polarize the entity towards personhood.

18: We thank you for calling us to your group, and we thank the one known as H for offering this question, which is an interesting one, and one which allows us perhaps to reverse some of the panic which entities upon your planet feel as they see seemingly irreversible destruction. Fear not. Short of mankind blowing up this particular sphere, this sphere itself shall do whatever is necessary, including major surgery, shall we say, to adjust to new vibrations and to thrive and grow in consciousness, in love and in personhood. May you invest all of nature that you can with its own knowledge of itself. May you love it as it loves you. May you love each other. May you love your bodies.

24: Well, I have one. You stopped by saying, "love your body." You just stopped, and then it's like there was more, but... Was that what there was more of? I mean, was it at that point? Should we ask, "What can we do to love our bodies?" Or is it a question that it's okay to ask now?

31: I am Q'uo, and we would comment only to suggest that within your solar system there has been a great variety of experience, from the most disharmonious to the most harmonious, and it is within this range of experience that much has been learned. Not all progress is achieved in an harmonious fashion. Much there is of love that is learned by experiencing its polar opposite.

84: I am Q'uo, and we find that there is a difficulty in answering with precise percentages in regards to the efforts of the one known as R to serve as a vocal instrument in the one case, and the efforts of the one known as R to deal with a difficult personal situation in another case. We may suggest that all new instruments—and this includes the one known as R—begin the channeling process with a fairly significant portion of the channeled message being of their own origination. This is in order that the new instrument might begin the process, and we of the Confederation of Planets in the Service of the One Creator find it helpful to spark those personal memories and experiences within the new instrument which are congruent with our understanding of the Law of Love and the Law of Understanding and Unity in order that a beginning might be made.

17.23 1988/09/04

0: [overview] How does the seeker balance the various polar opposites such as passion in the seeking and yet discrimination in the seeking? Love and giving and wisdom and how to do this? The unconscious and the conscious mind? The female nature being receptive and the male nature being active? All of these polar opposites are part of following the path. How does the seeker balance them?

6: The easiest passion to understand is the passion of the sexes—man for woman and woman for man. But has there ever been a man so passionate, or a woman, that there was not the skepticism also, certainly when it was deserved, and often when it was not. This is due to each entity's having biases that cause a lack of trust, and cut the flow of power at some lower energy center, depending upon the difficulty, thus effectively removing the self from the experience of passion. And anyone to whom we speak within third density who has not had the experience of the infinitely divine act of love being spoiled by a lack of trust, we commend that person, for it is almost inevitable that in interpersonal relationships, sexual energy shall from time to time be strangled by the skepticism of one partner for another, the doubt one has in another's trust and loyalty.

10: Thus, in one incarnation, the balance between passion and skepticism may be reflecting imbalances towards passion in previous incarnations, or an imbalance toward wisdom or a skepticism in earlier incarnations. Perhaps our best advice upon the subject is ceaselessly to seek your passion, whether it be an established path toward the face of mystery,

or whether you make it up as you go along. That which is your truth, that which is your passion, will develop, resonate and become passion. It does not normally spring full-blown, although as one has heard of love at first sight, meaning instant red ray infatuation, which may well deepen into love, so may the spiritual student lay aside skepticism in the excitement of a system of thought which later is found to be wanting, and skepticism again takes over.

12: Needless to say, we urge skepticism whenever there is the slightest doubt that the path that one is on is the correct one for that person. And we urge those who have faith and passion and care deeply about their paths already, ceaselessly to examine with the powers of skepticism and the rational mind what the mind feels about that passion. Now, the mind is not a passionate being; it is in essence what this instrument would call a biocomputer. Therefore the mind will tend to analyze the experience of worship, faith, joy, unity, consolation, forgiveness and love. And in that we say, please proceed and think and ponder, because the mind has a part in the evolution of the spirit.

17.24 1988/09/18

3: With that said, we may say that in your illusion each unique portion of the greater Self or love moves into incarnation in your lifetime now with a predetermined character and biased way of hearing and perceiving stimulus. That is, each person sees things quite differently. Some have little capacity to register or perceive the difficulties of others besides themselves, and this is perceived as very selfish behavior. It is in fact not a selfish behavior, but a constitutional or preincarnative way of being. There are others whose selfishness or lack of interest in the self and the things pertaining to the aggrandizement of the self is so marked that these entities are often known as saints, especially those who have died, especially those who have died for that in which they believed, that for which they lived, that for which they received persecution.

6: All of these hard edges that we described, these overassurances, pomposities, rash assumptions and manipulations, create catalyst for those about them, catalysts in which they may experience the infringement upon the free will in one way or another, and they then make their own choices as to how to react. There are, in fact, two perfectly acceptable ways to react, one being service to self, one being service to others. Due to the nature of your illusion, it is far easier to react in service to self than it is in service to others. It is not easy to love those who are discriminating against you, causing you difficulty, or creating pain by catalyst in your existence. Consequently, many people there are who inadvertently do polarize by becoming enangered by the selfish reactions of another person. It is well to remember that each entity creates its own universe by its reaction to the catalyst it receives. You may choose to create a positive, though challenging, universe, faced with just such a relationship. This, however, is certainly a challenge, as it always a challenge to love those, as it says in the holy work, your Bible, who despitely use you.

8: This logic, as all logic when applied to spiritual reasoning, is fundamentally incorrect, for one's basic service to others and sense of self are the same thing. The way that entities are, that is, the sum total of vibratory patterns generated by the thoughts, actions and feelings of an entity at a given moment are the gifts one gives to the Creator and to the world about him. The beingness is the first act of selfishness or unselfishness, of radiance or absorption. When your beingness touches in with the tabernacle of the most high and a portion of your consciousness remains in that holy place, then all places are holy; all entities are of the Christ consciousness, and the eyes with which you look at those entities are eyes infinite in their ability to channel the one original Thought of the infinite Creator—love.

17.25 1988/10/09

2: I am Q'uo. We apologize for the slow transmission, but we are working at deeper levels of the conscious but trance-like state, as this instrument has requested information which makes this state appropriate, due to this instrument's own synchronistic queries. Before we begin, we would like to answer a question we find heavy upon this instrument's mind.

and the same Creator, and that the most effective means for a positively oriented entity to deal with negative polarity is to generate within the heart the overwhelming love for such an entity, and to send that love to that entity in the meditative state if possible, and to bathe that entity in the love and the light of the one Creator as you perceive it.

82: For all beings are truly a portion of the Creator and of the self, and as the seeker of truth looks within to find that of truth within itself, any experience or entity that it comes upon in its journey of seeking will reflect some portion of inner truth to it, and as the seeker is able to draw unto itself all expressions of the Creator and to see them as the Creator, as the self, and as love, then so they become that which they are, and no longer are that which they seem. The persona, the mask, is removed and for that seeker of truth, that seeker stands before the mirror which looks into its own soul and the heart of the Creator.

88: The negative polarity is one which exists with great strength into the fourth density of love, and into the fifth density, the density of wisdom. It is beyond that expression of wisdom and light into the sixth density, where love and wisdom are joined and blended into one, where the negative polarity must needs abandon the service-to-self polarity and shift its focus to that which is the service to others in order to continue the progress of seeking union with the one Creator.

93: We so glad to speak to you. We thank you for calling us here. We bless each, and we go, for we not talk long. We yours in love and light of infinite Creator. On behalf of this passionate Christian, this provincial one, who yet knows the universe, and to all of you provincial people, whatever you believe, believe passionately, believe wholly, believe without the thinking and without the judging and without the reputation and the respectability, but find the jolly times. Adonai. Adonai. Adonai, my friends. I Yadda.

17.21 1988/08/04

22: Don't worry—I give it up. I don't need to do this anymore. And I don't need to hate the Chinese either. [Very softly.] Love the Chinese. I tell you why I love the Chinese. May I do this? I love the Chinese because Chinese make Yadda hate. And when Yadda hate, Yadda find out what love is. This instrument think that Yadda like Ramtha. Yadda not like Ramtha. Ramtha there. Ramtha think hot stuff! Yadda think think this instrument hot stuff. Because now Yadda can talk, and talk out loud and talk in terms you want to know. Because you speak in this group, Yadda speak. You all speak in this group of the negative... Yadda like. You speak of the negative side, the one who make you hate. Okay, I speak of this, because the side that make you hate, you made service to look like that. YOU MUST LOVE 'EM! [Shouted phrase not understandable.] Must have hate. I get carried away because it was long and hard.

32: We would [move] on now, and we would say to the one known as E that this instrument should imagine the feet bare upon the earth, feet in the luxurious soft grasses, smell of the flowers about, the buzzing of the bees. Before her stands the great oak, behind her the great maple. On her right hand the yew, upon the left [sequoia]. We ground this instrument and suggest that this instrument prepare for contact while tuning by grounding the self and feeling the protection and the infinite energy of the Earth, for it is the Earth that this instrument wishes to serve, therefore the Earth which is full of love loves this instrument infinitely.

17.22 1988/08/14

5: There is a great difference betwixt your planet which is of second-density awareness and yourselves which are of third-density or self-conscious awareness. The Earth itself lies within the power of the Logos, and does not fear change, even if the change be major and what those to whom we speak would call catastrophic. If there is to be the glacier or the greenhouse effect or the planetary shift or the great earthquake or the great conspiracy—one of several, we may add, that this instrument has heard—yet still the Earth itself shall not be afraid. Perhaps it shall feel sorrow, but it is still with the Logos; it is still imbued with love, wishing only to give and to receive that love.

6: For this simple reason, we would conclude this portion

of our speaking by encouraging each of you to refrain from fear with the same faith of those who do not have self-consciousness, but know only the love and the light of the infinite Creator. This is a service-to-others planet, and one may see in the example of the helpful environment, the trees that breathe that which entities such as yourselves expire, and expire that which those of your kind breathe. This is one example, a rather obvious one, of the loving, serving, giving nature of second density. It moves to the light. Whatever happens to it, it shall survive in its own way, unless it be blasted to pieces, in which case it would simply die.

9: As the planet and all the creatures upon it that grow and flower and turn to the light have consciousness, that consciousness is inspired and made to rejoice and flow in harmony and rhythm with any whose attention to it is loving and sweet. This is why the song sung in love aids the flower, and the soft voice helps the vegetables grow. This is why there are things other than your fertilizer and your—this instrument uses the word—pesticide that can truly aid the planet on a far more basic level for you. If you correct the soil or plant the correct crops in order to grow according to that soil, you are indeed aiding the planet by aiding its productivity, but if you have not love for the seed and love for the soil, then the second-density creatures which are the object of your dutious tending do not become self-aware, or aware of their own beauty or their own usefulness or their own sacrifice.

10: Beauty, function and sacrifice are three great principles of self-consciousness. They, that is those creatures which dwell in second density, are attempting to become self-conscious enough, that is, invested with enough personal consciousness of self to become fully human and begin to interact and move about the planet to learn the lessons of love once again, those very lessons which they surrender at second-density graduation in order to move into third density, study, think, experience, feel and integrate the catalyst therein and make the choice between fourth-density positive or service to others aspects of love and service to self aspects of that same love.

11: Thus, what one may do to aid the planet begins with the being which walks upon the grass, aware of and thanking the Earth for its energy. It is the entity which forms relationships with those second-density creatures about it, speaking with them or silently caring for them, that invest in love those creatures turning to the light to the point where they not only turn to the light, but know that they are turning to the light. It is your density's confusion as to how to use that light, for, oh, how easy it is to choose to use that light, that power, that glory of being independent, to make free choices that do not polarize one in service to others or in some way to not aid the survival of the entity. Indeed, there are many actively self-destructive souls who polarize neither towards the positive nor the negative, but in a self-destructive manner sabotage the good with the bad, the bad with the good, remaining forever in the well of indifference which lies between the two polarities.

13: The Earth wishes to aid. It loves its human entities. It is aware that much negative energy is being stored within the Earth's crust at this time, yet it is not resentful, but merely rueful that it may be forced to inflict damage upon creatures of third density at some time. This is the natural attitude of one which is nurturing by nature. There is no negative feeling within your planet. That which is negative within your planet are those vibrations which have been placed within it by the thought forms of those which have dwelt upon it. In order to serve those life forms, it would gladly die. May we say that the effect upon the life forms which blew it up would be burdensome in terms of your sense of time.

14: We would like to end this discourse on an encouraging note, and we may, we are happy to say. The planet has hit, as far as we can tell, a critical mass for raising planetary consciousness. It has done so through the help of numerous—may we use the word “wanderer”—wanderers, many of whom have chosen the arts, especially the music, to express their views, so that what this instrument would call “USA for Africa” and other such planetary events, days such as your day of forgiveness and your day of peace being planetary events also, these have aided in an exponential fashion the light quality within the planet which you love.

16: Thus, to be concerned about weather, catastrophes and other things upon the planet, is to be concerned in a macro-cosmic way with that which you should be concerned in a

17.17 1988/06/22

2: We would like to speak about love and we shall be transferring frequently. Because of this use of technique, we shall be identifying ourselves to each of you mentally and we shall be expecting your challenge. However, it is not necessary to begin and end each portion with the spoken signature as we work at this time now not upon accuracy of perception, but upon adjusting the feeling tone of each channel to the highest, the best, and the most comfortable that it may stably be. It is the allowing of fluency which we are encouraging each channel to allow during this training session. We shall begin.

3: “My love is like a red, red rose.” We gave this thought to this channel, aware that the instrument would question it. And well she may. Yet during the channeling process, once contact has been established, it is unwise to question. It is unwise to interrupt. Let us look at the love and its symbol. That which is created is pure beauty. Yet its attainment is often moot. Weeding [around] roses, this instrument is often accompanied by the sore fingers one gets from the thorns which accompany each rose. So is love a beauty. [It is] not an easy beauty, but rather a beauty which may create both infinite joy and temporal pain. Such is the nature of love expressions within your density. Each of you is a hunter in search of its prey, that being love. The trail towards that true and whole love which is the Creator begins with the word as it is used among your people and the most shallow of images which the sentimentalization of that word has produced.

12: In the love is... aspects in... each of these times in your modern language... you tend to use a single term of love that... consciously experiences... in your consciousness of... attracting, imagining of Creator... your experiences of emotion is a gift which also point in... is to say that your experiences involve... expands your consciousness... enable you to contact... which makes us... the source... the opportunities in your eyes are... emotions that you call...

13: To live along the ladder of realization is about love. It is helpful to view what love is for that which we call love is all things seen and unseen, all things everywhere, all consciousness, and all knowing. Love lies not only in the sentimental, not only in the romantic, and indeed not only in those sufferings of love which cause the pricked finger from the touch of the rose's thorn, but, rather, love is to be seen in every possible substance within the universe, no matter what it is, no matter what its connotation to a particle of consciousness such as yourselves.

14: Not only are the fresh vegetables and fruits that you eat divine love, but also that which is excreted after that which your physical body needs has been removed. In fact, one may see your illusion as a swirling mass of love constantly rearranging itself into various patterns in a coherent and intelligent manner. How then does one come to see the love, which is in each moment, in each challenge, in each difficulty as well as in each happiness? How can one see that love is equally at work in peace and in war, in richness and in poverty, in saintliness and in the blackest soul?

17: There is in love the power to create. This is the very essence of that which we call love. Within this creative power is the necessity of what one may see as the mover and that which is moved. There is the further refinement into those qualities you see as that which is good and that which is evil. That which is radiant and that which is black. That which is male and that which is female. By these polarities, or should we say by this polarity, and its many expressions is all of what you know as creation set into motion and through this creative motion does the Creator experience that which is Itself creating and creating, recreating ever more varied and pure forms, portions of Itself that allow it to experiment and to know what it is to be. In just such a way is each conscious entity within the creation able to know this very same thing: what it is to be, to move, to be moved, to love, and to be loved, to experience, to grow from experience and to create the self ever new. All creation moves through this polarity.

18: Thus does each portion of the creation then find avenues for knowing the self, the creation and Creator. All of this is accomplished by the power of love, which moves every particle of your existence and in whose field of force and flow one is always moving in harmony, whether one is consciously aware of this movement or of the harmony or not.

19: Yours is the dance to experience the self-conscious aspect of love and to refine this aspect into a selfless kind of love that learns to move beyond the boundaries of that which you iden-

tify as your own self and your sphere of influence, shall we say.

22: Every action that you take is an expression from the Creator's... for are you not... Creator? Love in itself is perhaps more properly said that Creator is love... the expression of consciousness... some simplistic explanation... is that... many of the people on your planet, even those who express love... to others fail to accept the example of the Creator's... each to love himself or herself... love is like a flower that blossoms and... heals the self and... acceptance of the self... 24: To encourage a seed one offers it the manna of sunshine and water. The seeds of love will grow in you as you pay attention to the most mundane and everyday duties and responsibilities, pleasures and pains. The suffering you may see as the dead portion of plant or animal matter that has been sloughed off, excreted, removed from its roots and left to move back into the larger infinity of the impersonal love. The attitude informs the eye rather than the eye, the attitude. Thusly...

27: Thusly, it is in working with the tools and resources of meditation, contemplation, the listening ear, and the eager mind that love may begin to bubble within and call to the love without so that infinity may begin to hollow a channel through the soul of each seeker. If the love within is unmoved, the reception of love from without shall be hollow, not finding the answer within which produces joy under any circumstances. May we encourage each of you to practice love. Some have called this the prayer without ceasing. We call it observation. More and more use those tools which feed you on a daily basis, which instruct you to move the mind to its center, to its peace, its joy, and its understanding that when the eyes see that they may perceive in a certain way, a way which renews and transforms that upon which the eye has fallen. The eye which sees through the illusion of each perfect petal and each sharp thorn of the rosa mystica, which is the valley of the shadow of death.

28: Gaze at the incarnation before you. Gaze quietly and realistically. All of the dance of this illusion is a dance rejoicing in life and rejoicing in death for each of you in incarnation have come from infinity and shall move again into infinity at the end of the time allotted for your lessons here. May you find the bubbling spring of love within, the God-self, if you will, that calls and desires with purity to infinite love that there may be a renewing of passion, a caring, about each moment of life. Such enthusiasm is infectious. Love may be transmitted from person to person and as one person and then another joins the host of those who seek to move in harmony with universal love more and more may the face of the earth be renewed. And the Creator ever more gladdened.

38: On another subject, yes, and I thank you for that answer. It is not an easy one, but certainly offers a pattern of working with it. The other question is similarly specific and I similarly expect you to generalize. I have experienced sexual infatuation many times and what I considered at the time to be an experience of being in love, once when I was 17, 18 and 19. When that experience was ended for me, I assumed that that was the love of innocence, which I would no longer feel and for over 20 years this was, indeed, so. My love for people was steady and strong and for those with whom I was intimate, most loyal and sturdy. And above comfortable in the sense that I did not feel helpless in the face of emotion. In the middle of my forties, I find myself once again experiencing that which is either sexual infatuation or being in love. However, unlike my younger days, I experience this not as a steady state, but as an extremely unsteady state, which resembles at times an emotional roller coaster. This has caused me to doubt my perceptions somewhat and to question the nature of what we call romantic love. Is it an illusion within an illusion? Is it indeed sexual infatuation carried over a longer period of time? Or is it something that occurs as a natural form of universal love?

39: I am Hatonn. And you ask me clearly [that] which is most thoughtful and considered and offered for our consideration as well. We may suggest at this time that the emotional aspect of the experience of love which you now are in the process of examining is in a close manner connected to your overall experience of love and its application to your personal identity. We apologize but we are having some difficulty transmitting these thoughts to this instrument. The symbolic nature of all experience must be kept in the corners of the mind when attempting to evaluate the value of any particular experience upon your life pattern. And again,

we would turn your gaze inward, not wishing to negate that which you feel for another, but wishing your focus to include the self and its need for and deserved nature of love.

42: Using my intuition, and thinking upon that answer, I would simply ask you to confirm the following possibility. I believe that I came here to give, not to receive, and I believe that in the environment and relationship with which I am experiencing these feelings, this extremely deep level of love may well be the one thing which I may give to my other self which is a truly selfless gift. And, therefore, a gift which balances the extreme amount of love offered to me. Perhaps balance is the wrong word. But I will let it rest and ask for a confirmation of that, if it is indeed on the right track of what this emotion is doing in my life at this time. In other words, that it is not for me, but for the person to whom it is given freely.

46: Meaning love for myself as well as love for another?

17.18 1988/06/29

7: Most often we discuss the love and light of the infinite Creator. In fact, in every discussion which we are privileged to share with those who seek to hear our voice, we speak of that which is all that there is, love and light. Yet these, like any other words, are cold and damp. It is passion, imagination, creativity, hope and daring which invest love and light and life with the energy needed to accomplish.

9: Now, each of you knows those who are passionate about certain activities, and each of you knows within the self that each is passionately devoted to pursuing the mysterious face of a beloved but invisible Creator. In third density, that which you enjoy now, you are learning to experience using time. In time, there is the capacity to either intensify what one thinks or to disperse what one thinks, to intensify a feeling or to disperse a feeling. In time there is the making of choices, the finding of one's own passion, one's own heart, one's own true ground of reality. It's not an easy task, for emotions must be purified to a certain extent and the will brought to bear upon the desired object. Those who wish to be channels for love and light, regardless of what their service to others is, need to feed the intensity of their love for the Creator, need to allow time to feel the intensity of the Creator's love for each of its creations.

10: The passionate affair that you experience with your Creator is an eternal passion, a holy and divine love, yet it is the free choice of any, no matter how well learned or seemingly advanced, to choose to intensify the life passion or to choose to relax and rest and let passion drift away upon a sea of detail and mundane activity.

11: There are exercises which hone the will and purify emotion. These exercises may vary from entity to entity. The most simply efficacious of them, of course, as we always suggest, is meditation. The will that drives one to a daily meditation is a free choice intensifying the emotion of love from the Creator, that a seeker pursues in the silence of meditation, in reading words of inspiration and contemplating them, or in prayer. Remember the saying of the master known as Jesus, "Let your yea be yea and your nay be nay," and find within yourself in a daily and dedicated fashion to recommit yourself as if it were your first choice to living and expressing as much of the Creator as you can. Vocal channeling is one way. There are an infinitude of other ways to serve your fellow man, but without passion to stoke the fire within, the energies which are locked in eternity find great difficulty moving through the blocked channels of the electrical and physical body.

27: May you find that passion, may you rediscover that passion each day, may you become more and more purified and intense until you have moved into that kingdom where the life experience is created by the self, not by reaction to outside influence from the illusion. The key, of course, is meditation, but we are equally desirous of expressing our beliefs that for each serious thought, each deep philosophical utterance, an entity must needs observe and laugh at the absurdities of the illusion, the dear eccentricity of humankind, the ultimate, bleak, black, but funny happenstance of life lived in the shadow of death. This is your legacy of a being incarnate in third density. Each of you knows you are eternal and it is for this reason you wish to serve. Find the passion in that and hone it as if it were a weapon, a weapon to pierce most sweetly the hearts of those ready to receive love and light

and life and joy.

35: Meditation, as you are aware, may be used for a number of purposes. Many there are [who] utilize that peaceful moment for the solving of a persistent problem. Others for the visualizing of healing or loving energy being given to those in need of such. Yet others will find the goal of their meditation to simply [be] the obtaining of a blank and quiet mind to listen, shall we say, to the infinite silence within oneself. Others, as you are being more well aware, utilize the meditative state for the purpose of receiving information of one nature or another, in one manner or another, in visual images, in feeling tones such as we have accomplished here this evening.

46: I am Hatonn, and our only comments this time would be to suggest that this experience is a good example of the ability of any entity to transform that which seems difficult or negative into that which is a thing of beauty, for within the entire creation there is no being other than the one Creator. Though in many disguises does the one Creator move, the attitude of taking the snakes within your own being in the welcoming embrace of love and compassion is the attitude which will serve each seeker best, in our opinion, when dealing with any difficulty, for the seeming difficulty and negative experience with which many seekers of truth encounter upon their journey are not encountered in order that the seeker be required to prove itself in any particular fashion or to make of the seeker any kind of victim, but these experiences are encountered in order that the seeker might be provided yet another opportunity to see within the face of another self and to welcome each experience as though the Creator stood before one and offered to one the fruit of experience.

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4: Thus, we shall simply be adjusting to each of you during this pause. We ask that you do not fear us, but simply remain passive and allow us to attempt to adjust within so that when we do work with you in the vocal channeling, you will feel the least discomfort possible, even the first time. We do not wish to cause any discomfort. At the end of that time, we shall again move around the room, offering each new channel an opportunity to hear and respond to the announcement of our name and that in which we come, that is, the love and the light of the infinite Creator. This is our statement of who we are, and we do our own challenging of those contacts among your Earth people that we do use. So you see it is a true partnership; one in which perhaps we supply all the concepts but certainly one in which the conscious channel makes a substantial contribution of vocabulary and thought. For this great effort, for this desire to serve, we thank you. And now we shall pause for this period of adjustment. I am Laitos.

37: I am Laitos, and perhaps you are getting tired of hearing my name by now, but perhaps there are questions you would like to ask. We are extremely pleased to have begun our work together. No matter who else is with you during this process, we offer ourselves at all times to you as strengtheners of meditative states and as comforters, for we are those of love and it is our dearest pleasure to offer support and service to those who call. We would at this time transfer to the one known as Jim, that those questions which you may have may have the opportunity for the answering. We thank each, we are pleased with each, and we look forward to more work together in the service of the infinite Creator. We now transfer.

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3: We ourselves seek the truth. This is our journey, a journey we have found to be full of joy, love, companionship and power. We may also say we have found the past to be one of many ordeals, one of long discomfort, from time to time, as you would say, challenge and difficulty. Such is the nature of the illusion that you call life, whether or not the choice to seek accelerated spiritual growth is taken. However, with the accelerated spiritual growth that comes through a daily practice of meditation and an honest attempt at service to others, comes growth and change. And there is no change that is not painful to those within material forms.

4: And so we speak from a standpoint of joy, gazing at an illusion in which such suffering must take place in order that the

lessons of love might be learned, for love is another way of saying the Creator, not a weak love or a romantic love, a family love, a national love, or a world love, but a love that is so creative it has often been described in terms of fire and passion, a divine passion to conceive a world that would speak to the Creator of Itself. And so each of you dwells within this illusion of life upon your planet, experiencing each other while the Creator experiences all. Each of you, then, is infinitely precious to the Creator who loved enough to create you and all that there is.

5: This loving Creator has given to all within each density of existence that which is called free will, and therefore one may choose to sleep and enjoy the illusion, thinking not of what is beyond, but enjoying the beautiful planet, the companionship of friends and family. This is quite acceptable, for progress will still take place spiritually—it merely is at a slower pace than some would prefer. We speak to those who would prefer to accelerate the pace of their spiritual growth. 7: You may have noticed, those of you who seek to serve others, how very difficult it is to serve others, for to serve others truly is to know that which they would desire or require and to give them that which they desire or require without question. This is difficult service to perform. Nevertheless, the instinct for service to others is a sign of wholeness within each who feels it, a sign that a choice has been made, the basic choice that this entire illusion was designed for each seeker to have the opportunity to make. Shall you choose to serve yourself, be numero uno and follow those false images of the self which your culture would give you to wear as masks? Very well. We are with you in love and light and honor you as perfect beings. Do you choose instead to surrender that small self, that self of ambition, greed and hunger, to empty the self of petty things, that instead a greater self may assist your consciousness in more rapid growth and service to others? Very well. That is why we are here, that is why many are here—to help those who do wish to progress.

8: It is in this context, the knowledge of suffering in general, the knowledge of the difficulty of service to others, that we address the matter of channeling. Channeling is one of many, many ways of service to others. It is a way of engaging the highest and best within the channel in a collaboration with a deeply impersonal source of love, which we are, that has what we may call the larger point of view. We, as contact, and this instrument are equal partners, respecting each other, experiencing a growing friendship with each other and a respect for each other that cannot be underestimated. This channel is most careful to challenge all spirits, and we are most thrilled that this channel is so inclined, for our service is that which could easily be missed, for there are always those who do not come in service to others, who would wish to take the new channel and move that channel away from the highest and best tuning that is in that channel, the goal being to dim the light of channeling, seeking and the group sociability that adds so very such to the light network upon planet Earth.

9: How difficult it is to be of service, my friends. How difficult it is to share without pushing your opinions upon someone else, without moving from inspiration to doctrine. Yet, this is the hallmark of channeled material. This is our service to you, to attempt to provide information and inspiration, not that of which is wise, but that of which is compassionate, loving and serving. We speak of the one original Thought to those who would wish to hear of that great Logos called love, that one original Thought that made in unity all that there is so that you are members, one of another, and all of the Creator.

10: Why would any who wishes to be of service to others choose a sacrificial way of giving? In the beginning many things seem like sacrifice. When a mated pair has a child, the father sacrifices his freedom. He must provide now for a small and fragile entity, a stranger, so he thinks. And what of the mother? Ah, what freedom she loses, what sacrifices she makes, yet the joy of knowing, loving and sending forth into the world a small being is so far from describable that it would make most parents laugh, for the joy they have received is inestimable.

12: Can channeling help people? My friends, we believe that the answer is yes, or we would not be here. We believe that each who wishes to learn to channel is an unique being, has an unique vocabulary, experiences, and way of thinking. We have one very simple message to offer—the message of unity, of perfect compassion and love which brooks no judgment, of

the reality of peace and joy that is intertwined within the illusion and transcends the illusion also. We urge people in our channeling first to move into meditation and experience peace, quiet and love until, through meditation, the seeker has become ready to feel well about the self and move on into service to others. There is the beginning turning inward, and we who channel attempt to support that and encourage the daily meditation, the contemplation, the talking with those of like mind, the rejoicing in companions upon the path.

18: Do you wish to be of service by channeling? By teaching? By offering the self in the deepest way that is important to you, that is the essence of yourself? We encourage you to the ordeal, for no matter what you give to others—and you cannot judge that—you shall daily be working upon that self which in its being is love itself. It may seem selfish to continue working upon self-realization, to continue working until the self feels entirely self-worthy, self-forgiven and self-esteemed. Yet, must you not love yourself to love your neighbor enough to give all that you have sacrificially, that that neighbor, that perfect stranger, that face of the Creator which is another part of yourself—to give to this entity is surely a wonder and a blessing. And yet that entity shall give back to you more than you give away, so the end of the suffering is always joy.

20: In such a way does love indeed conquer all, yet it must be true love, true service and a true feeling of unity. We do not underestimate any of the negative parts of being of service to others through vocal channeling, yet it is our humble opinion that to attempt to teach the laws, shall we say, of love is an attempt eternally blessed, eternally gratefully received by a world hungry for inspiration, and certainly one excellent way of sharing all those experiences which have combined to make you the gem-like faceted, crystallized soul that you are, for in channeling the instrument shares deeply of the self in a way not usually available within your culture.

23: We bless each, we welcome each who come to us as vocal channels. We bless all who do not but who seek to serve the infinite Creator, all of you in your own unique ways. May you be faithful and persistent in your seeking, single-hearted in your desire to know the mystery of the infinite Creator, and above all may you love each other and attempt to serve each other, for as you do so, you shall enter what this instrument would call the Kingdom of Heaven.

24: Yes, my friends, the Kingdom of Heaven lies within you. Offer yourself sacrificially when your time has come, and you will not feel the pain, but only the joy, a joy without end, for you dwell in eternity when you seek to serve. May you always be merry, my friends, for the seekers upon the path must laugh, must make the jokes, must have the light touch. Do not be solemn in your seeking, or flail yourself with the sackcloth and ashes, but keep yourself self-forgiven and open yourself to the utter redemptive perfection of the infinite Creator's love.

32: There are beings in each realm of existence which are responsible for enhancing, shall we say, the communion of the plants and the animals with each other and with the Earth itself. They are such as you would see guides and teachers of your inner planes in their function and relationship to third-density creatures. They inform the various plant and animal life-forms according to these life-forms' desire to gain a self-conscious awareness which is the hallmark of your third-density population, for all of life moves toward the light and love of the one Creation, and all of life has those helpers or guides which assist in this movement, the assistance being necessary for those who are less aware of that towards which they move, and which, by their desire to move in that direction, call for the assistance of those who answer. In the case of the plant and animal life-forms, those who answer in many cases are those who you would call the nature spirits and the devas.

54: I am Q'uo. This is correct, my sister, for the endeavor of the seeker of truth is that which increases the polarity or the ability of that entity to welcome and enjoy the love and the light which is a power of the one Creator. Just as your battery within your automobile is able to function because of the potential difference between the positive and the negative charge, so is the seeker of truth able to do work in consciousness according to its ability to polarize itself in the positive, or service-to-others fashion, in an effective manner.

81: I as Q'uo, and we would comment upon your comment by suggesting that indeed all entities, whether of positive or negative or of no polarity, are a portion of the same creation

and unconditional love for yourself and what you perceive as other selves. As long as there is that within you which feels unacceptable, then you judge the same to be unacceptable in others. I am not denying that anger causes you pain or that your son's anger causes him pain. But he will need to work with that pain on his own. So, the best gift you can give him is first to begin to look closer into your own anger and to reach a point where you truly can accept your own anger. Then you can begin to accept his anger, so that when he is angry he still feels love from you. In this way, he can begin to let that anger drop away, to be honest with himself about it, and to understand it more clearly.

12: There is one more issue here that needs to be looked at. Why does a being choose to incarnate into a situation where he will feel different in any way, where he will become angry? Why does he choose to subject himself to those catalysts? It would seem to me that it is likely that you both have this issue of self-acceptance. Sometimes one needs the catalyst of anger in order to be challenged to look at one's feelings more deeply, to uncover the love, and to nurture that.

13: There is a story told about a spiritual teacher named Gurdjieff. This Gurdjieff had a spiritual community in France; and living in that community was a man that was intensely disliked by all, including himself. He was slovenly in his personal habits. He was rude and abusive to others. He did not do his share of the work. Finally, feeling the dislike that surrounded him, he packed up and left. Gurdjieff went after him and begged him to come back. The man said, "No," at which point Gurdjieff offered to pay him to come back. The people in the community were aghast. They said, "How can you bring him back?" Gurdjieff said to them, "He is the yeast for the bread. How can you learn about compassion and forgiveness when you live here in a community of such perfect harmony—beyond this one man—that you have nothing to be compassionate about, nothing to forgive? You need him to help you learn compassion."

14: One who chooses to incarnate into a situation where one lives with anger is choosing that situation to prod oneself, one might say, to learn a deeper level of forgiveness and compassion. Of course, one starts with the self, finding acceptance for that anger in the self so that one may not judge that in others, but may love that, and all aspects of all beings. How does one love another's anger? It is not the anger that one is loving, it is the spirit of the being itself, which is pure and holy and beautiful. The being is not its anger nor its greed nor its fear. And yet you constantly create this duality, and so much of your work is to move beyond that.

15: There is one more specific thing I want to say about your son. Please remember that each being is always exactly where it needs to be, regardless of surface appearances. For a parent with a child, this idea takes a high level of trust. You can open doors for him, but you cannot push him through those doors. You can do nothing with his anger but to love him and to love yourself. As you create that doorway through your own power of love, when he is ready he will walk through it.

21: Let us gaze at anger towards the self, for this is truly the spiritual situation. Has this seeker allowed an awareness of its own anger to ripen and mature until it can look at that anger it feels without judgment? If all entities possess in potentiation all qualities, should it surprise one when a seemingly negative quality appears in the mirror? Must you turn away from the mirror because it is too painful to see the self which is that behavior and painful experience of the other self? The best teacher of accepting the negative aspect of the self is the drawing of the attention, as the one known as Aaron has so rightly said, to those many times when one is experiencing, either in one's own mirror of self to self or in the mirror held up by another to the self, all the loving, compassionate, helpful and wise portions of the self. The beginning of the healing of self-judgment is the awareness that the mirror does not always show the negative or negatively perceived aspects of consciousness.

24: Always, infinity is at the behest of one which chooses to remember the infinite Creator and the love the entity has experienced from this great source of love. Thusly, in healing the self-judgment, the parent is then able to express itself as an healed and whole entity, and is thus able to give whatever it may find possible to give out of a fullness of heart, a total and 360-degree acceptance of the self, knowing that the self is indeed all things, positive and negative, as is perceived within the illusion. When this healing is complete, then the

entity may simply sit with this anger from another and see it as a catalyst which has done its job already.

25: There is eventually no self-perceived need to assign any quality to the other self, for that quality has clearly been seen within the self and forgiven within the self. It is in this acceptance and rest that the child may come to believe that it is possible to be miserable and yet to be hopeful, for the child knows well the parent and knows well the parent's version of this same negative trait, as perceived within the illusion. When the parent authentically establishes an healed awareness of self, when it is capable of saying, "Just as I am, just this much is perfect in a way I do not understand but perceive by faith alone," then compassion flows from that womb which is the true heart, which is ever pregnant with the fullness of love and ever propagating itself in seeds of fullness out of fullness that may rain upon those about it. Thus, in finding the peace and acceptance of the self, one finds the acceptance of the unquiet mirror offered by another self.

29: What is concern but a kind of fear, fear lest that loved one not be happy? We ask you, can any entity create happiness either for the self or for another? The answer, as far as we know, is that happiness is like a visitor that never stays long. It brings its gifts, it holds in its embrace the self, it shares in rejoicing and love; and quickly, perhaps before the self has even grasped the source of this happiness, the weather of the emotions becomes cloudy and the happiness is gone, leaving the self, perhaps, to brood overmuch on loss of happiness.

31: Each of you sees the self, unless one is careful, as a solid object; that is, a solidified being which is such and such a way. However, the present moment insists that there is no solidity of being or of the qualities of being, either positive or negative, but rather that the present moment flows from present moment to present moment to present moment. To see oneself in process, and that the process is ongoing in far more large terms than one incarnation, is to allow oneself the perception of the enormous malleability and plasticity of the self in process: The Creator is not done with any. None is finished. All are in process. Let this sink into the heart [so] that it feels less and less judgment; and when it experiences judgment, it accepts that judgment also as a portion of the self. When all is seen clearly, choices may be made more skillfully. Once the element of fear is removed, the loving heart is content to offer itself without condition and without over-concern for the pain of a beloved other self.

38: I have just a short question. Most was answered by the previous channeling. My question is, in my life I am looking for love, for someone to be with and share my life with. I realize that I have to accept myself, and there are many things about myself that make me angry and that I cannot accept. I realize that I have to do this first. My question is, While I attempt to accept myself, am I being counterproductive in even attempting to find this love outside of myself?

40: I am Aaron. I understand your question. It is never inappropriate for the heart to seek what it desires. Yet I believe the confusion here comes from not being certain what is desired. There is that part of you which finds itself to be lovable and loving, and wishes to share that love with another self. The fact that you have not yet been able to do that speaks to the fact that there is also that within the spirit that pushes away that intimacy. In short, when you think that you want something and yet hold yourself back from that, you must ask why.

41: I see a number of possibilities here, and would ask you to choose what seems most appropriate to yourself and discard what doesn't fit. One possibility is that while such intimacy is desired, there is also that in yourself which feels unworthy and is afraid to open itself so closely to another for fear that another would recognize that unworthiness. I spoke of this earlier today to a friend, saying that within each being there is what I call the what-if-someone-found-out? space. You see yourself as a loving being. You have work to do, yes, but [are] still a loving being, a spiritual seeker, and a good and caring person. And yet within the self there are so many emotions, so many forces that you can't accept, that each of you cannot accept. You are each like an iceberg with what is acceptable being that small bit that shows above the surface and so much buried that you have not been able to accept. As you progress on your path and become mature and responsible and more highly evolved, you become harder with yourself. When there is anger, rage, greed, jealousy, or fear, there is a strong "I shouldn't"; but you can't keep this separate from the self.

in eternity. To realize that you are eternal, imperishable and one with the Creator, to affirm that, to give praise for that, to give thanks for your blessings—these are things which take seconds but which may turn the mood completely.

26: Now, we have observed that among your peoples it is considered an acceptable hobby, shall we say, to worry, to be concerned, to question the self and to feel insecure. It would be a miracle if this were not so, for you have outstripped your spiritual seeking with the creation of many powerful gadgets. So, you are as if those in grade school, handling the materials that you shall receive many grades hence, and you must always remind yourself that you must turn your mind back from high-flying ideals and concerns to the moment, which is eternity, that present moment which resonates forever. When you are there you will hear the cries for help and you will be able to respond, not out of duty or out of feeling that you should respond, but because you see a soul in anguish and you wish to give comfort. That first soul in anguish is yourself. Therefore, we encourage each to work steadily on the disciplining of the personality so that when negative thought patterns occur they are recognized, discarded and replaced with an attitude of affirmation, love, praise and thanksgiving.

30: I am Q'uo. We shall continue. And if you gaze at the universe, not with a jaundiced eye, but with the eye of a merry child, one may see the comedy amidst the tragedy that is life as you experience it. The light touch, the sense of humor, is extremely helpful in lightening stress. To laugh is to be within the Kingdom of Heaven. To be in close love and harmony with another is to experience the bliss of that heavenly kingdom. These are things which are from time to time available to each of you. When these blessings surround you, recognize them. And when non-dramatic blessings occur, cultivate the habit of thanksgiving and praise.

36: We may say in a practical manner that it is much to be desired that entities choose those means of earning their daily bread, those relationships which are close, which add to one's peace and bliss and love. The taking of the job which is not desired is a self-destructive action unless one is so convinced that one needs to do just that in order to support one's dependents that it is worth the sacrifice. In that case the stress level should reduce itself dramatically in that the entity is aware that it is playing a role on the stage of this illusion for which it has not been well cast but it cannot find other parts to play at this moment and so it is doing the best it can with what lies before it.

39: Thus, we suggest that you work towards that fundamental choice: to do the will of the Creator, your greater self, which you and your greater self have arranged for you. This day and every day a life in faith is a life that glows from within. We cannot protect you, and we do not wish to protect you from the catalyst of your environment. It is intended to be challenging. It is intended to force you to make choices. Knowing what those choices are all about should aid each, and, as always, at any moment that you have leisure, move in consciousness to praise and thanksgiving for your consciousness, for those whom you love, for all the good that is within your life and for all that awaits you in that larger life of your imperishable soul.

40: You must refrain from seeing the self as victim, and, instead, see the self as student, student of life itself. This illusion was designed for you to study the laws of love and to become one who is radiant and has chosen to give love regardless of what it gets in return. This is your environment. The actions that you take within it are totally of your own free will, but if you have the faith and the will to know deep within yourself that these things that occur that are difficult are truly challenges to the spirit, then it is easier to do the work in consciousness that needs to be done. It is easier to recover a feeling of thanksgiving, a feeling of praise. It becomes easier to realize how incredibly blessed each is that each is experiencing and has consciousness.

43: We admire you, we wish very much to serve you and aid you. You are working harder than you will ever work again. But this is the important choice. This incarnation that you have now is an opportunity to choose once and for all to be a being of love, radiant, giving, sharing and loving. Make that choice and continue to polarize and the stress that you feel will bleed itself away as you find more and more things for which to give thanks, for which to give praise, for which to offer prayers. Do not see yourself entrapped in the illusion. It is an illusion. Look within to the great, vast reaches of the space within you, the space that is exemplified by the night

sky. You carry infinity with you. Move into the present moment in thanksgiving and praise and rejoice.

50: This ability to accept that which is unacceptable is not easily won within your illusion, for there is much that is not as you would have it be. You, each of you, you seek for those qualities of unconditional love, of clearly illuminated wisdom and for the power to be of service to others. It is well to look at those qualities that are unacceptable, wherever they are found, and to see them as some aspect of the self, whether they are obviously of the self, or of other selves, or of your environment.

18.36 1989/09/24

5: There is much talk about the Creator, and love, and service to others, but before an entity can move sincerely and wholeheartedly into service to others, love of a mysterious and unseen Creator, it must somehow discipline the self so that the self realizes there is more to the self than the everyday experience. There is hardly any other reason to attempt spiritual evolution on an accelerated basis. One has to achieve what this instrument would call the mountaintop experiences as clues, harbingers and messengers of the more light filled illusion of one less distorted from the original Thought of love, that is, the one Creator.

7: Mystery abounds in your illusion, however those who are most respected within your culture do not deal with the mystery, but with the illusion which they can manipulate as they cannot manipulate the noumenal, the unseen, and the mysterious. Therefore, it takes a different kind of scientist, shall we say, that is, one who wishes to know, and that is the scientist who is a true scientist, who simply wishes to understand—if we may use that term—the nature of its illusory environment, and the steps, tools and resources that are necessary stably to move the self in greater and greater rhythmic harmony with the one great original Thought of love.

11: We find meditation more acceptable than the guru/chela relationship which this instrument is aware of, for though the teacher to the student, the student becoming a teacher and teaching the student, is acceptable, again the guru, which one adores rather than adoring the Creator, is perhaps missing the fact that the guru, the student, and the Creator are one, and all of them are love.

15: Thus, we encourage you to encourage each other, in love, by loving each other; by honesty with each other, by serving each other; by communicating with each other. The consciousnesses within each, then, are together attempting to move into a more centered and focused place within the mind where the illusion is not subject, and where the unity of all things may begin to be felt in an organic fashion so that it is not intellectual knowledge, it is not remembered knowledge, it is experienced knowledge, and not experienced because of something outside the self, but experienced because each seeks to know the truth, seeks to serve each other, and seeks to worship and love the one infinite Creator. Worship may be done in many, many ways. We do encourage each to cultivate the ability to worship, to bow down and give thanks, praise and glory. We do not feel that there is any semantic difficulty, for all stories about the Creator are effective to some and not to others. It is a matter of finding the path that is truly most excellent for you.

17: To be able to live in love is not given to many. For most, the struggle towards the love that lies beyond our definition is a long one, and there is no proof that there is such a Creator, that there is such a love. Indeed, within the illusion, the finger points towards a creator of chaos, dishevelment, constant worsening of conditions, and an eventual suicidal end to the human race. You may gaze at the illusion, or you may seek in silence for the truth. If there has been no experience of worship in the life experience so far, perhaps it is not so bad an idea to use a chemical, or the shamanic dancing, or the Sufi dancing beyond exhaustion, so that one may at least feel an objective referent to the feeling that all are one, and all is love. But it is not well to depend upon any exterior influence, for the mind, the spirit, are not of you, which is true, and by mind we do not mean that biocomputer which is the brain, but rather the consciousness which uses that computer. Do not let the computer use you. Stay with the heart, stay with the emotions. Herein lies your deepest mind, your canniest intelligence. One must be cautious to ensure that one is not simply acting whimsically. One must take thoughts

of change into meditation, and feel deeply the guidance that comes with each step which you have prepared for yourself within this incarnation. Move past yourselves by all means, for you are unlimited and imperishable beings. You are infinite and you are eternal. Seek to feel that consciousness. Seek to feel that worship, and that unity.

56: [footnote start]Carla: In some of the older material, I can remember this being used, most specifically by George Hunt Williamson's channeling of Brother Philip where Philip referred to fourth density as the density of love and understanding. I have tended more recently (post Ra Material) to use the "understanding" part for fifth density, however, and reserve the fourth for "love." I don't think that literal understanding is fourth—we have to love first, then go for the counterbalance of moving the mind in again.[footnote end]

18.37 1989/10/01

3: You ask about worship. We find that worship is a daunting word in your society. Worship denotes that which takes place within an acceptable church or temple. Worship is that which is finite. Worship is that which is ritualized, and so forth. In this way, many of those who are unable to deal with the proliferation of doctrine and dogma in settled religions find that they have lost the ability to worship, for they have lost their innocence, shall we say, and no longer believe that the Creator is separate and far apart from Its creation. Each seeker becomes aware subjectively that the Creator is imminent and at all times with each seeking entity. It is the entity's decision to open the door to Love.

5: There are many distortions within this way of worship involving, of course, the unfinished business of humankind which the most enlightened teacher still has to experience. Thus, the adoration is often less than pure as the entity is less than a pure representative of love. So, we shall turn to the options available to those wondering whether to worship within a structure made by others, a structure made by the self, or simply in silent communion.

8: The purpose of the emotions evoked through worship is to so purify and clarify within a seeker the emotions of unconditional love that the entity becomes aware of the Source of unconditional love. When it is realized that the Creator is truly within, and the whole creation also, then it may be seen that it is an internal matter: the small human self through purified emotion opening the gateway to a deeper and deeper awareness of the Christ-self, the Creator-self, that is the core, the reality, the beginning and the ending of each.

10: The understanding which each gathers is extremely helpful within this illusion and is intended for instruction that one may learn how better to love. However, all things within the illusion are distorted, not only the general things but the specific things in each entity's life experience. Each sensibility receives and perceives information in an unique way according to the eccentricities or idiosyncrasies of that entity's personality. There is a great problem with those who have come to an understanding that the Creator is within. Does one wish to worship the self? One would think, surely not—the self with the clay feet and the foolish mind and the sometimes unsteady heart. Worship is not possible from any entity. Worship is an emotion that flows through the entity.

11: Now, the beginning of worship is a clear realization that the true self of you is the Creator, that you are love, and that within you is the capability of manifesting or channeling the love and the light of the infinite One though each of you are within a finite illusion and, therefore, are unable of yourselves to generate infinite emotion. Within your culture the attitude toward the teacher is not that of adoration and worship. Within your cultural nexus this would seem to be blasphemy. The next great step, then, in preparing oneself for worship, is to yield up the humanness of the self, gladly, willingly and eagerly, to release oneself from the limitations of making sense, of being rational, of analyzing, thinking, concentrating, pondering and so forth. An emotion is experienced; it is not an experience. It is that which occurs to one.

13: Now, you see many, many wish to be of service to others. Many feel the need to express love to others. But first there must be two realizations. The first realization is that the Creator loves you with a passion most intense, for you are a portion of the Creator experiencing Itself—love experiencing love. True worship is a response to the unconditional love that lies at the center of the universe and of your being.

Within you is infinity and within that infinity, an infinite intelligence. And this principle is one of love and so all that there is is love.

14: Yet, you would wish, and we would recommend, that you strive to attain the emotion of worship, for within the process of moving toward worship one first dies to the self. That is, one releases oneself from one's humanity, one surrenders the self to the greater Self that lies within in complete trust that that which is love may be answered with the most profound and purified love in return.

17: Your physical shells are illusory. Your creation as you perceive it with your senses is illusory. And, indeed, the reason that many mystics are able to continue worshipping within the established church is that they have been able to separate themselves from the judgment of Self versus self and are able to see teachers, such as the one known as Jesus, not as objects of worship and adoration, but as worthy entities leaving a legacy of wisdom and compassion. Because of the times in which this entity offered its ministry, all of the senses were valued, and, thus, each sense was stimulated to align the mind to obedient and complete surrender to that greater Self within. The music, the incense, the taste of body and blood of heaven, the smells and feelings of those buildings which are considered holy and which have been upheld in prayer, occupy the surface consciousness to great extent, thereby making it far more easy for the entity to move deeply into the self and open that inner door which none other shall ever open, to find love waiting, love so profound, so undeniable, so joyful that one cannot help but love, worship and adore in return.

20: If the seeker seeks within the organized religions, let the seeker's seeking be daily and not dependent upon that which one does for service. For without worship, love and adoration of the one infinite Creator filling one's soul with inspiration, the services to others will not be of the highest and best that you may obtain in this stable manner. They will be distortions of that expression, distortions which are designed by the surface self and which therefore limit the infinity of the outpouring of the love that is the principle and nature of the Creator and of creation.

21: To be in worship and adoration is to walk the path of angels. To move from that path to the daily round of activities is a sorry shock for most. Yet, we would suggest that it is the daily grounding of the self in surrender to the great Self within that may bring that eternity, that infinity of love into manifestation through the very being and nature of the entity. There is much sacrifice in this path, but as the teacher known as Jesus said, "I do not come to bring peace, but a sword." That sword shall refine and refine the choice that each makes to be of service to the infinite Creator. The peace that is found in the service of that infinite Creator is a peace found only in complete surrender.

22: This is the sticking point for many who do not wish to surrender what seems to them their free will in order to worship that which cannot be seen, that which is intangible and has no objective referent. It seems equally improbable that one would worship another or that one would worship the interior of one's being. In daily meditation, in listening, and in opening that inner door to that principle of love which meekly stands waiting to enter, is to begin the process of spiritual evolution that results in what this instrument would call "praying without ceasing." When one is conscious always of the greater Self within, the life becomes effortless and flows naturally as the spring of love wells up infinitely through the entity to the surface entity and then into manifestation to others.

23: Emotions are not understood well or given appropriate importance within your illusion, for each prides itself upon its rationality, its practicality, and its common sense. These functions are those given to your biocomputer of your brain and these functions are extremely helpful in making choices, analyzing situations, and moving towards the spiritual by asking questions of this type. However, there will not be enough energy for anyone to sustain a manifestation of service to others unless that entity is feeding itself with the heavenly food of recognition, surrender and worship, and finally, dedication to be true to the enormous love between the greater Self and the expressing self within the illusion.

24: Each of you sees yourself as a being progressing through the years, growing older, and facing the leaving of the physical vehicle. What will you bring with you? What is your permanent personality? It is the biases that you have gained

of God and yet yearns toward connection with God. And although it feels itself to be unworthy, the force of its love is what gives it the courage to seek that connection.

27: How can you allow the force of your love to come to the forefront of your awareness so that it can lead you into the full knowledge of all that you are and always have been, to lead you past that fear that calls the self unworthy? You are both. As long as you are human, you are not intended to be perfect. What you perceive as limitations are not limitations at all, but merely the teaching tools offered by this density. You do not have to get rid of fear or anger or greed. All you need to do is to allow what beauty is there to flourish and bloom. And the fear and anger and greed will fall away, because the knowledge that was gained from them is no longer needed.

33: We are attempting to offer tools and resources to the third-density entity for working toward the state of allowing and accepting. A great resource for doing work in consciousness is creative visualization. The closer the visualization comes to resonating with the timbre of memory, the better the chance that it will aid the entity at deep levels of emotion, those levels of emotion which contain true wisdom. Such a visualization about the loving self might be such as this: Within you lies the small child which is attempting to do well, and [which] perceives the self constantly through the awkwardness of childhood as failing to be adequate to its own requests of the self. Picture, then, the loving self; and you are indeed all very loving entities as the nurturing parent. Would the parent within you turn to a child and scold it when it has acted in self-perceived error, or would the loving parent take the child into the cradle of its arms and place the child's head where it can again hear the heartbeat of the womb?

34: The child is afraid of the vampire which it has seen in a movie, and so it wakes to nightmare. The parent moves swiftly to the child's side and offers it a sense of proportion. It does not make fun of the child for having the nightmare. It is aware that each entity has its nightmares, its fears; but when the child is cradled upon the breast of the nurturing parent, it quickly becomes comforted as the parent says, "This was a true nightmare. There are truly portions of consciousness which are terrifying. That is the way that that is. But that is only a small portion of you, my child, my beloved one." As the parents rock and nurture this baby child, the feelings of safety, of security, and of being loved slowly and gently allow the child to accept its own vampire and to find that it is not so scary after all; that vampires, too, fall under love and care of the nurturing parent. Thus, one may invite into the self that vampire, realizing at last that although the vampire is a part of the self (and any other image is equally acceptable here), it is not the totality of the self. Thus, may your own lovingness be shined as the light that it is into the darkness of that child which is fearful.

35: When this inner child becomes stronger, it is, as children are, willful. Thusly, it is well for the visualization of the nurturing parent cradling the child to become more organic, more within a flowing process. The child, newly strong now, is willful. The loving parent is wise to advise the child to be silent, to let not the outer expression of new realizations become important.

36: It is not at all important that others know the insights one has gained, for these insights are fragile, just as the infant is fragile. They must be treasured and protected as they grow stronger. When the child is willful, the loving self gently reminds the child within that it may remember all the many times that willfulness has not been a skillful choice of attitude; for in willing from within the conscious mind, there is an ignoring of the greater will of the Higher Self which is lost in the Creator so that self and Creator are truly one. These tantrums of will may be gentled and healed by that nurturing parent until the child sees clearly that its will is likely not to have a very intelligent or spacious perspective.

38: It is written in your holy works that the yoke of Christ, or the yoke of Christ Consciousness and acting according to that level of thinking, is easy, the burden is light. This may be examined as a deep truth. One within incarnation always carries baggage, always has something strapped upon its back to carry. For in finity, which the body expresses perfectly, there is always perceived effort; that is, effort perceived as effort by the self. It is the work of faith to enable that small child that is nurtured by the loving parent within to present to that child's eyes a view of an whole and unified process. It has learned that it can use its will; and if treated gently and

with respect, it shall learn to choose that will which is most well informed, which has the spacious perspective. In this way of service, one approaches such a light burden, such an easy yoke, that one becomes free. In surrendering a small volition, one is able to hear, at last, the volitions of love itself. 49: And the other and more important help is through the example of the self. Mistakes are corrected through constant work on oneself; and a deeper level of honesty with the self develops so that one becomes a shining example. But be ever mindful that this self that one offers as an example is also imperfect, that there will be errors. There will be unskillful choices. The example, then, is not to be perfect but to accept the imperfections in the self and in other selves with love. 57: When one hears the question mark, one knows that the seeker's heart is ripe and ready for the picking, for the aid. When each hears itself say, "Yes, but..." to one who is vulnerable and needy, one may simply observe the fear of that, the fear for another being as foolish, and fear for the self. Thus, one is free to ignore. Nearly perfect expression of a life lived in faith with no "buts" but only a loving awareness of the flowing of all that is necessary to learn, moving to each one, through each one, and sweeping into infinity—that is the true nature of consciousness as an Infinite Intelligence.

58: Allow yourself to stop being a bubble and to become the ocean. Allow yourself the luxury of being asked before speaking, and of feeling no responsibility for those who do not ask questions. The skillful help one may give the entity who does not ask questions, but is suffering, is simply to allow the overwhelming compassion within and send, out of fullness of Self, that loving and healing energy of acceptance of that other self just as it is, with all of its self-perceived imperfections. This acceptance is as much a catalyst for another, although it is not aware of that, as is the verbal acceptance. Entities prefer verbal acceptance because they do not understand the depth of their own perceptive abilities. Honor this simple holding of another in compassion, acceptance and forgiveness. And honor, above all, that same attitude toward the one named self, that everlasting claim within which is bound to make unskillful choices again and again.

20.16 1991/03/03

5: This question of working with anger in another, of helping another truly in any way, is a difficult one. You love your son and don't want to see him in pain. Each of you wants so much for your children, and yet each of you can only learn for yourself.

7: I am going to start here with something that you all know; but sometimes it is very hard to accept, especially when the one involved is one you love. You cannot take away another's pain. You cannot deprive them of the experience of that pain, nor can you know why they have moved into such experience. That knowing is for the wisdom of their own soul. You can create the learning situations and the loving and accepting environment that will allow that which is not angry in your son to flourish. You can nurture all that is not angry within him, but only he can work with his own anger. I don't mean that to sound hopeless. There is much that you can do. I only want to point out here that to try to take away his anger is a form of violence to him. You say he has always been very sensitive. He, in his wisdom, has created certain situations in his life, including choosing you to be his father so that he might work with that which most needs to be healed within the spirit.

9: How well do you accept your own anger? This is another way that you can teach him. I seem to be saying this a lot this weekend. There is nothing wrong with anger; there is nothing bad about the emotion of anger. It's just a feeling. When you use that anger as a reason to act in an unskillful way toward another, then you have a problem. Then you are creating disharmony and adhering karma. But the emotion of anger is simply the emotion of anger. It's not the anger that's a problem, but your relationship to the anger. Moving into yourself, then, are you totally loving and accepting when anger arises, not needing to get rid of it or do anything with it but just to watch it? So many of you feel that anger must either be suppressed or acted upon, but there is this third choice, just to observe it: "Here comes anger... I wonder how long it will stay... there it goes..."

10: One of the things that all of you are here to learn is to approach—not to attain but to approach—non-judgmental

ing.

65: No matter what the personal situation may be, the tools of prayer—contemplation, meditation, inspiration and all of those intuitional qualities—are of much aid. The outer-plane confluences are from stars, galaxies and in truth any external consciousness which has been perceived. When affirming and praying, one is able to experience fearlessness, for one is involved in worship; and all else may be put aside for that moment of worship. It has been suggested to pray without ceasing. This is excellent advice, for the outer-plane entities which speak through instruments such as this one are cosmic energies which influence the self. A continual “meditation” of meditation in ceaseless remembrance, love and praise of the infinite One places one’s conscious awareness in a state far more resonant with unity than an unprayerful state would be, in relation to its ability skillfully to perceive.

20.15 1991/03/03

3: “I should” is a voice of fear. I would like to explain that further. We spoke of this last night: the ways in which the “I should,” that sense of perfectionism, comes from a yearning toward the ideal; but it also may come from fear. When it comes from fear there is a sense of pushing the self, forcing the self, rather than allowing the self to express its own radiance. It is rather like bringing in a flower, a soft bud, and brutally pulling the petals open, as if one could force it to blossom in that way. But it cannot be forced. It must be allowed by leaving it in the nurturing sunshine of one’s love. 6: You have heard me say many times that love and fear cannot coexist at the point where you understand fully that you have always been “that”—even though sometimes you act as if you were not—in that place there is total harmony with all that is. When you are trying to become “that,” there is disharmony and there is a state of fear. We spoke last night of the correlation between fear and separation, and why one outgrows that pattern. The first occurrence is a state that recognizes self-awareness, and out of that self-awareness comes the fear that there is something that one is not, something to be attained; and out of that fear arises a stronger sense of separation. Can you see that as long as there is something to be attained, the being feels some fear as to whether or not it is good enough, worthy enough of attaining that? But when the being fully trusts that it already is all that it has ever been and ever will be, then it allows that fragile bud to open so that the full beauty of the flower becomes visible. 8: To make such a choice, to fully affirm that oneness, is a responsibility. At times you feel you are not ready to commit yourself quite that far, and in fact you’re not because you are here to learn; and in a sense that fear, first learned by the infant, is a part of your learning. There is nothing wrong with fear. Yes, it does seem to prevent you in some ways from fully reaching your potential; but that is a bit of an illusion. If you did not choose that fear as a catalyst, it would not be there. Fear is just fear. Can it be met with kindness? So, as you are able to turn around and relate more lovingly to that fear, you move yourself further on this path, reducing what I have called the specks or shadows from the self so that that self becomes more transparent and is more nearly ready to reach into higher levels of light.

13: Fear and the “shoulds”: Where do these “shoulds” first occur? The voice of “should” is learned before the small entity has gained enough experience to count as irrelevant all suggestions that do not fall upon the heart with the feeling of truth and love. Thusly, the original voice of fear does not take into account the nature of the self or of how the self might relate to these parental and authoritarian instructions toward behavior and values.

16: The amount of complexity experienced by the self is a good gauge of the authenticity of the self. Authentic selfhood is simple, pure and full; not reaching, not grasping, but content to do the best one can, as one can, however one can, and where one can. These voices, then, that denigrate the self judgmentally need to be recognized, accepted, named and then forgiven. Yet how shall one forgive? The psychology, if you will, of redemption is the choosing of a perfect symbol which then is able to forgive the self because its very nature is love, which always accepts any gift that is given.

18: This method of becoming aware of redemption is roundabout and makes use of the illusion of separation. The Jesus that forgives is easier to hear as an other self speaking from

a great distance of time than if Jesus the Christ were considered to be within the self, a part of the self, and ultimately the self. So, although all religions and spiritual systems of faith have much to recommend them in terms of finding allegories between their experiences and one’s own, one must at last meet the self upon the plane of inner awareness. Then when “shoulds” and guilt arise, one may experience redemption, not only from an imagined other self but in a hearty, earthy and substantive way as part of the process of love, which includes love itself and therefore a lack of judgment. As the one known as Aaron said, each must bloom in its own time, ripen according to its own rhythms.

23: Because you are human you constantly fall short of the ideal, and yet you constantly ask yourself to let go of that edge on to which you were you holding and strike out again to cross the sea of truth. It is a very courageous act, and yet you rarely give yourself notice of the courage. You perceive the fear that asks you to hold back and you miss the beautiful bravery and love exhibited each time you take a new step. Does a child learn to walk with a parent who says, “Don’t take another step, you’ll fall!”—or with a parent who applauds each new step and picks that child up and takes away the hurt from the inevitable fall? How can you learn to pick yourselves up in this way? I believe this is the question Q’uo raised at the end of the preceding talk. Can you learn to cherish that self who so bravely tries again and again? Know that in this physical manifestation you cannot reach that perfection toward which the self yearns and finally come to an acceptance that reaching that perfection is not necessary. Rather, the yearning is a tool to build the strength and faith so that one begins to understand one’s inner perfection. 24: When you make a choice, and it turns out to be an unskillful choice and brings harm to another because there was fear or anger or greed as part of that choice, there is that in the being that declines responsibility for that choice, that says, “I couldn’t help it.” But as you evolve to the point that all in this group today have reached, you have learned that you are always responsible. Can you see how difficult this is? You used to be able to make your choices in a less judgmental way, though they were less skillful, and there was more anger and blame. But now you truly know that you are responsible; it feels like a burden and not a joy. The question, then, becomes how to make that sense of responsibility appear as it really is, a joy and a gift, so that even your unskillful choices can be met with love and not self-denigration.

25: This is where we come back to what I spoke of earlier, about allowing rather than forcing. When you come to a place of choice and understand the responsibility for making a skillful choice, and yet at times don’t see the fear or greed or anger until it is too late, that distorts that choice so that another feels pain from it. When you come to that place and there is a sense of fear, of, “What if I make the wrong choice?”—that fear shuts out the flow of energy, shuts out the flow of knowledge within the spirit. When you can come to that place with a prayer, opening yourself to all the love coming from within the self and coming to the self from without, then the voices of fear or anger or greed are heard as voiceless echoes. Then there is a joyousness about that responsibility because you see that it is leading you into being a mature being, into blossoming into the light.

26: Q’uo spoke of the separation of self from self. All of you, at one time or another, fail to notice the positivity within the self, the generosity, the patience and loving-kindness; all of those beautiful qualities which are part of this beautiful being that you are. Then you judge yourself and focus on all of the qualities that you judge as negative: the impatience, the anger, the greed. I would suggest that two practices may be helpful for you. One is to begin to notice more and more carefully all those times when you are loving and patient and kind, to begin to allow this beautiful self to move into the sunshine of its own love. This is not pride. It is reality. Also, it is useful, when one perceives oneself as love and will not allow that this is so, to ask why you will not allow it. Why does one pay attention only to those qualities that are perceived as negative? One must then begin to see that there is something in the self that wants to cling to those qualities that are felt as negative, even while it begins to move on into the light. There is a yearning for that light and for the full knowing of oneness, and yet there is that within the self which feels unworthy. In the book with which I think most of you are familiar, called Dark Night of the Soul, St. John of the Cross suggests that the soul feels itself to be unworthy

by dwelling in love, praise, prayer and thanksgiving, in seeking harmony, in seeking peace, in remembering the humility of one laboring under an impenetrable illusion. Know this about yourselves. You are not at all whom you see in the mirror. You are not at all that which expresses in casual carelessness from day-to-day. You are not that which is thoughtless. This is all of the surface. What you shall take with you upon the spiritual level at the time of physical death to the vehicle are those biases which have been created by purified emotion; that is, adoration, worship and unconditional love. 28: I am Q’uo. I am again with this instrument and shall continue briefly. For those who wish to enter ever more deeply into the covenant of Love meeting love, we can only suggest that with lighthearted merriment one observe the humor and, shall we say, the oftentimes ridiculous nature of the illusion while maintaining an awareness that at one’s heart one is not foolish, one is not limited, one is of the Creator, one is love. Each day it is necessary to observe the self and begin to cleanse from the self those portions of personality which would keep one straying from the path of surrender to the infinite One. The fact that the infinite One is within means that this is work in consciousness to be done by the self with the Self.

29: The group meditations are most helpful in this regard and, indeed, it is true of worship in general that the greater the mass of worshipping, faithful souls, the greater the power of love that is experienced, not only by those who worship but, in the planetary sense, of the lightening of consciousness of planet Earth. It is for this reason that we never condemn any sort of religious practice which has as its goal, worship. We are not particularly interested in the specific means of attaining the emotion of worship and adoration. We are interested, and each entity needs be interested, in finding a path by song, by prayer, by whatever ritual required that opens the shell of the passing self, that self, that shell of personality that shall die and be no more, so that it may be broken apart as the egg broken into the dish. It is not the eggshell which those sitting in this circle are interested in; it is that which is within the mystery of that egg, that life, that miracle of birth.

30: If you are at this time only beginning to work upon the releasing of the surface self to the deeper and infinitely wiser will of the greater Self within, we may say, treat yourself as if you were a precious child, tiny, helpless, an infant which needs to be fed heavenly food. Find a way to feed that appetite through the singing, through the praying, through whatever has meaning for you, and do it persistently and for the love of the infinite One.

31: Worship, ecstasy, love—these are interchangeable words as regards the nature of the creation and the Creator. Your worship is only an answer to the Creator’s worship of love, for Love worships love in all ways. The illusion is most complex. That which is to be worshipped, the reality behind the illusion, has no concept, no shape, no face. It is a great mystery. It is also a mystery to us. We do not believe we will plumb the depths of this mystery until we are once again without any surface consciousness of personality, so that we have become completely that which is in the core of our being.

33: Do not be discouraged. This is not the work of a lifetime. The work of your lifetime is specific lessons which you laid out for yourself and specific services which you wished to perform for the love of the one infinite Creator. Service to others without love has no real beingness metaphysically, and the so-called burnout of many of those who enter the helping professions is due to the limited awareness of the surface self and the lack of depth in seeking the heart of self so that those aids which one may give to others come through the self, not from the self, exhilarating and clarifying the self, not exhausting the self.

34: Emotions, when purified, are true thoughts. That which you consider thinking is simply that which has been given you in this illusion in order to make choices, and you make them well, my friends. But know this, that love is a steady state. As you tune into that steady state of the Creator’s love, you are so loved. You must needs yearn and hold out the hands of prayer, praise and thanksgiving to the One Who loves you infinitely. And, in time, your return may become infinite and you may, indeed, live the life of praying without ceasing, of seeing holy ground under each footfall, of seeing the face of love in each and every entity regardless of its condition of life.

35: We have been informed by this instrument that we have

once again spoken too long and we do apologize. The question asked tonight was, we feel, one of central importance, much misunderstood among your people who equate worship with action, worship with stewardship, with the giving of money and time and talent. These things cannot be done without the eating of spiritual food, and that spiritual food is the knowledge that you and the Father are one, and it is not you who speak, but the Father who speaks through you. In this purified emotional state of worship shall your soul grow in service to others and in love for the one infinite Creator which, when translated into a life experience, means an immense and glorious tapestry of love in relationship within the mystery-clad Self and with all those things both made by humankind and created by the one infinite Creator that move one to emotion: the thanksgiving for beauty, the poignant joy of birth.

18.38 1989/10/08

2: I am Q’uo. We are very pleased to be speaking through this instrument. We wished this instrument to reach a deeper state of meditation after the instrument was satisfied it had challenged us properly. We feel the instrument is now ready to proceed. We wish you a most happy and blessed evening together. It is our privilege to be called to this circle of seeking. We come in the love and in the light of the one infinite Creator. Our gratitude for your allowing us to share our opinions with you is great. It is you who help us, as any teacher may understand, for we learn, slowly but surely, truly how to understand and have compassion, truly how to temper that compassion with wisdom, by gazing at those who are going through what we may call the fire of decision. Yours is a stressful time, as you would say. It is so for a purpose.

4: Consequently, we speak with you as those who love and those who wish to serve, and you serve us as you listen and consider. Please consider always that our opinions are finite. We do not have the knowledge of the one infinite Creator. We are merely a little further along on a path which is as dusty to us as it is to you, and as joyful.

6: We have chosen, shall we say, a path with a broader vision. It may be said, perhaps, that we have chosen to love the Creator more than we love those to whom we speak, whereas the inner-planes masters love their students more than they love themselves, for they are unable to progress while still within the inner planes of third density. They are, however, able to give very, very good advice and to speak to specific matters that on our part would be an infringement of free will.

8: Each path of seeking among your peoples is acceptable. Those upon the inner planes have done the equivalent of crucifixion. They have not risen; they have not moved on. They have loved their brothers, and have so great a compassion that they stay within discarnate third density, and attempt to be of service to their brothers and sisters. We have chosen to learn to be, knowing that eventually we would be able to be of service by our being, and at this point in our development we have also conceived of the project of speaking with groups such as yours, and this has passed the Council, obviously, or this instrument who challenges so fiercely would not be speaking.

12: You all wish to be service-to-others entities, and, as of this evening, you have chosen to work upon the way itself; not upon the answers, but upon the questions. It is our honest belief, from this point of view, that the questions are far more important than the answers that this instrument prizes. The point of the path of seeking is evolution, and a movement towards unity, not through experiencing the self as the Creator, but in experiencing the Creator through the self. That is, we see in each of you the Creator. We see the patterns of distortions that you have woven about the tapestry of your life so far. We can see the incarnational pattern, the learning of love that you are doing, and the integrity and sincerity and intensity of your intention to seek the truth. This is what makes the call that reaches the tuned ear.

14: We encourage people to take a long view. It is our honest belief that it is better to continue learning to be, and then, as a side product, being able to serve, than to turn one’s back on one’s own evolution, and sacrifice and martyr oneself within the inner planes in service to beloved students. This is only our opinion. There are very many service-to-others oriented, positively polarized and excellent inner-planes beings, some of which you are aware. We find within this group a very

burning desire to move on, to progress in evolution, knowing that service to others will be the natural byproduct of the sacrifice of comfort, the sacrifice of freedom, in the sense of having to have a physical vehicle and a place to be.

20: Now, spiritual principles end always in two things: paradox and mystery. Consequently, it is the entity who seeks with a literal mind who seeks the inner-planes masters. It is more often the mystic, the poet, or, shall we say, the wanderer type, who is interested in the abstract principles which theoretically govern a living world of reality. Within your own life, then, you may devalue certain aspects of the brain's limitations of choice, and realize that beyond the veil of the inner being, if one is careful, and like a lover searches for the self, the heart of the self, and the heart of passion, that one may find, little by little, the self, amidst all the variousness of free will, and may begin by will and intent, consciously to change the polarity, to evolve spiritually, not because there is a guide who may speak to you each day, and tell you what to do, but because you are upon a quest. You are in search of an unfathomable mystery. That mystery is love. You have only one tool at the beginning of that great search, that dusty, infinite walk, and that is your intent, your desire, your seeking. The one known as Jesus the Christ said, "Seek and ye shall find, knock and it shall be opened unto you." This is inestimably true on many, many levels. Be very careful of that for which you desire, as it will come to you. Be sure of your desires; have the purity to know and examine the self.

24: Take the long view, my friends. Find the lightness of heart that this gives you, the balance of opinion, and the thoughtfulness, and eventually, the faith that it offers. [For when there is no reason to anything within the illusion, then it is that that which is mysterious outside of the illusion has the only possibility of being real.] Gaze at that pontificated reality, and realize that that reality, that mystery, is love, an energy indescribable. The infinite intelligence of the one Creator is love, unpotentiated, unpolarized, unaware. It merely loves. The active principle of free will is chosen again and again by the Creator, Who chooses to make a creation and form active principles of Itself that It may learn of Its own nature. We already know the answer: the nature of the Creator is love; the nature of you is love; the nature of your circumstances is love. Whatever they may be, all is as it should be; all offers the catalyst that is required at the present time.

30: This is where that which is called faith becomes evidently different from that which is called belief, for inner-planes masters are those who have believed certain things, who have certain pathways to follow to graduate from third density. They are legitimate. There is a blindness to them, since the higher densities have been bypassed by the entity's immediate realization of the one infinite Creator. This may seem to be a great advantage, but it is as if you were only visiting and must go home. The only way to move back to the source, the only way to become unpotentiated love once again, the only way to find and be the Grail, is to walk this dusty path, learning of the self, of the beingness, of compassion and wisdom and balance, in that order, so that one may at last, having experienced much, turn and offer to the Creator the one gift that is most excellent and holy: the self, with all the richness of its learning.

50: I am Q'uo, and am aware of your query, my brother. We shall take your phrase, "the place of your origin" not to be a specific location, for, indeed, you are from all places, but to be that frame of mind or attitude of unity from which each portion of the one Creator springs, and, indeed, this is true, my brother, for each entity has begun in total unity as an unpolarized and undifferentiated particle of that one great original Thought of love which has set all creation in motion. Each entity, therefore, finds its uniqueness in the means by which it is able to refine and define this unity from a perspective born of experience that becomes of necessity unique, for as each portion of the creation that becomes intelligent and self-conscious does so, its experience is at variance to some degree from the experience of any other portion of the creation, for the hallmark of an infinite Creator, my brother, is variety. By the free will choices that are possible to each portion of the creation, there is seen an infinity of possibility for each portion of the creation.

51: Thus does each entity such as yourself move in a rhythm that partakes of the great heartbeat of the universe, moving outward and outward, gathering experience, turning that experience into the power to serve, to love, to glorify the one Creator, and to continue on the journey, moving then back

again to that place of unity from which all this began, having now gained the experience of moving through the cycles of creation. Thus, you are in microcosm the one Creator that has come to know Itself as you are now, and shall come to know Itself as all that is.

18.39 1989/10/15

3: We believe that we shall start with the general gaze at the nature of third density. If you could consider an ice that was not cold, but merely a skin over water, that is what your conscious mind is to the ocean of consciousness beneath the limen of consciousness. Those who yet have not asked what their purpose in life, or what their purpose in eternity might be, skate upon that thin covering, thinking that it is life. Indeed, it is a grand illusion, an illusion within an illusion many times. Why are you here? What do you wish for yourself? What is the truth? We have very simple answers, my friends, too simple for your questions, for the truth is so simple that it is difficult to accept. The truth is that there is one great original Thought which created the creation in order that It may know Itself better, and by the use of free will moved love—that is, the one great original Thought—into manifestation as light, and through the use of this substance, shall we say, or radiation, created all that you see outside of your physical eyes, all of it an illusion, and all of it designed to cause entities to make choices. Not simple and easy choices, like what to have for dinner, but the grand, major choice of this density, to serve others, in serving the one Creator, or to serve the self, realizing that the Creator is within.

16: That one may so accelerate this growth is so, else we would not be here. However, my friends, we cannot tell you that the work is all joy, all love, all ease and all merriment. When one is dealing with mystery, when one comes up against paradox after paradox, one can be fascinated, but never comfortable, in the ways of those heedless ones who feel that they are but hairless apes which are born and then are no more.

22: If one is not careful one can create one's own spiritual burnout. We suggest that the meditations be limited to perhaps no more than an hour per day, perhaps no more than a half hour at any one sitting. This is due to the fact that meditation is a very powerful tool, and the rate of change needs to be slow enough that the personality of your consciousness may have time to absorb knowledge and inspiration that it receives and make its choices in a timely and deliberate manner. It is not well to rush or to hurry the spiritual life, for the soul has its leisure, and in the fullness of time are things accomplished. It cannot be known within the illusion which day is the day of jubilee for one entity, and that is not important. To seek the happiness, the contentment, this is not important. To seek the presence of the infinite One, this is a great aid, and we suggest that we do this most gently, most lovingly, opening to the subconscious as a suitor with bouquet and candy, knowing the spirit to be sweet and precious, the nature of love.

25: It is most unfortunate that many of your peoples feel that they must be overcome by a greater power. The great power lies within each. It is simply a matter of choosing to seek the highest and best of that power. This is not done in a day; this is sometimes not done in a lifetime, but for all the difficulties of the spiritual path, shall we say, of hard knocks, there is the joy of companionship, the joy of learning, the joy of experiencing immediately the love and the light of the one infinite Creator. These are the oasis times, these are the sweet honey times that sustain one through the next dry and bleak period within the life experience. Back and forth each entity goes, for there is much to be learned from both frames of mind, especially if an entity can begin to focus upon difficult situations as challenges, a kind of game in which one attempts to find the love hidden in the situation at hand. When one once sees and is able to grasp the principle involved in the lesson being learned, either by analysis or intuition, one may then simply will to complete that lesson.

26: So you see, all phenomena are corollary to the great work of consciousness itself, the disciplining of the human personality, the encouragement of the greater self within, the encouragement of its being able to speak in many different ways through the subconsciousness to the conscious mind, always this produces the longer view, the more compassionate and wise point of view, for always one begins to see the pettiness

can notice it and reach out to it with love. This fear is the child that comes to you, saying, "There's a big dog outside and I'm afraid." And you open the door and pat the dog and see that it's friendly. You might reassure the child, saying, "The dog is friendly," but you don't belittle the child's fear; you don't say, "It's stupid to be afraid." But that's what you do to yourselves; and as soon as you do that, the fear solidifies.

14: When you embarrass the child into going back out, it may finally reach out and pat the dog, but it will not get over its fear. When you hug the child and say, "I see how afraid you are. It's okay to be afraid of big dogs. Would you like me to walk outside with you?"—this is not pushing the child to pat the dog or do anything special, just reassuring it with your love. The child will feel that calmness and begin to touch its own fear with love. As fear falls away enough, the child can naturally reach out and pat the dog.

16: You know this. You know that love is the answer, and yet in a sense it becomes an intellectual mantra: "Love is always the answer." But what does it mean to say that love is the answer when the heart is feeling fear? How much more lovingly can you relate to the fear?

22: Let us examine this instrument; for though it is not aware of fear, yet it acts in fear. The red-ray center of this instrument's body is very strong. However, the instrument feared it would not remember to be kind to its animal, as this instrument is always energetic emotionally, mentally and spiritually. Thus, through fear of a possible outcome, through fear of losing control of a vital piece of paraphernalia, this instrument restrained itself.² This can be called good judgment, or it can be seen to be the fear of losing control of a detail of behavior which is supposed or presumed to be a life-or-death matter. Consciously the instrument feels no fear; yet there is enough respect for probable outcomes that the entity does indeed fear, and reacts in as loving and helpful a way as possible to the animal which honors it by serving as its manifestation in form.

29: We come back here to the visualization I asked you to make yesterday morning of love as these concentric circles, of fear and anger as sharp points emerging. When you can see those sharp points emerging and know that this is not an other but simply an aspect of yourself, that it is not that being's anger or fear but just anger or fear, you can remain enfolded by those concentric circles and send them out to that angry being. Each sharp point hits these softening circles that you send out. As soon as you pull back and begin that sense of separation that allows you to feel attacked, then you begin to send out your own sharp points. From my point of view, I simply see a sword fight of light—sharp points are stabbing at each other and nothing exists to soften them.

30: Secondly, what about the separation from the self? The self, the deepest Self, is love. The pure spirit body can feel nothing other than love. When fear arises there is always a separation within the self. Here I am simply explaining more deeply what I introduced earlier in this evening's session—that separation from one's self creates a fragmentation, with the spirit body sending out love and the emotional and mental bodies feeling need. The feeling, then, is one of great distress to that self, because that of itself that knows oneness and knows love as the deepest truth is imprisoned in a way, torn out and separated. The being is cut asunder from its spiritual body. When you are separated from that sense of love, such strong doubt arises in you that it becomes very hard to get back to that love. You know what is happening within you, but it is so hard to stop it.

31: This, above any other time, is where the being must cherish itself. As soon as fear is noted, the first step must be to enfold that frightened being with love, thus reducing fragmentation so that the being can come back into the center of itself and begin to feel again its connection with the Creator and with all things, and know that it cannot be harmed.

32: Often you think of fear as being a useful emotion in that it protects you. You are crossing a street and suddenly see a truck coming toward you. There is that instant of terror, of, "What if it hits me?" And you move quickly. It's true that the physical body responds to that fear in a chemical manner that allows a fast reaction. But fear is not necessary and in fact works counter to the most appropriate reaction. Let me explain: While it is true that the being does move out of the way of the truck and that you would not want to stand there in the middle of the street and send love to that fear when the appropriate action is to move, the movement does

not grow out of fear but out of love that respects the physical body enough to preserve it. Fear is paralyzing and love is enabling. You cannot take the time to analyze danger. The physical being must act to preserve itself in a certain way. But this does not need to be a matter of fear, simply a matter of wisdom; and here again, wisdom grows out of love.

34: There is one more thing that I would add, which is that fear can be balanced by loving-kindness to oneself and others. This is a quality in the self that can be nurtured. It is helpful to remind oneself each time one feels fear; that one is fearing a delusion when one sees part of the self as a separate self. You may acknowledge that delusion, and then send love not only to the self that is fearing but to that which is feared. Beyond that, begin to notice all the times one does not feel fear. When one is in a situation that is in some way threatening, often one responds with love to that situation. Truly, each of you do that far more than you respond with fear or anger or separation. And you don't notice that response; it goes by. But it is a small, tender sprout, that of loving-kindness; and it must be nurtured. Can you begin to bring your attention to each time you respond in a loving way to a situation that might goad you toward separation? You do this not to pat yourself proudly on the back for that loving response but to nurture that sprout of love within you and encourage it to blossom.

45: With thanks to my spirit friend and brother/sister self, I would like to speak to this idea Q'uo has raised about the infant and the terror that it feels. It would seem that a sense of terror is inbuilt into the human experience, and one must then ask, "Why?" If one cannot avoid the experience of fear as a human, then one must assume there is a reason why that is given; and perhaps looking deeper into that reason will help one to accept fear in a more loving way. Come back here to the thought that it is not the fear that's the problem, but your relationship to the fear. The infant's relationship to fear is necessarily one of aversion. It has needs, and if those needs are not met immediately, as Q'uo pointed out, it has no way of expressing this pain beyond its crying. And so it learns to fear and also to perceive itself as separate, because as long as it is nurtured and never feels the rising of a need, there is no separation from the mother. But each time that need arises and is not met instantly, it begins to perceive itself in this illusion as a separate self, and that self solidifies.

47: So I would ask you to begin to embrace fear as a gift that is meant to teach you. When it arises, rather than struggling with it and hating it, say a small "Thank you" to it. Let your fear talk to you of oneness and not of separation. Let it be a reminder to come back to that core where you are part of the one heart and the one mind, rather than experiencing fear as a sword that severs you from your heart and mind. Treat your fear with love and gratitude for its teaching.

52: My dear one, this quality that you call perfectionism can come from two different places. It can be a voice of fear or of love. As you have pointed out, it helps you to realize your ideal, to be all of what you can be, to hold that in front of you. What you are holding in front of you is the soul, which is unlimited and perfect. You see the image of that perfection and know that while the physical manifestation cannot reach that full perfection, yet in the true sense it has already reached it. You are already all that you will ever be, and always have been. Here we get into a question of simultaneous time, and I will not go deeply into that now. You are all familiar with the general concept of which I speak. But the self that holds that ideal in front of you is no different than the self that kneels down in prayer before an image of the Christ, understanding the depth of that being's love and compassion and ability to forgive, and knowing that one has the potential in oneself and can achieve that potential as it works at it through many lifetimes, to reach eventually—not in this density but further along the way—that level of pure, unconditional love.

55: This is not true just of perfectionism, but of any quality in your life. A desire to serve comes to mind here. We have spoken of the concept in the past few days that this desire can come from a voice of love or a voice of fear. It is the voice of fear that distorts the ability and fragments the self, and further enhances the sense of helplessness and limitedness. It is the voice of love that opens the self, that inspires, leading the being to be all it can be and touching the deep sense of acceptance and compassion when that human can do no more because it is human.

62: I am Q'uo. We dwell in love and light, and would sculpt the final thought of this extremely enjoyable session of work-

arates the entity from the strength of the river's flow. It is as if one, seeing all those rocks in the river's bed, erected a dam within the rocks, diverting the water so that there was no longer turbulence from the rocks but impeding the full flow of the water.

50: Each of you is here to learn to love yourself and others more fully, to learn faith and love. The anger is quite simply one of your learning tools. It's very easy to love unconditionally in a situation where there is nothing that arises to provoke any feeling but love. But how do you love when you are provoked to defend yourself, when that separation arises? Can you continue to love when noticing the fears, when noticing the separation and how anger arises from that? As you become more skillful with doing that with each small resentment that arises in your present life, you will find the faith and love to go back [to loving in the moments of larger resentment].

51: There is one more thing here. You say you know this is what you need to do. I feel a sense of judgment in that. There is some sense of your feeling that until you do, you are not quite adequate or there's something wrong with you that needs to be corrected. You do not need to do this; rather, as you grow you allow yourself to do this. Can you see the difference? Allow yourself to be where you are, always reaching for the next step, but reaching out of a sense of love, not out of a sense of despising that which is. It is essential to treat all of this within you with love, because your contempt will only further enhance the sense of separation and further fragment the self into what's acceptable and what's unacceptable.

57: Now, you stop your strokes and look up, wondering how much further; but as you stop there, the current pushes you back and you lose your momentum. You start to swim again. The closer you get to the source, the fresher the water feels and the stronger the energy of that source. When you start to look around and say, "How much further? I can't wait to get there," you lose some of the joy that you had before of just enjoying the water, enjoying that life in the water, the sensations of it on your body. This happens to all beings as they come closer to the source. It is not a fault, simply something of which you must be aware so that you can begin to notice the impatience and allow yourself to return to the joy of this incarnation, knowing that yes, you do come closer and closer to moving beyond the need for rebirth, to knowing your true Self in a deeper sense and connecting with the source of that love and light in a deeper sense. But that will be when it will be, and this is now. Cherish this now. It will not come again. 58: As there are no more questions, I wish to thank you all for sharing your loving presence with me. I cherish each and every one of you, and wish for each of you that you could grow to cherish yourselves as those loving spirits and friends that surround you cherish you. That is all.

20.13 1991/03/01

21: One must continually love and reach out toward that love that is other, giving and receiving and clarifying the connection between the self and the source of that love until the self is absorbed into the source and further separation ceases. The soul yearns for that but so does the love that draws one deeper back to love. It is love that overcomes the separation and yet love is the separation.

22: As I am trying to understand how to explain this to you, we are found to be thinking two thoughts. Firstly, that one must always be striving to love more fully, to live more wisely. Yet at the same time one must not be doing anything. And there is no paradox there.

29: So we come back to this original question about density and my preference for another term. Actually, I don't prefer another term, I prefer [that] there be no term, that you try to move yourself and your thinking beyond labels. Simply understand that you go through this progression, which can be roughly broken up into eight mutual parts, each with many smaller parts, but that they overlap. You are always in the space you need to be and that space truly needs not labels so much as your constantly being in that space, in that moment, and not striving to be anywhere else while still knowing the absolute desire to be fully merged with that love. Do you have questions?

44: It is just a story. [To tell it] will pull you back into it. Rather [than going back into that story], understand the fear of the body itself against such violence to it. Hold that fear

lovingly in your arms and relate to it compassionately, as I believe there has been more warfare than love with this area of your body, in this lifetime. Do you understand?

62: There is no need for me to do this work, karmically. There's no karma between me and the present being you know as Barbara that draws me back and so I have no present bonds to work through to need to be part of the earth plane. I do so purely out of love, and yet there is still this distortion of love, of the desire to serve this one whom I have loved through many lifetimes. Besides that there are lessons of both wisdom and compassion that are valuable for me as a spirit that may be deepened with recontact with those of you who walk this Earth.

65: [footnote start]Actually, the Ra group speak of free will as the first distortion. But love or Logos is next![footnote end][footnote start]Carla's mother toilet-trained her from before the age of one year old by explaining to her that she needed to move her bowels, then putting her on the potty. Carla was too young to be able to perform as expected, although she spoke early and clearly understood what she was supposed to accomplish. She simply could not do it. This resulted in a perception that she was constipated. Therefore, she was given enemas at least once a week from babyhood. This compromised her peristaltic health and throughout her life until 1991 she had difficulty absorbing and processing food. Ten months after this discussion with Aaron and Barbara was taped, half of her transverse colon was surgically removed, the "disemboweling" being necessary to preserve her life. Thusly, the pattern played out for Carla in this incarnation, but in a healing and helpful way which ensured her continued life and increased vitality. She used this opportunity to rededicate her life to service and also to her own care for herself. She radically improved and remains in greatly increased health to the present time (2005).[footnote end][footnote start]Barbara is here speaking of a regular meeting of the Deep Spring Center for Meditation and Spiritual Inquiry in Ann Arbor, Michigan, where Barbara and Aaron teach.[footnote end]

20.14 1991/03/02

8: The mental body originates the fear. It is then picked up by the emotional body. For example, when you are in a car about to crash, at that moment you are safe; but you move from that present moment to an image of what you perceive will happen in the future. You feel yourself skidding, and suddenly you envision yourself flung against that tree beside the road—an image which comes from the mental body—or you move back to the past, to your past experiences with a similar situation. Again, fear arises from the mental body; so the mind creates that situation where fear may enter by moving out of the present and into the past or future. Then the emotional body picks up on that fear. It then moves on to the physical body, this being such a quick process that I would not expect you to be able to break it down. But there is immediate physical tension, and at that moment the fear enters. Fear cannot coexist with love. Along with love I also place those experiences of faith and trust. At that moment when fear is that strong, the spiritual body loses all sense of trust that this will be okay.

12: Carla, when you spoke about your concern that your work would be adversely affected by pain medicine tonight, you were not remembering that it is not the medicine that prevents clear channeling but a fear that the medicine might prevent clear channeling. Can you see that difference? You are perfectly capable of repeating the concepts you receive under almost any circumstance down to near unconsciousness, because you have trained yourself so well to do this. But you are capable of allowing it to flow through you only when there is love. Again, love and fear can't coexist. As soon as fear enters, and sense of doubt, of, "Can I do this?" it diminishes the ability to do it.

13: Here we come back to your question, Carla and J. [I know I have not answered the other question in depth, but I do want to avoid a long monologue here and would prefer that all six of us speak. I will gladly speak more on this upon request.] You fear you are not measuring up to your potential. Can you see how fear itself invites such perceived failure? I believe you understand; and the question is, How do you work with that fear? There is nothing special you need to do. You can't take that fear and fling it away from you. But you

of one's concerns and the overwhelming importance of love.

18.40 1989/10/22

3: We are aware that the illusion is a heavy one, and that missteps are inevitable and frequent. We urge each always to turn again in hope, to try once more, to be undiscouraged by circumstances, but simply to abide in this feeling that fills this dwelling place at this time, the unconditional love of the one infinite Creator.

11: Perhaps the greatest spiritual service you can do is to center and meditate and think upon the Creator, lovingly, gratefully, emotionally, in a purified and inner way, not letting your prayers float to the four corners of the room in which you are so that entities may hear you, but rather stepping into that inner room and listening in silence, waiting for the presence of the infinite One.

12: The difficulty for those within your culture is that people identify service to others with certain specific skills, which we would call dramatic skills, such as the vocal channeling and the healing. It is our opinion that each and every entity who has incarnated at this time upon the Earth has a beautiful, loving and right service to perform, planned beforehand, planned in such a way that one may be continuously rocked and buffeted by the winds of change that accompany realization.

14: Therefore, we suggest that in order to find out one's gifts, one do several things. Firstly, if one is of some substantial age and has had many experiences, it becomes extremely easier to gaze back over the incarnation and see the pattern of lessons to be learned. One kind of lesson will occur again and again and again, until you have mastered and balanced your ability to serve under those conditions. Basically, each entity goes through a lifetime process of accepting the unacceptable, of forgiving the unforgivable, of loving the unlovable, of consoling the inconsolable, of pardoning one in error, even when that error has cost you greatly.

15: It does not seem to be a service to be a parent, or a breadwinner, or any of the other myriad non-dramatic ways of living possible. What sets the spiritual seeker apart from one who simply lives in the mundane world without questions as to eternity, is that realization of the present moment as eternity, that ideal which says "I can have time spent with the infinite One, I can feel Its love and Its light. These experiences are meaningful to me." This creates an atmosphere within of trust, so that one may gradually, gradually relax, and allow the rhythm of life, as you have planned it, to overtake you.

17: Any form of loving one another is that action which expresses what this instrument would call the Christ consciousness, that which is deeply buried within you, that with which you are to some extent acquainted, but perhaps more to the point, of being able to love without stint, to give without thinking, to spend all one's energy, time, talent and what you call money, with the spiritual life central and in the mind.

18: It is possible to be of tremendous service while washing your dishes, for as one washes the dishes it is a waking meditation. The gestures are automatic, and it is possible in the meantime to be in a state of light meditation and listening, or in a state of contemplation, or in a state of intercessory prayer, where you are concerned for the health and the well-being of those you love. Thoughts are becoming things; your prayers are heard more than ever.

19: We find that it is unfortunate that entities who are upon the spiritual path that does not include orthodox religion, tend to wish that they may be of this or that service rather than allowing service to come to them. It will come; it has been planned. It may not seem dramatic or large or important, but the dish washed for the love of the one infinite Creator is a dish washed in a bath of love as well as soap and water, and that love radiates and lightens the consciousness of the planet. This is your greatest service, each of you, and you do it within the unmanifest being with no one to know, no drama, and no announcement of having done so.

20: You are working upon your evolution, and from third density forward all evolution is spiritual. Thusly, we would back up and look at how one may abide in faith, and have the patience, the persistence, and the faith to wait and do what there comes before the face to do. That, and that alone, for that instant, is all that is needed. It is never known to you when you have truly succeeded and when you have failed, nor

is it important, for if you do anything for the love of the one infinite Creator, that radiant thought, however poorly the actions manifest, is a purely positive, loving and caring thought, and will add to the consciousness and the lightness of your sphere.

21: Entities within your culture are much bemused by gadgetry, much in love with foreign places, ambitious and restless and yearning, and thinking that what they hunger for is better money, a better position, more power, or more clout in some way. This is not the objective of living this particular incarnation in this particular density. You are attempting to drop that of yourself which does not seem to be loving, not in overcoming or repressing it, but by balancing it and understanding it within the self.

23: Each upon this planet at this time had a hand in creating the life pattern. Once one has discovered the lesson that one has set oneself, it becomes easier to see tiny moment after tiny moment, and small detail after small detail take on an aura of the spiritual as one seeks within such situations to find a way to manifest love where there is no love, light where there is no light, and union where there was discord. 24: We may say, because each is aware, that each is a wanderer who has come to this planet at this time to be of service to those who are attempting to graduate, who are not able to accept the consolations of any organized religion. We do not claim to be a religion, a church, a dogma, or a doctrine. We are those who have had experiences with the Creator, who have grown closer and closer to the Creator, and who expect to have quite a way to go before we are able to dissolve once again in the ocean of unmanifest love. The cycle is as beautiful as the beating of a giant heart, and the fact that anything that one does could not be one's service is to us improbable. Subjectively, one may feel that one has erred, made mistakes, been thoughtless, and so forth. It is well in those times to continue positive thinking, and move quickly towards a state of forgiveness of the self and of the one with whom there was conflict.

26: It is impossible not to serve if one is loving the Creator while doing the service. At this time your planet is very polarized. Very positive entities gaze upon the havoc created by very negative ones, and negative entities gaze back at those who are polarizing towards the positive and see what this instrument would call "suckers." We urge each, therefore, to allow those things to happen which happen, and to ponder them and ruminate on them, and even analyze them—if one is of an analytical turn of mind—at the end of each day, that one may remain clear, confident and calm, centered in the love and the light of the one infinite Creator. We know of no other way to explain to you the difference between your view of service and our view of service than to say that to us there is no lifetime lived that is not potentially a life of service if things within it are done with a love of the one infinite Creator and in the love of the one infinite Creator.

28: You are here to bring light to a dark world. It is as simple as that. The purpose for which wanderers incarnated is all one—to love, and to love, and to love, and to love. You will be hurt, broken, humiliated and defeated in the course of a life in faith. It runs directly counter to the culture in which you live to do things for an ideal reason, to focus upon the Creator which is unseen rather than all of the phenomena, all of the gadgetry, all of the amusements that are so delightful upon the surface of life in your density. Be aware that even in those situations you may choose to be of service by moving constantly in an awareness of the love and the light of the one infinite Creator. But also, and most of all, be aware, we ask each, that non-dramatic service is as vital as dramatic service, just as the mouth of an entity speaks many things, but would not be able to function without each and every other organ of the physical vehicle, which must be kept in some sort of balance in order that one may manifest any gifts whatsoever.

30: Now, we would suggest to this group, as it is doing somewhat advanced work, that it simply practice the presence as it moves about the daily activities, not berating the self every time one realizes one has not thought about the Creator for hours, but simply turning again and again to its simple ideal, the desire for the love of the infinite Creator, to love each other.

31: Almost any situation which seems difficult involves a lack or a loss of love. Hearts that are not opened to the love and the light of the infinite Creator can be mean and petty, hurtful and vicious, all in the name of service. Better it is that you

do nothing but sit in one place and send love, than be active and confused, and somewhat negative as well as positive by desiring to control what happens to one.

33: Thus, be aware, we ask you, [of] the service that you provide by your very consciousness, by your love of the sunlight and the dappled shades of autumn trees, by your love of the immensity of the universe and its noumenal mystery, by seeing life itself as sanctified, a blessing which oftentimes seems a most uncomfortable and inconvenient blessing.

36: This thing that is common to all paths in third density is that you are learning how to love and be loved. This is the foundation of a social memory complex which shall be your next lesson, that is, to see all that there is in each mind—and in each mind is the mind of the murderer, the rapist, the robber, the revolutionary, the despot—and yet accept the self and all others for the nature which has been given them in order that they might make choices with free will.

37: It is very important that there be negativity and difficult experiences that one may learn the humility of one who allows, observes and then acts, rather than reacts. To take the life into one's own hands is not to take control of what one wishes by affirmations and prayers unceasing. It is rather to realize that the plan has already been made, the pattern has been set. It is the best pattern you and your higher self could create for you, and all that you need do this time is allow yourself to be upon the path upon which you are, keeping your eyes open, watching your feelings, finding ways to manifest love, the smile upon the street, the kind word to a stranger.

18.41 1989/10/29

22: We do not suggest that the interior monologues and dialogues which you have within yourself—these also being inner-planes thoughts by nature—may indeed be helpful. It is simply that as one is taught, so one will desire to get, and for those entities to whom worship is offered, these entities have the responsibility of steering, most gently, those entities back upon the path of thinking for the self, examining the self, and being aware of one's self-worth [as] an independence of spirit. For you need nothing to make you complete. The Creator, which is love, lives within you in infinite abundance.

24: All inner planes entities are those who have incarnated, lived and offered much upon your Earth's sphere. Many of them are extremely wise, some of them are mischievous, and some, within the lower astral planes, are most disturbing. However, if one learns from a teacher rather than from one's own heart, one is forever dependent upon that teacher to be without the feet of clay. All entities have the feet of clay, not only in your environment of third density but as one moves on. Of course, that which one does not desire becomes more and more refined in its removal so that where, at first, one took large chunks of the being that did not aid the self and held them upward to the Creator saying, "Take these, these are no longer my personal truths," then one may get on with the business of paying attention to, blessing, nourishing and loving the self. This is the fundamental heart of service to others.

26: Those who move ahead also have an imbalance of karma because they have left those who still were sick, struggling, miserable, wretched, angry and confused. Consequently, there is, at the appropriate time for each entity, this being also unique, there will be the need for those who have gone on and not stayed in the inner planes to move into the inner planes in thought and offer what inspiration, information and general spiritual guidance we may offer. It is our privilege and pleasure to be of the Children of Sorrow for as we move into your vibration we sense the deep horror, sorrow and anguish each feels over all that there is within this illusion which seems un-beautiful, impossible to restore, broken and hopeless. Yet we of the outer planes and those of the inner planes also, will say over and over and over again: all things are as they should be. An entity who is working within the self, with faith in the self, forgiveness for the self, and strength to the self will realize and recognize, increasingly, those lessons of love which are theirs to learn within this particular life experience. One gazes at one's gifts, whatever they may be, but one does not take these gifts for granted in relation to how one is to use the gifts at hand. It is well to gaze out into the greater community and, in serene and gen-

tle yellow-ray energy, concern oneself with society and culture and all peoples as you are able to meet and know them. Realize that each of you is here at this time either to aid in the harvest as wanderers or to be in the harvest as those of third density reaching graduation for the first time.

28: There are also entities which do not [appear] in any personal form. These social-memory-complexes wander in their own way, for they keep a vigil. They walk the watchtower. They are of the Logos. They are of the principle of unconditional love. And, by realizing the strength of these connections, it becomes more and more possible for an entity which is steeped in its own iniquity and confusion to become more and more able to recognize its needs, its resources, its gifts, and its path of service. If one is of service to one being, one is of service to the planet. If one is of service reluctantly, the energy shared is not pleasant for it is the cheerful giver, the glad giver which acquires no karmic bond by what it offers for it has no desire for any particular outcome, but only the desire to aid other creator-selves. These entities are such as stars...

33: We are those who move from another portion of what you would call space/time. We are those future-selves which the decision you make within this density will cause you to become, either positive or negative. Feel the sunshine and know that love unmanifest, unspoken, unuttered and serene is, indeed, that of the Creator. To see yourself more and more clearly, ask oneself the difficult questions more and more deeply. Crystallize the entity within that you know that in which you have faith and that you have committed yourself to that path to an extremely deep extent so that the life experience has become not secular, not laic, but rather a poem, a paean of praise and thanksgiving and prayer to the one infinite Creator. Those who spend time with teachers, either earthly or discarnate, are apt not to value enough the gifts of the spirit within which moves from the outer planes. We suggest that each of you think carefully and at length until you have come to peace with your own definition of yourself, your faith and [your desire.]

34: Each entity will go through difficult times and prosperous ones, speaking spiritually. We hope that you do not become discouraged at any time because you feel subjectively that you have not created a beautiful, lovely experience. More than us, then, who are not the Creator and do not wish to be worshipped, it is the work within the self in silent meditation that brings the true enlightenment, brings it softly, naturally, quietly, so that one is sure in an instant, whenever that instant may be, that one has found a path for the self that will move one from time into timelessness, from this illusion into that which comes far closer to the reality of All That Is.

35: Meditate and ask, then listen. The universe is crowded, teeming with populations of various kinds. It is well to be tolerant but, of oneself, we suggest one be somewhat fastidious. Begin to develop the magical personality. Guard one's reaction and create, instead, affirmative and more positive actions than the natural reaction would be. Eventually, you may tap into that deep self within the self, which is the creative self, very quickly, clearing the energy center with rapidity that is not possible for a long period of time but does, indeed, clear the mind for a period of time necessary to begin the channeling process. This is also true in each entity's everyday and mundane existence. There is such a thing as faith and this faith is another word for love.

40: We are of the principle of the spirit of the one infinite Creator and that one original Thought which created all that there is, that being love. Each of you is whole, perfect and an embodiment of love. May each open the self, knowing who one is and being a citizen of the universe in total democracy with all other spirits, and move and flow and allow that which is offered for one to occur. It is not necessary to push the experience about, for the most part, but simply to observe and become more and more knowledgeable of the dynamics of the mystery of your own self. For, only when you have done this may you choose your contact by the challenging process. In order to challenge a discarnate entity you, as an entity, must see yourself as light. The sparks of the Father within will eventually illuminate the whole of beingness, making it no longer necessary for a heavy chemical body to experience things within. Thus, those of you who are service-to-others oriented, be of service to yourself first. Ask for the comforter, if you wish. Ask for any help that you wish knowing the obligation placed upon you by inner-planes teachers. Move at your own pace and in your own way but be faith-

that the senses experience are your loving companions; and the fellowship of the Christ, however it is perceived, is nearer than your breathing, closer than your hands or feet, infinitely more intimate than any third-density companion. So, in any weather of life, in storm or calm, it is the third-density entity which must call to remembrance in each present moment the very present help and companionship that those who are yet asleep do not find themselves perceiving. The love and caring is always there. It is the entity who must remember to open the door to that friendship, reach out the hand to that love which is so palpable one could almost imagine the incarnate form of the Christed One.

7: Especially when outward circumstances seem murky and turbid with heavy cares, the seeker will find those cares lifted so easily away simply by remembering to reach out the hand to the friendship of the sanctified Christ. Now that sanctified presence is truly within each seeker, as is all the universe. You are the creator of your particular creation, and co-Creator with infinite Intelligence of that which is experienced and how it is experienced. Although you cannot be another's creation, you cannot help but be the creator of your own. So, in making the choices from moment to moment, do not let your heart flag or falter because you are alone; for there is companionship more real than the manifested forms of your density, ever waiting for your simple recognition and acceptance. How loved all entities are! Yet without the intention to reach out in trust for that love, an entity may walk forever in a fog of self-created solitude.

10: Thank you. Q'uo, I'm aware of a desire in myself to serve that seems to come from two places. When I sense that the desire to serve comes from any place of ego or self, it makes me pull back in fear that ego will distort the work. Then that fear touches and distorts the honest places of loving and worshipful desire to serve. It confuses me. When there's fear, although I hear Aaron, I doubt even that. Yet when there's love and the full experience of God and of that love from Aaron that surrounds me, I know no doubt. Aaron has talked about this at length with me, but I wonder if there's anything you would add that would help me to understand and balance these forces?

13: The second mind is often called the heart. In the open heart is stored the true mind which begets wisdom and compassion, which is as infinite and effortless as the love of an open heart. Many things, however, occur during an incarnation which may tend to cause an entity to erect defensive barriers in order that this precious heart may not be wounded more than it already is. Thusly, in order to open the second heart—the heart of wisdom—one must first gaze at the erected barriers in acceptance and love for the self that needed those barriers, allowing them to remain until they are no longer needed. Then the heart may open, and wisdom may be fearlessly received and equally fearlessly manifested forth.

15: Let us now speak of the first and the second heart. This, too, is helpful in finding and allowing the release of fear; for in the first heart there is wisdom, but there is only the perceived awareness of the nurturing constancy that is love. The first heart often attempts to bloom, to nurture, and to give simply because it is full and those about it need replenishing and filling. The first heart, though wise, when full because of its unstinting compassion, is also foolish. This folly is beautiful to us, and a testament to the incredible generosity and power of the open heart. Yet there is a second heart, and that heart may be conceived to be—whether we speak of the male or female form—the womb of life. That heart moves in fullness with no need to serve, no need to do anything other than be full. The second heart is the womb, ever pregnant with love, ever giving birth out of fullness into that which is actually full. Thus, the second heart responds not because of the needs of others, but because it, like sunshine, must propagate its light and give birth over and over and ever to its own I Am, which—as the womb of this second heart is more and more maturely experienced—becomes more and more nearly the undistorted, uncreated logos, which is love.

21: Now we would speak just a moment about that which is called patience. How boring to be patient, to wait and to watch, when the heart leaps like a deer and wishes to fly higher than the highest mountain in joy, in radiance, in awareness of perfect love! Yet the will of entities in incarnation is made perfect, not by its use, but by the surrender of its use to the will of the one infinite Creator. In your illusion it seems there is a passage of time. Outside of this illusion,

all times are one, all times simultaneous. Yet within the illusion, darkness broods over the mind and over the heart, and sometimes the night watches seem to go on forever. Yet it is in the darkness of midnight that the messenger of realization, illumination, and love comes ever so quietly, walking on feet of I Am, I Am, I Am... silent feet that cannot be heard unless the heart is watching and praying and waiting.

25: Last week, Aaron, you spoke of promptings to serve coming from the emotional body. What comes to the mental body is a pure desire to love. You've previously spoken of imbalances between these two and of bringing them into harmony. This morning in meditation I began to see the opposite side of the above. I felt the mental body was the one blocking the true loving emotion, that when I enter that tabernacle it feels like the emotional body opens and any separation comes from the mind. Will you speak further about this?

28: You ask about these bodies. You understood this morning, as you thought that question, that you were asking partially in reference to Kabir's powerful poem4, where he makes the statement, "How hard it is to feel that love with all our four bodies. Those who try to be reasonable about it fail."

37: But this can only come from a sense of self and other self. Where there is no separation, there can be no anger. Can you begin to see how fear leads to that sense of separation which leads to the first distortion of self-awareness? This distortion provokes one not yet fully immersed in separation but experiencing a distinction between self and other self to cultivate that distortion which first allows fears. Observing, you can begin to understand how this process works in yourself. Then as fear or separation arise, you can gently lift that strand of anger from where it blocks the light, look at it, and ask yourself, "Do I still need this or am I able now to put it aside?" Always do this with gentleness and never with force, never asking the self to be what it is not ready to be, but accepting the self as it is so that the being will always be challenged, but always simultaneously accepted and loved. In this way the emotional body is not something with which one fights, but is part of your integral, harmonious self.

38: You asked me to speak further about the distortion of service-to-others that grows out of fear in the emotional body. When there is a sense of the self's not being adequate so that there comes a feeling of needing to do something to prove oneself adequate, to soothe that pain, then the service in it-self becomes distorted. You experienced this morning the love of that spirit that was known in his last incarnation as Jesus, and you felt the strength of that loving energy flowing through with absolutely no distortion. Last night I said that in human form it is impossible to allow the energy to flow completely distortion-free. This is because as soon as there is a concept of service-to-others, there is a self and an other. And thus, we come back to that fact that self-awareness is a distortion. Ra calls it the first distortion and I would agree with this. Excuse me, Ra calls free will the first distortion—potentiation of an active Creator whose nature is Logos, or love.6 But in order to love, there must be that which is loved; and that takes self-awareness, so in a sense we're saying the same thing in a different way.

39: If you will, picture a river flowing with an absolutely clean and sandy bed, and with a strong current. Somewhere down the stream place one stone, just large enough to break the surface, and see the ripples that break around it. Let's call that first stone self-awareness. The current flows around it with its full force, and yet there is a small distortion in that current. From self-awareness grow so many doubts and fears: comparisons; competitiveness; and thoughts like, "Am I good enough? Am I acceptable and loved?" Suddenly we have a whole load of stones thrown into this river, and now the water flows through in many ripples. There is still a current; but if you were to float a stick downstream of that very first stone, it would float smoothly down the stream. If you put a stick just upstream of that first stone and watch it, you see how it deviates around that stone and loses some of its direction and thrust. Now let that stick move downstream to where all these stones are and see how it swirls around in little whirlpools.

40: Thus, when you are lost in a distortion of any sort, your energy does not flow freely. In the meditation you felt that entity known as Jesus' energy flowing unimpeded and enhancing all energy that came into it. All separating emotions, even love, create distortion and turbulence. The mental body quiets that turbulence through reason, and yet that reason sep-

50: I ask you first to look very closely and see the places where the desire to serve another through giving them something to hold on to comes from a pure place of love within your heart, and where the desire to serve is to alleviate the sense of unworthiness. Both create a physical drain on your body by the sense of "I should" that I just spoke of, by any small feelings that create some resentment. Can you see that both exist?

51: I would like you all to visualize your energy as I see it. When you are feeling loving and allowing your own energy to be channeled to others without distortion, there is still minimal distortion, the distortion which is essential to the human form because as a human there could not be a complete absence of distortion. When you each allow that energy to be channeled within the distortion, the pattern of energy I see coming from the body looks like the concentric circles that appear when a pebble is thrown into a pond, each one of the circles radiating out. When there is any anger, greed, resentment, hate, visually what I see are sharp spikes like a child's image of the sun. When there is a mixture of love and resentment, I see both. This is why, when you are in a room with another being and feel the presence of that being's anger, that one need not be talking to you for you to know that anger. When you feel the presence of love, there need be no words. You simply walk into the room and you feel it. The anger and love are tangible. Now visualize, if you will, what happens when those spikes of anger or fear hit these concentric circles of love. The sharp tips are softened, gently, each time they make contact, until they slowly wear down and smooth out into a circle.

52: When I speak of being versus doing, one of the best ways that you can serve another being is simply in sending out those concentric circles of light which will soften another being's anger or fear. You are in a position, Carla, where people are writing to you, so it's very difficult to send that love out through the mail and feel assured that they will feel it. You can send it out and know some beings are capable of feeling it. But a simple few words from you, "I love you. Thank you for your letter. Thank you," would be felt by some beings but others would misunderstand it. You are right, there.

53: You must ask yourself two questions here: "What am I responding to? What is their need and what am I sending out?" When there is any feeling of resentment or pressure or even uncertainty about answering that letter, some of that is received not as a softening circle but as small spikes. I am not suggesting that your letters are not loving and skillful, but you must really look carefully for that small "I should" I just spoke of, or any physical exhaustion, so that that letter is created with a loving desire to serve.

55: You ask, is it unskillful to want to reach out in love to these souls that turn to you for help? First be sure that your response is purely that of love. If there is any resistance to replying, simply put it aside for later that day or for another day and then know that the response does come from that pure place of love within you—a desire to serve—and wears as minimal a distortion as you can manage. Ask yourself, "In what way am I trying to change them, to make them hear me? Am I speaking with a voice of love and reassurance? If I speak with love and they can't hear me, is that okay?" Remind yourself that you cannot learn for them. You can open a door but you can't push them through.

66: Will you try an experiment with me here? Picture yourself sitting on a mountaintop. It is a beautiful day. There is a clear view. The sun is shining with a lovely warmth, as a warm cloak on your shoulders, and a cool breeze touches your face. In the distance you see a cloud, and then turn your back to it and go back to enjoy the view. That cloud approaches, but you're totally unaware of its presence until suddenly it sweeps over the top of the mountaintop, enclosing you completely within it, shutting off the sun. You can't see your hands six inches in front of your face. The air feels cold and clammy. There is a sense of panic, thinking, "How will I find the path to get down?" There is a sense of anger, of wanting this cloud to go away. Can you feel that need to push it away, feel how hard it is to just sit there and let it be there? Can you feel how strong the aversion is to it?

69: So how do you work with this? It is truly just a skill that may be developed, and it has two parts. One is noticing the arising of anger as quickly as you can, each time it comes, even beginning to notice the situations that may provoke anger and saying, "I wonder if anger will arise next?" And the second is noticing your reaction to the anger, asking,

"Is there judgment against it? Is there hatred of it? Or can I simply hold it, holding myself in my arms as I would mentally with that stubbed toe? Can I respond to this anger the way I would respond to a child who came inside crying and saying, 'A bully pushed me down'? Would I tell that child, 'Well, don't be angry,' or would I more skillfully hold that child in my arms and say, 'I see how angry you're feeling,' and reassure it that it's still loved despite the anger, that the anger has nothing to do with its lovability, with its soul's perfection?"

70: It is so easy for all of you to have compassion for others but not for yourselves. So I ask you, can you begin to relate to this anger in a more open and loving way? I am not suggesting here that it's skillful to walk around angry; but anger does arise, just like clouds do come over. As long as you are here in a physical body, there are going to be feelings. Even the most highly evolved being incarnate in a human body still has feelings but there is no longer attachment or aversion to those feelings. There is no longer a need to get rid of them or to struggle with them. And it is through that relaxation of the struggle that one finds a deeper peacefulness. Anger and love are not mutually exclusive. It all depends on how you relate to the anger.

71: In purely practical terms, I would suggest that it would be useful to play a game with yourself to help you loosen up and relate more lovingly and openly to anger. Take a notebook with you, a small notebook, and for a day, or several days as seems practical to you, every time you see anger arise just jot down a line. Be a cat at a mouse-hole and think, "Aha! There's anger; I caught it; I see it this time. I'm getting faster. I can see it faster and faster." See if you can lighten up a little, "Oh my, here's anger!"

75: I thank you all for the opportunity to share your love and your light. Please know how much my love is with you, and that the love and courage that you bring to your work is truly a light and an inspiration to all beings on all planes. That is all.

20.12 1991/03/01

4: My sister, there is no such thing as repetition in responding to the needs of a consciousness, because each entity is at this moment a new and different person, unlike the entity of any other moment. This is why history, especially personal history, is largely irrelevant to the great work of living and loving in this moment, just this one moment.

5: We would speak of the saying of the one known as Jesus, that saying which he gave to his disciples: "Feed my sheep." I Many are the loving servants of the one Creator who are eager to feed other sheep but who do not realize that first they also need food, not the food of the earthly vehicle alone, but far more importantly, the bread and wine of spiritual companionship. There is a great companion which awaits all who heed her heart; that is, the first and second densities of your sphere. The very earth beneath your feet is alive and pulses with undiminished, infinite love. Each rock, each portion of grass, meadow, or pine needle beneath your feet connects a third-density entity with the heart of the Grandmother Earth. How this being loves you! The friendship of the elementals of earth, air, wind and fire; the devas of plants of all kinds; the ever-rising consciousness of animal forms, all wait to embrace the one who stops to pay attention and to take comfort in the cathedral of what you call nature. When an entity allows itself to admit the entrance of these divine and loving spirits, the air is filled with cherubim, the trees with the laughter of the seraphim, and angels ascend and descend in every fire, in every storm, in every calm, in all beams of living sunlight. Here lies food indeed for the spirit.

6: We would move further and speak of another very true and real companion. Many are aware of this entity as Jesus the Christ. Others find it helpful to think of this Christed energy as the living Holy Spirit of the Christ, which speaks to the world yesterday, today, and forever. Imagine the spirit form of the one known as Jesus beside you and mentally take the hand that is offered. Thus, palm to palm, heart to heart, love divine to love in manifestation—a companionship of infinite trust, infinite mercy, infinite kindness, and infinite love is born and forged anew every moment. The need for companions along the way seems to the third-density eye impossible to be met when one is alone in the way in which it has chosen to walk the path of love and service to others. Yet every zephyr of breeze, every silent bird, and all

ful, my friends. Keep seeking persistently, keep hoping, keep loving until you begin to feel as a wonderfully clear aqueduct for the water of blessedness [and aid.]

60: We are most comfortable in sending our love and blessings to entities requesting our assistance and in joining their meditations in order to deepen and enrich these meditations in the manner which the entity has chosen. Thus, my brother, we can suggest that one's desire and the purification of this desire is central in the continuing to seek information, from whatever source, in order that the illumination of the Creation and of the self might occur.

18.42 1989/11/05

4: Firstly, what we would like to say about joy is that, in its primal state, it has no function. It is. For joy is another expression, and indeed a basic manifestation, of unconditional love. Thus, it is of the essence or the beingness of the consciousness of the one infinite Creator, which is love.

6: Now, we realize that it was not this ultimate joy, this joy which moves beyond the word, about which you are asking but rather how to find joy in circumstances where an orgasm is out of the question. We hope that you find this analogy helpful because all that manifests is a diffusion, a watering down, a shadowing, a tinting of that one great original Thought which is love and which manifests its energy in the manifested creation of a billion, billion sun bodies and the joyous flames of an infinite number of beings such as yourselves, who have moved into the darkness, into the seed bed of the densities, to root, contemplate and break forth from the earth in due time to bloom.

7: Each of you is a natural entity. There is a difficulty with experiencing joy, and now we speak in your terms of simple vital energy, love of life and so forth. It seems as though one were disappearing into a dark maze as one encounters the daily routine. Where is the joy, you ask, in taking out garbage and doing chores; in accomplishing well a job for which you have no real fondness? Where is the joy? Somehow it leaks out, it is not with you. It is unfindable and so an entity moves into the desert of indifference or sadness or sorrow or unsatisfied desire.

15: You are love. You are the light. But you are not these things within your physical form. Indeed, within this density you are deliberately causing yourself to become stupid in order to be able to partake of the intense catalyst available to one in a heavy, chemical vehicle. You may think of yourself as a distillery or a refinery that begins with the raw material of the harvest of your spirit, your experience, and your meditation and out of which you begin to create that which may be called the magical personality. You begin to know, without knowing what, that there is an immediate presence, an infinite and omnipresent reality lying beneath, above, within, without and in between all that there is. There is a depth and a height to any moment of the life experience.

16: The point of view may be manipulated by the intellectual mind and this is a tool which is useful in the search for one's own center of vitality, joy, peace and love. One certainly may ask oneself what causes joy within. But the answers are most distorted by the chemical body which is experienced.

23: Now, perception without distortion is a sure yielding of joy. On the other hand, each must distort, through the physical senses, the catalyst which comes to one. The senses you have are those given to all and they are all illusory. To base one's seeking for vital energy on the life experience or anything which it may offer is to put one's trust in that which perishes. The key to joy is the realization that you are an imperishable being. You are a being which is love and is called to love. The Creator created each out of love and placed within each free will and Itself. You are moving through the disciplining of your own free will. And that disciplining must be done freely, the choices your own, in order for that joy which underlies all things to begin to bubble up into the life experience.

28: Thus, when one is peeved, distressed or distraught it is well to move back in the mind, moving away from the surface, flying upwards, gazing down upon, first, yourself and the room, and the dwelling and the town, then larger land masses, then the planet. Then one finally moves back enough to see the infinity of celestial bodies, of centers of the Logos or love which is the great original Thought.

33: You are imperishable. You are light. You are moving to-

wards the light. This instrument finds the parable within the holy work which you call the Holy Bible of the prodigal son and daughter to be most useful in an awareness of the spiritual journey's constant intersection with the infinite love of the one Creator.

41: Whom shall you serve, to serve the infinite One? Shall you serve yourself, or shall you, having prepared yourself to serve others in what may seem like service to self, move into the world with the attitude, "How may I help? Send me where there is work for me to do and let me never judge that work or hold it as a goal but only do it for love and let it go." There is a tremendous release of joy in the experience of truly releasing one's good intentions to the caretaking of those who may well not view that joy and wisdom of yours as useful to them but indeed may gibe and carp at the spiritual seeker for his unworldliness, his lack of attention to the important things such as your money, your possessions, your reputations, and your power over other entities.

43: A tool which is most helpful in removing negativity from the self that is unwanted is that which this instrument would call prayer. It is not for nothing that a teacher known as Jesus suggested to pray for those who despitely use you. The concern, the turning to the Creator, the genuine loving and praying for an entity who would never expect such a positive return, is a way of aiding that entity by the love it does receive. It then becomes a mirror to reflect back to you a hundredfold that desire to be of service. It may not come from the entity with which you have the difficulty, as each entity has its own path, but it is inevitable that, as you offer yourself, so you shall receive what others offer.

46: Vitality is a matter of honoring the Creator within each and having the sense of humor to make fun of the illusion that separates each from each. When you touch hands, you touch energy fields. When you love and pray and make a cartoon of an entity to strip him of his negative qualities, you have invoked that which will give joy not only to yourself but to those about you. For one who is centered in eternity while in the present moment is a light unto many, a joy unto many, a source of faith to many. Never consider yourself as unimportant or unworthy. You are the Creator. You simply are learning to deal with the freedom that is the hallmark of the creation of the infinite One. You are free. There is no failure. You choose your own pace.

65: I am Q'uo, and I am aware of your query, my sister. For indeed, this evening we have spoken at length concerning the place which joy holds as that which is ever present and eternal, yet that which is but the oasis upon your long and dusty journeys within the third-density illusion. For if one wishes to progress and to be able to experience a greater unity with all that one sees about one as the one Creator, it is necessary to be in the midst of the catalyst and its effect upon your total being. This requires a forgetting, for the most part, within the incarnation of that unity which indeed binds all that is and of that love which creates and empowers all that is and that light which reveals the true nature of all that is.

67: And in providing this perspective and experience, one also expands the ability to accept more and more of the light of the Creator within the being. Thus, you are correct, my sister, in that joy is but a fleeting visitor to those who wish to pursue the work in consciousness that is possible within an illusion that seems so far removed from unity, from love, or from light. This is the sacrifice which you make, my friends, when you enter incarnation.

18.43 1989/11/12

3: In speaking about emotion, there are semantic difficulties. Emotion has been systematically undervalued among your peoples for a great span of your experience, much to the detriment of the whole and unified self which seeks to manifest through third density illusion the love and the light of the one infinite Creator. What passes for emotion among many are not so much feelings as basic instincts such as reproduction, companionship and practicality. The role of emotions, while idealized within your culture, is in fact a false role, in that emotions do not serve the function which they are capable of serving.

9: Many of your peoples attempt to create within themselves deep emotion, that they may love, and know the joy of deep and spiritual love. This is an exercise in futility. Also to be de-emphasized are those practices of your religions which

encourage and even goad participants into an high emotional state which is fed, not by deep emotions in most cases, but by the enjoyable excitement of group joy, that is, when one worships in such a way as artificially to move the hearts of entities from without, so, to the extent that this is so, shall the emotion be that which rings false for deep work in consciousness.

10: Indeed, the intellect is often the master, even of the most devoted spiritual seeker. Burdened with the rational mind, the seeker often places too little emphasis on the freeing up of deep energies, of keeping open those passageways from spiritual self to mental, emotional and spiritual self. The creation is consciousness, and that consciousness is pure emotion, not the pure intellect. Infinite intelligence expresses itself within incarnation as deep and abiding emotion. Thus, as one feels love pouring through one, one is fulfilling one's fundamental and major mission upon your Earth sphere, and that is to be a radiant being, a light to many, not by action, but by the vital energy, the sweetness of soul, and the expressions of love which move through the seeker who has opened the door to deep emotion.

11: To remove oneself from the coil of emotion that is shallow, or emotion that is numbed, one may sometimes find it helpful to seek a healer which works with the emotional dynamics and energies of entities. There is, in this type of healer, the energy which may be used, shall we say, as a jump start upon the clearing of emotional blockages. The energy of the teacher in this instance is critical, and those teachers which are not basically moving in joy need to turn within before teaching further, to find the absolute love which is the wisdom of the self for that greater Self which is Love. Love needs must answer love for the creation of each seeker to move into balance.

12: Perhaps the road to experiencing emotions more clearly and more deeply begins with the contemplation of the astounding, generous and infinite love of the one Creator. The Creator's nature Itself is love infinite. Each of you is likewise imperishable and infinite, but in terms of the experience you now enjoy, you within the body are finite, limited and fooled by the illusion which is to teach you. Therefore, we suggest a daily alignment of affirmation and closeness with the love within one's self which is infinite. Many negative emotions disturb the hearts of those who have not found pure emotion, and, instead of being uplifted by love, they feel judged, inadequate and unloving. This is because the surface healing emotions come from one rather than through one, [and] are easily exhausted or transformed into negative emotions of frustration, anger and guilt.

13: Thus, one is seeking that which one cannot put into words, that which may fill the being, so that the being is rich and full and vital, and spilling over with love, love infinite. In this atmosphere each entity becomes a healer, each entity becomes a channel, each entity becomes that which one would call Christ to those about one.

14: Purified emotion, whole and unblemished divine love, is the very axis upon which infinite intelligence built the myriad illusions which lead each imperishable soul along the path of inspiration, closeness to the one Creator, and an infinite capacity for compassion and service to others. Without emotion of a deep nature, the life experience lacks vividness, and it is more difficult for the seeker to make the choice of service to others or service to self with firmness of heart and intensity of passion.

15: Sometimes it is a long road which the pilgrim must wend upon its way to the experiencing of untutored and unregulated emotional truth. This is as it should be, and we ask each not to be discouraged as one again and again fails to realize the potential within the self, while manifesting this worshipful, sanctified and perfect love. Such deep truths are difficult to find within your illusion. So it was designed that each, by one lesson upon another, by persistence, and by the leap of faith, may become that which one was not before, consciously, that is a very creature of the Creator, a portion of infinite intelligence, an eternal, beautiful and perfect group of energies and expressions.

18: We use the word glory most specifically and literally. There is within each seeking entity the dynamic of vitality and numbness, of joy and sorrow, of giving and receiving. It is those which harness the intellect as a dray horse for work upon the surface, and who move into meditation and deeper states of consciousness, which will find the emotions being released from within. A release of blocked emotion is greatly

healing, and as one entity is healed and becomes more and more an intense and passionate creature of the light, one becomes less and less addicted to those everyday things which seem so important, and more and more tuned to the spontaneous actions of creative love. The glory of the universe of the infinite One is that each portion of it is full and instinct with profound and whole emotion, that is, the one great original Thought of love, which is the Creator as well as the creation.

23: The instrument informs us that we must cut short our unfortunately prolix dissertation. We are sorry for being unaware of the passage of time, but within your dimension the realization of the time you experience is most difficult for us, and there is much to say upon this subject. We shall simply say to each that the release of negative emotion such as guilt, anger, humiliation and resentment is an incredible healing which is only possible through the infinite love of the one Creator, and through one's identification with that love, and one's dedication to seeking in the deepest and most aesthetically beautiful way possible, to be truth incarnate, to express love divine, to allow oneself to be a channel of compassion and nonjudgmental aid.

24: We encourage each to seek the holy ground within, to find praise and give thanks for the glory, for beauty, the infinite majesty of the one great original Thought. The heavens sing with His glory, the trees and mountains dance, and all stars and planets sing a song of passionate love for the Creator unmanifest, and for each of you, the Creator made manifest and given complete free will.

25: We encourage you each to seek the deeper truths within, to allow negative emotions to be balanced and to fall away, as it is natural for them to do in the light of unconditional love. May each of you discover within the inner room the infinity within oneself, the purified emotion which in full strength is the Logos.

26: What is the function of emotion? It is intelligence which produces profound and fundamental transformation. Only the heart, when released from stricture, may be so. The approach of intellect, the approach from the outside in, the approach of believing this or that, is most frequently fruitless. It is the opening of oneself to free-floating and abstract faith, the faith that all is as it was planned to be, the faith that that which was planned is helpful and full of love, which moves the seeker onward most swiftly upon the path of spiritual evolution.

27: Rejoice, each soul who finds release from numbness or surface addictions. We rejoice with you as you seek the heart of the self which is the greater Self. Respect deep emotion. Realize that the vital energies are based upon one's ability to have faith and to dwell in an emotional state of unconditional love. Daily meditation, daily contemplation, and what analysis the brain may perform, is suggested for all who seek, for you are seeking to change into the awareness of the self which is imperishable. Forgiveness is an emotion, not a mental process, and it is the key to the advancement of the self in polarization of service to the one infinite Creator. May you respect and encourage intense, loving emotion. May you find it acceptable to release numbness and surface emotion as meditation matures and strengthens the deeper self within.

18.44 1989/11/26

10: As entities are given physical vehicles at birth and move into the world, their first emotion is anger, their second, love. So begins the dynamic of a lifetime: anger at change, and love at being fed. The anger, that of change, that of moving from the safety and quiet of the womb to the harsh illusion of your world is extremely traumatic, and it creates in the entity, even so small a one, that desire so to use emotion so as to control that which occurs. One cries if one feels hungry, and one is fed. One cries if one is uncomfortable, and one's diapers are changed. This is the beginning of each incarnation, the duality being present from the beginning of hatred of change and love of the ideal.

12: Now, let us examine the fabric of the universe as we understand it to be. The one great original Thought is not a thought, it is a purified emotion. It is Love. You may call it the Logos, the Creative Word, but it is in essence a pouring through the channel of the self of the infinite love of the one Creator. To attempt to manipulate one's feelings is to attempt the masquerade ball. Yet the ball must end and the

20.11 1991/02/28

3: Be aware that the Creator is often blocked or banished by third-density entities due to lack of awareness of the journey each came to make. However, the earth is never away from the heart of unity, love and concord.

4: We would suggest that you again investigate yourself within this incarnational experience. Each entity is all that is lovely and all that is not. Yet each entity can make many choices which bias him or her towards being a loving, giving source of love; for in surrendering the life to serving, the entity becomes a miracle, a wonder. Let the self come to know, respect and love this entity more and more. Let this entity become the great comfort, protection and above all, companion. For when the self realizes its selfhood as a living testament to loving choices, the entity receives the greatest gift of all: true friendship, true companionship. This is not to say that an entity whose self is one's best friend will ever seem impeccable, but to say that friendship and trustful companionship must begin with the self with all of its self-perceived errors. In accepting this friendship, the pores of the spiritual skin open to drink in the elixir of felt, palpable love. When you are friends with yourself, you can relax into an aloneness which retains the comfort of true friendship.

7: We are eager to surrender to service, but we know how limited we are and have the fear that we cannot succeed, that we'll run out of the food of love and energy to serve. How can we address this?

9: As a spirit you need not food. As an entity in third density, respect for the incarnated self suggests an overwhelming love for that sheep which must be fed so that it may sit in perfect fullness of being and allow the voice of spirit to flow through without diminishing or exhausting the third-density, manifested self.

12: How can I learn to love and accept myself fully when I see in myself so many imperfections?

14: I am Q'uo. We do not find it difficult to love your self. We gaze at your courage as you walk in spiritual darkness, making choices by faith alone. We are deeply moved by the bravery of those who choose to express manifestation when it seems risky and almost hopeless.

15: The solution to perceived lack of perfection is so simple that it escapes notice. This third-density experience was designed expressly so that perfection would be quite improbable. It is in the furnace that brittle steel is tempered until it becomes flexible, supple and strong. The third-density spirit learns in the furnace of self-perceived fire, the fire of ever ongoing, never decreasing imperfection. Were an entity to express perfection in this, your density, such an one would be responsible to all to whom that incarnation became known. Such a responsibility is beyond the intention of your Higher Self at this moment. The imperfections of which you speak are your links to those to whom you wish to offer heartfelt love.

16: There is one state in which perfection may be well realized, and that is the sitting in the presence of the infinite Creator, the great original Thought or logos that is love. That perfection does you great good. When you are in tabernacle with the Infinite One, there you may be fed the infinite perfection that is love. When you open your eyes, retain that sharing of perfection. Remember at each moment this infinite perfection, and allow it to make resonant, deep, wide and spacious your perceptions of the specifically limited and often misleading events, entities, relationships and occurrences of your relativistic time/space continuum. Perfection does not aid, except when embodied in third-density entities; that is, it does not aid the self or others. This furnace of incarnation is that which burns away the dross. Although the heart of self is always perfect, the incarnated manifestation of self is useful, more and more, as the self perceives the harsh but meaningful, halting steps of will led by faith alone.

17: We speak to you from a density wherein we approach what you might accept as perfection; however, were we in the third density, we would have become a gambler—nothing more, nothing less. Your self gambles that, in spite of all self-perceived failures, the self will not be afraid or bow to indecision but will choose to love—again, nothing more and nothing less. Whether you perceive the self as successful or unsuccessful, perfect or imperfect, the intention will burn away the dross of which you are so aware. If you can find the courage to proceed in hope of expressing love, then you shall be as perfect as one may hope to be within the dust-laden con-

fusion of perceptions of your illusion. Do not be deceived by the perceptions of the senses or the intellect, both of which were designed to embrace the illusion to the exclusion of all things absolute.

23: I am Q'uo. You may perhaps hear our laughter. Yes, my sister, we are those known by many names, but above all, [as] messengers of love. As social memory complexes, we may speak to any entity which is tuned to our frequency. You are indeed a sensitive instrument, and we are having difficulty keeping this instrument [Carla] from grinning like a fool because we are so happy; we laugh in joy. We thank you, my sister, for the pleasure of communicating with your beloved self.

29: Carla, we are looking at your question about being versus doing, and I'm afraid there's something you do not quite understand here. In being, you are doing. This comes back to this same truth I shared above. I see you as light—just that. Each of you radiates a very beautiful and unique pattern of light. When you are being in the most pure way possible for you, you allow that universal energy to flow through you and out so that you become charged with the love of the universe, with the love of God. Then the light that channels through you is enhanced by your own inner energy so that there are truly two sources of light. You are each a spark of God. Picture the small ember and picture the large bonfire. Yet this ember has so much power, is so unlimited, that it, itself, is its own source as well as a channel for the universal source. What more important thing can you do, what deeper way can you serve, than to magnify that love and light, simply to allow yourself to be a channel for that love and light by being? Do you imagine that you are more of a channel for that love when you are physically active than when you are physically quiet? So the distinction is not so clear as you are making it, not so strong as you are making it.

30: It does not work the other way. In doing you are not always channeling that love and light so clearly; rather, you are using your energy, feeling that something must be done, that you in yourself are not sufficient. In a sense, this is what Q'uo was just speaking to Barbara about: beginning to understand that you are unlimited and that anything that flows through you is enhanced. As you allow this energy flow, the doing becomes simply another way of being. But as long as it's doing just for doing's sake, much of the light is lost.

38: You are human, and you are not expected to be perfect. While in a human form in this incarnation, there are emotions. To want to get rid of the emotional body is a non-acceptance of the self, because the emotional body is an essential part of the incarnate self. So what you are being given here is another opportunity to look at the emotional body and embrace it, not to hate that aspect of yourself. Each of you needs to purify yourself into that spiritual body and to move further along the spiritual path that you are on; and that's easy when you are not in an incarnation. The incarnation offers the opportunity to practice when such embracing is more challenging. Do you look at the physical body and say, "This is gross and I don't want it," or do you attempt to love it? And it's much harder to learn to love the emotional part of the body complex.

39: I speak here to all four of you. Can you each see the ways that you've learned to accept the physical body more completely than the emotional body? It is harder, but until you've learned to accept all of that emotional energy in yourselves, you cannot accept it in others. That is what you're feeling. I keep asking Barbara to honor the incarnation. You cannot learn unconditional love, compassion, and forgiveness as easily while as a spirit, because there is not the same force of the emotions on the spiritual plane. So here is the chance to learn.

40: Speaking again to you, Carla, can you see that it is not a choice of how to answer or whether to answer these readers' letters, but how to relate to that small "I should" more lovingly so that you can begin to relate from the full being, harmonizing all its four bodies? Once you have begun to do that—not getting rid of but accepting even the "I should"—you realize there is nothing of which to be gotten rid. When it is no longer necessary it falls away. That last idea is not original to me; I quote Q'uo. And that "I should" will fall away! It is still necessary now because you haven't learned to accept it. At that point when it falls away, you will understand that there is truly no difference between being and doing. The doing in its purest form is a way of being; and when you are being, you are always doing.

others, no matter in what circumstances in the outer world, those who acted according to an absolute and perfect love, are those whose shining memory inspires all seekers still. Thus, when faith is young, and, indeed, faith shall always be the faith of the beginner for you, for in this illusion you enjoy faith only begins, and it is that choice of how to begin that you are making. As you make that initial choice, so you build a cornerstone upon which other choices may be erected one after another, act upon act, thought upon thought.

18: Now, what shall hinder the seeker from this faith? May we say to you, my children, that which hinders you most is your lack of faith in yourselves, for as you regard yourself, so you may be seen to regard all things. Gaze at yourself as you forgive others. It is easy, is it not? Now gaze at yourself as you look at yourself. Have you forgiven yourself, accepted yourself and loved yourself this day? Carefully, firmly, assertively? Or have you been upset with yourself, or frustrated at your limitations, or in many other ways less than peaceful within?

20.8 1991/02/08

26: From our perspective there is no difference, for all is one and your peoples are beginning to perceive this also. However, there has been such rigid training and differentiation, especially in your Western cultures, between the sacred and the mundane that many have much retraining work to do within themselves. Much of this is accomplished naturally as new realizations occur to people. For others this process will be more difficult and there are many who are, by choice, so steeped in their own religious traditions and beliefs that [they] will never allow themselves consciously to grasp the unity of the concepts. For these, all one who is attempting unification can do is to extend love and acceptance and acknowledgment of the ascendancy of free will within which these individuals have chosen to restrict their use of life. Individuals in such a position are, as are all others, on their own path and learning those lessons appropriate to themselves, and although it may be viewed by many that such restriction is unfortunate and perhaps even damaging to the efforts of those desiring unification, yet as in all such cases where events may be viewed to be unfortunate or even tragic, this is true only within the bounds of the illusion that you now operate within.

27: The true work of each is being done on much deeper levels and individuals that on a conscious, intentional level are most adamant about maintaining restrictions and divisions may on deeper levels be doing much more work toward true unification than those who, on a conscious, intentional level appear to be most open-minded and accepting. Therefore, we would remind each again not to attempt to judge any entity on the basis of what it sees, for you have no way of knowing what true processes are involved and the responsibility you are left with is simply to offer love and acceptance to each entity as the Creator. Such efforts indeed are, we feel, the most beneficial if an entity wishes to progress towards unity of all. The love and acceptance offered from one entity to another on an individual basis is the cornerstone for such work on a global basis and is a vital necessity to any such unification process, or if unification of religion were attained structurally and openly, and yet love and acceptance were not offered on an individual basis, where is the true progress?

20.9 1991/02/22

2: You wish information this morning on being and doing. These concepts represent the passive and active principles of nature itself. They are manifested most initially in the concepts you know of as "love and light"; love being the primary state of beingness of the infinite Creator and light being manifestation thereof. We see these basic principles extrapolated in all of the creation around you. In many cases it may be difficult to differentiate between the two. For example: the entity which you call your sun is, in its very nature, a body which emanates light and heat. It is difficult to tell how much of this is the being aspect of the sun body and how much is the doing; how much, shall we say, is passive radiation and how much is active. In most cases, however, it is easier to differentiate between the two, or at least seemingly so.

20.10 1991/02/24

11: How, then, does one work upon knowing the self? Firstly, we would say that one does not work upon the self by the use of outward authority. For instance, this instrument is a devout Christian. However, this instrument also does not see Christianity as an authority, or, indeed, even the one known as Jesus. But rather, it sees the realized human entity living a life that is an exemplar for all peoples who are able to respond to this particular narrative of a life lived and lost in joy, love and charity. The instrument does not give authority to any but the Creator. Nor does it give it to itself, for it has done the great work to the point where it realizes that it is merely a steward harboring, abetting and polishing those gifts which are its own unique gifts.

17: Self-knowledge can also be called self-acceptance. Self-acceptance can also be called self-forgiveness. Self-forgiveness can also be called self-redemption. Within you lies all these things. Not because you are a wise and powerful being, but because the self is one with the Creator. Would you suggest to the Creator that It may be having a bad day? Would you berate the Creator for having roses grow from gravel? It is not likely that one who is not hit by outward catastrophe would find reasons to blame the Creator for that which is occurring to one. Thusly, as the realization begins to dawn through immediate experience that the Creator is truly within, that all lore and love flow through rather than from the self, the entity who wishes to channel is more and more able to invest in that tenuous quality called faith or trust.

19: Since the third density is rife with duality and confusion, if not downright chaos, on the part of the entities of humankind which dwell upon its surface, it is only to one who is doing the inner work that there ever appears even the thought of finding a positive choice in a seemingly impossible situation. Yet, that is what each incarnated to do, that is, to find positive choices where none seem to exist, to love the unlovable, to console the inconsolable, to accept the unacceptable and to allow its grip upon the consciousness to loosen little by little, until finally one's heart does not find it necessary to hold the armor of the past and the future over the vulnerable and naked self.

21: Another tool for inner work is the gazing at the kingdom of the Creator which is visible. All the beauties and balances and rhythms of life as you perceive it can be seen to be endlessly and over-generously beautiful. The more sensitive one is to the vast numbers of miracles which occur with regularity in blooming, in fruit and in harvest, the more one is able to perceive a love that created balance, harmony and rhythm. If the Creator created that which you can observe, then what has the Creator created in you? Would the Creator depart from Its basic nature in Its creation of anything? We think not. We find, rather, that the Creator has given to us a creative power and the freedom to make choices. The Creator has infinite faith in each entity, for It allows each entity complete freedom to believe, doubt or disbelieve any and all qualities and absolutes, all of which are invisible and unreachable by the measurement of your scientists.

29: May the Creator become apparent to each of you. May clarity light your path and may you never judge yourself as you strive to learn, to love and to bear the fruit of your gift's bounteous tree. We apologize for speaking overlong, as usual, and we would at this time transfer with thanks to this instrument, to the one known as Jim, that this instrument may of its own gifts move towards the ending of a session which we have greatly enjoyed and are still enjoying. We are those of Q'uo. We would now transfer.

43: There are many entities who have reached that point in their own conscious development where they have been able to establish a stable contact with the one Creator and have been able to channel some form of intelligent energy as a result of this stable contact. These are those whom you have called the Christed Ones. They have attained a level of development which allows them to share, as the Creator shares, from Creator to Creator. There are those who have chosen to be more visible, shall we say, and to offer themselves to a larger portion of your planet's population. There are those who have chosen to remain hidden, and who seek to work upon the development of the planet itself and upon the development of the population of this planet as a whole by offering the love and healing vibrations in what you may call the magical means of visualization and the sending of love.

masks come off, and the finery, the feathers, the ribbons laid away, and there you sit, all of the masks gone, all of those whom you were to impress having left you alone. And as you sit you ask yourself to take off your mask, and you take that mask off and you find another, and another, and another. The nature of the intellect is such that eventually you will find that the layers enclose a nothingness, for intellect is a cold, logical biocomputer which is designed to make choices. It is not designed to be the vehicle for manifestation. The heart, that which this instrument would call gut feeling, these are those things which enable manifestation among each of those who serve the one infinite Creator in service to others. The primal Logos of all that is, is emotion, the deepest intelligence of all, infinite, without flaw, without distortion, the carrier wave of consciousness.

14: We ask each within this group at this time to pause and allow that experience of love poured into your waiting heart to manifest itself to you.

16: I am Q'uo. I am again with this instrument. Is that love not astounding? Is that love not impossible for humankind to sustain? Yet you are other than human. That of you which is human is that which must do the manifesting, that which creates the inspiration and desire to manifest love of the Creator and love of others, comes from crossing the threshold to the unconscious with the care, persistence and devotion of the lover who is willing to wait and watch and seek from afar, content to sit at the edge of the crowd listening to that far-away voice at the center of the crowd that speaks the truth, for you have many, many voices within you which are manifestations of biases. These biases need to be examined, and in this intellect and logic play a great part. However, as you wish to be of service to the infinite One, and as you wish to love each other, know that the universe is, in essence, an emotion, it is consciousness. Consciousness does not necessarily think. Consciousness allows itself to avail itself of that infinite source of information within.

17: It is in this way that you are attempting, through meditation and contemplation, through the balancing of the day's extreme emotions, to give to yourself that which cannot be done without some aid. There is, for instance, no possibility of an entity's being able to cogitate, ruminate, ideate and manifest love. Indeed, it is possible for such a person to manifest a universal and very real compassion, but love engages being, love sets on fire the desire to help, love causes soil of the heart to become fallow, that seeds may spring therein which flower out into the tree of manifestation of love with its many blossoms, its beautiful aroma and its faithful use.

18: Yes, my friends, more than ever as you realize, recognize and respect your own inner wisdom as a portion of the creation, as you continue to meditate faithfully, then you may be undisturbed, insofar as it is possible, by the painfulness of change. For you now seek the beginnings of the fourth density. Within third density the spotlight was on the self, the emerging consciousness, the discovery that that consciousness is one with all and one with the Creator. It is the chief lesson of this particular density, to learn to love, and to learn to accept love, feeling both worthy to love and to be loved.

19: Much has been written about love. Within your holy works love is described by many phrases, "Love is patient," "Love is long-suffering," and so forth. May we say that love in the sense in which we understand it is in the impatience, is in the misunderstanding, is in every portion and every cell, every iota of creation. You cannot move yourself from the roots of your being. You are rooted in that which you may call the Kingdom of Heaven, and your roots are deep and imperishable, and down, down into the world of illusion do you grow your branches and produce the bloom that promises fruit.

20: Within your culture, as we have said, the intellect is valued almost to the exclusion of deep, quiet, confident, considered intuition. You are an impatient people, eager, and perhaps running faster with your feet than your heart and your mind can follow. Thus, the first priority may seem very selfish to one, and that is to learn to love the self, unequivocally, with complete self-forgiveness, with full knowledge of the various iniquities of one's own character. You must allow yourself to become aware that the Creator and the creation lies within you, each of you. It is not well to speak as though one were ever and always unworthy to be the vessel for divinity. All of clay and dust, bone and muscle is by definition unworthy to carry imperishable ideals into a world which you experience as that which is not ideal.

21: Now, you see the interplay of love and faith against the

dynamic catalyst of a mundane and sometimes intensive nature. What shall you do in this situation? What shall be your decision in that situation? It is appropriate to use all of the resources at your command. If you have any ignorance of the subject as it is known by humankind, fill the mind with what was written. Use the intellect to discriminate upon the subject in which you are interested, then surrender control of the process, carefully and fastidiously, to the love within, the spark of the Creator within that makes us all one.

22: Those who have not been able to love themselves are by definition unable to love the Creator, for each is the Creator's prodigal son or daughter, each is an heir of eternity. This is not said to puff you up with pride, but to say that each of you is a cell in the living body of the creation of love. Once you have learned to come into some contact with the Creator on a daily basis, it is then time to gaze at that which lies before you, at the stones in the road, at the stragglers by the wayside, at the thirsty, at the hungry, at the homeless. The manifestation of the Logos that is within you, that of unconditional love, has never been needed more than at this juncture in the passing [of] your planet into fourth density space and time.

24: What is the purpose of emotion? The purpose of emotion within third density is so to engage the mind, the heart, and the soul of the entity which seeks that it becomes more and more aware of the depth and breadth of each present moment and possibilities for loving within each moment. Needless to say, we do not speak of the clinging, dependent love. We do not suggest that the surrender to the higher self be made before the self has been tuned so as to hear the true voice from within. Many are those who would whisper in the ear of one who seeks to be of service. Discrimination remains important always, and this includes those things which we say to you. Let us not be a stumbling block before you.

26: The universe itself is an emotion, it is consciousness, it is love. Each of you will go through many definitions of the word love as you experience various facets of conditional and unconditional love. Your goal, and it is a difficult one within this density, is so to use the deep wisdom of the intuition and choice-making nature of the intellect in harmony to move in the direction that you and the Creator have set for yourself this day. And in that regard we would say that it is not well to create in the mind that which one desires, unless one is absolutely sure that one desires it and will never regret having it, for any desire that is unmet in third density must be met before the entity may move forward to the next level of classes, the next level of illumination, the next level of peace and joy.

27: How many times, my friends, have you seen a loved one, and found a way to touch that loved one, to strengthen it with your very being? How many times have you been the one to make peace among brothers and sisters? Do you not see the sweet hand of love moving through you in manifestation of the glorious love and light of the one infinite Creator? If you wish to manifest you must feel, deeply, sincerely and honestly. Not all entities can serve in this same way, as not all entities have been given the same gifts, and as we have said before, all services are equal when done for the love of the one infinite Creator.

31: I am Q'uo. We shall continue. You are the hands, you are the voice of the Creator, and as you love each other as you love yourself, so you love all that is the Creator. This is the function of purified emotion, to become a channel through which infinite love may flow so that you do not dry up like a shallow well or a desert spring, but remain well watered, well fed, well inspired with food and drink for the soul. In that consciousness you become hollow, and in your purity of love you allow love to speak by surrendering to the Infinite within.

34: Allow your love to spring forward from within. It is not yours, it is not another's, it is the Creator's. Love one another, my friends, and you shall love the Creator, and this purified emotion of sacrificial love shall move you ever more quickly toward the homeland of peace.

42: I am Q'uo. My brother, we were not speaking of such, but rather were speaking of the work entailed in moving beyond the surface consciousness to the deeper and more trustworthy wisdom that lies deep within the self. We do not ask you to surrender to any outer authority. We ask you only to surrender to that portion of yourself that you have found to be imperishable, worthy, beautiful and able to manifest the fruits of an unconditional love which is your birthright, which moves

through you from a deep place of self-acceptance within.

44: Therefore, unless the intuition is most deep, heartfelt and worthy to the self of being held all through the incarnational life experience, we strongly suggest that you are faithful in listening, and when you go forth from your meditation you carry with you the desire to love. One's path is taken one step at a time, one expression of love at a time, one expression of honesty which may lance a boil of misunderstanding and heal. To communicate with the heart and the love of the infinite One is to heal, and by the power of that love the Creator may, if all love, transform and renew the creation of the Father.

47: I find that there are a number of concepts that I have accepted without perhaps fully understanding them, over the years. One of these is the idea of accepting and loving yourself. Could you offer briefly some suggestions on how to begin to go about the process of accepting and loving yourself in order to move on to loving others?

48: I am Q'uo. We are most happy to speak to this subject, for within your heavy chemical illusion it is very difficult to have an unbridled love of the divine self within, for one is so taken with the surface iniquities of mundane living, the little disappointments, the little irritations, the hostility, and all the repertoire of negative emotions, that one cannot even believe that one could possibly be worthy, and, indeed, as a human in third density one is not yet worthy of utter self forgiveness except for one thing: the nature of creation is utterly self-forgiven. In finding that basic truth you may claim your worth.

50: Move within the self at this moment. Consciously allow the awareness to move through the short term memories. Now allow all the pain and joy of this experience of incarnation to be gazed at with eyes of love, for you have learned from each and every challenge. You have not reached the self, you are forgiving the imperfections of the self which an imperfect world was formed on purpose to cause you to feel. If you never felt unworthy your worthiness would have no passion, no strength, and no stamina. It is only when one moves through the awareness of one's human limitations within third density, and accepts each imperfection, each folly, each thoughtlessness as the action of one who simply was not properly tuned, then you may move on to more fertile territory. Not to forgive an imperfect self—and that is the surface self of each—is to deny that there is more, and that that more is a divine mystery which we may only call love.

51: In claiming the worth of the self it is necessary to gaze at one's relationship with the infinite One. This entity created you before it created the densities, the stars, and the planets which make up your illusion. You are portions of the active consciousness of the one infinite Creator of love and light that is within you. And so you do not honor the small self by feeling worthy, but rather you surrender to the greater Self within, and then you may love all of your idiosyncrasies, all of your faults, because you know, beyond a shadow of a doubt, that as you slip you may forgive yourself, pick yourself up, and walk on. You are imperishable. You are creatures of love.

55: Yes, the universe, the Creator has already forgiven all that you may do. You yourself, however, must forgive the self, be at peace with the self, acknowledge all of the thoughts of the self, and attempt as much as possible to become better. It is well to realize that perfect behavior is not only impossible but meaningless. It is the heart, the love, the emotion that makes you worthy, and as the intensity of your love of the Creator and your love of fellow men and your love of yourself grow, so shall you become a more and more metaphysically light being, moving affirmatively from your strength—that is, the Creator within—rather than running from, avoiding, or being embarrassed about many, many errors that only limited, somewhat ignorant, and often biased child might make.

57: To see oneself as a cell in the body of creation is a most helpful concept, because as you gaze in thought at your own anatomy and physiology you may see that each cell is equally important. The skin, the muscles, the mind, the simple reaching out of the hands that is possible because you are in physical existence, these are causes for rejoicing, these are causes for thanksgiving and praise, for you have the opportunity to act as a channel, a worthy and loving channel for the infinite love and light of the one Creator. Self-acceptance is a good start upon self-forgiveness. To accept one's faults as they are, paradoxically, is to open oneself up to the possibility of change, growth and transformation.

61: We thank each of you, and would at this time close the meditation, wishing each to respect and seek the heart within, the deep intuition within, not to denigrate the Earthly vessel in which you move, for though it makes many, many errors, yet it has the hands to give, the mouth to speak, the eyes that offer the softness of a loving glance, the breasts that may give the babe nourishment, the loins that shall produce souls whom one may love and by whom one may experience the incredible gift of unconditional love. Love one another, my friends, unconditionally, and if there is a condition, use the intellect for that for which it was made. It is a burro; load it with the information and let it climb the mountain to the answer.

62: We are no more worthy than you. We are all seekers, all pilgrims, and all imperfect. We could suggest that one may look forward to a time when one is not so, shall we say, imperfect, as seen by the self, but we assure you that these feelings of unworthiness, insecurity and other feelings of this kind are designed completely by yourself before the incarnation to teach you to love, and to love that which is imperfect is to make it worthy.

63: Examine your soul. All that is, is within you, the bad, as you would call negative emotions and ideas, and the good, as you would call positive emotions and ideas. But the source of your worth is that which makes the universe One, and yourself a citizen as important as any, as worthy as any. You are a part of the infinite Creator; you are worthwhile, necessary and beloved. May you love yourself enough to move the imperfections out of the way of your service, and never ever to hold a grudge against the self, but to forgive the self, to intend a newness which is less imperfect in the ways of doing things.

18.45 1989/12/03

10: Glory is a concept directly at odds with judgment, for in the concept of glory, with the concept that all are one, then all are potentially full of glory, able to generate glory through love and light and service and able to experience glory in the inner room of meditation and contemplation and in the environments which so richly endow each with companionship, laughter, light-heartedness, and a sense of confidence and security that comes from feeling that the self is indeed worthy, that the self at heart is indeed a portion of the glory of the Creator.

12: Few there are within third density that are able to manifest perfect glory, for in manifesting perfect glory one no longer has any catalyst to process and one is able to stay in the love and the light of the one infinite Creator, praising and blessing the name of the Creator, speaking hallelujahs for all the blessings of your life. Yet, in the next hour you shall walk away from this beautiful concept, this imperishable ideal, and be unable to live up to that which is truly within you at this time. Yet, the glory is there. It continuously speaks to you, continuously moves within you and, as you become more transparent, more trusting, more accepting of that which occurs, of those conditions in which one finds oneself, one can then allow the glory to flow through the self to all the other portions of that glory.

13: What do you mean when you say "glory"? In some cases, entities mean heaven; others mean worship; others, praise. Even your flag has the name of "Godhead," undoubtedly named with deliberation. The nature of the Creation is love and the nature of love is glorious. It is much to be awed by, much to be studied. There is much to take into meditation each and every day, and there is the listening ear to develop to the less and less distorted self that lies deeper and deeper within the self, closer and closer to the true self which, in the end, as it was your Source, shall be your Omega.

14: Now, what is glory to you? Is there glory in serving others in an humble way, in chores, in cooking and cleaning and mothering and fathering and providing and working? The amount of glory you allow into your life is up to you. The glory is there, intrinsic in each moment. Beauty lies all around. Dreams, hopes and ideals abound. And these artifacts of the spirit and the mind and the emotions are wonderful, wondrous and glorious. For, is not love glorious, my friends? Remember that the one known as Jesus removed the commandments of his predecessors, and, instead, asked each to love the Creator and to love each other as the self. This was the new promise that this teacher requested from its follow-

love and expect love to overcome anything. This is a misunderstanding of the suggestion that love does cast out fear that is found in your holy works. Love is not aggressive. Love does not cast out. Anger may cast out, but that is not clear; openhearted love, but rather a blocked, and incorrectly or ineptly expressed love, even if the one to whom you refer is known to you as Jesus, as the entity is recorded to have thrown over tables upon which lay money made by priests, not for the glory of the Creator, but for the betterment of the priests' pockets. It must be understood that this entity was capable of error. This entity acted out of a kind of fear called anger. It is a kind of moral or ethical feeling common to those with ideals when dealing with that which your peoples call politics.

17: Fear, and the expression of fear, can be balanced by looking at the object of the fear, and then allowing love to teach, from within, in its own time, amidst confusion and darkness, how to see that same object affirmatively. Thusly, love casts out fear when love is invoked as a quality which will modify the noun of that object. Fear is no noun; fear is not a thing. The self which fears is not a thing, but an experimenter of illusion. Learning spiritually involves moving beyond that illusion in blind faith, and invoking a higher truth, higher than can be comprehended by the mind within the illusion. One must trust one's heart for spiritual wisdom, for it is not within the mind. The mind overcomes, the heart loves, and when the heart is actively loving an object, fear does not have room to modify that same object, unless the love is not complete. And when one sees oneself in mixed feelings, one must once again face the object, for it is that catalyst to which you may choose your response. You may choose creatively, you may choose positively. You have these options at all times.

20.6 1991/01/31

0: [overview] The question for our intensive meditation is: Discuss the male and female relationship—why each of us is born with a desire for a committed love relationship with another person, yet why it is so difficult to obtain.

20.7 1991/02/03

4: In the genuine sense, nothing is known. All is, if followed to its conclusion logically, a mystery. That which you may view is inevitably not that which it seems, for the entire nature of your experience is one of learning in a special classroom which was created specifically to confuse and baffle the intellectual mind, and thereby force the consciousness of humankind, because of the desperate hunger that it has for spiritual grace, to move from the mind to the heart, from intellectualization to love, and the wisdom of love. That is your situation. You are consciousness aware of yourself, but all the tools that you use within the illusion, beginning with the mind itself, are creatures of the illusion designed to operate within the illusion and doomed by birth itself to a life sentence ending in death. Shall you strut and fret, as your Shakespeare has said? Shall you watch that petty pace until the last tomorrow, and then cease? There is that within the human consciousness which, once awakened, is aware of but one thing, that whether or not there is survival without the physical body, the yearning for consideration of that continued existence is a real, vital and actual part of the nature of humankind.

5: Entities within your culture are fond of saying that humankind is made in the image and nature of the Creator. What image do we think of? What image comes to mind when one thinks of the Creator? That is a key question, and central to those who seek faith. For if a Creator is sought that is angry and punishing, righteous and full of justice, then we gaze at a part of ourselves, and if the Creator is gentle and nurturing and all embracing and unifying, then we gaze at a part of ourselves. Since there is a mystery, there is a choice to be made concerning one's attitude towards that mystery. Those who feel instinctively that the Creator is an unifying, loving and nurturing Creator are those which discover faith in one way, that is the positive path of polarization through service to the infinite One and to other selves, the images of the infinite One. Those who choose to see the creator of judgment, righteousness and law, are those who wish control, control over the life, control over the self, control over others, that

there be no surprises, but that all be reckoned ahead of time, safe and tidy. This is the path of separation. We are aware that we speak to those upon the positive path of polarization, and so we will address faith in its positive sense, that is, that faith does not begin with faith in the self, but faith in the Creator.

8: Let us gaze about at the creation for which it is responsible. Is the infinite intelligence which created the balance of the infinite universe, the planets in their courses, the stars in their long, slow expressions of love, the work of a capricious Creator? It would seem unlikely, for if one were to gaze upon one of your calculators, one would not mistake it for that which occurred in nature, for that which is random and perhaps came from a process of evolution. This calculator is obviously made for a purpose, to do a certain task accurately again and again. Yet, how simple is this calculator compared to the infinite accuracy of the clockwork universe whose steadiness your scientists so have faith in.

9: Once a seeker is aware that faith is not faith in the human self, one is then open to examine other possibilities of where to place faith. As one gazes up to the stars, one realizes the face of the Creator, as it is written in your holy works, moving across the face of the waters of your consciousness. And there is an intuition that says to this intelligence, far or near, I place and give my faith to this kindly, loving, nurturing Creator; I offer my trust.

14: If you wish any sort of knowledge, much that is supposed knowledge will be examined and ultimately abandoned until the spiritual and metaphysical quest centers upon all that is left when one strips away that which one has been told, and that is an instinct, a hunger, a yearning for something that is variously called love, or charity, or virtue, or beauty, or truth. Many entities among your people have no use for faith, any more than they have any clear perception of the truth. That is acceptable, for it is not those who are unripe that will be harvested, but those whose time of ripeness has come. Each of you has taken that leap of faith, but each is at an unique position within the heart regarding faithfulness. Thus, each experiences a continuing and often repetitive scenario of events and situations in which faith can be informed as one attempts to behave and express and manifest the self in a faithful and loving manner, attempting to glorify by imitation that which is conceived to be the nature of the Creator, that is, love itself, the energetic, original and absolute thought which is love.

15: Now, once one has had the immediate experience of joy in the presence of the infinite One, one is almost immediately cast back into the desert of the valley. Words can only muddy and distort that absolute experience of being one with the Creator. Therefore, one does not approach faith through words. One is content simply to live in faith a simple, wholehearted and single-minded faith that humankind expresses itself most truly when it expresses itself in fidelity to love and service.

16: How can one be a faithful servant of the Creator? Perhaps the most difficult thing, and the central thing that a faithful entity does, is to lay aside the human self, that endearing and much beloved outer shell personality, in order that one may experience the treasure that lies within, the treasure that can only be approached with love and trust and faith, for doubt and mistrust are distancing emotions, and when entities think in that mode they remove themselves further and further from the shining secure of grace. The life of faith is a life lived in the limelight. One who lives in faith stands with a light that is bright that others may see. It is a kind of public undressing of the self, metaphysically speaking, to live a life in faith, for when one who is faithful perceives that in the midst of the confusion of mundane living there is a spiritual principle which must needs be upheld in order to be faithful, one must then abandon so-called human wisdom and express foolishly faith that appearances are deceiving, and that all is truly well. The essence of faith is the simple feeling that all will be well, and all is well.

17: Now, let us look at one who faces a tiger, a lion, a predator. Is all truly well for one of faith as this predator comes to eat its chosen prey? How foolish can the prey be to have faith that there is something more than eating and being eaten, killing and being killed, striving against adversities? Such an entity must be quite foolish. Yet, it is those foolish entities who shine through the centuries of your recorded time and history, blazing off the pages of books and records into the human heart. Those who loved and gave themselves for

you to move the energy of these feelings of identity through you in a manner which is of a service-oriented nature, in congruency with that desire to express love that is portion of your nature as well.

43: I am Hatonn, and are also full of thanksgiving that we could be a portion this group's exercising of instruments this evening. It is not often that we are able to partake in this way with this group, for its desire to seek and to serve have called to it other entities that are equally as willing to join in your seeking and who are also as thrilled as we to be a portion of this working. Thank you, my friends. We are with you always in meditation and available for the deepening of your meditation at any time that you request such. We walk with you upon your great journey and observe with you in awe and wonder as the planetary consciousness begins to look ever more clearly into the mirror of the self and begins to work upon that giving and receiving of love that is the healing of all wounds and disagreements.

20.5 1991/01/27

0: [overview] The question this afternoon has to do with fear and the various ways in which it expresses in our being. We have various ways of experiencing fear. Some of them have to do with relationships with others; we curtail certain thoughts, feelings or actions hoping that we won't excite the response from another person that will cause that fear in us to be realized, or we don't curtail the action and we express violently, angrily and become fearful of the emotion itself, also, fearful that it might have repercussions, causing a disease such as cancer that would be a way to point out the distortion so that we would work on it. We have, of course, the concept of love, in which we feel and believe that love can overcome fear, can heal wounds, but how does one put love to work in one's life and make the balance again come into being? How do we overcome, or is there an overcoming? How do we work with fear, and how do we bring love to bear upon the situation?

3: Fear is an experience in which an entity perceives itself as helpless, and therefore a victim for those who are powerful. The infant is born into a fearful environment. Whereas within the womb the infant has warmth and secure cradling, a constant supply of food and liquid, and the reassuring heart-beat and enfolding maternal love of the entity which carries it, it suddenly experiences exposure, wetness, coldness, pain, stricture, and vastness, enormous, unbelievable vastness. Against the cold, the damp, the vulnerability and the lack of easily perceived love, the infant has no power or control. It is helpless. And so the life experience of an incarnate entity begins, rooted completely and solidly in fear.

4: To this original bias are added the many, many ways in which larger entities may create perceptions of helplessness in their dealings with smaller entities. When a larger entity disapproves, corrects or simply says no, the smaller entity has no power of appeal past its ability to use the language. Even if it does use the language it is not likely to be heard, or if heard, grasped with any degree of respect. So, the entity experiences throughout the years of being small and human, more and more reasons and occasions upon which fear has been perceived. During these same years perceptions of love have also been received. In some cases, either the young entity perceives all that the parents do as beautiful and loving, or the parents are actually creating a supportive, loving and helpful environment in which the child perceives again the heartbeat of love that moved from the mother so easily to the heartbeat of the child in the womb. However, it is most likely that entities will have chosen situations within the childhood that will specifically sharpen and make keen some of the primal fears with which the entity began the incarnation.

5: If fear is not a mistake, then it must have been planned. The plan of learning in third density is the plan of creating opportunities for entities to make choices. These choices need to be made freely and without duress. To cause an entity to allow fear to evaporate and to turn instead and embrace love is acceptable. But to cause an entity to do so is an infringement of free will. Consequently, it is just as incorrect for an entity to cause itself intellectually to turn to love as it is for another to evangelize, and pull the uneasy or unripe entity away from the fear which it needs, that it may embrace a love which it as yet is not able to embrace.

9: So you may see all of these fears that you experience as

illusion perceiving illusion. What is yourself? Is it an ounce of this, or a cup of that? Can you locate yourself? Is there a point about which your consciousness is fixed? Not within the illusion, my friends. Not within the illusion. It is part of the illusion that you perceive yourself as a fixed self about which radiates the entire universe. You are, however, not fixed. You are not fixed. You are not fixed within the body which you inhabit. You are not fixed within the choices you have made in the past. And you are not fixed in your perceptions of your own nature. Your own nature, in fact, is infinite and therefore cannot be in any way fixed. You do not have the need for mass. Your nature is that of light. Light is created by one thing only—love. Because of free will you experience various things, and because of the perceptive web of your physical vehicle, because of the way this vehicle's mind takes in data and prioritizes it, the untutored soul will pay first attention to those which it fears, but only in order to avoid them. Now, if you do not have a fixed self, you are not a target. Fear is always of something, and you are imperishable light. What do you have to do with things?

10: Turn then, in blind faith, when you fear, and look at what you fear the most, as long as you may. It is no shame to be unable to do it very well. It is, however, to be hoped that the practice would continue, and continue, and continue, for in each seed of fear that your infanthoods and childhoods have sown, there are collateral and dependent sub-fears which radiate out from the solidification given to this point of fear. When one examines the object of the fear one will find that which is of love, made of light; a situation, a creature, a concept, whatever is feared, which has been created by the infinite One, by logoi, sub-logoi, and most probably largely solidified and made fearsome by the sub-sub-logos which is yourself.

12: Now, let us turn and ask ourselves why this fear is necessary spiritually. Each is aware of the nature of third density. It is a density of opposites. Where there is love, there is fear. Other terms for love and other terms for fear exist. Where there is good, there is evil. Where there is light, there is darkness. Where there is hope, there is despair. Where there is compassion, there is bigotry, prejudice. Where there is life-saving grace, there is life-killing brutality. The spiritual entity must face the fact that it always has a choice. It does not feel, seem, appear or look to the senses as though in many cases one had options. Examine any situation which seems without possible options for the feeling tones of fear, whether they be angry fear, frustrated fear, terrified fear, or the fairly purely perceived fear of helplessness and powerlessness. Lack of control is the basis for reaching out and pulling into the life experience this quality of fear. It is a simple choice. When fear is felt, and after it is recognized that the self is not fixed, and it does not have to fix fear to any object, it then is aware that it may proceed further, and gaze at the object of fear to find a positivity or affirmative quality which may be seen to be that which love offers in that same object of attention. You cannot blink when you gaze at the object which is causing you fear, because it is up to you to choose how you shall respect this object. Shall you respect it by fearing it, by bowing before it, by accommodating yourself to it regardless of the cost? Or shall you relate to this in love, offering it the respect of compassion, and, in many cases, the appreciation of, and respect for, opportunities that may seem very, very challenging?

14: This is an acceptable portion of the instinctual, red ray energy, and not to be confused with fears which have an object which does not, in and of itself, cause all who observe it to be afraid. When an entity chooses to dwell in love and to accept all that is given without fear, the degree or quality of love which it is possible to perceive is greatly enhanced.

15: Like any other portion of a life in faith it is not the first determination alone to look at a fear which delivers one from fear, for fear may be attached to any number of objects. Consequently, it is to be expected in the life experience of one working spiritually that the evolving self will repeatedly experience a fear of something, and always the situation must be gazed at apart from the fear. It must be seen that fear, like love, is not something one can own, but is an energy, or a quality, or a vibration, which is allowed by the entity to move through the being of the entity and to radiate a certain kind of vibration.

16: The vibrations of negative emotion are most uncomfortable, especially to that portion of the self that is attempting to become more loving. But one cannot move from fear to

ers.

16: How can one find glory when one has not perceived glory? One may meditate upon glory. But perhaps the best way to approach the understanding of the word glory is to strip [away] all adjectives and gaze at the great noun, "I," the great verb, "AM." To exist is glory. To be conscious is potentially to live in the Kingdom of the Father. Why should a relationship with a father whose love for each is infinite produce anger, confusion and disputation? These things are a portion of your illusion. If you are able to silence your mind, silence your doubts and to open the door to the inner room in private and devout meditation, that silence for you may be a great voyage of discovery, for you will find more and more to like about the self, more and more to see as accomplishments as each entity moves through the life experience and becomes more mature.

17: Could one do without glory? By no means. To say "glory" is also to say "passion." Glory is the passion of the heart and it has its artifacts in the blue ray of communication of an inspirational nature and the indigo ray of work done upon the self in self-healing, self-forgiveness, self-quieting and, above all, self-acceptance. The beginning of lover—we correct this instrument—the beginning of loving others as one loves the self is to discover the glory within the self, to forgive the self for its behaviors which shall be various due to the workings of free will, so that one may concentrate as much as possible simply on loving and being with the infinite One.

19: Glory is the faculty of the child who finds those things which it likes passionately lovable and glorious objects of love. Were there not an objective referent to glory in the metaphysical sense, there would be no word, for the word "glory" is that which reaches out into eternity for that which it knows not. It knows the glory as a mystery, and, like [buoys] clanging in the fog on a stony coast, it is hidden and it is difficult to navigate through the waters of humanity and ordinary living to create the intensity of consciousness that allows one to glorify and praise and thank the one infinite Creator. Yet, this exercise comes back to you an hundredfold, a thousandfold, a millionfold, for as you recognize the glory of the one infinite Creator, the glory of Creation, the glory of the heart of humankind, one becomes aware of the glory hidden within, that treasure in earthen vessel, that gem within the body. As you become more humble and more aware of how many errors are self-perceived by you, paradoxically you shall become more and more aware of the exploding excitement of the creation in its eternal dance, in its endless beauty, in its infinite love under the powerful strength of pure light.

22: You entities call many things glorious. Artifacts of humankind such as music and art and literature receive this adjective frequently and truly, in some cases, the author or the composer has, indeed, touched upon part of the glory of humankind, part of the birthright of the imperishable spirit which you are. You are taught to feel unglorious; you are taught to doubt the self, to esteem the self most lowly and to act defensively. Glory is radiant, quiet, confident, brilliant and radiant. It is an aspect, an attribute of the one infinite Creator that inspires in the seeker purified emotion—the emotion of unconditional love, praise and thanksgiving.

23: As you move through your life, realize that your life is a divine and glorious gift from the active principle of the one infinite Creator to its source and ending, the unpotentiated Creator. After you have come to this gentle and loving perspective, loving the Creator and loving self as having the Creator within, partially hidden by distortions, one may begin to see the glory of other entities about you.

33: Yes, I'd like some advice in listening. I'm developing a new and very important relationship, and although speaking helps me it does not help the other person to feel better. Therefore, I feel selfish as I work out my understanding of the nature of that entity whom I love and would like to understand. Could you comment as to how I might circumnavigate, if possible, this somewhat difficult for the other soul's method of becoming aware of the needs of another?

39: I am Q'uo. We seem to have satisfied your appetite and we are most happy to have done so with our tools, which are fallible and liable to error. Therefore, we ask each to treat that which we say as that which it is—opinions held by those a bit further along the long and dusty path than are those within your density. Still, we do not know all that there is, and we cannot be considered to be truly wise, for still we have identity, and this is not weakness but a resistance to love itself.

40: How can the Creator love if all It has is Itself? The Creator, in its unpotentiated form, is love. The active principle that moves with free will before each creation to create consciousness and to start a new process is that which...

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4: You wished for more information upon how to recognize your gifts, those things which you have to offer in love to the Creator and to those about you. We begin with those things which are most basic, the beingness, and the relatively universal experience of sacrificing oneself in an attempt to rear a young soul to its best advantage rather than your own.

12: You will notice that we have spoken mostly of the passive gifts, for they are the most important. In those passive and often nondramatic gifts lie the most free will which entities may give each other. It is respecting and treating each as a colleague, and not as a student to be taught. Thus, no matter what the seeming situation in regard to titles, responsibilities and honors, no matter how many dramatic gifts an entity may have, one may still rate those passive willingness' to listen, and to forgive, to understand, to make peace, to find union where there was none. The gift of humility is especially rare, but it is a resting place for all those who pass by, as they rest in the bosom of one who is no judge, but only sees all as beloved beings whom one wishes to serve.

18: Now, as you gaze at your gifts within the illusion, you may count those artifacts of the human heart and intellect as the writing, the speaking, the poetry, the music, the dance, and all of those creative gifts which pour through one as sweet wine, blessing all upon whom they fall. If the spirit is clear, deep intuition expresses itself in saying, "Use this gift now, and use it for the love of the one infinite Creator." Most puzzling are those entities which have various gifts, talents, which are not used, seemingly. But we say to you that each and every gift of talent subjectively perceived by an entity has a purpose, and the purpose will come forward in due time.

19: This instrument, for instance, questions why it was given the ability to dance, and then given the disability of arthritis which causes the dance to be clumsy and footsore. Notice that without the gift of dance this particular entity would not be able to move at all. Many, many times, the gift of singing, or of playing a musical instrument, is that gift which creates an atmosphere of love, safety and peace within an abode which may be in need of these things.

18.47 1989/12/17

3: As we talk about how to identify your gifts, you have heard this many times and you will hear it again many times: the way to discover your gift is to allow yourself to love. Loving is a risk. It also puts you in the company of people who do many, many, many different things, some of which you may be gifted at; you would never know unless you tried them. If you go through your life trying to be proper and serious you will only become misogynistic, baleful and bitter. When you, in and of yourself—we correct this instrument—in and of the self, the small surface self cannot sustain deep and purified emotions unless they are most, most unusual and do not come from this sphere at all.

4: So, we would like to close out our speaking upon identifying your gifts by quickly recapitulating what we of the Confederation have said before. We have said that the greatest gift is that of being. The second greatest gift, that of raising children. Everything is a gift to one who feels the presence of the Creator in the inanimate object or the animate object which it is manipulating in order to aid it. How many there are among your people who set up charitable organizations in order to avoid paying taxes. This is not an identification of gifts, but a budgetary decision. What we look for, what we ask for, what we hope for, is people who find that the love of the Creator for them, unblemished, untouched by the human condition lies within them. It is the first step to humanhood; to imperishability.

5: It is most easy to love some people. Their temperament suits your temperament. They are good listeners, you are good talkers. Or vice-versa. You have many of the same interests, or there is simply the chemistry of working together before that brings people together. But if anything that is

attempted is attempted without the free flow of love, infinite love, into the violet-ray chakra from above, upwards from the red-ray chakra, according to the energy blockages of the body, when you sit to meditate, do your best to clear your intelligence of its usual active pattern of contemplation and thought, for those things which can be said to be of an inspiration that is healthy and encourages wellness among the souls of your peoples is not altogether welcome upon your sphere. You must ask for us to be with you.

6: There are some who are so aware of the love of the infinite One that they naturally radiate love to all whom they see and desire [to be] of service to all whom they meet. This is not the rule among humankind. It is well to consider yourselves as unprivileged in that regard. It is said that to be human is to fail. No truer words were ever spoken. From the moment of your conception, you are dying. You are perishable. You have only a brief time upon this tiny sphere to learn to know yourself and your strong points and your gifts, and to give them with a glad and holy heart.

7: To some people, the services that they offer is obvious. Housewives who realize the incredible sacrificial service of motherhood in truth, though, however, is not a sacrifice, for love is greater, stronger and more joyful and certainly more confrontive and immediate than other solitary occupations.

8: This evening we would simply say, "Find your love." What do you love to do? Whatever it is, you may do it in the service of others. Do you love to cook? Try a soup kitchen. Do you love to drive? There are handicapped and helpless people who must be taken here and there. Are you good with your hands? There are programs within your society for rehabilitating the dilapidated house to make it sellable so that people who are poor will have a nicer place to dwell. Is your special forte communications? This entity knows that its best trait, and of course, its worst?, is honest, open communication at all times. Thus, we are able to use this instrument although she is in considerable pain—the heart is single.

9: In a way, my children, this is what love is. Singleness of heart. One may love this and one may love that. And one may just love banana pudding, and simply adore prime rib. The words are used very sloppily. We do not subscribe to any dogma or dark truth. We are able to inform you inasmuch as we know, and that knowledge is not perfect.

10: On the foundation and the evolution of spirituality upon your planet, you yourself, however, will come forth from this meeting, this meditation, this circle of joy and sweet peace and move out into a world in which peace seems afar off and life is not sweet always. Thus, as always, we encourage the daily meditation in moderation. That is to say, no more than one half hour at a time, for we can never disclose to you because of your own free will the pace you are particularly able to keep. Each of you is evolving. Some have the capacity to evolve more quickly. The most folly one can assume is to assume that because one seems without love, one is not learning spiritually. You are the one who is not growing spiritually if you do not love the unloved. And we do not talk of empty prayers and dutiful affirmations. We speak of a heart so open that it recognizes the murderer, the rapist, the felon, the abuser, the addict, the street person, one who, in the interest of country, allows ways to be rational for unacceptable means.

11: The world outside of you is not apparently full of love. Love has an active and a passive form. The most important form for you to become aware of is the immediate presence of the unmoved Logos, that great original Thought which is Love. There's no free will to cause it distortion. And you, my friends, are the active principle of that Creator. Far better it is to attempt to aid and fail than not to attempt because of a fear of failing. No one is keeping score in the heavenly kingdom, except, my friends, you yourselves. You know if you love or if you are merely getting along, being polite, being pleasant and being cheerful. Those are wonderful human traits, but they end, and then you are exhausted and open to the most negative of emotions. It is in the realization that you are [as] portion of the Creator, that your ability to love is there to make itself clear, for it is not your ability at all. Your personality, your circumstances, the island high on which you live, are all illusions. But that which is within your consciousness is no illusion.

14: Many, many of your organizations began in love, love of mankind, love of beauty. In time, this love became jaundiced and truncated while the necessity of the upkeep of the corporation which houses [its] beautiful objects [replaced it]. So

it is with your churches and your schools. One may learn about freedom, but for that, one must pay. Determining your gifts, then, is a matter of observing what it is you love to do the best. Then we suggest you do it; whether it be praying for the peace of the planet, sending healing, it matters not. It matters only that one realizes that one's Lordship dwells within as does the entire universe.

15: What are your gifts? Only you know. How keen your eyes, how keen your ears, how quick your reflexes, how intelligent your mind, how able your tongue, and how able your body. Only you know whether you are an introvert, an extrovert, a loner, a sociable person. Only you know your own needs. And in serving others, it is not wise to sacrifice too much of that which you enjoy and that which feeds you, for as a channel you are giving, and giving, and giving, and giving without expectations of any return. This is a blessed service for which we thank all of you. But the silence of meditation, the steadiness of day-to-day cheerfulness, the pursuing of work that you love is a great boost forward.

17: This, then, is your service to that person—unknown, unappreciated and unexpected. Perhaps the secret of the service to love is to make no fuss or ado about doing what one can to serve. We have a very handy example in this instrument who is having continuous pain flares. This one, however, is aware of the limitations of her service and would have had to have been unconscious not to attempt contact. We look for intensity, passion and dedication in our lives and due to the fact that it is very, very much a secular culture in which you live this feeling of coming home to one's true family is often missing. And people wander the Earth like Noah's beasts in pairs of two, with the lonely ones slipping through the cracks in reality.

18: My friends, you are asked to love one another as you yourself have been loved. You know the incredible strength of that love. You may lean back against it, and you may open the self to channel words to make peace and harmony and solace available to those who are too tangled in their own details of negative emotion to work out the heart of the problem. Each of you would be in this situation from time to time, thus the offering of love to another by listening, by accepting, by forgiving, and by loving is the gift of which we would speak this evening. Centuries and centuries have gone by with the entities attempting to learn to love. There have been many side trips, many excursions into folly. Many killings, wars and casual death. That is the Creation expressing itself negatively this time.

19: You may do two things with your love after you have found it. Firstly, you may pray continually without ceasing. This is not a difficult habit to move into, as one knows very small prayers that one has known since childhood, prayers that are to the point and caring. You may also make up your own prayers or simply hold a person with whom you are concerned into the light of the infinite One.

20: The greatest of active services as opposed to passive services of being is loving in such a way that you are able to hear the words between the lines that plead for spiritual help. We pray you may have the subtlety of wit, the intelligence to take that information which is important to the other, and find a tongue to speak that does not create a stumbling block, while many have been damaged by guilt and excessive judgment in some of your saddled religions.

22: So, you the pilgrim who seek to be light to the world, will often fall, for stumbling blocks are everywhere. Bruised, tired, dusty, we ask you to pick yourselves up and move along the road that you and the Creator have planned for you. Pray, first of all, that you love yourself. The second portion of the second admission which is found in your holy works is to love your neighbor as yourself. If you do not love yourself, how can you love your neighbor? There is work to be done again until the self is clear enough to hear and appreciate and feel unthreatened by the strength of the feelings, emotions and thoughts of others.

23: How can one magnify one's ability to share love? Coming to group meditations such as this one is helpful, for as the saying goes in the holy work, your Bible, "When two or three are gathered together, prayers are answered." It is true, too, in the way of information. Three is the minimum number for successful vocal channeling, so that it may be universal. All these things are gestures of love. So, if you do not love yourself or the Creator, stop where you are, do not attempt to strain yourself by opening higher energies without the heart chakra completely open.

ing in love.

36: Hope, trust, charity, love; these are only words. The reality lies deep in your hearts. Move, you poor in heart, into the richness of the heart visited by infinity, and see butterflies dancing amidst a metaphysical field of infinitely beautiful flowers. This is a gift you are paying for that will not be delivered within the incarnational experience for longer than moments at a time. You see the struggle, you see living in a sardine can, living in a cocoon. We see the maturation of a thing of surpassing spiritual power, delicacy and beauty.

37: We thank you for this extremely interesting question, and feel that it is especially interesting as so many among your people are dealing first with the war that is outside, and perhaps only then becoming honest enough to see the planes of Megiddo within the heart of every third-density entity. Yes, you struggle, and may we encourage you to struggle, wrestle, fight or relax, and rest and observe, completely depending upon each entity's personality and needs. It is indeed greatly worth the doing, and is in fact the beginning of the learning process that creates the social memory complex. It begins with you and yourself. Come into harmony with that precocious, maddening self. Forgive it, love it, accept it, and you shall be prepared to work at your lessons of love as mates.

20.3 1991/01/20

9: Let us reexamine this voice, this portion of the personality that you think is your own voice, but in fact is not. That voice speaks fear, but what have you to fear? Shall you be wrong? Mistakes occur. Out of that wrongness, no matter what it is, a desirable and beneficial result will take place, for in the mistakes that are seen in men's eyes are the happenstances of spiritual evolution as seen in the eyes of a living spirit of love. What is feared? Being wrong, being foolish.

11: Let us recall to your minds the basic purpose of third-density incarnation. You are here to make choices. It is imperative that you make choices. If the choices that you make are unskillful, that is acceptable to the infinite Creator. The process of making choices creates in the seeker more and more skill at the process of making choices. Like any other process, choice making improves with practice. If one is able eventually to claim and name all of the portions of the personality, one is then able simply to say, "I know not how these portions of myself fit together, and I lay that before love itself, for I know not what to do, yet love knows that which is the very best for me, and I will allow that love to lead me, and I shall follow."

12: We are aware that this seems in some ways very glib, because the tearing and rending of the self, as one develops in maturity, is certainly most painful, and almost impossible to understand while it is going on. It is necessary only to understand that all things within the self, though contradictory, confused, and to whatever extent unlightened, are acceptable, beloved, and supported by the one infinite Creator, and by that spirit of love that moves with you and is your companion at all times. There is no way that you can move away from love, except by ignoring it because of fear. You see, to the Creator, you are never guilty, you are never unaccepted. To the Creator, you are always in a paradise, but each of you is in an illusion which decries the apparent inaccuracy of our previous statement, and it is only by faith that you may feel that love, that acceptance, that forgiveness, and that support. It is only by faith that you may continue standing when you feel that life has cut you off at the knees. It is only by faith that you can stay alive when you feel that your life is not worth the living.

13: Feelings of despair are normal portions of the experience of humankind in third density. There is no negative feeling, passive or active, of which you are not fully capable, given the appropriate circumstances. It is vitally important that you are able to see that, scattered as you may be in this illusion, there is within you a center, a core that is the very treasure of all that there is. Within you is a spark of love that whether you wish it or not, unifies you, not within the illusion, for there you must struggle to learn, but within that underlying reality of your spiritual self.

14: Let us gaze one last time at the struggle of the self with self. Which portions of yourself do you like? Which portions do you not like? You may write these things down about yourself, or you may trick your conscious mind by attempting to write down those things which you like and dislike about an

entity whom you truly, seriously, have arguments with, or dislike. When you write down those things which you are willing to give to that entity that are of goodness, and when you write down those entity's faults with which you are so in a struggle, you will discover that you have written about yourself. This is a useful exercise for learning how each entity within the illusion of third density distorts the love and the light that moves through the universe in a way unique to itself.

15: It is well to trust that all the personalities within have made their own quite lucid unification. It is equally clear that an entity cannot express at the same time all of that which it feels, thinks and is concerned about in a situation. There you have a window into the process of making choices. Come to know the voices that speak within, not so that you may silence them, necessarily, but so that you may recreate a list of priorities in which those voices and the behaviors that they have caused are of a far lower priority than the self forgiven, accepted and loved in the present moment. Claim this self, for this is who you are. There is no you but you. You are unique, a child of love who has made choices. Whatever you have done to this point, know that this is a new moment, as is each moment, and that all choices are equally open to you at all times. Yes, you must bear the consequences of the choices. One of the beauties of this density in terms of its being an excellent environment for learning is that entities are indeed held responsible for their choices. This enables the spiritually growing self to be aware of the importance of making choices.

16: Now, let us look at the kind of choice that you wish to make, whether it is for yourself or for another. First of all, if the Creator loves and accepts and forgives, is there a significant rationale for refusing to accept to love and forgive either yourself or another entity for behaving or being in a certain way? Here is another question. Can you see in the behavior of yourself or another the consciousness that lies beyond, beneath, above and around that behavior? Have you any clue as to the nature of that entity's unique being? Remember that this is a place for positive action. Positive action in third density is not simply in the arena of the body, but in the arena of the mind. If you find yourself judging, belittling, demeaning or engaging in other negative interactions with yourself or portions of yourself, or with the behavior of others, take a breath, stop, rock back on your mental or emotional heels, and ask yourself if you are appreciating and respecting the freedom and the beingness of yourself or another, for it matters not whether you are dealing with yourself or another. Respect for consciousness suggests that you and others are equally worthy of respect, care, attention, service, and above all, love.

20.4 1991/01/24

32: As one who is not only sensitive but increasingly so, you have within your electrical bodies begun to resonate in an empathic fashion with the pain of your planet, to put this in simple terms. This can be quite distressing when there is no immediate or comprehensive manner of protecting the self from such intrusions of vibration without also causing some numbing of feelings, shall we say, in other areas of your experience as well. However, we may suggest that you may end your prayerful moments and in those of meditation as well, [creating] a simple image or short prayer that sends love and light to all those who feel pain in the Middle Eastern nations and around the world at this time, and which sees this experience of pain as being a portion of the perfectly balanced mystery of the one Creator expressing upon your planet at this time in order that those who are concerned with this kind of transmutation of energies might be alerted to the growing opportunity to burn off that which is disharmonious in a vibratory nature by attending to the vibrations of disharmony with the sending of love and of light, to be utilized in whatever manner is most appropriate. This may be a prayer, an image, a feeling or take any inward form that has meaning to you. It may in your case be given to the one known as Jesus the Christ as a prayer for intercession.

36: I am Hatonn, and we would suggest, perhaps, one further possibility in that as you move through your daily round of activities, you may see those activities as being those opportunities to give love, to make the choice to give love and compassion that are analogous to the movements of energy now occurring in the Middle Eastern area. This would allow

perience, which may be repeated from time to time, are the specific free choice of the entity. No learning comes without desire and persistence.

19: Now let us turn from consideration of the spirit complex to the consideration of the soul. The term mind/body/spirit complex is an approximation of description of the nature of the entity without distortion, that is, distorted only in the balanced manner that lies behind illusory distortions. The entity which you are, which you may call the soul, is first, last and always to be understood as consciousness itself, and as love. 20: Let us consider the phrase “I am, in love, with you.” Consciousness is “I am.” To define it beyond that is to distort it. The nature of this consciousness, this “I am,” is love, and the nature of all other entities in your density, and in any density, is love, manifesting through rotations of light. Thusly, all may say at all times, in any relationship whatsoever, “I am, in love, with you.” Let us pause and experience together the “I am” of us all.

23: This entity that you are is subjectively experienced by yourself through illusion, while the integrity of your beingness is always preserved in mystery. You cannot analyze a mystery that has no answer. Thus, we move in a circle, coming again to our first point. To analyze an unique entity is to do the impossible, for both that which we call love, or Logos, or the Creator, which is a portion of you, and the portion of you that is unique, are mysteries, now and forever. It is a matter of allowing that mystery to be a mystery. That is most helpful within the incarnational experience. It is acceptable to be unknown to the self in a final way if one realizes that that is the situation and will be the situation until the allowing of consciousness becomes such that one no longer desires to know about consciousness, but only to be consciousness. At that point, which we have not yet reached, there is the returning to the infinite One, and the creation moves from creation to creation, as entities are sent out and then return, that manifestation may blaze in its appropriateness within the infinity of intelligence.

25: Indeed, as we speak through this instrument this instrument’s main asset besides its purity is its craft, for we offer concepts to the conscious channel, which must needs then be given words. And how should we describe by words that which is the soul, except to say that the soul in manifestation is a bonding of love and free will, and process through the densities is choice, upon choice, upon choice, as free will is first paramount, and all other things but the individual will seen as threats, or potential threats, this moving on until the process of evolution of mind, body and spirit, brings each entity to the realization, hard won or won easily, depending upon the incarnation, that the will of the self, in its deepest sense, is the will of the one infinite Creator, and this will of ten does not make sense.

33: I am Q’uo. My brother, within the bounds of your subjective experience at this time, accuracy lies in the open and loving heart.

37: We thank you, my brother, and we extend our love to you. Is there another question at this time?

59: I am Q’uo, and we believe that we are aware of your questions. First of all, as you surmise, there is a paradox in that all traditions are correct, in all of their many confusing ways. That is to say, that the nature of the illusion is helpful, so that, in order to transcend experience, one must enter freely into experience. The way to realization of the nature of the soul and the nature of the Creator is through the illusion, not around it in any way. It is when moving through experiences that are appropriately valued and respected that one may begin to transcend them, and to achieve an immediate awareness of the presence of love, that is, the one infinite Creator.

70: When the experience of the one infinite Creator has been collected, reaped and gathered, blessed, thanked and honored, then a portion of the self is aware, in a way that it cannot express in words, of the nature of love, of the Creator, and of the self. Then, this immediate, ineffable experience, which is not learning, but the result of learning, may be broken, opened, as infinite as it is, and offered as love within the illusion, to the illusion itself, to those one meets within the illusion, and to the self.

20.2 1991/01/13

17: How does one go about this? As always, the daily meditation, perhaps at the beginning, perhaps at the end, perhaps both times, in the amount of time needed by the individual, is the daily bread that enables all of the spiritual work which you wish to do, for your energy to do this work comes not only as the gift of the infinite Creator in the very creation of the self, in the way the physical vehicle is able to internalize the infinite energy of the infinite One, it is also a matter of focusing that energy, of experiencing from intelligent infinity, by this calling for love and light, that immediate presence that is the fruit of faith.

20: Think of the image of the cocoon in winter. From the outside it looks protective, smooth and comforting. Upon the inside every available space is crammed with life and food, consciousness and catalyst. In a mated relationship two entities agree before the infinite Creator and in its presence to live as one entity serving the infinite Creator. This is a magical and profound promise, a covenant. Each of the mates has expressed its co-Creatorship, and a new entity for use within your illusion has been born. It is difficult to remember that there are not two, but either one or three entities in that cocoon. There are those who would express oneness by saying that as each portion of the creation is the Creator; there is only one entity in this womb that produces so much beauty. Just as legitimate is the opinion that there are three, the self, the mate and love itself, the one infinite Creator. Who has become the bridge between the self and the mate, enabling two singular entities to harmonize, strengthen the strong points, release the weaker points in terms of harmony, and create an entity, that together with a full heart and merry laughter, may continue long and without the burnout of being solitary which afflicts many of your peoples, in polarization of the service-to-others aspect which is so very profoundly the great mover and shaker spiritually for one who seeks the acceleration of the pace of spiritual evolution.

21: Now, if an entity is unable to deal with the concept of being in a cocoon, and being crowded, then there is that within the self which may not have the most rapid growth in the ability to deal with the petty disagreements which excellent and truly loving entities still always seem to offer. This is as it should be. How could you learn if you did not have catalyst? The placing of two entities this closely together is that created by the Creator as an opportunity for two to do intensive, accelerated work which neither could do by the self. It is an invitation to a series of seemingly disastrous misunderstandings and a seemingly endless chain of negative emotion and pain.

25: Now, you are in a cocoon and you are facing each other. By this cocoon of mating with commitment until death the entity agrees to accept the conditions of intimacy. How can one become nonadversarial? The first step, needless to say, lies completely within the self. Look through the life experience in any way deemed appropriate, with an eye to discovering recurring themes of discontent, recurring triggers for fear and the often extremely biased and difficult to understand actions of those who fear. As the entity known as Aaron has said, do not gaze at the situation, as it is a symptom [of fear]; gaze instead at the fear until you grasp what you fear, and with what method you wish to welcome love and allow fear to go its way.

33: We suggest to you that this image of the cocoon is that of a cocoon without substance except for light. It is indeed a place for transformation. It is indeed a place where every ounce of humility and humbleness and peacefulness and compassion for the self and for the mate will be endlessly useful. But at heart, the only answer to fear is love itself, whether it is expressed in faith, in expressions of hope, or in a simple, inarticulate embrace, indeed, expressed in any way whatsoever that is understandable by the two within the cocoon.

35: It is very difficult for a well working spiritually oriented mated couple to be blind-sided and surprised by the difficulties of mundane life, for in that mated relationship which is sturdy, the structure has been built with love, with creative love. That cannot be defined, but we may say that romance is not a deep portion of the relationship that achieves oneness, but rather love itself, and the shared work of creating a stable and unified home of love. That is the beauty of the successful, continually agonizing, but continually hoping and thankful cocooned mated couple. Two people seeking together, trusting themselves, trusting each other, and trust-

24: It is perfectly appropriate to fail and fail and fail again. We are not speaking of results but of the will to succeed, the persistent desire to run the straight race, as it is written in your holy scripture. Love is emotion that is too soft and too gentle in the way it has become known upon your planet to do that which it was intended to do: act as a balance wheel, giving entities equal opportunities to choose positive or negative paths. The reason for this is that your culture is more positive than negative, consequently, we of the Confederation are aware that there are negative entities also. This is why we charge you with the challenging of all contacts, but if you love the Creator and love yourself, you will then turn to a world that is bright with the light of the Creator’s energy. 25: You do not love energy fields, you do not love that which perishes in entities, although perhaps some of you do. There will come a time when each finds that this is not enough. The experience of loving and being loved involves complete trust, cooperation, sacrifice on all parts, and a yielding up of the little self to a self which is called “us,” which has an appointment with destiny. Each of you has gifts and is staring them straight in the face. Some things do not seem like gifts, but if you can love your neighbor as yourself and love yourself as your Creator and love your Creator with all your heart, then those gifts of yours which are needed will be called upon whether or not you express the talent, for the community of those who pray and serve is such that the opportunity is made for those who wish to serve.

26: We realize that the word “gifts” may have meant to some physiological or mental gifts, such as being athletic, being a good friend, caring greatly about the planet Earth and other subjects like this. This is very good for you to do. But, beneath all the phenomena of a distressed world lies the distress of the one infinite Creator and the planet itself. Practice loving yourself, my friends. The gifts will come to you if they have not already. And when you feel an impulse to do something you have never done before, and you feel you are being led by guidance, do not hesitate, but do that which you feel you are guided to do.

27: In this atmosphere, each will make many mistakes. That is entirely acceptable. It is the method by which people learn. A mistake is a good thing, for in making the mistake, one can sit, intuit and analyze why that effort to be a light being backfired, and so you learn compassion, sympathy, the single-minded love for humankind, not as humankind but as the Creator would do. This depth of love grinds you upon the rock of spiritual principles.

37: Is love the same thing as space?

39: When one has faith in the other, one begins with an acceptance that is equal to love, and extends that quality of love as a kind of protective field, shall we say, that shields or protects one’s sense of purpose or rightness, in order that the sense of rightness within the pattern might firm that pattern or attitude of mind in a way that is likened to the construction of a firm foundation for a building. But when one’s heart chakra has been opened enough to allow the movement of this creative energy called love to it, and one has experienced this quality moving from the self to another in a service dependable manner over a period of time, then it is possible to feel the extension of this quality into that quality known as faith.

40: The faith that [is] all is indeed well, for all is made of love. These are poor words for the great concept of which we speak, and we offer our apologies for our inability to describe in greater clarity the concept.

52: We extend our sympathies to the one known as Carla that her distortion of the physical vehicle has been the avenue that allows our experience with your group this evening. We are with you at all times and are pleased to join you in your meditations upon your request that we do so. At this time we shall, in great joy and praise, move from this group in the love and in the light of the one infinite Creator. We are those of Hatonn. Adonai, my friends. Adonai.

18.48 1989/12/31

5: The choices that you make in this density are predisposed by the biases and polarities that you have picked up in lifetimes long ago and more recent. When biases of love and peace and gentleness and humbleness of heart become your rest and your confidence, then perhaps you may release time and space, allowing it to be a useful and extremely potent of-

ferer of catalyst to those who wish to learn lessons of love.

7: In this way we may say to you more simply that the magical personality is an artifact of the one who has been able to focus the heart and the mind upon the infinite One. It is, in a way, possible to think of the higher self as being separate from you. But just as you were yesterday and will be tomorrow in a new year and a new decade, so the I AM that is the core of you learns of love, of wisdom, and of loving, wise compassion. When these lessons have been learned to the extent that they are without significant distortion, you turn and, reaching through time, you offer yourself a gift. You offer the biases and decisions and choices that have been made, not up to this point alone in your illusion of time but all the choices that allowed each of you to graduate into fourth density, perfect the lessons of love and learn the lessons of light, to fifth density, when you manifest light and learn the true meaning of wisdom.

11: Our message is very simple. We ask each to love the Creator with adoration and worship as one would normally feel for one’s father, for you are truly sons and daughters of the infinite One and within yourself infinite in your own being. 17: Now, to attain a magical personality there is much which one can do and, indeed, must do to create the appropriate atmosphere for the gentle lover’s touch of the rational mind into the deep mind. This is a slow process for many and infinitely worth it. Once one has been able to contact that part of the self that is sixth-density and which has given the gift back to you within the deep recesses of your mind, you may then have a much wider perspective, a much more clear vantage point from which to view the life experiences which your incarnation brings to you.

18: We caution each against attempting to live in the higher self mode for any length of time past which one cannot hold the concentration and the clarity which the tuning, the praying and the singing brings about. You cannot plunder your own higher self without doing damage to the quality of information which you receive. Consequently, in putting on the whole armor of light, as this instrument would say, and accepting the self which seems to be in the future, but is indeed yourself, as a good advisor you are moving toward a centered position which will be most advantageous to you in using this deep and lovely resource of the mind. We say lovely because it is considerable effort, a labor of love, for the sixth density to create a thoughtform of all that it has experienced.

25: Consider yourselves as toddlers, just learning to walk, the spirit so young, so lovely, so strong, and yet so vulnerable. This is how the magical personality sees the outer portion of your behavior and thinking. It is perceived as that of a child who knows not what he does. When one turns one’s will and faith to the quest for the philosopher’s gold of greater wisdom, then you may begin to see gradually a change within you. But, firstly, you must accept that the magical personality is already your own personality, for all time is simultaneous. 27: Firstly, there is a tremendous amount of protection of the body by the body, and we recommend to each that this be observed. For instance, this instrument blends the violet of the crown chakra and the red of the root chakra to cover the self with an energy that is completely personal and denotes that which one is. Upon completing this encapsulation of yourself in the red/violet of body protection, you will then put on a garment of light. That is the Creator’s protection, impersonal, loving and infinite.

29: This instrument, for instance, evokes—we correct this instrument—invokes the archangels—Raphael, Gabriel, Michael, Auriel—and with these four pillars standing in the corners of the room there is an overarching golden dome, for these principles of love called the archangels are most powerful and most protective.

31: It is well, when one wishes to work in consciousness with another by communication, to make these same preparations, for by far the majority of those who channel are channeling their own magical personality, their own higher self, their uniqueness. And it is well, when it is finished, that mentally one acknowledges that one slips off the garment of light and moves back into the illusion of energy fields and the experiences that challenge you to love.

45: Thus, at some point in your experience, you will no longer seek the light but shall become the light; you shall no longer seek the love but shall become love; you shall no longer seek the one Creator but shall become the one Creator. Thus, the pattern of your seeking reproduces the nature of the creation, which is unity.

19 1990

19.1 1990/01/07

4: Firstly, we would remind all that they are in the third density. The amount of will which it takes to balance pain and the counting of blessings is enormous, and if it is not balanced, but merely suppressed, it does much more harm than good. It is well to ventilate any negative emotion while it is small, that it does not escalate into a crisis in the spiritual walk of a pilgrim. Breathe in; breathe out. This is the first blessing. You are alive. You are in this illusion, and you are learning. You earned this position, this incarnation. Carefully did you select that which shall come to you. Carefully did you estimate your limits and move catalyst to the very limits, for you wish once and for all to learn the lesson of unconditional self-forgiveness that opens the door to compassionate love. Therefore, the first thing that we should suggest is dwelling whenever possible upon the all-compassionate love and the immediate presence of the one infinite Creator.

5: We realize it is difficult for the mind to work well when the physical vehicle demands a great deal of energy in pain control. But the words to give praise and thanksgiving are simple. Merely thank the Creator for your creation, for the safety in which you have lived to this day, experiencing and learning, for opportunities of the moment and the moments to come. You have been created, and you are sustained, and all that is given you is given you by your Higher Self, in sure knowledge that with that which this instrument would call grace, that which we would call the principle of unconditional love, can be made to be the natural and essential being of each, no matter what the condition.

6: You, as humankind, must face the fact that you are mortal and given to weakness of the flesh. There are few who have not the aches, the pains and the irritabilities. The basic secret of protecting the self from the self's own self-judgment is the practice of self-forgiveness, for Christ, Christ consciousness, the Higher Self, whatever you wish to call this principle of unconditional love, stands waiting for you to ask for help. May your heart be as soft as the earth in the springtime, that it may be amenable to plowing, and that seeds of love are planted in the ashes of pain, and fertilized with meditation and caring to do better in a persistent way.

7: When you wish to count your blessings, and you are not in a position to think clearly, you are still in a position to count the blessings of personalities close to you. You may give thanks that the Creator loves you personally, that you are as important to the mystery as the mystery is to your mystery-clad being; not your variousness, not your free will, but that of you which is in the Creator, and that of the Creator which is in you. Kindness to the self is helpful.

9: This instrument is telling us that we should be short, as there is more than one question. We believe that an instrument, such as this one who is in pain, may, through the help of medication which is causing mere sleep, slide into thanksgiving for all those souls that care about the entity, for the Creator's love of the entity, for the gift of faith to bear that which cannot be born, and to endure the unendurable.

10: We credit each pilgrim with persistence. Persistence, more than any one trait, though it lacks somewhat in a sense of humor, is the key to spiritual growth. You cannot pick up items on the spiritual shelf and gaze at them, and try them, and put them back, unless you have learned from them, and applied those learnings in the life. Therefore, we suggest the very simple giving of thanks, thanks for creation, for preservation, and for all those people and things that are blessings to you. In any circumstance there are many blessings, not the least of which is the fact that many environments which an entity knows not that it touches, moves into prayer as it cares and shares that caring with the metaphysical instrument of unconditional love, and the request that the will of the One Creator be perceived, and the entity given the strength to act upon what is perceived.

11: You must see yourselves as heroes. You are mythical characters. You are not mundane. That is the illusion. The pain that you feel is within the illusion. Far worse is it to feel the spiritual pain of rejection, low self-worth, frustration and anger. These things cannot be avoided, for you are of humankind, but in the controlled situation of recovery from serious illness, it is good to attempt to pray without ceasing, giving thanks for all that you can think of—for those who love

you, for the Creator which nurtures you, for the skill of those healers which work with you. Repetition is a good and useful tool for the learning of a habit, and that is what a positive attitude is—it is a habit. You may complain, or you may count your blessings. It is difficult to do both in the same breath. 16: I am Q'uo. The phenomenon known to you as Jesus is a principle of the Logos, or Love, that has moved through the densities as any other entity, but was created slightly differently than those of you who swim beneath the sea of illusion. This entity also wished to live a life that was a poem to the Creator, and again, and again, on planet after planet, this entity comes into incarnation with the special character of partial remembrance. In other words, this entity contains more of the Logos, or Love, than free will, whereas each of you contain the bonding of Love and free will, against which you must challenge yourself to find a unity of being.

17: This entity was a good teacher of the message of the Law of One. Again and again the message is misunderstood. Again and again the Creator sends forth that special part of itself which retains the consciousness of unconditional love rather than having it disappear beneath the veil. This entity has helped many, many civilizations.

19: Shall you one day be a Christ? There is only one Christ that is part of the Creator or the Logos that has been given the dispensation not to forget in third density. This does not mean that you are lesser. It means you struggle against more difficult circumstances, for you struggle in a life full of faith instead of knowledge. To the one known as Jesus there was little mystery in the Creator, in itself, and in humankind. To the rest of creation there remain grave questions to be answered, a truth for which to be sought, although the truth shall not be forthcoming within this density. There is the instinctive hunger to move closer and closer to that principle of consciousness which is freely given, unconditionally given, love. You labor against an immense handicap. Do not be discouraged. In the words of this particular entity, when mistakes are made, they are not counted. It is merely an opportunity to realign the life pattern so that the lesson may once again come before the entity.

20: There is no judgment save the judgment of the self by the self. Consequently, we suggest that each spend time forgiving the self and praying for those who are not seemingly helpful to you, for so would the Christ consciousness do. So is the I AM of love. Each of you has an I AM deeply buried in the resources and contents of the deep mind. It is overlaid with stratum after stratum of bias, experience and reaction. As always, we recommend the faithful daily meditation, or some form of prayer, that one may spend time aware that one is on holy ground. There is no ground that is not holy. But when one is moving very quickly through the mundane routine of the day, one is prone to forget one's relationship with the Infinite One. Call yourselves prodigal sons or daughters, for you have squandered your inheritance. As a planet, damage has been done that rests upon the head of each. May each be aware of each and pray that the situation be ameliorated, and if possible, may each entity volunteer to make things better for those who have nothing.

21: Yes, my friends, there is only one Christ, but it is a consciousness, a principle, that can incarnate, and incarnate again, and incarnate again. When it incarnates, its only difference is that it does not forget that which all those upon your sphere do forget: the glory, the wonder, the beauty, the peace, the laughter, the love and the light of the one infinite Creator. It is not impossible for you to move along the path that the Christ consciousness has shown you, for you too are the sons and daughters of the Infinite One. And as you meditate and slowly become more and more conversant with the deep self which is worthy, limitless and eternal, you may find yourself humbly pleased that you are able to be a servant of the principle of Love.

45: I am Q'uo. Pardon us for taking the time, as you would say, to luxuriate in what seems to us a warm and frothy waterfall of each entity's love of the Creator and of each other. We are aware that within this group there is not the strength of the group which Ra was able to use. This identity, Q'uo, is able to use the level of this group in a stable and safe manner. We rest here with you, in quietness and peace and comfort and immunity, for you are light to us, beautiful, dramatic, and at the very heart of the adventure of consciousness. Now is the time for choice—to serve the Creator by serving others, or to serve the self and so serve the Creator within.

46: We ask each to be persistent with the daily routine of

tity. What was the lesson? To love. Not to like, not to prefer, not intellectually to crave, but to love, simply that. In each entity's life there are these things which cannot be liked, but which can, through the grace of an infinite Creator which is love, be loved, and in the loving of them floats a continuous prayer like a bell tone that rings throughout space and time and eternity.

11: If your quarrels are with yourself, let them not be that you are ill, or poor, or unhappy, or unfulfilled. These are situations extremely productive of spiritual growth, and cannot be judged within your illusion for their true worth. It is a matter of faith not to rebel against the stringencies that open the heart and cleanse the more basic emotions of love for the self, for life itself, for the relationships that you have with entities and with social groups. Before one word should be spoken, the dedication to the daily clearing of these energy centers needs to be complete, for it is in persistence and patience and an unflinching desire to realize the truth that we have heard, that all densities' entities may move forward in evolution in the spiritual sense.

16: How then should an entity which has found a personal truth, a personal path from the mundane to eternity, express itself in regard to other people? Two things especially need to be kept in mind. Firstly, the most important witness an entity can offer for the one Creator in glory, in peace and in joy, is the manifestation of the self with conscious encouragement of the self in unspoken and uncontrived witness. We expect those who have achieved this much maturity to have chosen a path, and to be able to speak of that path. But the first gift that one may give is presence, simply practicing the presence of the Creator within the self, and allowing the practice of that presence to shine forth so that those of any kind may sense that peace which is not the world's, that joy which the world only knows as happiness, the palest shadow of joy, of love, indescribable, but quite clearly observable among those who would gaze at the face of one who truly loves. This is your greatest witness, it is your greatest help to your beloved people and to your planet as a whole, for the planet itself responds to self-acceptance, self-forgiveness, and unconditional love. These are metaphysical vibrations as strong in mending the Earth as the pressure of tectonic plates is strong in mending the adjustment of the Earth in catastrophic style.

18: Why, then, does a new path seem to become old? It seems obvious that novelty is a great distorter of perception. If there is love, it blossoms into passion, if there is friendship under adverse conditions, it blossoms into lifelong kinship. Yet, even the greatest of truths, even the most sublime of realizations, must deal day by day with precisely those conditions of incarnation designed to test the personal spiritual awareness of the entity which is consciously working upon gaining spiritual mass or polarity.

19: Do not dare to seek to have faith unless you wish to have an uncomfortable life, for as the Creator manifests Itself in the wind and fire of spirit, ever moving, ever changing, ever unpredictable, so too does the spirit manifest itself in each entity's life. If you are not always open to that which the spirit has to offer, this day only, then you shall be working with information which has grown stale, and the day that you do not attempt to act as you have learned is the correct way to act, is the day when you must stop any hope of moving further or bearing witness, that you may go into yourself and review that which you have learned, for there is nothing half-hearted about love, if we may make a poor pun.

20: Love does not regard circumstance. If you are regarding circumstance, it is time first to set the mundane house in order, and once you have made this plan and are sticking to it, it does not need to be complete, but merely needs to be that which is realized as the stable necessity before one can hope for a stable spiritual life. Just as you cannot draw beautifully upon a stained and dirty drawing table, for then you shall gain the unwanted and random stains of previous paintings not so well informed, so you do not want to paint the picture to the outside world, or even to yourself, if your easel is awry, your palette filled with muddy colors, and your paper stained through from water colors of the past, or your canvas stained through from paintings from the past. Take you then each day the new canvas, the new drawing paper, and begin each day as the beginner that each of us is.

21: To begin again, to begin again, to begin again—how the human spirit rebels. Yet within the present moment there is only beginning, and there is nothing but the present moment in any spiritual consideration. So look to the loving and ac-

ceptance of the higher power which you may call as you wish. Look to your relationship with that love that created you. Allow within yourself the birth in the manner of your heart of your own spiritual beingness, true, imperishable, consciousness. Guard it, just as the story speaks of this infant's mother and father fleeing to protect their child. Protect this child as lovingly, and with as much feeling of honor.

28: I am Q'uo, we continue through this instrument in love and light. This is not necessarily the correct manner of dealing with anguish and ecstasy, for, indeed, the very sharpness and depth of these emotions offers to the spiritually growing entity the opportunity to gaze at these emotional states with an eye to their purification of those mundane concerns which may be mixed in with imperishable ideals. Do we wish to have the cute and the pretty mixed with the beautiful? Perhaps in the mundane, but certainly not in the imperishable sense, for there is nothing that is relative, in spiritual realization.

30: Let yourself continue as beginner. Let yourself remain infatuated, in love, and shield that passion from a world which has seemingly no positive passion, except in isolated instances at this time. Shield that light until it may grow through you without destroying you, for it is indeed a vibration too great for third-density consciousness. Yet, you who are harvestable potentially have also the ability to hold light and love in manifestation, [which is] not able to be offered [by those] who have not worked toward graduation from this density. Never discourage the self or others in a spiritual sense. Support all selves, and speak those pearls that so inflamed and overjoyed your open hearts, by your presence, and upon request, by witness of a verbal kind. In this way may you never lose the novelty of the present moment, for is any present moment like another, and yet, are they not all the present moment?

45: I am Q'uo, and am aware of your query, my sister. The topic of which you speak is one which would be well to reserve for a time during which it may be explored with the intensity and perseverance that it deserves, for this is a topic which has been little considered among those of your peoples, and it is one which is well to be considered by each entity who would seek the love and the light of the one Creator.

20 1991

20.1 1991/01/06

11: As we said, you begin and end in mystery. However, within the illusion we may say some things about the relations between the mind, the body and the spirit. In terms of learning, within the illusion, the primary, or first learner of which most entities are aware is the mind complex. This is a portion of the self within the illusion. It is a type of computer which functions quite simply by answering "yes" or "no" to each stimulus which is received. Each entity answers "no" to the reception of perhaps 9915: There are other stories, many and various. We ask not that the spiritual seeker choose any particular one. We do ask that the seeker choose, and, having chosen, never look back. It may take as long as you wish in the incarnation to make that choice, but when the choice is clear, it is very well to move upon that path with the greatest intensity and devotion possible, for what you wish to do as a unique consciousness, or soul, is to become more and more powerful in the metaphysical sense. Until you have done the work of spirit involved in discovering the imperishable part of yourself, until you have made and dedicated the choice of how to love the infinite Creator, the self, and all other entities, polarization cannot begin in any settled form which may deliver one more reliably into a denser light, and a more skillful use of that light in being and in manifestation, but most importantly in being.

18: The spirit, however, will only inform the intelligence when asked. Thusly, each entity has its time of the first and fundamental realization that is appropriate for its rhythm of beingness, and when that time comes, the heart is opened, the body quiet, and the shuttle is suddenly full of an effulgent light, an all-embracing love, and the entity, struck, is never the same again. This is a natural awakening, but it is all that is natural about awakening. Through the illusion is allowed that first impulse of spirit, but all choices after that first ex-

thy and unworthy, both hot and cold, positive and negative, honorable and dishonorable. You have available to you as an entity all manner of behavior and, more importantly, of thinking and being. It is within your ability to choose, in the first place, that which you wish to perceive, and in the second place, the reaction that you wish to create within yourself, a reaction that is loving and compassionate and does not fear being foolish.

15: Yet, do you not seek peace? Do you not seek a Comforter? Do you not seek guidance, that you may make choices that have authenticity, that speak of you as a truly real entity, not a collection of chemicals, not that which sprang out of the primeval ooze, but consciousness which is unique to yourself? You are your own creation, and the more you accept responsibility for the creation of your life, the more lovely may that life seem as you find each delicious part to be a gift, and each difficult patch to be a challenge and an opportunity. 20: Was there any soul with a 360 degree capability to love and to not rove that did not have, in the brightness of light, a shadow to cast? Can you not accept both your light and your shadows, for as your light grows brighter the shadows will be more sharp, and you will seem always to yourself to be one very iniquitous and often in error.

21: This is primary to your ability to move forward: that you are able to let judgment of yourself go, for only insofar as you love, accept and refuse to judge yourself can you be compassionate in such wise to others. And only in compassion, as you see the treasure within you and within all, can you truly serve in a love that is without condition and that demands no return. We do not mean to suggest that you will not have any return, for, indeed, as you console, your life is consoling a hundred times more. It is never known where love will come from, but it is a subjective truth of those who love and attempt to love without stint that the love that is received is overwhelming. This is our experience. This may also be yours. But it is in those who finally become ready to give what they can, to multiply their talents, shall we say, as this instrument has the holy work called the Bible much in mind, it is to those that moments of enlightenment occur, because there are no truer words than "Seek, and you shall find; knock, and it shall be opened to you; ask and you shall receive." Indeed, we would warn you that this is literally true, and ask you to be very careful about what you do desire. Let it be the deep and true desires of your heart, for you are an authentic, imperishable being.

22: Do not let the heavy, chemical, physical vehicle, that has sacrificed itself in order to hold your consciousness, fool you. There is no knowledge in science or any other discipline that may explain to you your nature. This is unseen, is without proof, and must remain without proof. We ask you simply to meditate, to feel free to desire to know love, to know the experience of tabernaculating with the infinite One, in immediate presence, for you may be dust, but you are dust in the presence of the infinite One, and nothing can take that from you. Nothing. Certainly not the cessation of viability of your physical vehicle. Release yourself from that prison in your consciousness, and the universe is yours to roam at will. Identify with that which shall decay, and so shall you, as a soul sinking to repine, cynicism, and a settled hunger that knows no food, no drink that may satisfy.

23: Food and drink for the physical vehicle are seen, but food and drink for the spirit are never seen. Take those delicacies with thanks and praise, and, as you ask for daily bread, know that you do not ask simply for food for the body, but for the spirit as well, for there is a spirit of love which is always with you, which is of the nature of the one infinite Creator. There is no lack, no loss, always companionship and comfort. But it must be allowed to be. There is a door within you which must be opened by your will and your faith, and comfort will come. And as you are comfortable, so shall you be able to shine a light that comforts others, not as one who is powerful, but as one who has finally reckoned with its weakness and accepted the aid of the Infinite.

24: Do you wish to live an infinite life? Then you may be in the New Age, so called, in the Kingdom of Love, now. You are experiencing a marine boot camp. You have loaded your plate with every difficulty that you can possible cram into one incarnation because you wish to be harvested, and you know that the harvest is upon you. This may be your last incarnation in this particular opportunity to move into a new level of lessons and learning, loving, serving and giving, and dwelling in ever increasing harmony.

25: But to begin is to take a step, not a great step, but a cautious, interested, open-minded step. Submit yourself to silence each day, and be persistent, through faith alone. Do not judge any experience. Do not take your spiritual temperament. Do not attempt behavior that is holy, but learn who you are. Learn what brought you to this path, to this moment. It was right; there are no mistakes. You have done precisely what you wished to do in coming to this moment, and now it is yours. Seize it. Use it. Remember that which is helpful to you. Accept and allow the love within you. Accept that you are a channel through which an infinite amount of this love may flow and that you need only move the bits of yourself that dim that light to one side, choosing not to be those petty things which staunch and constrict that energetic and creative light and love which is the Original Thought.

26: Yes, the Creator, as closely as we can say it, is in Its active aspect a thought, and that thought, in the weak words of your language, is Love, unlimited, unstinting and all compassionate love. It has created you and all that there is in wonderful unity. Yet you are unique; there is only one of you. You are quite, quite without peer. No one can be you except you. As you weave the tapestry of your life, weave it truly, weave it as you are, and have the confidence to know that the Creator would not create that which was not wonderful. 27: We hope that we have satisfied this instrument's need to keep things limited in what she calls time. We are very poor at this, and we do apologize. But we believe that we have beaten the sound that we always hear with a sinking heart. We are those of Q'uo. We welcome you to an infinitely long path, to a path that is rocky, a path that each walks but yet a path in which there are companions along the way that make every step of the journey sweet and beautiful in their sharing. My friends, love one another. There is no greater wisdom for you than this. This is the choice that you make in every moment of your experience. It is for this that you came here, to make this choice in such a firm way that you discover that the feet upon which you stand are made of light, and the rock upon which you build is as firm as eternity. May you build to eternity.

19.57 1990/12/30

6: These are your days of what you call Christ's mass, in which you kneel, strong, supple and able as each is, before a helpless, dumb, blind infant, placed in the roughest and most animalistic of shelters, the home of the animals. Let us consider this. This story is, in our opinion, an excellent myth, as are many in your cultures. It is filled with, as are many, symbols which offer to the spiritual seeker and student lessons carefully to be considered. You may see the new transformation, the new realizations, as being like the infant in the manger, endlessly beautiful, infinitely loving, and utterly vulnerable. Because of the intensity of the birth of this infant self within—and all are nurturing this spiritual being, which is born in third density, by choice—all feel that they have no problem in expressing such strong feelings, emotions and beliefs to others. How you mistake infant faith. To cast the pearls before the swine is the teacher known as Jesus' analogy of speaking of one's own hard learned spiritual lessons to those who have no inclination or request to hear those wise and compassionate words which the spirit has offered to you in this realization, symbolized by the helpless child.

8: How does one make this pathway straight? Largely by coming to terms with your three so-called lower, but what we would call perhaps fundamental, energies, through which all living light must pass to flow into the heart to give it the power and the strength and the stability it needs in order that it may heal, or communicate, discern wisdom, discern spirits, or any other gift of the open heart, all of which are concerned with loving the Creator and human kind. How can you do this if the heart is open, but the energy moving into it must move through far too small an opening because you have not come to terms with yourself, you have not accepted yourself, you have not accepted your relationships; you have not accepted the primacy of love, unconditional love, over any personal preference whatsoever; you have not done the work of forgiveness, perhaps, or self-forgiveness, acceptance, or more likely, self-acceptance?

9: In this instrument's life, for instance, this instrument struggles to like an entity close to her which she chose for the precise reason that she in no way could possibly like this en-

morning offering. We realize that anywhere two or three, as it is said in your holy works, are gathered together; unconditional love is within the group as a member, an actual principle or being of consciousness. Thus, the group meditation, the group focus upon the truth and love and peace, creates a very strengthening resource for each as it moves from the group into other environments which are not controlled, which are not safe, which are puzzling and risky. May you pray for such risks, and such chances to utilize that which you have learned, to move closer and closer to the polarity of the unconditional love that is the core of your imperishable being.

19.2 1990/01/21

5: Thus, the first thing that will aid the mated relationship is the constant respect of the free will of the other self. That other self may do things which are not understandable to the self. It is not necessary that each understand the other. For yours are not the lessons of reason, yours are the lessons of love. And so you attempt, in freeing each other, to move outwards from the center of the relationship, to encourage that self to be that self, to nourish and enrich that self, knowing that the self is accepted unconditionally as it is, with no desire for any change or variation. In this way, the mirror one holds up to the other becomes clear and still and accurate. 15: Those who realize that they are dealing with imperishable spirits, that they are nourishing metaphysical entities in small physical bodies, may aid those entities as they grow by paying attention to those questions that are asked and answering them in all seriousness when the question is a serious one. It is a path of service that shall either separate a mated couple or bring it forcefully together, joyfully together, so that each [offers] the other consolation as they gaze in constant bewilderment at the chaos which is inherent in the process of rapid growth, the rapid growth of each child. You may best be of service to that entity by being a steady influence. For instance, if there is no formal worship within the family group, no sense of wonder or mystery explored, no time set aside for the beauty and the love and the peace of the infinite One, then the guidance that each intends to give to the young ones who have been given into your care is greatly [diminished]. Allow and expect your little ones to participate in some ritualistic recognition of the great mystery of the one infinite Creator. Talk about faith and abiding, talk of peace and consolation and forgiveness. Talk of those principles and ideas which are worn so shabbily and made so ragged by consensus reality, which is indeed an extremely skewed and distorted perception of that which truly is.

16: Do not abandon your little ones in your path of service. If they are entrusted to you, it is up to you to allow them to know the joy and the healing peace of worship of the infinite. Nothing is known, nothing can be known, we offer to you no doctrine, no dogma, but simply posit a theory which we have found so far to be correct in practice and that is that each is a child of the one infinite Creator. Each is a being of love. Each has choices to make about how to use that love. For each is a powerful person, able to give and to receive.

17: Share with your little ones the awe and the wonder of summer nights, the smell of burning wood, and the sweet smiles on otherwise sour faces when your Christmas tides are opening up. Share in a little piece of each day and spend some ritualistic time in respective silence or in vocal praise, in whatever way the mated pair feels comfortable with the little ones, that as they grow they may know that they have been created, that they have been loved not only by the parents but by the universe itself. Then they are at home in the universe, for the universe loves them. This is the most precious gift that this particular path of service offers. The creation of the biases within the incarnational experience of the small ones, that they are accepted, forgiven and loved unconditionally by that great mystery which is love itself, the great moving force of creation, and indeed the Creator Itself. 19: Let us make an analogy. Each of you is a aware of how animated cartoons are made. Each slide is drawn slightly differently, that a movement may seem to take place when those slides are run past the eye in rapid sequence. In reality, all of the incarnational experience is those slides of the present moment resting upon one another in one pile of presence. There is only the present moment. You are heaping up the present moment. The path is a dream within a dream. The

future? The same. Your link with eternity? Truth, reality and love is the realization that now is a resonant and sanctified moment. We ask you to become intense in your appreciation of this present moment, of the beauty within you and all about you.

20: We are being told by this instrument that we must be short, so we shall at this time end this most pleasant conversation with you, hoping that we have said some few things that may be of help to each. For truly, two learn better together than one by themselves. For does one have a mirror to gaze into? No. The only true mirror you shall ever have is the mirror of your friends and especially that of your mate, who knows all your secrets and has seen all your imperfections, and who has forgiven them, accepted them, and now simply reflects that which is given. This is the heart of accelerating spiritual growth by using the mated relationship. Follow your paths of service as they diverge. Fling yourselves into your environments with joy. They will be different and you shall learn different lessons and so shall you teach each other. But above all treasure the "us" which is created in the mated bond and which includes, as a third partner, the Creator Itself, the great original Thought, which is love, love impersonal and impassable.

21: May you share laughter and tears, And may you remember that such relationships and such learning are the work not of a week, nor a year or a decade, but of a lifetime. You may feel you are making no progress. But look back ten years and see the value of shared experience. Above all, refuse to become adversaries. Always attempt to put the self in the place of the other self. And to give that other self every consideration, as their freedom, every ounce of love within your being. Release and surrender your mate to the love of the one infinite Creator. And allow your mate to release you. For each of you is strong, independent and able. Your differences are the dynamics which make your "us"-ness strong. So do not fear disagreement. Simply recognize that there will be honest disagreement and that this is acceptable. May you live in faith, faith that that which is happening is that which is supposed to be happening. Faith that there is love in the moment, if one looks hard enough for it. Faith in the difficulties, that the difficulties is a challenge which shall bear fruit. And faith that recognizes and rejoices in those times which are easy and warm and loving. Remember always to give thanks and praise for such moments. For if you may give sufficient praise and include the Creator in these special moments, then you need not so much suffer disagreements. For you are doing your work of becoming more and more a strong union. While in good humor, the more you may do in a conscious work. While in a good humor, the less need you will have for the challenge and the learning inherent in trauma. Yet trauma there shall be, for as you meditate, as you learn together each shall change, not once but many times. And there is a continuous need for acceptance, forgiveness and for encouragement, one to the other.

19.3 1990/02/04

0: [overview] The question this evening has to do with how the various light groups around the [world], in different countries, different cultures and different religions, who are all working towards the realization of some sort of love, light or unity within their group, can blend their efforts and help to bring forth this light and unity for the entire planet.

3: Your question this evening is difficult to answer in a simple manner, for first we must undo what, in our opinion, is somewhat false consideration before we may go on to that answer which we would offer. The falsity within the illusion is complete. That one group or another may contact, move together, combine energies, and so forth, is subjectively and to the entities involved a most joyful and helpful experience, and many are the times that your groups have communicated with each other in the name of the infinite One, creating a palpable and metaphysical web of love, light and service which spans your sphere and which causes the spiritual gravity of your peoples to approach the point of harvest.

4: It is a great comfort for one who is on the road to have companions, and we do not deny you that comfort, nor suggest in any way that it is not helpful to you. Indeed, we encourage all such gatherings and communications betwixt those pilgrims who are upon the same path, for as you love each other so you empower each other, and engage each other's

passion in love and service to others. But this, my friends, is a bare beginning, the preparation for that service which you came to give. No matter how beautiful the vibrations of many entities together worshipping the infinite One, yet still the emphasis is towards the center, towards the self-growth and the mountaintop experience of sharing in wholeheartedness the infinite love of the one Creator with each other.

5: This does indeed have its place, and may be considered spiritual food for you, just as this group feeds as it will upon the humble grass of our thoughts, opinions and ideas. However, each of you that is already one who has chosen the path of service to others has now a deeper, honorable commitment, and that is to turn outside, to face away from the center of love and joy, that your light may pierce the darkness about you, that that which comes through you may shine from you, not into the eyes of another who is already radiant, but into the eyes of those who know not light.

6: Thus, the preparatory step of working with lightening the consciousness of the planet begins with a long-term journey of understanding of the self, of seeing the self as not elite and always equal to each and every other complex of consciousness which may pass before you. When this lesson is learned, the desire to meet only with those who meet your subjective standards of spiritual ability can be released more easily, for one is able to see that within each pilgrim lies the consciousness of love that, when purified, is a channel for love and light not only from the infinite Creator, but from all those co-creators who serve at the harvest, such as yourselves.

11: Now we may look at the one known as Christ, a teacher and prophet in his own time and place. He had those who were his students, but he did not encourage them to love and serve him, but to love and serve those who sought him. So we encourage each of you to consider yourselves sources through which the light of the Creator may flow. Yes, indeed, you are holding hands and forming the first harbingers of fourth-density social memory complex. You have the making together of so many entities in love, communication and service. But remember always that when strength has been given to the group by the group, it is then time to turn away from that great center of love and light, and to be that channel through which light flows into a world darkened by the heavy illusion of despair, loneliness, sickness and distress.

14: Thus, the first service is always that of consciousness. Sometimes it takes a considerable amount of work to begin to remember the original self, the self that is beneath all of the masks, the protections and the armor which each sensitive soul has placed about it in order that it may endure this harsh third-density illusion. For those who wish to teach, fear is most inappropriate. The desire to belong, to be special, or to be aloof is most unfortunate, and will result always in a gradual lessening of the polarity that you have come so far to accomplish. We ask that you see yourself as a minister of some kind, not as the world calls minister, but as we call one who ministers to another, a caretaker, one who loves, one who gives. Upon one's knees, metaphorically speaking, one bows the head and says, "I am ready to serve. My free will is open to the impression of divine guidance. May this day bring to me that which I should do, and may I do that which there is for me to do with single-mindedness of love and light."

17: You are not in this mundane world to seek a way out of it. You have chosen to be in this mundane world not to help each other, but to reach out to those who call to you, that is, to the Creator, the I AM within you, that you may serve, humbly, and without wisdom, but only compassion. We ask that none of you attempt to be wise, for wisdom within the density which you now enjoy is a snare, a trap set for the unwary by those who wish to put out the great light of compassion and love. In compassion there is often not understanding; there is always the accepting.

19: Release yourself from the limitations of the physical and mental energy complexes, and feel the attunement which you have with entities you do not know all over this sphere. Feel at this moment the intensity of love that is radiating through so, so many of you at this time, and know that the connections are already made. They are made below the level of consciousness within that nascent group mind which shall be the nucleus of fourth-density social memory complex.

20: We know that you desire to help, to serve, to love and to give. Love and serve that which is nearest to you. Cherish that which is given unto you, and release with gladness that which moves from you, for you shall pass in and out of many

lives, and in your interactions those things will occur which you know not of, nor shall you know until you enter a larger life in which the veil is lifted and you are able to see clearly that which you have been able to do in service during the incarnational period that you now enjoy.

21: To turn inwards and link up with each other is to be comfortable, to be joyful, to experience the mountaintop, the glory, the positive infinite energy of divine love. This, my friends, is a luxury, a heavy, intoxicating and sometimes addictive drink. It is not well to overdo that nourishment, but rather it is well, as if that nourishment were food from a table, to rise from that table and go forth into the mean and beggarly streets of the grimy, garbage strewn surface of your Earth sphere, sending your clear love and your best light to those who lie in the gutter, to those who hunger but have no money for food, to those who know not what they wish.

31: I am Q'uo, and we thank you for your indulgence, and for your query, which is asked with great sincerity. We appreciate the great desire to be of service to the Creator that you have expressed. This is a query which is asked to that being that is the Christ of all, the Christ within, that small and still voice, which, when petitioned with an whole heart, makes clear the way for the feet of clay and the heart of compassion. This clearly may be asked of any entity by any entity, and wise and careful counsel may be given by many. And yet, the response which is truly sought is that response which will fill the heart and inspire the spirit within, for each portion of the Creator exemplified by each entity within the creation is guided, most lovingly and precisely, by the voice of the Creator that speaks from that deep and still point within the heart.

19.4 1990/02/11

12: Thus, it is well to move thoughtfully and carefully, and most of all, seriously, in your examination of, and remembering of, dreams. Do not attempt to over-program the self, but attempt to move naturally with the tides of event and circumstance that focus your attention upon various phases of the illusion, remembering always that your lessons are those of love, your density is that which seeks a greater grasp of the nature, meaning and power of love.

13: Thus, in your waking life, gaze at all that occurs with a view towards what aspect of love may be presenting itself to you for examination. Then flow naturally with this desire to know as you move into the dreaming state, being patient, for you shall dream, and dream, and dream again, about the same thing, gazing at it always in a slightly different way, as the dream attempts to speak to finity that which is infinite.

14: It is the patient entity, the persistent and daily entity, whose dreams begin to make a kind of sense, and become more and more of a tool and a resource for learning. Those who expect dreams to explain themselves to the conscious mind shall be disappointed for the most part. There are, of course, among your peoples, those who have the gift of clear vision, because of the character that they possess within the illusion and the work that has been done before this particular incarnational experience. However, the vast majority of seeking souls do not receive the crystal clear explanations of love, but nuances, clues, stage settings and masks.

22: I am Q'uo, and am aware of your query, my brother. As one undertakes any study of the nature of your evolutionary process, whether it be that path followed by those who study the tree of life, the path of the tarot, or any other path that leads eventually to the realization of unity, it is well to surround oneself with the desire to seek this unity within that quality that you may call love. Love, being the energizing and creative force of all that is, then, can speak to itself within all other beings and forces that may be encountered, calling from each its creative and sustaining nature. To so configure the conscious and subconscious mind with the quality of love is to provide to the self the greatest protection that is possible, for where there is love there cannot be fear, and fear is the only avenue available to any entity that would wish to enter fear and manipulation into one's pattern of life experience.

23: Thus, it is well to begin any serious study and application of any particular avenue of ritualistic discipline of the personality with this quality. As one progresses along whatever path is chosen and begins to bear the fruit of that path in service to others it is especially important to fashion the

intolerance. How great the difference between those who have the religion of fear and those who have the religion called love. That is not religion, but life itself.

7: Given that the instrument is prepared, has dedicated itself to a ministry in which it knows ahead of time that it shall be stripped of much of its humanity as it gains experience in joy and forsakes the glamour of happiness, then that instrument may listen further. But we imagine many would stop just now, and say, "Perhaps I have some work to do, perhaps I have a self to examine, a life choice to make, and perhaps there is too much at stake for me to choose now, for I do not know whither I go. I must be moving on for I have not found my path home." Let those who seek and yet feel a dedication to ministry move on blind faith, but not for any other reason but the feeling of vocation, the love of people one at a time, never humankind, but individuals such as yourself. That is who listens to you, not humankind.

8: That is the first and greatest temptation, to think that you can save the planet. My beloveds, there are many of us here, numbers you would not understand. They have not been able to do anything except talk to people who are all ready to awaken, and this is the season of the year in which, although all that grows in second density has buckled down into the earth to gain sustenance over a long sleep, you humans, yearning for the light and warmth that seems so reminiscent of the Creator, seek the hardest and look the hardest for the truth. This season of darkness is the perfect beginning place for faith. It is not possible to see, but then, since one cannot see or sense in any way the truth of the mystery, one needs one's heart, one's strength and one's life, and a dedication to serving in the name of love.

11: Now why do instruments choose to ignore our simple refusal to answer from a Confederation channel? You who are not as precise in your terminology would call this an ego problem, but since that is only a jargon term used by a most biased healer, we would not choose that. We choose simply to offer what we can to those words, "ego problem," which are further made specific with our terminology as difficulties in the various energy centers of the lower body. That is ego, the blocked, overactive or otherwise imbalanced or obstructed lower energies. For only they can stop the full flow of love, energy, power, illumination, transformation and vitality to the heart, for the heart must bear the greater part of this incarnation for each of you. Each of you seeks to learn lessons concerned with love. There is an intellectual love, but it is a folly of the mind. The wisdom of the deep mind is an open heart, and love has never made any sense, nor can you make it make sense.

12: Consequently, any ego blockage will cause a new instrument, or even one who has much experience, to wish that it had an answer for this question or that, or perhaps the channel itself wishes to speak a concept, and when it perceives a refusal from us, decides that it would do no harm, since it is such good advice, to offer it, while not in the flow, not being the servant of love.

13: Those who do the best channeling make their requirements known as they make the connection, with fastidiousness and dedication, only to that which they call master, to that love of which they are the servant, and can be proud of being the servant. There is no energy except faith, call it hope, or love, or faith, or charity. The open heart is the protection against this single most telling detuning mechanism, and that is the interference of the channel itself.

16: Examine the way you look at people. How do you judge them? For the terrible cultural penalty of being poor? Your culture seems to have abandoned most of the Ten Commandments, but that is the one commandment it does not seem to be able to do without, "Thou shalt not be poor." But those who are not poor in heart, as the one known as Jesus said, among you will find yourselves all too entranced by the human condition, all too full of desires, whimsies, fancies, needs, supposed or real. We judge not, but only note the incredible shortness of the time you have here, the incredible amount of work there is to do within, and as witness to love in whatever way each person feels is appropriate.

17: Where is love and service if all is wasted and spent upon vain glory, the feel-goods, position, power, ambition—what are these things but uses of ego, as you would call it, those to unbalance the self and to live through one's relationships and one's position. My friends, each of you is better than that, stronger than that, more single than that, less needy than that. Each of you has every basic qualification to be a

living saint, as this instrument would put it, to be a servant of love that is not swayed. But, oh, the work that lies ahead of one that stands at that choice. Yet we say to you in each moment that is the choice: to do very hard work for eternity, or to be ambitious within this school. If things come to you, their value may be the richest person in gold or power or position, whatever there was. But if you have an attachment to it, insofar as that attachment lies, that deeply shall you be tested.

20: Pain is always there for one who follows what this instrument calls the Christ, and what we feel comfortable in calling Christ consciousness, for we would not be a stumbling block before any, nor seem to blaspheme, for we are lovers of the mystery, and honor Jesus, this master who opened the doors of perception to eternity for any who choose to take up the cross of life and live it as if it were the last three hours of your life. Burn that hot each day, and you will see various ways in which the humanity within has been burned away, not to be replaced by indifference, or a lack of perception, or care, or compassion, but rather purified somewhat, and able from that stance to have at least an idea of what it takes to tune the self to the highest that it can be tuned. It is this dedication and this realization that may keep you who wish to channel purely from testing. But each new realization, each new piece that is found in the strife within of humanity versus eternity, will be tested.

21: We do not deny humanity. It is precious, every moment of every life, precious beyond telling, for the Creator chooses here the nature of Its experience, and you are the spokesperson for that consciousness within you. You, light itself, love itself, carried about by an animal, a greatly sacrificial animal that has offered its pure, excellent, instinctual life of non-suffering and non-self-awareness and bliss, that it may serve that which it sees to be that which is closer to the infinite One. Love your body, bless your body, care for it, cherish it, but do not be attached to it one way or the other.

24: If there is a desire within any to appear a better channel than another, to appear a cleverer or more advanced student than another, to have a more advanced level of understanding, ah, those things make one ripe for the picking, for there is no message that has come before your people that has not been requested; even those of negativity cannot sell their wares where there are no buyers. Those who do not fear will not buy fear. Those who do not buy love will buy fear. Let those who fear pay attention to channels that have been taken over by fear and are causing fear.

29: I am Q'uo, and I speak again through this instrument in love and in light. We continue.

31: We see by the clicking of your tape recording machine that we have once again spoken what this instrument has explained carefully is the limit this evening, for this instrument. We have been so, so glad, so blessed by your call and your beautiful company. We offer you the joy of communion in love, and in oneness, and we hope that you may go forth in joy, shining like the sun, ready to gaze with humor and a light touch, and always invoking merriment upon any occasion, as you wind your way through what would otherwise be rather jagged territory. This is third density, the density of choice. Have you made your choice, and having made it, are you a witness of your own truth? We do not just ask this of vocal channels, to whom this message has been dedicated, but to all, for all channel something, as this instrument has often said.

19.56 1990/12/16

5: The difference between the consciousness of all that is and the consciousness which you experience is that in order to experience Itself, the Creator created entities which are self-aware and which made free choices so that there was nothing slavish about the possibility of loving the Creator—in the Creator's mind—but rather an infinite curiosity. Each of you is experiencing, and in your experience, the Creator Itself is enriched and learns, and as that giant heart beats from creation to creation, each creation builds on the last, and each of you, beings of light, infinite and eternal, move also, from illusion to illusion, and then into non-self-awareness, and then once again moving outward into individuation, learning and experiencing. Is this not a pleasant infinity? Always learning, always moving, and always resting.

12: May we say this is indeed true. Each entity is both wor-

light of the infinite Creator which I call Krishna. That is my question. Thank you.

81: As this learning proceeds apace the entity is able to see the self, all other selves, and the creation and experiences about it as those expressions of love which have for some time been disguised as other than love. Therefore, the greatest indication or symptom of an entity able to move through deeper levels of mind is the ability of the entity to see love in all portions of the creation. This is a product of a great deal of work over many periods or incarnations for the seeker of truth.

19.53 1990/11/25

5: The Creator's thought was part and parcel of Its very nature. This thought is what we call love, because we cannot find any more appropriate word in your vocabulary. But it is a love of charity, of positivity, of creativity and of transformation. The main offering that you give in your incarnation to the world about you—and make no mistake, this is the density wherein one reckons with society, and all that it implies, for weal or woe—the first thing that you offer to the Father is yourself, your consciousness. The Creator, as described in older holy works, wished sacrifice. We ask only for the sacrifice of praise and thanksgiving, regardless of circumstance. In this lies the main and fundamental service each entity has to offer to the planet and to the Creator, which is Love Itself.

7: Let us gaze upon this concept from a slightly different point of view. The love that you have within you is finite due to the limitations of the heavy chemical illusion and your physical body whose sensing equipment is designed more to make choices than to understand. So, what is necessary for you to grasp if you wish to be of primary service in this incarnation and at this time, is to, as frequently as possible when you find yourself drifting into a nonpolarized or negative emotional state, to think back to that meditation with which you began your morning. Remember that then you did stand upon holy ground, no matter what your conscious experience, for it is your intent, it is your thought, that is real in the metaphysical universe.

9: The most strengthening gift that you can cultivate in the regard of this most important and central service is the gift of persistence and unflinching acceptance of any and all circumstances, because it is only an illusion that lies between you and that which is the truth. To extend across the chasm between doubt and faith some entities need great structures to guide them. Other entities find their chapel in the woods, or in the mountain, however it is that you are most comforted by meditation. Therefore, a basic step, if you wish truly to accelerate the pace of spiritual evolution, is first of all to learn to honor, love and value yourself as an absolute whole and perfect being. All else is illusion. You within are imperishable. You will one day discard this physical vehicle in order to grasp by review those things which you have done in this life, so that you may, with guidance, whether you call it the Holy Spirit, inner planes aid, or contacts such as this one, [form a new life plan]. This inner guidance is most transparent when the meditation is daily, without necessarily being as long as this instrument informs us our messages are.

11: There are many whose voices have been heard who speak of prophecy and doom and planetary catastrophe. We do not cavil at these people's messages, but only make note that where there is love there is not fear. If there is to be an opportunity for you to share that which you now are aware of as difficulties happen to cause those about you to remember that you are a spiritual seeker, then that is a beautiful service to offer—to answer the questions asked, to bear witness to the truth that you can have faith in, blind and unreasoning faith.

15: In the event of what you call your catastrophes, the service-to-others entity will be given great opportunities for service, and bear in mind that service is action, is doing, as well as being, but the doing is not important, it is the frame of reference from which you approach each moment. We are not being mysterious on purpose, but the truth does not lie within our ability to offer to anyone without one's free will being abridged. However, if one relaxes, finds merriment to be freely bubbling forth, finds a place where the joy of loving and being loved is immediately experienced, then each may gaze at whatever one does as being done for the love of the infinite One. And as the emotions of devotion are turned towards the

environment of the existing life and gazed at with an eye to being one who offers the positive point of view, then you may see that in any circumstance an entity with a positive, affirmative and hopeful point of view may well be foolish, which is acceptable in third density, indeed, almost necessary, for who but a fool would take the leap of faith that would say "I do not need to be concerned about my path of service, for I see in front of me a dish to wash, a compost heap to turn, a child or a friend to hug and share love with."

20: In all cases, if the presence of mind is yours at a time, ask yourself, if it is your catalyst, "Where is the lesson, where is the love in this catalyst?" If you have an analytical mind, it is helpful to think about it. If you are one who moves directly from the heart, it is well, rather, to ask for clear dreaming, and to keep the dream notebook at hand. We realize that that which we have to say may seem to deny each entity the choice of service paths. Indeed, although the decision has been made, it was your own. What is remaining is for you to discover by whatever means native to your gifts are most excellent, how to perceive the urgings of the guidance of the Christ-self or the love within.

21: The journey of service is the journey of the servant. This is not an easy mentality for your culture, but in truth, having loved yourself completely, you are then free to love others with the same unconditional flowing of love. First yourself, then others. We do not say this to make you be selfish. Quite the opposite; we say this to make you effective. For if you embark upon work in consciousness in an unworthy manner, soon you shall be exhausted, and sit at the side of the road you shall, until you regain that blind faith that keeps you stepping out constantly into thin air.

23: Firstly, to love the Creator and to share it forth in your very consciousness in whatever condition, this is the first and greatest service. Secondly, in order to prepare yourself for service to others, the self who is going to be a servant needs to be well enough grasping of its own nature that it does not transfer the biases that it has towards the self to another. Thusly, we urge each always to give the first thought to clearing the self, polishing up the brass, washing the windows of the soul, becoming able to be a conduit for an infinite love, a resonant and creative love.

24: We feel that this is a beginning, and would now transfer this contact, due to the instrument's fatigue, to the one known as Jim. We thank this instrument for serving, and all instruments who serve, and we would thank all entities who may discover their paths of service by looking in front of their face, and seeing for the first time that in a universe created of love, no matter what the illusion, all is alive, all will return the love you give, tenfold, a hundredfold, and a thousandfold.

35: I am Q'uo, and am aware of your query, my brother. It is quite correct that the planetary entity is greatly benefited by that which you call the passive sending of love, light and healing energy, which may be done in any number of ways, including the meditation, the imagination, contemplation, prayer and the simple attitude of right use which each entity vibrates as a tone of the being, shall we say, as it accomplishes its daily round of activities. These sendings, or thoughts, in the metaphysical sense, are things which are felt and which find their place within this planet's web of energies and which work in an harmonious fashion with the planetary energies.

19.54 1990/11/29

32: Yes, there was something that you said that I've always meant ask you. It has been my feeling for as long as I can remember that the physical act of making love is kind of a thanksgiving or Eucharist, a sacrament, and is as holy as the passion of the spirit and the passion of the open heart or service-oriented passions are. Does this idea show some distortion, and if so, in what way? What is the clear perception?

19.55 1990/12/02

6: And does any true spiritual path, proven efficacious to many, ever offer proof, or specificity, or any claim to know what lies beyond the veil of deity? Who claims to know the Creator in any but experience? That one you will watch carefully, for there is a personal bias, there is a limit, there is an

armor of love and light about oneself in order that the endeavor to seek unity in order to be of service to others might be protected.

33: There's just one. It occurs to me now that the greatest protection we may need is from ourselves, and as you have said, the surest protection is provided by the loving and open heart. You have mentioned on other occasions that the heart may be used as a springboard to the higher energy centers. A question I have had is, does that springboard effect work directly, say from the heart center to the throat center, and then again directly from the heart center to the indigo center, or does it simply rise up through the channels, going first through the throat center, then through the indigo center? Is there a way to draw directly on the energies of the heart?

59: You spoke this evening of the protection inherent in the consciousness of love. It seems to me that there may be different types of protection available, but maybe not, maybe they all stem from that one source. Earlier you spoke about the protection that is offered by the cat entity, and I'm wondering if you can talk a little bit about how they offer that protection and if that's related to that same love consciousness?

62: Thus, the cat has for great eons of your planet's metaphysical experience become associated within the mass mind of your planetary sphere with that which is protective, nourishing, loving and inspirational. Thus, the connection between this creature and that quality known as love is one which is steeped in metaphysical experience and within the roots of your subconscious mind.

19.5 1990/02/25

4: We find you have the term "no pain, no gain." This is a shallow statement, yet in most cases accurate enough in terms of learning the discipline of any activity of third density, for each entity is unknown to itself, and there must be put forward the effort to know the self in deeper and more profound ways. This illusion which you now enjoy is upon the level of molecular structure, magnetic relationships, and the geometry of what you call matter, placed in order. However, the divine Thought within, which is love, that which is the true self, is covered over, as is the molten center of your planet, with honeycombs of many, many kinds of material, and finally the shallow waters and land masses of the topography of the surface of your sphere.

5: This planet is an analogy to that which is the consciousness of love within. That is how deeply it is buried. Your passion seems far from you. The discipline of your personality to know the self seems nowhere upon land or sea, in the air or underneath the waters of the earth. There is no conscious way to break into or to tunnel into the heart of your true nature, which is not personality, but which is desired by your free will at this time.

6: Much effort has already been expended by each of you. Each of you has made choice after choice after choice. When weary, you have sat by the road of seeking; when energetic once again you take up the burden of humanity and walk the path of the seeker, seeking in the air, the earth, the water, and the fire of energy that which is completely unable to be found by the conscious mind. There is, however, that oneness between the molten center of your being, the passion of the divine love within you, and the one great original Thought that is the Creator. And you are within this illusion to learn the nature of yourself and to choose how you wish to shape that nature, how you wish to make choices within the life to serve, to be inspired, to rest, to seek, to be patient, to be despairing, to be thoughtless. All these are equally permissible. There is no judgment, only free will. That is the law of your density, and free will brooks no discipline. You are free. Thus, as in any classroom, when you do not know decide to know, effort must take place.

10: This is the tool we would give you this evening: mindfulness. How heedless you are. You are heedless of beauty, you are heedless of pain, you are heedless of much that goes on about you as are all entities. There is too much catalyst to process for any entity to process completely, and so a series of choices is constantly being made as to what in the environment of the self shall be heeded as to where the mind shall be placed, the attention drawn. We encourage meditation with the regularity that must seem endless to those who hear our words, but meditation is the key that unlocks the door to that

shuttle into that molten passion of love within, awareness of which inspires and enlivens each portion of the experience of your illusion. This entity, for instance, has been heedless of the needs of its physical vehicle, focusing upon outer works and not focusing upon that for which it has dedicated its life. If it is not joyful in living all else must cease, and joy must again be found, for without that foundation, without that energy, all other energy centers are depleted, flaccid, weak and unable to bear the energy of inspiration.

11: It is not in any way unspiritual to evaluate the self each day, beginning with the fundamental energy of love of life. To be of good cheer, to care for experience and welcome catalyst is the first priority of the most spiritual of beings. It is not to the one who denies the need for care of the self that glory is given, but to the one who keeps that energy open, that joy alive. This is true for each energy center in an ascending pattern. So mindfulness begins with a mindfulness of the need for the instrument of incarnation, which is your physical vehicle. Mindfulness then continues to evaluate energies, to ask the self if there is joy in knowing the self and in knowing others, then in knowing and appreciating the group in which one experiences incarnation, the job, the friendships, the society of your nation state, the quality of that sphere which you call your home at this time. Others who have not enjoyed the clear yellow-ray environment of freedom and the passion for it—and at this time there is much movement upon your planet, passionately to seek it for all people—yet you who already have won your freedom and are the children of freedom and the grandchildren of freedom, how do you value it? How to you use it? How do you support it? How do you care for it? Where is your balance of joy in freedom?

12: All this is discipline that must be attended to before you may work with the heart to open the heart, to have compassion on the self, on others, on your planet. First you must do your work with your own self, finding your joy, finding your passion. You have chosen faith, you have chosen to believe that there is a reality beyond this illusion. You have done the hardest work. The rest is learning. The rest is the discipline of the personality that began in the chaos of unlearning into which you were born. As we have spoken, each of you has examined the energies, has opened the heart, has begun to feel each other's presence as seekers, the unity of this group with all who seek, with those such as we who seek to help, and are ourselves seeking further to refine evermore the discipline of the personality. All this must be done before you can begin to discipline your personality. You must first find joy. You must first allow your faith to show forth in a love of life and living. Sometimes you do most, most beautifully at this, at other times there is a woeful lack of work because the self does not feel worthy of such fundamental work, wishing only to serve others. Nay, my friends, prepare the self first for service.

13: Now we speak of mindfulness itself, a mindfulness of your choice, a mindfulness of your faith that there is indeed within you the passion that created the universe and all that is in it. In meditation roads are built that create a pathway to an immediate experience of this love. This is work done in discipline. When the energy of living within you is good, and the desire to learn is strong, there is only joy in this work. It can also be the most difficult work you can imagine. A great deal depends upon the preparation of your self to be a person of joy and lover of life. Be mindful of who you are. You are love, you are a co-creator with the original Thought of your own experience and your own creation. There is not one creation, there are as many creations as there are perceivers of creation. Each personal truth is absolute. One cannot give to another faith, but only the desire to find that faith and the realization that such a thing is possible.

15: Each of you has read many, many texts which attempt to aid in the process of accelerating the evolution of mind, body and spirit. The catalyst for the discipline of personality is joyful remembering of who you are. As you remember who you are, more and more of that which you may willfully seem to be, but which you are not, is no longer needed and falls away. The effort is not in pushing away the things of this world, as this instrument would say. The effort is in creating within the self a joyful remembrance of love as the nature of the true self, which creates an atmosphere in which gradually, and in a rhythmic, appropriate time, one after another, those things which are hindrances to joy fall away. Anger is not overcome, it is simply no longer needed to express the passion of the self. Distress, despair, all negative emotion

is distorted love. It is passion turned and bent and unrecognizable. But as love is all there is, so with your free will you may create ponderous illusion upon illusion, finding perverse comfort in negative emotion, for it is familiar, and that which is familiar is safe, and that which is unfamiliar is not. When one is mindful one finds oneself slowly able to release the fear that has caused the distortion that has created for the self an armor against that which is perceived as a threat. To one continuously aware of the self as love there are no threats, there is only remembrance of the truth of love.

16: We are mindful of this entity's weariness, and would therefore transfer this contact, with many thanks to the instrument for its remembrance of its great desire to love, to the one known as Jim. We hail each through the mouth of this humble one in love and light. I am Q'uo.

24: Yes, my friends, to you who are not of this density it is a foreign land. The language is difficult, the people barbaric sometimes, the feelings too intense, too painful. Suffering seems inevitable, and so you forget the joy of being. Be mindful, be faithful to yourself, to the love within you, to the consciousness that abides eternally, infinitely within you. You are the creation. Create well, my friends.

19.6 1990/03/04

6: Gaze at the savage. This is an entity truly free, for this entity does what it wishes to do at all times. The demands of survival are parameters accepted as given, and there is no ambition for any but the comforts of eating and sleeping, mating, and communicating in some way with that great spirit which is known by all primitive peoples as the giver of all blessings, the lover of all entities, the source and the ending of each consciousness before birth and after death. This peace, this true freedom, takes its purity from the purity of the spirits of those who do not have greed, ambition or thought. They are indeed very close to second-density consciousness, and are aware of the sanctity of all things, of the utter and unquestionable reality of magical and divine power, and within these lives is a rhythm of obedience to what civilized entities would call the myths and the shamanistic practices inherent in primitive cultures.

9: The pure and simple realization of the love all about one began to be questioned, for within the third density mind and spirit nothing is obvious, nothing is known, and there are only hints that there is a reason for existence beyond the viewing of the seasons, the participation in the rhythms of life, the opening of the eyes at birth and the closing of them at death. As you are aware, there was, again and again, prophecy, vision and the perfect ideal communicated through those gifted in mysticism and communion with love itself. In each case, this original message of love, love given, love shared, love enjoyed, was distorted by the need to convince others of this love, of this way of understanding, of this method of enlarging the scope of the experience of humankind.

10: Gradually, many, many of the societies which you would call pagan or savage became aware that they craved a structure which was created not simply by instinct, but also by the use of the intellect, of the minds of humankind. And so each mind that found itself in the position of power began to use that power to express the distortion of freedom and love which it considered to be correct. Since the beginning of your experience upon this third density planet, the stage has been set again and again for entities to make the choice as to what they consider their relationship to the Creator to be, for it is in that relationship that the concept of freedom rests. It is the birthright of that relationship that gives a seemingly limited entity the birthright to infinitely worthwhile and ideal principles.

13: A large concentration of this system of thought, by chance, was spread throughout much of the world which was ruled at one time by that civilization which you know of as Roman, for by happenstance, and by the folly of one superstitious entity, a vow was made that if a battle was won all of the empire would embrace the teachings of this humble master, who had no interest in this Earth and its kingdoms, but who looked always beyond to eternity. Because entities were ordered to worship this entity instead of another, there came to be a more and more unified concept of love, of creation and of freedom. This may be traced through that which was called the empire of the Romans, through all of the decadence of a falling empire. Yet, the word of a gazing beyond was spread,

and entities of the Celtic races, those nation-states of that which you call Europe, were enkindled to a passionate love for love itself. Again and again the teachings of this entity were used in a distorted and incorrect manner. Yet, again and again the vitality of the original message came forward, and moved finally to the continent which you call North America, in this broad and pleasant land.

14: The birth of the nation was wrought by ideals, yet tainted from the beginning by warfare, separation and those choices to which humankind may often fall prey that involve using pragmatic means towards an idealistic end. Thus, as the culture which you now enjoy has matured, the concept has more and more been sullied by those which have not had to fight for it, which have not had firsthand experience of tyranny, and of the blessing of a deep and passionate faith in the ideals of infinite love.

15: So it is that at this time, in spite of the great influx of those within your culture which are attempting to lighten the consciousness of this once greatly blessed people, more and more the negative service to self pragmatism of greed and the desire for more and more control over others has begun to manifest itself. Thus, the nation state which you now enjoy is in the throes of its greatest difficulty since its inception. This is because of the growing distortions having to do with the true identity of the ideal of love. There is no bargaining to love, there is no taking to love, there is no possessiveness, there is no discord. There is only the desire to work together in more and more harmony, allowing for more and more tolerance of differences, more and more of that which is true freedom, which includes each entity's birthright to choose its manner of living and of dying.

21: Freedom does not and can never bring happiness. Therein lay the seed of the destruction of that liberty which began the experiment of your nation state. Yet the pursuit of this intangible happiness has created many, many choices betwixt vice and virtue, betwixt pragmatism and idealism, betwixt compromise and absolute value. Each of you may choose in your own freedom within a series of compromises or a series of that which may seem to be foolish: the choice for purity of action, speech and ideals. As each chooses in the face of a most pragmatic and confused society the purity of love given freely, so each approaches a true understanding of the nature of freedom; that is, the freedom to be the best of oneself, to rest in hope, and peace, and joy and in faith, no matter what the outer circumstances may appear to be.

19.7 1990/03/11

13: To continue with that which we were discussing, the end times are not drawing near, the end times have well begun, and they shall continue for many of your years to come. It is impossible to tell you, even if we could, when the transition will be complete. We can tell you that it shall be non-dramatic, that those who are harvested shall be harvested as their natural lifetimes of incarnational lessons draw to a close. But there shall come a time when those both incarnate and discarnate shall need to walk a path walked only by those who are alive in faith and love, adoration and worship of the one infinite Creator; and so, able to receive and use and praise the more intense light, the more dense vibratory patterns of being, which characterize that illusion which is at the end of this gradual graduation process.

14: Always have there been signs and wonders, but never have these signs and wonders been more exciting to those whose faith is shaken than now, for such phenomena which are public, witnessable and undeniable, are to people who are not able to believe, in faith, evidence of a sort of that love which is alive. And because many of those entities upon your sphere call the one known as Jesus "Lord of all," it is natural and appropriate that images connected with this entity be given to those of simple enough faith and childlike enough hearts to receive without doubt that which is alive, not in the illusion, but in the spirit, which exists in imperishable reality. 16: Now, let us turn specifically to the energies of that entity known as the Virgin Mary. Let us look at the story of this entity's relationship with the one infinite Creator. This entity was barely fifteen years old when the historical event—the visitation by a messenger of the Living Creator—came to this entity. This young woman had been reared in an extremely restrictive environment, one which would be called in your own terms, a man's world. The very idea of the Creator was

in the way of sharing as fully as possible the feeling of love, with ourselves, with each other, and with the group. How can we remove those patterns of thinking and behaving that tend to drain away, or even keep us from seeing the feeling of love and compassion for others?

7: The most common legacy of the childhood in your culture is low levels of admiration and love, nurturing and forgiveness of the self. The entire world of personalities you may well be willing to forgive; but you yourself are often dazed by such excellent [conditioning] that there is no way to please the self, each having internalized in its own way the negatives of parental disapproval and lack of understanding, verbal and physical abuse, often in subtle ways, that you have experienced. Once these patterns have been set up, and this occurs quite early in life, usually, the rest of the incarnation is spent upon an arena which has been constructed to challenge you with these seeming self-destructive and limiting programs within the biocomputer. After these biases are in place, more and more the entity will notice and be aware of those things which are relevant to its self-destructive concerns. We ask you to allow the inner feeling of self to become crystallized at this time, and we shall pause.

10: The first step towards altering one's state of consciousness is the honest and actual realization that you are not that which begins and ends in this incarnation or within this illusion. This begins to distance the self, that is, the consciousness, from that beloved animal of second density which sacrifices a great deal to carry you about. It is well to be a careful and generous steward to your own physical vehicle; however, it is your ally and your friend, rather than yourself. When you have clearly made that distinction, you may begin to see the absolute subjectivity of perception, which is your own.

13: Now we do not speak as if the Creator has nothing to do with this process. However, we believe that it is the will, passionate and joyful and complete, of the seeker to become an authentic being, that allows one to reach a state of mind in which the seeker may gently, sweetly and lovingly move into the deeper mind to find the seeds of the low self-esteem, the tendency to repeat patterns of addiction or abuse of various kinds given by parents which seemed godlike. Inevitably, either imitation or refusal to imitate figures of seeming authority in childhood forms the essence of your programming. One, having discovered to the best of one's ability the nature of the trigger of self-destructive behaviors, can then, with enough passion, will and grace, reprogram the biocomputer. 18: The old question of the tree in the forest that we find in this instrument's mind is quite apt here. That which you do not choose to perceive does not exist for you. Thus, it is quite important for the seeker of truth to identify those things which separate it from others, which cause distress to the self, and which limit love, and so speak to that necessity that effectual transformation results, more real, again and again, on ever deeper levels of bias, that may well be self-destructive in your own opinion, for you in your free will are anything but simple.

19: When the programming, however, is to be tackled, it is well to become simple, single-minded and wholehearted, because you are asking yourself, in a subjective sense, partially to die, and to be no more. Thus, your faith that all will be well, and your will to continue spiritual evolution are the strengths and resources that bring you to holy ground, whereon the Creator, that lies so deeply within, in the metaprogram of love and infinite peace, is made available. Again and again you must seemingly retrace your steps. However, it is our opinion that this seeming repetition is in fact the peeling of the onion, layer by layer by layer. Many things which are self-destructive have only been kept because the programming is so deep. There are so many layers with which one must work, and one cannot fully reprogram one's biocomputer unless one actually and in truth is ready to allow that portion of the personality to die. However, it is in that death that you find larger life, in this incarnation, or in any illusion.

26: However, you yourself are indeed in dominion over that which you wish to have in you. That which this instrument calls the Holy Spirit—which many call guidance, or guides or inner masters—is able at all times to allow one to rest and to be comforted. When one allows oneself, finally, to love the self very deeply and passionately, one is then ready to serve. For the one known as Jesus spoke—we must pause. I am Q'uo. This instrument is having some difficulty.

28: I am Q'uo, and we are again with this instrument. The master known to you as Jesus said that it was not he but the

Father that strengthened him. So it is with you, eventually. You are more informed and more powerful in a personal sense than you realize quite often. You have by the grace of the one infinite Creator enlightenment, redemption and love of self alone, for the two requests that the one known as Jesus made to replace entirely the Ten Commandments were to love the Creator and to love other selves as the self. Consequently, it is essentially important to work with the self in consciousness until one realizes that regardless of the illusions in one's own spiritual temperature-taking, it is not selfish or service to self but indeed necessary first to find charity towards the self. For you contain all within and if you do not feel self-forgiven how then can you feel in truth the joy of all being self-forgiven? How can you feel joy for the truth that is someone else's and not your own?

29: The hardest work that you can do within this incarnation is work in consciousness. Yet this work in consciousness is by far the most effectual means of accelerating in any spiritual evolution, innovating, enlightening the consciousness of your sphere, when you have no solemnity, no love, that many enjoy and so shall you, each of you, as you find you truly are a person to be esteemed, a person who has gifts and whose only desire is to offer them to the one Creator. Is this not a beautiful thing? Can you not step back and see the courage involved in having faith where there is no evidence to support it? Nor can there ever be, for this is the density of choice, blind choice. You work in the dark, you suffer, then discover the suffering, accept it, grasp its nature and eventually reprogram it over and over and over again, moving away from suffering and towards mindfulness not because you have behaved differently but because you have told your mind to register different portions of catalyst. Have you ever, for instance, purchased an object which you had not seen before but thought well of and then found in every nook and cranny someone else who had found the same thing. They had, of course, been finding that all along but you had not. So the information was not relevant to you and was simply [deleted] from conscious thought.

33: Never judge your behavior or your thoughts but rather be compassionate, openhearted and above all, persistent. And as you discover your beautiful self so will all others become beautiful. As you discover that you are all things possible, including all the negative things—the thief, the rapist, the killer—you then become aware of that great importance of choosing again and again for you cannot only perceive good so-called, you perceive in a full circle and have a full complement of abilities to act negatively and positively in the normally understood sense of those words. Take the leap of faith when you are ready, not before, and certainly not after for the adventure in this arena becomes much more interesting, we feel, for those who create rather than accept their own universe—we correct this instrument—universes. May you create yours and recreate yours gradually, persistently and with great love for the self as a spark of the infinite. One until at last you are hollow through and through with no blockage to keep infinite light and infinite compassion from flowing through you.

45: I am Q'uo, and I am aware of your query, my brother. It is often the case for many of your peoples as they look consciously and carefully at themselves that they will see those portions of behavior that they do not appreciate and consider to be less than worthy of study, those portions which may be seen as inability to love, the ability to give insult and injury, the less than honest expression of truth, and so forth. Often-times these characteristics are ignored or discarded, hoping in the ignoring of them that they will disappear.

71: If, as in your case, an entity finds it is helpful to form this desire by writing it upon the paper, by speaking it as a vow, by dancing it as a dance, praying it as a prayer, or meditating it as a mantra then this is the form that is appropriate for that entity. It is well to use those tools which one has been given in which one has found a certain degree of mastery in previous use in order that a form which is most effective might be utilized in giving the clear voice to this heart-generated desire for a closer approximation of love within the life pattern.

77: You mentioned the deep mind and I was wondering what are the symptoms of reaching the megamind or the infinite intelligence and whether one can actually be in that awareness or consciousness all the time within this density, third-dimensional density? And the symptoms, of course, you can elaborate on and can maybe give a clue to the path to tapping into that gateway that we can manifest greater love and

process of realizations to choose to slip away as unneeded armor against a universe in which there is no need to have fear.

48: As the only queries that we sense are those concerns of the newer channels as to their progress, we may simply say to each that each is now within that area of the learning of the vocal channeling, where the voice has been found and the song is dimly heard. The fidelity to our concepts is excellent for those of small experience, and even the most gifted could not do any better. For we wish you to understand clearly, that in this process of learning the vocal channeling, as in any learned art or skill, it is experience alone that eases and opens the mind, that releases the fear of error, that suits the fear of plagiarism or of speaking too much of one's own thoughts. Each is now beyond the stage where criticism is helpful. Each has passed the minimum competency for work. Now, the time of faithfulness to the task, to the honor and the duty of a chosen path of service must carry you, for our words, judgments and opinions would only burden you. May you continue channels for light, young and old in experience, ever growing, ever mindful of love.

51: I am Laitos, and we wish only to speak briefly through this instrument, to give our feelings of delight at this opportunity of speaking through two new instruments who work with diligence and two more experienced instruments who work with perseverance. We cannot tell you in words how very filled with joy are we at this opportunity. For to most we must satisfy ourselves by making our presence known in the form of undifferentiated love which is sent into the energy web of those calling for inspiration and nurturing. This also gives us a great deal of joy and satisfaction. Yet, when one is able to refine one's sending of love and support to the degree we have been able to do—by utilizing concepts and words through these instruments, there is the indescribable satisfaction that comes from knowing that one has moved in step with those who call. We shall be with you in your future.

19.50 1990/11/16

3: This entity was preoccupied with the movements of power, forgetting, momentarily that there is only faith. It is not faith in an outcome, whether it be preferred or not, but faith in and of itself, absolute and whole. It is appropriate to do those things which are given for you to do within the illusion, it is, however, inappropriate to find your trust invested in people or institutions. For people shall die and institutions shall crumble. But all will be as it is and as it has always been, quite perfect. How the illusion pulls at you and how easily you yield to it. Is this a necessary portion of experience? Yes, it is necessary that each err and be mistaken as often as it takes in any present moment to affect a change in consciousness for those who polarize as we do towards service to others as an expression of their love for the infinite One. This renders appropriate concern and prayer for all involved. For in creation there is no separation. All that seems separate is illusory and temporary; all are held in utter safety and may rest in [the] Creator if they have faith.

4: We do not mean to suggest that if one has faith outcomes will always seem favorable. We only speak of larger truths because the larger truths overshadows and renders inoperative lesser truths. This one truth is, overall, the truth of the one great original Thought. In the I AM there is only love. To suspect otherwise is to move away from serving and towards fear, separation and a path of that which is not. For upon a path of that which is not you may experience a universe created of fear. And in so far as you accept fear, you shall be victimized from one incarnation to another. In love there is no room for fear. Although you identify yourselves with a house of flesh, yet you may dissect all portions of this clothing of flesh and find no consciousness, no evidence of life, or love, or passion, or thought.

5: All beloved and unbeloved, through error, entities are in the end one. One is a victim and a thief. One is both things. As your mind strays from this certitude, so shall your polarity decrease. Thusly, in time of trouble or woe equally as in time of [weal] or gladness call to the same faith, encourage within yourself the same compassion. For in you is both victim and criminal. And each, this equal for each, is one, with all the barriers. When the illusion seems to cage you in, realize forthwith and firmly that the cage is transparent, that you may slip in consciousness through the bars and render them

needless as you lift up your gaze to the one infinite Creator in praise and in thanksgiving. For you have been created, you have been given life and consciousness, you are now in an arena. It is to be taken lightly, as all things and never with other [than serenity] yet it is to be taken passionately and seriously. For in this arena, you may use the allegory of life and death. You do the battle within your incarnations. Each of you has the scars to verify this and if you are successful, you shall not kill by thought, by impulse, or by idea. That to you is life. That which is one is [precious ambition] and pride of self is loss to your imperishable self.

6: So rouse the self from its daze with a shout of joy and stand in glad acceptance that you shall do all for love and in that giving you may perhaps have one outcome or the other. But whether the little life of flesh is ended or is preserved, then you shall be with the Creator. Take these opportunities to polarize, to experience unconditional love, to experience a deep forgiveness of all concerned, and most of all of yourself for being dazed by the illusion once again.

19.51 1990/11/17

7: We are Oxal of the wisdom density, seeking to find our way to the density in which wisdom is blended with compassion. And we are among those fifth-density social memory complexes who have undertaken to study with those magnificent golden beings you know as Ra. We work cooperatively with others known to you, of our own density, those being the ones of Latwii, with whom this instrument has begun its experience of becoming acquainted with the art of opening to receive the channeled messages. We have found that, since our energy tends to be rather heavy, and in this sense is a somewhat challenging energy to carry for the new instrument, that there was appropriateness in the beginning with the gentler Latwii, whose turn towards compassion has already well begun. And who, therefore, has been shown to be preeminently fit for the role of comforter to those beginning the process of opening to become an instrument for the expression of the love which may pour forth from the realms that to your realm seem higher

24: Thus, we moved into the compassion of fourth density with relative ease, and were blessed with success upon the expression of unconditional love—both the offering and the receiving. During our experience within the density of light, we have studied carefully other third-density experiences and have found that, though most proceed in a similar fashion to our own, there are those which have difficulty due to many reasons. The experience which your planet now passes through is one which has interested us for some time, for we seldom have the opportunity of partaking in such a direct manner as we do now with you, with third-density planets that are what you may call the repository of those who have found the need to repeat this cycle of experience. Thus, your planet has been influenced by many other planetary entities of third-density vibration which have completed their own cycle upon, what you would call, their home planet and who have found your current planet, that location and vibration which is most helpful to their own repetition of this experience, with the desire for achieving fourth density graduation. Thus, we work in a light-filled environment looking at the nature of your experience with regards to the introduction of significant amounts of disharmony within individuals, groups, races, nations and, indeed, within the planetary entity itself that you now evolve with.

25: We seldom have the opportunity of speaking our thoughts in this manner, for though we are within the evident reach of many of those of your peoples who choose the career, as you may call it, of service as a vocal channel, we are narrow-band enough that our signal is usually perceived only upon the subconscious levels by the deeper portions of individual minds, and this most often within the sleep or meditative states. Thus, our service most frequently takes the form of our sendings of undifferentiated light and love to those who call for such.

19.52 1990/11/18

0: [overview] The question this evening has to do with how individuals and groups, or any people that are in relationship with others, can work through the blockages that seem to get

couched in puissance and every masculine attribute. The gentleness, the nurturing, the tender quality of the love of the one infinite Creator in this particular society was not valued greatly, nor were those who represented that side of the Creator—that is, women—regarded as anything but property, those who were totally subservient, those who spoke not unless spoken to, those who watched carefully all that they did, those who would not dream, nor even imagine, breaking a vow of marriage, once promised. Such an entity was this pure virgin, too young to know precisely that which was ahead, but old enough to know that she was marrying an older, responsible and very fatherly man, not at her wish, but as an arrangement, for such was the custom.

24: Thus, Mary remained most, most important to those who sought the nurturing side of what had been heretofore a masculine, harsh and judgmental concept of the one infinite Creator. It is of course true that love may sometimes be harsh, that its lessons may seem capricious. However, it is also true that the one infinite Creator is infinitely nurturing, infinitely a female energy also, and this energy, within the culture in which you now enjoy existence, has been personified by many as the one known as Mary.

27: And so from time to time when there is a window of opportunity, when there is a special group of simple, pure and believing people, usually children, Mary appears and speaks. She is as she always was, a mother, brought up as a Jew, one who wished above all things to take care of her children, to be there for them, to care for them, to worry about them, and to pray for them. And many who are jaded and lost in doubt have come across the undeniable evidence of these occurrences, occurrences which continue and will continue throughout the transition period into fourth density, in order to give the weary soul rest at last when it needs, in a thirsty dry land of intellectual belief and thought, the sweet, warm love of a living Creator.

28: This Mary personifies, as do all women. May each woman be aware of the vast potential within for nurture, for safety, for the being of a harbor and a haven to those who come near. It is in the weakness and the smallness of the woman's heart that the greatest personal compassion resides. The Holy Grail that each seeker seeks is a feminine symbol, a nurturing, caring, protective symbol. You do not see the dagger, you do not see the sword. You bow your head before the love of the infinite One.

30: The symbols that you choose to be important to you are your own choice, but we ask that you gaze steadily and carefully at the concept of compassion, that it may come to heal you, to mend that which is broken, to cure sorrow, to turn the wrangling reality as it seems for a quiet and pleasant place for the soul to rest and to love. Your world may seem unsafe, but within you is a world of complete safety, beauty and sanctuary. May you meet the Creator there in that holy place within, realizing the love of the one infinite Creator at every moment. Give yourself up to this love in meditation. Give yourself up to this using of the ideal and allow all that seems chaotic about you to recede into the love and light of eternity, for therein do you truly dwell, and from that viewpoint you may open your eyes and be a beacon of light to those about you, as within you compassion is felt.

19.8 1990/03/12

6: You make choices you know not of. How little credit you give to your own creative power. There is, in truth, no reality in third density but your consciousness. You dwell within an illusion which is densely opaque, through which one cannot see, in order that you may, more and more, learn to choose in a consistent fashion those biases which move the consciousness into a less distorted form of the manifestation of the love of the co-creator and of the Creator. So each of you channels yourself, each of you cannot help being a channel. It is no effort, it is simply not recognized that this effortless process is not the process of expressing the self, but a series of choices about what the self is being in the process of becoming a being, for you are both being and becoming.

9: You are each imperishable beings of light, heirs of grace and glory, an infinitely important and necessary portion of the one great Thought which created all there is, that being divine love. That is the crystal that is within you—love. Not love as humans would understand it to be, not the weak and watered love of kindness and courtesy, not even the love of

personal passion and romance, but the love of such immense power that it generated the infinite creation in balance and in perfection.

10: This seems to be without you: the perfection, the balance, the divine love. You are projecting into an illusion that has been created with your own cooperation so that you may move forward one step at a time, one small step at a time. You began as unmanifest love. You were joined with free will and flung outward to become prodigal sons and daughters of love itself. You are information givers, for all that you experience is that which the Creator experiences and knows of Itself. You cannot make any errors, for in each action the Creator learns of Itself. You can, however, make choices about that which you wish to learn.

11: Since your density is a density which is attempting to learn lessons of love, you may depend upon your incarnational patterns being planned to allow you to meet those ways of loving which you felt needed further refinement. We do not send understanding or wisdom, for these lessons are not of this density. All too often, the heart has been lost in those who seek the truth that lies within the illusion of third density. But wisdom is not the answer, and the questions one asks cannot be answered wisely, but only compassionately, for compassion is in the heart of the choices each of you make day by day.

12: Thus, as we speak to this group which wishes to be of service to others, we ask it, first of all and always, to be conscious of the nature of the lessons to be learned by the self and in harmony with other selves. These are lessons of love and compassion. Not love partially given, not compassion partially withheld, but unstinted, foolish, quixotic love, love that fears no hurt, that can ignore and smile at pain, knowing that new things are painfully learned, knowing that opening up the heart to love is dying to those things which block the heart from opening like the flower that it is. It is as if you were infected by a disease called doubt: self-doubt, doubt of others, doubt of the worth of that which you are doing, doubt of the nature of the infinite One. There is no need and no room, for the seeker who wishes to work towards finding the treasure of love within.

13: It has been said that love casts out fear, but it is not explained how one may love. We shall explain. You are love. You need to find out more and more clearly how to express your true being. Those about you who are not seeking as you constantly offer the catalyst of the unexamined life, of the measured love, of the stunted compassion, of the carelessness and fine scorn for the fragile treasure of this brief dance of an incarnation. You shall not exist long in this body, in this illusion. Use the time that you have, for time itself is part of that illusion, and as you become aware more and more of the love within each moment, as you choose to ask yourself, in the face of difficult catalyst, where is the love in this moment, more and more shall you drop away those things which are not love from the being which you are becoming. More and more shall you be able to shine and be the love that you seek. You are simply uncovering that which you truly are.

14: Now we move to that part, that all important part of a support group which creates for the channel the nature of that channel. The channel itself does not create its own nature, it is the group harmony, the group love, that is hard won through the fierce loyalty to truth with each other and with the self. We could say simply, "Be merry together," and that would be the heart of the harmony of which we speak. But, in truth, each of you has stumbling blocks to teach each other with, each of you presents challenges and catalyst which each other may learn to love without let, without hindrance, unsparingly, unstintingly. It is the job of the support group—and this includes the channel—to love at all times, most especially when the manifestation of one of the group seems to be less than lovable, when the behavior seems to be unacceptable, when a thinking seems to be unforgivably erroneous. Love accepts the unacceptable, forgives the unforgivable, loves the unlovable, and by that environment creates a catalyst by which that self may choose a new path.

15: In a support group you are not bound by what you think of each other, but by the love that you know is each other's true self. You set each other free, and each of you teaches each. Let no one feel shame at lacking courage, making errors, or falling by the wayside in some self-perceived manner. It shall happen to you again, and again, and again. The support group, when it sees that one of its members is in need,

forgets all need of its own, and reaches out in love to pull the needy one out of the mire of confusion and self-doubt.

16: This is a most intimate relationship. It is the beginning of what you call the social memory complex, and each group's balance of harmony is unique to that group, and will thus form the basis for the information which comes through the channel of that group. So be aware of that great truth, and seek to love, not to be loved. Seek to understand, not to be understood. Rest in your mighty power and give the gifts that you have freely and gloriously, rejoicing in the infinite Creator. See yourselves as those who pull the wagon, pulling together, working with such joy that labor becomes play. Love each other, and allow with all generosity the burgeoning and blooming self that is you, as daily you change, to be melded anew into the ever-changing, subtle patterns of group energy.

17: We are suggesting that which will cause you great discomfort for as long as you work together, for this sort of effort causes one to change, and as the mind perceives itself changing, and realizes that its old programs no longer work—or as you say, in your technical society, compute—then you must dump that program, and this is most painful, and feels much like loss, and feels, indeed, like a grievous loss. The energy which could be taken to be lost could be used up in grieving, may instead be turned by faith to the building of programs which are fully representative of that which you have learned, that love which you have uncovered within yourself. 19: Within your society it is not considered healthy to feel that one is on a mission of a spiritual nature. Nevertheless, this is, in actuality, the truth. You have come here, intent upon expressing and manifesting in poetic beauty the mission in service to others which you chose preincarnatively. Yes, you chose much personal work, but you chose more. You chose your paths of service, and in each path of service to others much must be yielded and given up. Thus, we encourage you to encourage each other, to love each other, to allow no disharmony to rule for one moment longer that it takes to recognize that there is something which must be discussed, which must be forgiven, which must be balanced, so that love and harmony again may be the environment in which you follow your path of service.

20: During sessions of working, the support group needs continually to realize and send for the power of love, that the instrument may not have to depend upon its own strength and will alone, but may rest against the cushion and support of an environment of love. Tuning, then, is done continuously throughout a session, not as a heavy burden, not as a heavy duty to perform, but as that which becomes second nature, as that which becomes a simple and constant visualization of living, revolving light, which raises itself round about the whole group in spirals and reaches unto the one infinite light of the Creator in its first manifestation.

19.9 1990/03/13

2: We have spoken much about the preparation for channeling. It is now time to move forward into a more active mode, the mechanical learning of that which is called channeling. It is akin to teaching a child to play a simple tune upon the piano. This instrument would call such a tune, “Chopsticks.” This we can teach. We cannot teach persistence, or a love of harmony, an assiduousness of practice. We must pause.

6: We are not those who disregard or denigrate compassion, for especially within your own density the deepest truths lie in purified emotion. The job of a channel, therefore, is to provide catalyst, to evoke that purified emotion which is the daily food and bread for which you pray each day in the Lord's Prayer. Think you then that you are asking for bread to eat and wine to drink? This was not the intent of a teacher who spoke always in parables. The daily bread which you seek and which you seek to share is that manna that contains the healing, the peace and the love of the consciousness of Christ; by whatever name you know the Christed entity, this is so.

7: This, then, is your goal, to become more and more able to perceive the ramifications of each point made in discussions about queries that have been asked by a group. Be humble before this gift. You are not reciting scripture, you are not offering infallibility. You are offering that food which otherwise would not be there and would cause starvation of the soul to many. Vocal channeling is only one of the myriad of

services. It happens to be a more conspicuous one. This in no way means that the vocal channel is any different or better than the mother who nurtures a child, or any other entity whose path of service lies not in blue-ray communication, but in green-ray healing, whether it be of physical things, the rebuilding of old neighborhoods, feeding the hungry, working with the here and now of souls that need to be fed, not manna first, but food for the body, all across the spectrum to those who have put those things to rest by circumstance, work and luck, and are therefore able to take the leisure to move into contemplation, to seek out purity, to fall in love with love in the Creator, in yourself and in others.

9: The nature of the channeling which we prefer doing, because it is much easier upon the physical complex of the instrument, is conscious channeling. We are of the fourth density, the density of love and understanding. We are not as wise as many of our colleagues, and so our speciality is working compassionately with those who wish to build compassion for themselves, for others and for the Creator within themselves. We are humble and grateful that the one known as S has made a serious commitment to learn this discipline of the personality and lend his unique voice to the explication of that very simple message that is repeated time and time again in various ways, in order that various kinds of people may find spiritual enlightenment available.

19: You channel—and we speak quite seriously here—your own thought processes. You choose your behaviors, your reactions or lack of them, and all the attitudes of life. When one decides to become a vocal channel, one is drawn into a powerful energy nexus of which it is one point in the planetary light. Whether or not the channeler turns out to be proficient, if there is great sincerity in the attempt, that alone will lighten the consciousness of your beloved planet that is so sadly in need of light. We repeat again, do not analyze, do not allow the mind to judge the contact. It is of the greatest normalcy that an entity will begin channeling with perhaps only fifty percent of channeled material of an outer kind, and the other half the wisdom of the deeper self, so that in fact the channel in the beginning is very much aided by its unseen spirit, or guides, or [moods].

40: Then, there is the breath given together in the mantram of your choice. This instrument chooses the Lord's Prayer. There are many other invocations that have resonance for some people which the Lord's Prayer does not. As long as the import of this mantram is love of the Creator and love of each other, it is of the Christ consciousness and is acceptable to us.

43: After that, this instrument visualizes the white light, the full armor of light, placed upon its form, missing no spot, of undifferentiated love manifesting as pure white light. Once that feeling has been achieved—and it is often so that there is a lightness, either physical or mental, experienced during this portion of tuning—one then visualizes, as does each of the support group, this same white light that is first simply a small ball of enormous beauty and luminosity in the middle of the group, by bowing before its wisdom, by accepting its protection, you each allow it to expand, until all of you are bathed in unconditional love and light, the greatest protection available within the personal reference frame.

47: Oh Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Lord, let me seek not to be loved, but to love; not to be understood, but to understand. For it is in consoling that we are consoled. It is in pardoning that we are pardoned. It is in giving that we receive. And it is dying that we rise to eternal life with Thee.

48: At the end of this private prayer, this continuing inner tuning, the instrument then declares itself as a metaphysical spirit. Let no mistake be made by one who feels unworthy, the universe is a complete democracy, no matter what density, no matter what differences of wisdom or compassion, each is made of the same stuff, that being love itself. The one known as Jesus said, “I am the vine, you are the branches.” Settle yourself with your roots in the ground, and in divine consciousness. When you have declared who you are, with no doubt, no holding back, and no reservation, you have become a being of light in the great democracy of all spirits. No discarnate spirit is ever confused about its identity. Its very existence depends on its knowing who it is, and if an instrument wishes to work with spirits, and have control over that

39: Cease the present moment, make it your own and seek evermore a purer priority of concerns. For you are a treasure. You must learn to cherish that treasure that is you, and to cherish and deeply adore the Creator who gave you its own being and then allowed each to make all of its own choices, to follow its own destiny, to move to its own rhythm and to experience its own truth. The Creator is love. And love alone would take this risk. Put yourself at the same risk. For you, too, create your experience.

41: We thank you for this acknowledgment of that [meaning] and the giving of permission. We thank you. We celebrate our unity, and together we turn towards the rising sun of an ever new day, the day of the spirit, in which that which has been dim comes to light, freeing the preceptor, to learn that which has been learned, and to hear for the first time new refinements that are possible in the [conduct] and the characteristics of blind programming, that were not available until summary [reprioritizing] has been accomplished. This is a multi-syllabic way of saying a very simple thing: “The road goes on forever.” The road of seeking, the road of promise, the road that leads finally to self-knowledge of congruency with love itself, the great original Thought and Creator of all that there is.

19.48 1990/11/11

4: We spoke earlier of the three basic approaches to worship: worship of nothing, that is, worship without an object; worship of an object; and worship of mystery. The worship without an object runs contrary to the genetic structure of many of your races which in glad array make up the population of your sphere. To those within a highly technological culture and society, worship without an object is much like loving without an object. This creates confusion within entities such as yourselves who have been exposed to many, many objects. Thusly, although this path is useful to some, it is not easily conformed to the character of what you would call the Western or Occidental racial natures.

5: The worship of mystery cuts to the heart and spirit of worship, and without this instrument's being aware of it, its underlying nature is that of worship of the mystery, although it has successfully created an object in order that it may participate in refining the gifts of emotional intensity and unstinting compassion. Without the grouping or societal nature which is so deeply a portion of the character of your density—we must begin again with that sentence, we would correct the instrument. Without the gifts of faith offered to all people, but available only to a few, it once again is difficult to conceive of a passionate and active devotion. This is, however, an excellent type of worship for those who have a predisposition to mysticism, or love of mystery.

9: To better center the focus of worship of an object, it is a fortunate consideration that faith may be explored by those who do not have faith. For instance, one who honestly questions may find it impossible to claim the love of an object as a pathway to the worship of mystery. Many there are among your peoples who do not move from the love of an object to the love of the mystery that sent the object as messenger. Consequently, we suggest that those of little faith, and that includes the great majority of those among your people, choose a common household object that is seen each day, perhaps something like a chair, or any other mundane, and seemingly un-spirit-filled thing.

12: When one attempts to open to the deeper and more purified emotions, the first thought vortices which appear are those daily beneath the threshold of consciousness, a milieu given over in large part to fear. Thus, again and again, when entities begin to attempt to learn from the electric silence of spirit, they are opened to messages reflecting the simple mental fears of all peoples—the fear of the dark, and the fear of the unknown, the fear of death. It is at this stage that many spiritualized entities capable of much more become quite stuck, for they have conceived a desire to seek, a desire to love and a desire to serve, but they defeat themselves by gaining access only to information within the deeper mind which is an artifact of the conscious mind. This is not the direction in which we suggest entities experience the learning and searching out of a personal life in faith.

14: To move into worshipful and adoring qualities, one must redefine oneself without reference to that which takes up space, or that which takes up time. The physical vehicle

itself, which carries you about, is that which produces the deepest fears, for it is a second-density entity in all but consciousness, the consciousness being without time or space, the manifestation being quite necessary in order to gain appropriate experience. When it is clearly seen that there is nothing to fear, that there is only the unknown, that there is only the dark, and that there is only death, in terms of the physical entity, one may then proceed to grasp the vaunted nature of the physical vehicle. Although the spirit creates its mark upon the lined visages of those who have had experience within an incarnation, and who are what you call old, it itself is without age. There is that within you of glory. However, to this you do not normally have access. Consequently, without any knowing the seeker first makes its decision to love, to worship, to serve others in the name of the one infinite Creator, having no idea how to do this. It is as if the seeker fell off a bottomless cliff.

16: Thus, it is most often a conscious decision to begin to see the self as a steward of the property called consciousness, which is one not with time or space, but with the plenum of infinity, the place of the object of worship within this path. To this pilgrimage, which begins with the deliberate rejection of fear and the determination of a fool or a madman to worship that which is unknown, comes the beginning of a blooming that starts because of the message you have given your deep mind. You are now far more suited to be able to gain access to that within the deep mind which informs, nurtures, uplifts one. One may in visualization grasp the object which denotes the mystery to oneself, and with that security within, one may begin to explore the almost unbelievable choice that has been made. You choose to have no fear; you choose to love. This is a deeper way of stating the same fact.

19.49 1990/11/15

15: Why, then, do those who discover themselves in the heavy illusion find they are upon occasion bereft of all joy and must seek through great difficulty and with great effort to reunite themselves to that joy which is their birthright? The Creator has gone forth in each seeking to fathom the fullest extent of the love which it is and finds that the effort to fathom this love entails a pathway through the greatest separation that is possible.

23: I am Laitos, and speak now through this instrument in love and light. We most often know those things which hamper the subjective awareness, or that which we call joy. Perhaps the single greatest confusion concerning joy is its often perceived interchangeability with your word, happiness. Your culture so values happiness, or at least its pursuit, that it was declared, by those who created your governing instrument, as one of the chief foundations upon which style and method of government was to be modeled. For it was seen as a social activity of a government that was desirable to give to its citizens the opportunity to seek happiness.

25: Joy, upon the other hand, is that which each entity must create. For as love abides absolutely, so does the experience and joy at the touch of love's presence. Like the deeper loves, it is remembered rather than met for the first time, being each entity's birthright. There is no thing which may remove or rob from you the joy which is perceived by the immediacy of the presence of that which is holy, that which is blessed, that which is true and beautiful. These experiences of joy are your own gifts of grace from love itself and nothing can rob you, either of the memory or of the confident expectation of these immediate experiences.

45: There is a tremendous and life changing realization which of necessity precedes true freedom. For all freedom is shallow and insignificant compared to the freedom to serve, to serve the Creator, to serve your other selves in the name of the Creator, and to see yourself as loved and forgiven—a blessed and beloved child, no matter in what condition or stage you may be, of the one infinite Creator. This infinity is part of that of which you are made. You are infinite and absolute. Within this illusion, you have accepted finity, you have accepted the necessity of dealing with relative values, ethics and choices, the hunger for the absolute as reflection of the hunger within, for its own home country—eternity. It is so deep within the self, the deep self of the home country is through meditation, contemplation, observation and a million paths realized, and that which does not serve the uncovering of that deeper self, the seeker chooses through a

20: One final note: the creation is quite simply a mystery. We do not know, truly, of the first things, any more than any baby in any crib can know of the affairs of the day. They hear only one thing; each of us hears the sorrow of your people. And so we come to give you not only hope, and not simple homilies, but also workable and efficient exercises for moving the consciousness back to that place where it was in meditation when you were living in eternity. As you love one another more and more, your own subjective universe becomes more and more lovely and spacious.

23: For us to know intelligent infinity and to experience what this instrument would call holiness, one must gaze from a viewpoint of informed compassion. In this particular density you are learning more and more how to love each other, an absolute necessity preceding the day when there shall be a new Heaven and a new Earth. However, its only newness will be that it is entering third-density space/time at the particular time during which another third density should begin. So, like truth, part of the Creator is truth itself, absolute and unified, without space, without time and without polarity. From a human perspective, a local environment is quite various, and not a possessor of large truths, but only of creating a vast array of confusions.

28: One thing is for sure, all things are made of love, and free will acting on love to produce light which can create and manifest matter. May you love each other; then you shall learn more and more about the Creator, and you will prefer the mystery of the mathematics of one over the finity of ideas which humankind creates and the artifacts it produces, for like the clay of your physical vehicles, they also will become obsolete, not for any specific reason of age, but simply because it is the nature of things.

29: We would like at this time to transfer the contact, if we may do so, for the ending of the session. We have attempted a sharp and precise definition and found ourselves in a great deal of trouble with vocabulary, for that which is eternal has concepts for which in your density you have no way of describing. The best we can do is to point you in the general direction of the truth you seek, and then build a wall that you can climb over easily. You can climb over that wall and rest at any time. But those who wish to work for the Creator are zealous, and loving and sharing. When we see this, we become humble before each of you who has achieved true harmony, for you have moved from truths to truth, and you have begun to operate in your everyday life according to spiritual principles, moving from the many to the One.

34: We wish to take the world of materialistic thought and implant within the hearts of those present the love and the sharing of bounty. This is not wrong, it is simply that it does not work within a life that the most helpful life is that of cheerfulness and happiness, but rather one of suffering that great change of attitude which creates the choice of the loss of innocence by the desiring of the fruit of the tree of good and evil. You each have that choice; you could have remained a part of the unconscious, latent or inactive portion of the Creator. Instead, you set off upon a great adventure, a prodigal adventure, with a fortune to spend and time and energy and talent, the time for polarizing by praying, loving, giving, sharing.

19.46 1990/11/04

5: Having chosen the path of service to the infinite Creator by means of service to others, why would any entity make such a choice? There are humane and humanitarian reasons to care for one's fellow man, but not to feel that it is necessary to surrender the heart, the mind, the soul, the strength and the life to a voice which cannot often be heard, but which must be taken upon faith by its outer garments of manifestation. The fear of the Creator is simply awe and wonder, and fortunate is the entity who has released itself from all fear, for only within this illusion which you experience is there this fear of the Creator. This is simply a distortion of that love which is so great that the desire to serve this Creator fills one with awe.

9: So, you may see that which worship is not. Worship is not the pressing forward to one's goals, the satisfaction of one's desire to accumulate and amass those things which encourage happiness. Many have called devout love of many finite things various kinds of incorrect worship, that is, worship of those things which do not endure, and are therefore only able

to be worshipped within this local and provincial illusion, so soon over. And if the entity who wishes to worship does so for any motive other than love, awe, amazement, joy and a seeking after truth, one has chosen that to worship which shall surely not last as long as the consciousness which at present inhabits your physical vehicle will last. Thus, if one worships a religion, a person, a goal within the illusion, one is worshipping in a negative manner, blocking the natural flow which the spirit intends to be available to you at all times, that is, the spirit of Love Itself.

10: Worship is that which underlies whatever complex or simple structure of personality and desire one has which manifests as an incarnation. Worship begins with the awareness that is known, but much may be inferred. Clues within the illusion that hint at one single Original Thought, which we call Love, or Christ, Christ consciousness, or the Creator, is a kind of firm ground upon which the self may stand as it gazes at, evaluates, discriminates and analyzes its own thoughts, feelings and emotions, until the self has concluded much about the nature of the self, the illusion and the program of lessons which was intended. Worship is that surrender to imperishable and perfect light and love which is the Creator. Worship is a blind thing, a shot felt to be in the dark, having an unknown target. Worship is that gathering of purified emotions which moves the entity from considerations of the milieu of the physical vehicle to considerations of the milieu of the imperishable light being which you have found within yourself as the deepest portion of yourself.

11: There is a great difference between love and worship. Those who seek to love will in the end find all that they desire because of a great steadiness and firmness of desire. But neither the leap of faith nor the intensification of desire can move that true self within one to that which is basically a protection, for the Creator is within you, yet within you cannot be seen by you. Thus, for all except the most non-literal and lyrical of mystics, worship generally consists in an attitude of surrender in purified emotion to that which is considered the source of the being, and of all that there is.

12: There is a necessity in most to objectify worship so that there is an identifiable object, idea or person onto which one may reflect one's deepest desires to serve. And as no one within an illusion can know adequately how to serve any entity in the best way for that entity, the worshipful or faithful entity watches and waits and prays and does all that it does for the love of the object of that worship, the infinite One.

13: In sum, worship is that gathering of purified emotion which kneels in surrender to the purity itself, the beauty itself, the truth itself, the love itself, that is the Creator. The outgrowths of worshipful, faithful living, moment by moment, are those things which many may perceive to be most beautiful and hard won contests against the temptation to make sense within the narrow definitions of your mind, of that which is infinite as the object of worship is infinite.

32: Just one, and I was asking this of Jim this morning. It is difficult for me to grasp that people honestly don't open their eyes, look around, take it in, and immediately feel the instinct of faith. Nor it is it understandable to me personally why people lack the intensity of desire to attempt to learn and serve at the very limit of their ability with a complete passion, because of this instinctive identification with the Creator, which is faith, and love and surrender, and willingness to serve, all sort of mixed into one. How can I brook this chasm in my own understanding, in my own failure to understand, in such a way that I can better serve? Because it's my blind spot.

19.47 1990/11/08

30: You are in a less illusory and imperishable way the choice-maker. It is not your intellect but you that chooses each perception of experience. Consequently, if there are those things which the mind has targeted for notice and prioritized heavily, and if those things do not redound to the strength, the love, the faith, the will in the path of seeking and service of the one infinite Creator, it is not the behavior which needs to change.

33: My beloved, the journey that you take seldom requires a physical step, seldom necessitates a physical pilgrimage. For the impact of geography and novelty of experience is in and of itself trapped by the ruthless decisions of the programming of your mental capacity to notice this but not that, and that but not this.

spirit to which it connects, the instrument, too, must know who he is. Then there is a prayer said that the energy not be more than can stably be accepted.

19.10 1990/03/18

10: Avoid satisfaction, especially self-satisfaction, but be hungry and thirsty, for there is more to learn, more to experience, and in that learning and in that experiencing there shall be change, which is, by definition, uncomfortable, stressful, painful. It is the successful heart that is open to these things, yet aware of the power of its own abilities to forgive, to love and to accept.

13: A limitation is wisely accepted as the basis of evaluation of further action. When one cannot walk one finds oneself an appropriate seat. When one cannot speak, one remains silent. When one cannot understand, one embraces mystery. When one cannot move, one embraces the concept of moving motionlessness. This is a foundation acceptance that is very helpful to the heart. It is not wisdom to ignore the circumstance of the physical vehicle, for these are the limitations of which you speak, limitations of action, of movement, of energy, but this is only the basis for further waiting, waiting in patience, in quietude, in certainty of the constant inflow of inspiration, for many are those who choose to do as much as possible, regardless of the circumstances and regardless of those things done, because authority says those who do the most are worth the most. Thus, the self values activity without evaluating worth, the love one has, the joy one has in each activity, but simply assuming that to give is to be productive, to be busy, to be active.

16: The rest of that which we have to say is perhaps self-evident from this point. Many are the things which may be, not given up, but released, for they are no longer a part of your path of service. A grieving process for them is understandable, yet it is time also for faith to show itself, faith without understanding, without knowledge of any kind, but only faith that things are as they should be, that love permeates this and every transaction of the incarnational experience, that there is a path of service in every changed life. Even if the changes seem more and more limiting to the mind, to the heart, that energy which has been set free from those activities released is now there to place in a new path of service, in a new way of seeing, perceiving, changing and becoming. All entities are entities in transition, just as all entities are forever perfect. You are being and you are becoming. Thus, it is folly to hold to old paths of service which seem no longer to be possible, given growing physical, mental or spiritual limitations.

18: If you are thirsty and there is something that slakes that spiritual thirst, and you seek still to do this, pressing against a limitation, then you are not harming yourself, but giving yourself a reason to enjoy, to accept and to rejoice in the state or condition of life in which you find yourself regardless of your limitations. How to tell the difference is not a matter for the intellect, not a matter of constant, conscious, careful choice, but a matter of loving, waiting, accepting and listening to the voice that speaks within with the authority of your deeper self saying "Send me, send me here, send me, send me here," and so you send yourself, whatever the cost may be, if it is possible, for still this feels to be part of your path of service.

19: You are not here, my beloved ones, to have, to hold, to collect, to sustain. You are here to learn in deeper and more resonant ways always, what it is to be of service, what it is to love. You must begin with yourself, loving, accepting, opening your vulnerable self to wear the harshness of your humanity, for you are sturdy within, you have the strength of the universe within, you abide in the Creator, and love and light are your nature. You live in union with all that there is, there is nothing to fight. A limitation is an invitation to change. Know, each time that you experience limitation, you are experiencing the chance to learn something new, to serve in a new way, to find out more about what being and becoming truly are, to discover within yourself that core of being which is the infinite One. The infinite One is without, the infinite One is within, there is nothing but the infinite One, all is One. Cast aside fear, for your heart shall tell you in good time what choices to release, what choices to keep, and what choices to make for the first time that you may learn yet another lesson of love.

21: You are treasures, you are gems. Trust the process of limitation and loss to show forth to yourself, to the world and to all whom you may serve, all whom you may meet, that beautiful gem hidden within, that many-faceted, amazingly wondrous, youthful self. May you shine through that Earthly vessel. May you use misfortune in joy. May you drop away that which is busyness without undue fear, but with love and acceptance, and may you accept each change through the pain, through the difficulty of change, in perfect faith that all is well and all will be well, and you are fearless, holding up the light of consciousness to a world hungry for consciousness and far too full of the awareness of its own lack.

26: Whatever your limitations, do that which you love for the joy of it, and if you can no longer do it, wait, for the Creator has more joy in store for you; there will always be joy in store for you. Abide in the desert, meditate in patience, day by thirsty day, until at last you are delivered by your heart into the oasis and thirst no more, and then give all your love away in service to the one infinite Creator, and to the Creator you see in each face, beginning with your own.

41: It is well that you question, that you wonder, that you choose, even that you blunder, for in each action, thought, word and possibility, you exercise those twin steeds of will and faith. That you should move ever closer to those mundane manifestations of metaphysical principles is possible, is probable, is, in its own way, of importance, yet of the greater importance is that you partake in this dance, illumined so mysteriously, with a heart that seeks, that desires, that yearns for the Creator and for the Creator's touch within the life pattern. This builds the bridge betwixt your illusion and the absolute reality of unity. This bridge which shall hold your feet more surely than any street or ground within your illusion, this desire to know, to move into love, into unity, into harmony, fashions that which cannot be seen, but which cannot, in the metaphysical realms, be denied, for this quality of desire, fueling the faith and the will, is that portion of your being that is more real than any portion of your illusion, and more real than any error or miscalculation.

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4: This instrument's heart chakra was in part locked into a less than full compassion for one who wished this instrument well, yet who chose to speak and act in ways this instrument could not understand, in ways that were thoughtless and hurtful. This entity has the name, S. Therefore, this instrument took the time to focus upon this relationship, to forgive, forgive the other, forgive and love the self, and realize that no harm is meant in that which causes hurt, in many, many encounters between people upon your Earth.

5: Some may say, indeed, that this was an orange-ray blockage, a difficulty in relationship, but because of this instrument's, shall we say, spiritual circuitry, all such imbalances are, in truth, those of green ray. When this anger, frustration and pain, feeling of betrayal and abandonment was released, there opened in the being a chakra full of unconditional love which excluded no part of humankind.

6: Thus, in answering the question of what is most important in the spiritual life, the spiritual search and the spiritual path, we would say absolute and rigorous honesty in evaluation of who you are, what you wish, what you will to be done, and what sort of search you wish to mount for the Creator. Many look at the relationship with the Creator as the mountain climber looks upon Everest. Like a mountain, the spiritual instinct lies within man, and its very beingness in the consciousness requires many to strive to scale it. The great fallacy is in allowing oneself the thought that when one has reached the top of the great mountain and gazed at the vistas of spirituality available to the eternal spirit, one is somehow changed. One is merely seeing a beautiful view. The reasons, the intentions and the desires of the one who climbs the mountain of spiritual seeking are all important. The success of the attainment of the peak of that mountain is a goodness qualified and biased most strongly by one's truest and deepest desires and intentions upon attempting the climb. The mountain you climb has no peak. Many, many times the spiritual adept shall find a marvelous apex of consciousness, a newer and broader view of the entire spectrum of perception and experience. This is, however, not an end, not a finality, but rather that gift which often signals a new chapter, a transfiguration, a moment of light that has shed its welcome.

ing and loving brilliance upon the spiritual search and the spiritual seeker.

8: We are not comparing you to fish. We are comparing you to those who swim in a sea of energy, consciousness and love. You may find yourself in the great valleys of your emotional ocean. There, love is. There, your path of service lies. At other times you find yourself upon the oh, so desired peak, the mountain top. You are no closer to heaven, no closer to the Creator there than at the very gates of what many have called Hell.

10: The first part or aspect of the spiritual search that needs clearly to be seen by each is that each is in an atmosphere not of air and nitrogen, oxygen, all the elements that you breathe in. You live in a sea of consciousness, a sea of energy. You do not float upon this sea, although many, many are the times we have used this simile in attempting to speak in parables about the spiritual journey. In truth you are simply within the environment of the Creator. You are everywhere, you are everywhen, you are every condition. You can improve your behavior, but it is only persistent and patient work upon the self by the self that enables one to be the athlete of the spirit that shall question again and again if necessary its readiness to act, to live and to be one through whom love may shine.

12: You shall not judge yourself. You may only see, in faith, your nature, in the environment which you occupy. Your nature is something we may call love. That Creator that you seek is something that we may call purified or divine Love. Your search is in answer to instinct. With this statement would we take away the sting of judgment, pride and humility. You are an I AM. You are not an "I am a philosopher," you are not an "I am a recluse," you are not an "I am a spiritual failure." You simply are. You always have [been], you are now, and you will always be of this one gemlike nature, a crystal, fully faceted, most beautiful, unique to you and to the creation, and infinitely desirable to the Creator.

13: The first step in the spiritual search is to see that side of yourself and to realize that of yourself you may not, can not and will not progress. But within you lies this jewel, this brilliance, this perfection. It is within you in the valley, on the mountaintop, in feelings of unworthiness and in feelings of pride. There is nothing you can do so terrible as to remove yourself from this great love, this perfect identity, nor is there any way whatsoever, by good works, by acts of love and consciousness, by the giving and consolation that you feel flowing with you, to improve or better your condition. You are. The changes within yourself that you perceive are the subjective signs and symptoms of a search led in complete free will, to uncover within the clay of oneself that jewel of beingness, that I AM which exists within the form of bone and flesh that serves you as vehicle in your incarnation at this time. To know that you are as you are is the first and great step, the cornerstone of spiritual seeking. If you are, if the Creator is, the relationship of beingness is one of unity. You are in the Creator, the Creator in you. You and the Creator are love. The Creator is love unknown and unmanifest. You are love known and made manifest.

14: The second step of spiritual search, life and work is the decision of the self in all honesty and humility to attempt to lessen the opacity of the illusion of the milieu in which you live, the illusion of flesh and bone and hair in which your imperishable spirit lives for this brief incarnational period. As you find your own way to make yourself transparent, so can the love which is infinite in the Creator, but finite in any manifestation of that same Creator to speak, to bear witness, to be that messenger of hope, of abiding, of loving and of caring make of you the Creator manifest.

15: No one can do more than experience the fringes of the true kingdom and power and glory of love in its fullest sense. Those who feel they have the same chance of doing so as the Creator Iself have fallen into the trap of pride. Those who surrender the jar to be hollowed out and made transparent are those in whom the manifestation of love may not end, but continue infinitely. This process of choosing a way of manifesting an instinct which is inherent to all is entirely up to you. That you choose to seek in this mystery of the finite and the infinite is the cornerstone of all spiritual seeking, the bedrock of the spiritual life.

16: Now, there are two ways in which one may go about accelerating that movement towards the one great original Thought of love, and bringing that through consciously into manifestation in the life experience. Firstly, the work within the self must never be taken for granted. Just as this entity,

which rarely has a green-ray blockage, had the humility, the patience and the determination to find and clear that which kept it from feeling correct in its attitude toward contact, so is that same patience which again and again will bring practicality, sensitivity and effectiveness to the spiritual knowing of the self [useful to you].

17: In meditation you begin to be acquainted with your true self. You are not this lifetime, you are not a product of the experiences of this lifetime, though many place enormous emphasis on the difficulties which have biased, within this incarnational experience, that which seems to be your nature. You are not the conglomeration of past incarnations. You are not the gifts into which you poured life within manifestation as you were born. You are love. If you think that you are a wanderer, a teacher, a healer, or even if you wish to be one who has a path of service that is obvious to others and commanding of respect, you have lost your way, for your way within yourself is to love the self, to forgive the self and to see that I AM within the self as the I AM that is consciousness and that is love.

18: Many, many are the stories and myths told to enable entities to move themselves into a position of realization of the true nature of the self. The final goal of all of these true spiritual paths is humility and a willingness to surrender that clay, the pride, the arrogance, the unworthiness and fear, to surrender all these emotions utterly to the power and peace of knowing that you are love. This you can know only by faith, and faith can be strengthened only through contact in silence within the self, gazing at nothing, thinking nothing, expecting nothing, allowing all distractions to fade away, condemning yourself for no thought which takes you from this condition of emptiness, but rather, giving it position to have an irrelevance to the state of mind which your heart has wrapped around you for the meditative process of learning through silence.

19: The other and corollary method of working to maximize the opportunities of the incarnation that one may live a life of spirituality is to allow the self as imperfect, as poorly hollowed out, as opaque as it may be, to follow each instinct of the heart. To love all others is easy to do, to love entities one at a time, very difficult indeed. We ask you to realize that loving humankind will not polarize you towards the positive service-to-others path, but will seek only to stultify and stunt your growth in spirit.

20: You do not have answers. There are no answers. Focus then upon the questions of the spiritual seeker. The primary question in dealing with any other entity is "How shall I love, and how may I serve?" In many, the only way available to the loving heart in offering love, is the offering itself. There must be no expectation upon the part of any that those seeds which one sows of truth subjectively understood by the self, may bear any fruit in any other but the self.

21: To see each entity as an entity of love is an enormous challenge within your illusion, for you cannot see that they too are love, made of love, abiding in love, and very often completely unaware of and uninterested in this primal, instinctual, inherent characteristic of humankind. This awareness cannot be forced upon any, nor should it be. How then to serve others? We ask you to listen, not to speak, for in listening you provide a loving and compassionate mirror which mirrors back to that other self which is the Creator that which that other self is doing that it would not wish to do, to allow that entity to realize that which it is not doing that it does wish to do. In listening you become a manifestation of the Christ. In listening and forgiving you have moved ever closer to the mind of Christ.

22: Therefore, when no one asks for your help, know that your basic and most important help is in your beingness itself, in the joy that you take, in the zest, the leaping for joy that you experience as you experience who you truly are. Be not cast down. Be merry, for to be merry in the little things and the big things of mundane existence is to express the nature of love. There is nothing ponderous about love; it is spontaneous and full of light, and you need do nothing to those who do not wish to speak with you, but only be who you are with rigorous honesty, admitting [it] to yourself each time that you jangle and are out of tune, moving then from service to others to the repairing of the self until you once again love and respect that self, finding that self worthy of being a vessel for the infinite light and love of the one Creator.

24: Upon the contrary, there are those who truly seek the

your survival, shaped by the culture which has almost no impulse towards holy things of the Creator, but only towards beautiful things of man. The spirit within must sense its own reality, and choose freely what seems to be the great sacrifice of taking up the cross, the carrying on of the endless journey that ends by the water, the water of life, crystalline love.

66: However, there is the necessity, in order for the learning to occur in the most efficacious manner, for the entity to pass through that which you may call the veil of forgetting, so that only the most basic remembering occurs within the incarnation. The incarnation then becomes a process of discovery of seeking that which is mysterious, that which is hidden, that which has a price and that which, when discovered, also has the reward, the broadening of the perspective, the point of view, the ability to accept, to love.

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4: [And I spoke with channels], each of you has begun that process of realizing the responsibility of policing yourself, of gauging for yourself, not the quality of the message, but only the quality of the preparation. This instrument, for instance, has never been satisfied with its preparation. We shall not give our opinion of this, as this instrument does not want to channel it. However, it is well not to assume that you now have become good of channeling, ever, anymore then you can reach your limits as an artist in any work of art, in any work of creativity, in any work where imagination and craftsmanship work hand in hand. It is only necessary to remember all that comes through you, because you have tuned yourself to your innermost self, the self that loves [without sin]. Often against its own will, but loves and loves and loves.

17: I am Q'uo, and am aware of your query, my sister. We scan ourselves for permissiveness. We are, shall we say, most happy to be able to make any kind of contact whatsoever with an entity who wishes to serve as an instrument. If we are able to make ourselves known and are able to speak the simplest of concepts through a new instruments, we feel as do those of your planetary sphere who become parents, shall we say, in that we have a new opportunity through which to offer concepts which, though they are, as it has often been said, ever and always the same, yet are a means by which at least one entity shall experience the possibility of being in service in a way which we find most helpful. The concepts which we offer are, as you have surmised, of a layered nature, as are all concepts within the creation, for all evolves from the one great original Thought of love. This one simple thought of a creation made of love, generated by love, formed in that fashion is that from which all multiplicity [depends]. Thus, when we speak through any instrument we offer that which is the instrument's comfortable level of ability to perceive and to transmit in a fashion which corresponds in clarity and precision to the crystallized nature of the instrument through whom we speak.

18: You ask if we have had any opportunities to utilize instruments who were able to perceive each nuance which we have to offer. We are sure that you shall not be surprised to discover that the answer to this query is no, for that which we have to offer is beyond the ability of any entity which depends upon words for communication to express. Language itself is a barrier. However, we accept the limitations, both of language and of the understanding, if you will pardon the misnomer, of each entity in its previous knowledge and experience in the areas in which we speak. It is not our intent to give information that is minutely illustrated with each possible nuance. In certain instances and at certain times it is helpful to be able to describe the concept in finer and more precise terminology, using terminologies which are especially apt. However, what we wish most in these communications is to repeat, in whatever manner is helpful to a student, the simple nature of the creation and the strong and simple relationship that each has to each other and to the one Creator, to the creation, to all things, that this relationship is one which endures, that there will always be mystery, that there is always loving support for those who venture into the dark and mysterious night of the soul. Thus, in short, our answer to your query, my sister, is that though we seek to refine each instrument's ability to perceive that which we have to offer, we rejoice at every word and concept which we are able to transmit through any instrument.

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4: The Creator, in a very literal sense, is the creation, as it is in its pure state single and containing all that there is. The most gratifying way to look at the mathematics of the eternal is to gaze at one's own feelings about that which is eternal. One may make certain logical assumptions: the creation is all one place; the creation is all one time. The creation is the active portion, itself infinite, of the intelligent infinity which is called Love, or the Creator, or Christ consciousness, or whatever term most aptly describes each entity's own vision of the Creator. To put it another way, the creation, seen without distortion, is completely unified, from the sinew and bone, all the way through evolutionary patterns. To put it another way, the creation is that infinite space that the Creator has called into manifestation. It has in a cosmic or galactic way created a Oneness through diversity. This is a third-density vision of the Creator. Each density pictures the Creator less anthropomorphically and more realistically, because as the truth recedes before you, you find yourself more aware of the creation of the Kingdom, both without and within.

5: Consequently, a sharp definition in third-density vocabulary would be that creation is that limitless and ever-expanding area of light that surrounds infinite intelligence in its passive state. The Creator in its passive state, though the originator of love, and having created by love, should also be seen to be love—love creating love—and in this great love, offering to each entity the freedom of opportunity to choose that which we wish to do.

6: Those who have studied, meditated and worshipped long upon the Creator of humankind have, more often than any other way, apprehended the Creator as light. This is, in fact, neither Creator nor creation, but rather love bonding with free will and deciding to build, create or manifest a series of illusions helpful to those sparks of the Creator which were before all worlds were, and which shall be after all worlds are not anymore. Thusly, the mathematics of the eternal must reckon with only one number, and that is the number one, for the creation is infinite, full of creative power, and continually expressing itself in spiritual ways to those who open the door requesting that information.

8: So, the paradox here is that each of you has two clocks within. One kind is humankind's time. The other clock is a face with no numbers and no hands, no digital readout, simply a blank, that is the eternal now under which all things fall. This is our witness to the Creator and its love in building this universe that its active sparks then kindle in their hearts the power to choose again and again to love where hate would be more normal, to console when you felt least like consoling, to remain forgiven, and especially self-forgiven. If we do aught else, we are criticizing our Creator, as well as ourselves; if we argue or are in contention with another, this not only expresses our views, it also separates us from love, and thereby, from the Creator.

10: It would be extremely difficult, at the level of instrumentation and discourse as well as philosophy that your science now offers, to give a particularly specific view of eternity, as the only so-called number that is reckoned with is one. Because the creation is an infinity, it can only be one thing, for there are no numbers in infinity except one to build a mathematics upon one, or one over one, that being love over light creating manifestation, and light moving towards love, creating humankind's experience. There is more upon this subject, but we realize the time is not as short as we think it is when we speak.

13: At this time, we would wish to transfer this contact, and in order that each entity may practice the experience of receiving contact, we shall simply say, "We are now transferring this contact." We wish you love and light through this instrument. We are those of Hatonn.

18: Mathematics itself is extremely precise within this local illusion. However, just as one measures extremely low temperatures by using Kelvin numbers, so can we describe the universe using a different kind of measurement, having, however, to do with the concept of heat. It is doubtful, though possible, that there is an entity with enough of a vision to create social change by invention. This has occurred many times among your peoples, and will occur again. And so we continue in a multitude of questions, experiences and emotions. These are local distortions. They are of interest to the Creator, but often the use of the gifts of the spirit create the beautiful bond of love and love itself, or love divine.

have no choice but to say them anyway. Again, your language has its limitations. Just as love is infinitely and ever the same, so is free will infinitely and ever various. Thusly, although each of you is as a snowflake, unique in pattern and color, so are each of you snowfall, and part of the whole cycle of the year that you experience as your island home circles about your sun.

8: And so comes the second density, as the elements grow in consciousness and become capable of expressing the Creator. As they express the Creator they express perfect service, a beautiful and complex dance of bird and butterfly, leaf, flower, the breathing out of that which you breathe in, the breathing in of that which you breathe out. More and more in second density do entities begin to become more than instinctual, more than creatures of love and service and instinct, to begin to be aware of themselves, usually, because third density entities have ministered unto them and loved them.

13: Now, the lesson of this density and the choice you are to make is all about loving. One may love in one of two paths: loving the Creator by serving others, or loving the Creator by serving the self, and manipulating and controlling others that the self may be aggrandized, and as the self is aggrandized, so all glory is given to the Creator. We teach the positive, or service-to-others, path. We believe that this choice of service to others offers the swiftest road of spiritual evolution, spiritual evolution being evolution itself, from this time forward, as you have completed the evolution of the particular physical vehicle in which you move about at this time.

14: Let us glance ahead, for this too begins to explain why relatively few entities seem hungry for the food that satisfies each of you so, well. Looking forward, we see in the next grade, or density of light, a density called the love or understanding density, in which the lessons of love are perfected, and there is study of the lessons of wisdom.

18: This, you see, is the path of spiritual evolution. Thusly, in your grade or density of light, your interest as a spiritual seeker is in tuning into love. Love, that much misunderstood word, in our definition, is unconditional. It does not judge; it only supports and appreciates, listens and has patience, consoles and pardons. Does love do this because of what it has given the entity in third density? No. If this were so, then all would be saints, and free will would not be to be reckoned with as it is, for free will begins as willfulness—it is completely various, unpredictable. It is an absolute, just as love is an absolute; they are given to you equally.

20: Think about this for a moment or two. What is your cultural conditioning? Were you taught the value of love by those who were your first teachers? Were you face to face daily with worship and joy and peace? Is there aught in this society that seems to be worshipped but vain idols: money, power, position, genius? Who are the healers? Were the care-fullest health lovers correct, the highest and most advanced beings would all be splendidly athletic. Somehow, that is not often the manifestation of love, for love is of the heart, and those who have learned to offer not their love, which is finite, and which is in short supply in any third density entity, but the love of the Father that flows through the seeker who is open and has emptied itself out, then that love becomes the love that is available for the seeker to manifest.

21: Then has that seeker begun its life's work, lightening the consciousness of this planet at this time. No matter what dramatic talents and gifts he may possess, no matter how well one may do anything that is manifest, the greatest service in this density of the search for the lessons of love is being itself. Your essence—to put it another way, your magical personality, or to put it another way, your metaphysical reality as a light and imperishable being—is completely at the mercy of illusion here.

22: So, you see it is intended that this choice be difficult, and that the rewards of service to others, the rewards of a servant of all, never be guessed at until after the fact. For you, and almost all entities, are born into the world in a state of utter and complete forgetting of who they are, whence they came, whither they go. The nature of the Creator or their relationship to the Creator, or even of their own nature—all of these things are unknown. And it is against this backdrop of unknowing, of scenes occurring which begin to test the individual's ability to love, that the drama, which stars, you, which has as its chief critic, you, which has as designer of sets and costumes and props, you, which has as its author, you, begins its act upon the stage, which is this illusion. You have free will, but that does not necessarily mean that you

understand the free will.

23: It is not easy to understand that you are not this being or that being, not this self that has so many idiosyncrasies, but under different circumstances would be anywhere within the 360 degrees of third-density activity and manifestation. Who is the killer, who is the rapist, who is the forgetful parent, who is the man of war, but you, and you, and I, and all of us? The essence of the reason that you are not given an instinct for purity is in this understanding of free will. The discipline of the personality is the greatest tool for coming to understand and to forgive the 360 degree self, to acknowledge and love that self, that self that must be loved. This is a key that many miss. You must love yourself; you must forgive yourself for the thoughts that you have thought, the errors that you have made, those things you wish you had done but did not. Subjectively, you feel that these make you unworthy. You could be anything about you that you choose not to like about yourself, and to that extent you fail to love the Creator, the creation, in all of its love, all of its Christ, all of its holiness.

24: Now, how does one discipline the personality? Our brother spoke most beautifully upon the subject. It is most difficult to live with complete freedom and always to make what you would subjectively feel to be the correct decision. One of the great traits of the seeker is its persistence, for gathered persistence is absolutely necessary, for the failures self-perceived, not perceived by anyone but you, seem so many, and if you do not forgive yourself, how can you expect to forgive others, and how can you bless others if you do not forgive, if you do not feel healing love pouring from you? Whether this entity is known to you or unknown, whether this entity may be subjectively described as friend or enemy, the same love is needed by all. For the needs and the behavior caused by the variousness of free will, and the variousness of man's understanding of it, there is love, and only love, and it is always and ever the same creative Original Thought.

25: Thus, in a dark time and in the shadow of death that you call life, you seek to forgive, and pardon, and love, and turn darkness into light wherever you see the way, and to serve, if not to please. You may all be judged because you do not please, but those who wish to serve often do not please, and if you are reviled for your love of the Creator, then you have done something right, and you are beginning to create the catalyst for fear among people that are already fearful, because they do not wish to change, because change is uncomfortable.

26: Pilgrims upon the path of seeking are always uncomfortable, always changing, always seeking. One cannot say to another, "Come with me on this journey, it will be all rose petals and ambrosia, there will be nothing but good times, for the Creator is love." The best that you can say is, "Come suffer with me until we learn that there is no such thing as suffering, but only pain, and not my pain and not your pain. Come die with me, that we all may live. Come, let us empty ourselves of self, that we may be earthen vessels filled with treasure, dust in the presence of the Creator."

30: The first choice that one makes may be seen to be the fulcrum, or the crux upon which the remainder, not only of this incarnation, but of many, will depend, and each pilgrim knows that that first choice is the hard one, for it must be made with no prior experience. It is not until some time has been spent, on faith alone, attempting to live in faith, and by that we do not mean a belief, but simple faith, faith that the Creator is love, that we were created out of love and because we are loved, and because we were loved first it is natural to love in return, faith that anything that occurs is part of the lesson of love, and offers us opportunity.

32: In a lifetime of choices you forged in yourself a life of faith, a gift for your Father, the gift of a poem, of a tapestry, rich, lovely, filled with high ideals and high hopes, against all odds, filled not with happiness, for only those things that turn to dust are happy things, but filled instead with joy, joy within sorrow, sorrow within joy, until you are blissful, and gentle, and willfulness had become willingness to love and serve the Creator and the Creator in every person.

34: There are hints in one's own deepest inward thoughts, in the very nature of this very polarized environment in which you live with hot and cold, winter and summer, light and dark. But they do not speak unless you wish to listen. And as you listen, and as you change, you must change so much of yourself, that which seems to be your self, that is, in reality, the programs that your own brain/computer has set in place for

Creator, and at those times may you pray fervently and heartily that you may be single-minded in your persistent effort to be hollow and transparent, that that which is infinite love may work through you oh, so mortal being.

25: It is said within your holy works that you need never fear [for] that which you will speak when the time comes to be of service to another. This is not so of pleasing others, but it is indeed so of serving others. Again, it is first necessary to know and love the self, for others are merely distortions of you. As you learn to nurture yourself you learn to serve and heal others. Learn that whatever their outer circumstance and appearance, you are they, and they, you. In all humility surrender that finite self and seek the jewel within, asking it, as you would ask your most beloved self in its deepest aspect, to show itself as it will, to speak as it will. This attitude shall bring about within you that attitude which you seek, the attitude which seeks to be of service in any situation.

68: I am Q'uo, and we are grateful for your queries, my sister, at all times. We are grateful for each opportunity to blend our vibrations with this group's. We are grateful that there are entities upon your planetary surface that seek information and inspiration, both in spoken words and in those thoughts and feeling-tones which are unspoken as well. We are greatly honored to be able to offer ourselves in even the smallest capacity of sending love to those that request it, and who may be quite unaware that they do indeed receive an answer to their inner queries and needs.

19.12 1990/04/01

7: The prodigal was aware of the journey it had made. It was not easy upon itself, and, indeed, it had done many things seemingly amiss. Yet did the father's love respond in any way to judgment when he saw that his son, his daughter, was coming to meet him at last? No, not at all. Rather, he gathered all together for a great feast to celebrate that son, that daughter, whom he thought he had lost, and in free will could not bring back; that prodigal child who had of its own accord turned back to the father's house, not knowing the outcome, not knowing the reception, being content to be as one of the dogs at the table catching the crumbs of the meals of those worthy to sit at the high table of his lord the father. Ah, what a welcome this child received, how gloriously happy was the father that that which had been lost to him was found again.

11: So we urge each, in the beginning, to recognize the benefits of the pastoral, loving, nurturing community of seekers, but we remind you also, that each of you is a teacher to each other, each of you is a mirror held up to each other and you must hold up an honest, straightforward and fearless mirror that shows whatever is there, whether it may be called that which is spiritually desirable, or that which is considered otherwise.

12: The pastoral part of your community is excellent for raising the trust of each member for each other. What love is born as one listens, pardons, consoles and gives, as pilgrims who have almost nothing but give what they have to each other, companions upon a dusty path that leads they know not where, in search of an ideal in a land they know not to be ideal, in search of a hollowness of self, when they feel that self overflowing with personality and character and opinion and bias.

14: We find that the central image in each which suggests the path that is taken is that path called the path to the Holy Grail. First let us gaze at this great prize. It is a hollow, empty vessel. It waits to be filled with that which is holy. Know you not, then, that that which you seek is within you? That your cup is too full of yourself? You must spill yourself out in your pilgrim walk. You must drop bag after bag, and garment after garment, bias after bias, and prejudice after prejudice, until at last you stand, vulnerable, without the ability to defend the self, yet having no fear, for you have become empty and you wait for the grail of an Earthly self to be filled with the immediate presence of the love of the one infinite Creator.

15: It is difficult to speak to entities who do not see through the veil of a seemingly objective journey that is also seemingly subjective. In just the way that the creation shows itself through the telescope, but shows itself also within you, so is there the symbol of a glass waiting to be filled with love and light outside the self which may be translated into the cup of the self deliberately and sacrificially emptied day by day by day, until you have the capacity to be hollow, to be humble,

and to accept the glory of love divine and imperishable. The cup of your body shall cease to be, yet if you have fashioned it lovingly enough in your thoughts, this cup shall be your metaphysical statement, the centerpiece of a tapestry woven in purity and love and desperation and desire, the tapestry of the life of a pilgrim.

16: We have said this before and shall say it again: We ask you above all things to be merry in your journey. It is not pleasing to the self, or to one's companions, to become so involved, so agonized about the spiritual side of the self that it simply cannot think beyond itself. Many spiritual seekers are solipsistic, and therefore not able to polarize towards the positive, for to polarize positively is to see in each face the face of love. It is not looking and searching within the self in the mirror, contemplating the navel, meditating, organizing the life, starting grand projects of spirituality. All these things are good in their place, but realize first of all that when you have become clear enough to open the heart to unconditional love it is time to empty the vessel of yourself of all that is clay and dust, and become that hollow self through which the light and the love of the one Creator may flow.

18: Stay not at home, tend not your father's flocks, until you first have discovered your own limitations, your own compassion for those whom you previously thought quite unlike yourself, for you are everyone you meet, and it is only when you have the humility to recognize yourself in all that you see that it is possible for you as a pilgrim to shine forth in each dark corner with the infinite love of the great Spirit that hovers over, around, beneath and within you. Bow to that which is within yourself. Die to that dross which keeps you from the grill. Be a pilgrim people, and exhort each other as each becomes discouraged. Listen to each other, not to change each other, but simply to listen. Trust each entity to heal itself once difficulties have been expressed.

22: You will always be on the way, you will never see the face of the one infinite Creator, for could you but see it, it would appear only as light, a light that would blind you. You are not ready for an unbiased look at the infinite One which broods over the universe and gazes upon itself with a love so compassionate and so complete that there is no end to the loving you are receiving at this very moment, not simply from us, messengers of the Law of One, but from the Creator itself, whose love sparkles in the air that you breathe, comes through the soles of your feet as you touch the earth, moves through the body enlivening, refreshing, restoring.

23: Once you feel so restored, remember you are a pilgrim. Pick up your staff and trudge on, for there is more to learn about love, and as long as you are in the physical body that you enjoy for this incarnation, you are gazing at your path of service not in some far off way of extreme asceticism, not in the travels from one group to another to sample the spiritual supermarket, as this instrument likes to call it. You are here to gaze upon an illusion, to come to some basic conclusions about that illusion, and that is that it is a dualistic illusion. In your heart you know there is no duality. The illusion expresses duality in every way possible. Expect your spiritual pilgrimage to be full not only of mystery but of paradox, yet go forth rejoicing, for this present moment intersects with eternity and resonates with joy and love and peace right now, this moment, and this moment, and this moment.

44: As a conscious pilgrim on the journey it is within your abilities to look upon each day as complete and to see the portions of the day as yet another cycle in a somewhat shorter season, so that you are completely free to bring forth new beginnings at any moment, to share the fruit of your learning of love and compassion and wisdom and of service with any entity that may for a moment walk upon the path with you. To share the smile, the helping hand, the understanding ear in any manner with any entity is to share the best of that which is yours, the fruit of your journey thus far within this illusion. 45: Thus, you are creatures of free will, moved by feelings, moved by tides within your own subconscious minds, and moved by a desire within your being to know that which is called the truth, and to experience that which is love, to learn that which is wisdom, and to serve in the power of the One, which you may do at any moment, according to your renewed desire that begins with your waking from your slumber, and extends throughout your day as you travel with each of your brothers and sisters upon this same journey.

19.13 1990/04/15

2: I am Q'uo. I am known to you as Q'uo, though the name that we use we give to you only because of your fondness in the naming. We are a portion of the creation of Love, which is the one great original Thought, the Logos of the infinite Creator of us all. We wish to acknowledge entities within the Confederation of Planets in the Service of the Infinite Creator, those known as Hatonn, and those known as Latwii, and to thank them for their participation in this particular meeting, for there are those here who need the silent comfort of the sharing of vibrations with these entities. They will not be speaking, but have simply been called here in order to abide in silent meditation with some few of those present at this time, for there is great fondness and affection in some for these entities.

8: Many entities within the childhood experience are cut off from the feeling of self-love. This is perhaps the most common of those limitations which are chosen before the incarnation, in order that the entity may experience and exercise the lesson that one is not here to be loved but to love. One is not here to be pampered, but to console others. One is not here to be praised, but to support, cherish and nurture those about one, seeing in them the infinite Creator. The inability to feel the worth of the self derives its strength, for the most part, from the childhood wherein the child is not accepted as it is, in which the child is not appreciated, feels itself not to be fully loved, feels itself to be criticized, feels itself to be unable to please those first witnesses and embodiments of the Creator, the parents.

9: As the parents cut the child off from the spontaneous giving and taking of love, so in the mature spiritual search the pilgrim shall find itself laden with a burden of self-doubt, and that even heavier burden of unidentified guilt, for in such a childhood one is given the feeling that one is somehow guilty, but of what, the child knows not. One is given the feeling that the child is unwanted, and there is no defense possible to that child, for in the young years of incarnation the child is too purely that spirit which incarnated into the world to have defenses against lack of self-perceived love, worth and righteousness.

12: It is one thing for a parent to act in such a way that an entity feels chronically unforgiven and unappreciated. It is a far more serious thing when an entity cannot, within the confines of its spiritual practice in that which you call Christianity, find, believe or rejoice in the experience of forgiveness and redemption. Few there are who truly believe, if they have considered it well, that they are, without some movement of the spirit within, forgiven all those things known and all those things not known which have been acts which separate us from ourselves, from each other, or from that great principle of love which is the Creator. Thus, the parents first, and the church, shall we call it, secondly, create the basic limitations upon those who seek the truth but cannot accept the particular expression and distortion of the truth of forgiveness and redemption in any language which is used within your religion.

13: There are many ways in which entities find a process of forgiveness, for let it be noted well that none feels truly without error. All consciousnesses are aware of their own humanity, their own clay feet, their own self-perceived error. It is part of the illusion in which you live that you experience this as part of being yourself. This is a part of yourself. In some entities, because of a childhood in which the entity was greatly loved and was given the love, the smiles, the touching, the obvious caring, the entity will far more likely be able to experience a sense of forgiveness through the forgiveness of the self by the greater self within. It is not that such entities know that they are without error, but that they have the faith given them because the sun shone upon them in the days of their youth, that the sun still shines upon them, and that there is no thing which cannot be forgiven.

15: When the experiences of the childhood were ones in which much was unforgiven, criticized, denied or rejected, the pilgrim shall have, shall we say, the knee-jerk reaction to deal with, of a feeling of not forgiving the self. Others it may forgive, but until one has come to some deep archetypal emotion within which expresses itself to the spirit in the words, "You are forgiven, you are loved," that entity shall have a great deal of trouble loving the self, and thus, its forgiveness and compassion towards others masks a deep and abiding ache, a wound so terrible that it cannot be described,

a wound of the self that will not forgive the self for being human.

16: All entities have help available to them. None need rely upon the self. But to those whose childhoods have been experienced as accepting and cherishing and nurturing will come those entities which are personal, speak personally to the entity, are intimate with the entity, and become the objective vision which encompasses the wall of self-forgiveness. Those who have been caused to believe that they cannot be as they are and be loved learn to behave and carry into their relationship with love an entity which behaves, rather than an entity which is as it is. In this case the same help is available, but it shall come to the entity in an impersonal form. Such impersonal forces, principles and entities, are as we, those who speak as inspiringly as possible through each instrument of the depth and resonance of the self of each of you, calling to you to call within yourself, acceptance, love and forgiveness.

20: My children, each of you can be perceived as less than perfect, but each of you has an honor and a duty to perform. Love yourself, and if you do not love yourself, work to love yourself. Love the Creator more and more passionately, spending time with the Creator in silence, and love and forgive all with whom you come in contact, for you are as powerful as any other human, fallible being. There is that within you which is of the consciousness of love, and your wellness, your wholeness and the truth of your being is wrapped up in the concept of yourself as an extension of brother or sister, a fellow heir of the one infinite Creator. Forgive, console and love, the Creator, yourself and others.

21: As we know that we are out of time, we must end with this instrument. We ask you to remember only one thing more. You may find yourself to be incapable of creating this within yourself in a week, or a month or a year. You have eternity in which to become joyful, forgiven and redeemed by whatever objectivization, such as Jesus the Christ, you may choose, or by whatever inner guide that your own background has made better for you as a bridge to the eternity and the infinity of love.

27: I am Q'uo, and am aware of your query, my sister. We may comment in a general fashion, for we wish to share the principle. Those who offer their help, their opinion, of your situation, have the desire to serve, the basic love that propels motion and service. The vehicle, or channel through which the service is offered, is whatever framework of belief has served this entity, or any who offer their assistance. Thus, they give that which is biased, according to what they have found helpful. The manner in which you receive that which is given is determined again by your own framework of belief. You may see the offering as that which is laden with guilt. This may be the result of a distortion of either one or both of the means of perceiving. This perception of the role of guilt, then, has meaning for each in an unique manner. The weight that you give to that perception, then, is a function of...

40: As to the name, Sananda, the Christ name has moved through many namings. There is no one name of this consciousness that may declare itself unique at this time, that is, the only entity which speaks as the principle of the master known as Jehoshua, or Jesus. We ask that you yourself listen with an open heart to the messages of the one known to you as Sananda—how many names this energy has been perceived as having, how many more shall there be. You are one, as are most who have studied the consciousness, the mind and the actions of the one known as Jesus the Christ. Listen to this entity. Seems it to speak in humility, compassion and acceptance, encouraging each to love each other? If that be so, what matters it what it call itself?

41: We may say specifically only that the intentness of the entity which is Christ is a consciousness which has used channels which have given over their lives to servanthood. Gaze clearly upon the face of love. There is no pride, there is no judgment, there is always love, forgiveness and healing. That which is of Christ-consciousness dares the entity to look at itself, to accept itself, and by that impossibility of self acceptance and blind faith, be healed. If the entity whom you hear has this love, this yearning, this passion and this healing, you may judge for yourself what energy or principle of the Creator this entity is. We do not give opinions positive or negative of any source, but ask each entity to use its discrimination, and always to use the light touch, the relaxed and time-consuming patience allowing ideas offered by such consciousnesses to steep and ripen within the self. By [the] fruits of these teachings shall you know the nature of him

25: Perhaps this is what this instrument would call a cliché. Yet it is well to gaze objectively at the self, as one attempts to weave the tapestry of a genuinely impassioned and intensely lived life, for there is no lukewarmness about the creation; it is only a distraction from the creation that causes people to consider the nature of things as being everyday or mundane. Indeed, if one has found within the self, love, then one is full of love, love of God, love of others, and love of self.

27: Come with us, yokefellows. Bend your shoulders and follow, for carry we burdens, carry them we must, but we may carry them with joy, for we know they are only the disbursements given to us as catalyst, that we may die to petty things and be born to imperishable things. Much of the basic second-density mind does need reexamination as a conscious spirit. May you do this without discouragement, without self-criticism, and with much merriment, for to laugh is to worship. Love each other. This is the answer to so many questions, and remember to love yourself, to forgive yourself, and to live in the resonant, infinite presence whose love you wish to practice and be.

19.42 1990/10/07

6: The healing gift which is most prized is a self-healing that is the prerequisite for any type of work in consciousness. It is not necessary that one be perfect, which is fortunate in your density, for you are not designed to look or feel perfect at any time. It is sufficient that you see yourself as a channel through which an infinite amount of energy, power, grace and healing may be offered. You may even see the channeling of that gift as a manifestation of that gift, but not a gift given by the channeler, for the channeler has given itself to the contact. Thus, many healing modes, such as Reiki, do indeed create a catalytic environment in which, through love alone, the protective field of the body is opened, and an opportunity given for the entity to allow itself to heal. Thus, those who train to become healers may work in consciousness much as do those who learn to channel, or simply to do the will of the Creator.

11: Again, we suggest to you that it is our opinion that the healer does not heal. The healer loves, and in the crystallized purity of its love it creates the opportunity and the catalyst for the person to decide to release the illness, the condition, the blockage, the overstimulation, the stress, whatever it is that is the difficulty. The beauty of the Reiki technique is that it is effective across all cultures, across all languages, and in any sort of condition which has a psychosomatic element.

14: So we move from the healing to that which underlies it. All are one. The healing of the self that has taken place in the healer before his ministry is public is that crystallization which enables the other self to receive the catalyst that makes it possible to choose physical wellness, emotional wellness, spiritual wellness, mental wellness, whatever it is that is required, or desired. It may well not seem to the practitioner that the entity is becoming healed, for the body complex may have been intended for some good reasons to have its limitations. Healing is rather a feeling of wholeness, a feeling that one is free to love and be passionate, to care intensely, and to follow the heart. The open heart is the key to manifestations of all kinds that are spiritual.

16: We would speak briefly upon the question also asked this evening concerning the second density animals and how much of consciousness of their own destiny they may have. You know the nature of second density, and you know that you are, by your love of your pet, investing an instinctual animal with an awareness of itself. The vast majority of all pets and all wild animals, stem in their species from a gene pool.

17: Let us use the word, which is not a word, "catness." There is that thought form that contains living material, and it produces, in love and joy and rhythm, its young, its life, its death, without ever being self-conscious, that being the nature of second density. Therefore, for the most part, if an animal is hit by a car, or finds another untimely end to its existence, it is chance, not destiny.

18: If the pet is deeply devoted to its human, and its human is deeply devoted to the pet, there may well have been enough investment of love and consciousness within that second density entity that it becomes, through this investment, harvestable to become a person, as you call yourselves, a human, a spirit, with breath. In that case, there may be the opportunity to graduate which is taken, or suggestions from

those who enjoy doing mischief, that are obeyed by a mind not yet awake to reasoning processes to a great extent.

19: There are those pets with which an entity may have some of what you call karma, because each entity is responsible for what it knows, or believes it knows. Thusly, if you believe that by love you can aid a cat, a dog or any pet in its journey to third density, and you offer that catalyst, you may indeed find that you have woven into your own tapestry the stark thread of a beloved pet's demise at the hands of the metal machines that move along your roadways. The comfort that you may take in this case is that only those harvestable to third density are capable of this type of connection. If a pet dies thusly, it is to become a third density entity, and though the loss of that dear pet is great, you have given that pet the opportunity to feel love and to give it to such an extent that self-consciousness has taken place, and yours has been the catalyst which encouraged that graduation.

20: We would at this time transfer the contact. We thank this instrument, and move in love and light. We are those of Q'uo.

42: The animal, therefore, does not in most cases bemoan its fate, but does what is possible within the new set of circumstances, and expresses itself and uses this opportunity to the fullest extent. However, that quality of compassion that is the hallmark of the beginning third-density lessons of tentimes will, for the third-density entity which loves the pet that is dying, express itself within the third-density entity in a desire to relieve that which is seen as suffering, that which is pain to the creature, and because of the great desire to aid the pet, then the action is taken to terminate the life within your illusion so that there might be a cessation of the pain for the second-density creature.

43: We can suggest that this can be seen in a number of ways, depending upon one's sensitivities, and that there is good argument, as you would state it in your illusion, for proceeding along the path of terminating the life as well as proceeding along the path of spending time in shared love with the creature that begins its slow departure from the life experience. In either instance, the overriding principle is the intention to share love in as great a facility as possible.

47: I am Q'uo, and am aware of your query, my sister. In the most successful cases of investment by a third-density entity of a second-density pet, this is indeed so, for the bond of love which has been awakened between the two entities, and oftentimes awakened for the first time within the second-density creature, is that bond which will often tie these entities together until the second-density entity has been invested to the degree necessary for graduation into the third density.

48: Thus, you see many times the reappearance within the life pattern of the pets that have been in association with the third-density entity previously in this incarnation and in previous lifetimes. Thus, the bond of love brings these entities together time and again in the same way that the bond of love will bring together third-density entities many times in order that the overall karmic patterns may run their full course, that is, allow biases of one kind to be developed and then balanced over a period of many lifetimes.

19.43 1990/10/21

4: Let us begin by laying the foundation for our response to your query, always remembering, please, that each person has a personal truth. Some truths are ageless, and some have their age and then fall away to a greater point of view. Thus, take all that we say, and toss away without a thought that which does not strike within your recognition, for you do not learn wisdom and love, you only encounter the catalyst to remember it. It is all within yourself.

5: It is our understanding that each spirit, or soul, or entity, according to the vocabulary, is created prior to any stage for manifestation. It is created by the action of free will upon an infinite but tiny portion of the vast infinity of intelligence. This intelligence, were it to have a name besides Creator, indicating One Original Thought, would be Love. However, a love of such a fiery, creative, disturbing and magnificent nature can never be confined by language, so we must make do with the pale shadow of the reality of this Logos, this Creator.

6: The method of this creation was to place finity within the infinite. Thus, a spark of love was given an infinite and equal spark of free will. We realize that these are paradoxes, and

that you have is second density. It will do anything it can for you. It loves you. It accepted you. It wishes to do what you wish it to do. Sometimes it cannot, because you chose this situation at this time.

23: You will move from these words to the many other situations that are criticized as being those of failure of some kind. Take them to heart and have courage and faith, and the will to learn that which you came here to learn; the will to love ever more purely; the will to allow the pettiness of humanity gradually to depart from you as water from a pitcher; that you are an empty vessel at last for the love and the light of the one infinite Creator as expressed through the gifts manifested by you in greater and greater understanding of the true goals of this life of choice.

47: Just one. If I took an AIDS patient into my home and my heart, and gave that patient the love which I have in such abundance, could that love heal?

48: I am Q'uo, and am aware of your query, my sister. Love, freely given, always helps to heal any wound. However, that entity which is in need of the healing is the one which must accept, seek and accept, love into its own life pattern, and that love which it seeks is the love given from self to self. We speak of the entity that has put itself in a situation from which it may only escape when it unlocks its door. Efforts of others await as resources, but may be allowed through that door when that entity opens that door.

19.41 1990/09/30

0: [overview] The question this evening has to do with why it is so difficult when we have ideals that we believe in: that God is love, that all are One, and different interpretations of how we would treat people using these ideals. Why is it so difficult to keep that ideal foremost in our mind? Why do we find ourselves slipping and having negatively oriented thoughts, talking to ourselves and others in negative terms, rather than living up to those ideals which we cherish?

4: Each of you is quite familiar with the fact that the Creator was generous and brave and foolhardy enough to give to His own creation free will. Each of you, and each of us, are the creations and the children of the Father, and as the Creator has its nurturing side, the Father/Mother perhaps would be a way more appropriate, to your species, to speak of infinite intelligence. In truth, the Creator is Love Itself, which is father, and mother, and all.

5: Now, each of you is created of this love. Consequently, there has never been an unworthy spirit incarnate upon this planet which you now enjoy, for through all behaviors the birthright of your creation remains, as it must, precisely the same. That which is of love does not change, go away, or run out. You were love when you were created, before all that you see of the cosmos. You are love now, in the midst of this heavy illusion, and you always shall be love, until at last you return to Love Itself, and become truly one once more with the source, the alpha and the omega of all that there is.

6: There is, however, another portion to your being. It was impossible to create a manifestation out of love, for there is no motivation, ambition or curiosity in love. There is, however, in the first distortion of love, which is free will. By the use of free will the Creator chose to allow a small portion of its infinity, if this non-concept may suffice, to fly apart in sparks of love. Free will was bonded to each spark, free will being as absolute as love, and its antithesis; that is, free will is never the same, while love is always the same.

7: So, that creature which you are is quite often confused with being a single being, but is actually made up of all that your consciousness is plus all that the physical vehicle is (which you think of as yourself but which is in actuality a highly developed second-density animal). This instinctually perfect entity agreed, before it was given this life, to be the physical vehicle which carries you about, which gathers data from all of its senses, and which makes available to your consciousness the biocomputer which is your mind. To that animal, that body, that vehicle, all thanks and praise should be given always, for its sacrifice has been complete, its instinctual behavior bowing always to the will that has learned, and that accepts, allows and loves each characteristic of that physical vehicle.

10: There are several things one may do to work upon this challenge. First of all is the daily meditative period. We suggest at least a few minutes of meditation each day. We do

not advise long meditations, except for those who meditate all the time, and are aware of how much power there is in the silent, listening meditation. Rather, we recommend approximately fifteen minutes. We also recommend that mated couples attempt to do this together, as meditation brings change, and it is well that each understand the other's discomfort as the change occurs. Change is always painful. Thus, to the pilgrim we offer love, it is true, but discomfort, dustiness, feelings of aloneness, and all that goes with doing that which is seldom attempted within your society, and almost never understood. That is your first great resource.

11: The second great resource is your own observational powers; this instrument would call it paying attention. We do not mean to say that you should pay attention to other people's foibles, or to the right and wrong of argument, but rather we ask you to pay attention to your own consciousness. We encourage you to be truly self-conscious, to know the exact thing that was the catalyst for your moving away from the center of love and light. It can be an excess of happiness, or an excess or despair, doubt, disbelief, dislike, the feeling that darkness lies all about you and you do not know where to turn. These dark nights of the soul, as they have been called, are very much a part of the path of the pilgrim, and it is difficult at those times to see that one has ever made one iota of progress. Never, ever judge yourself or others.

17: So we ask that you think of yourself—this entity has a bit of difficulty with this concept, but we shall move ahead—to think of yourself as an employee to which you are the boss. Evaluate your behavior towards yourself. Have you been a good boss today? Have you been kind to yourself? Have you loved yourself? As you worship the Creator, have you loved yourself enough to give the gift of yourself in complete surrender to the will of the infinite One, knowing that it is truly your will also? Perhaps you have not, and if you have not, it is undoubtedly due to the fact that a state of forgiveness does not exist between your self and your self.

18: The reason that we are being so insistent in talking about being able to do that which you wish to do, in speaking of loving and forgiving yourself, is laid out very simply by the teacher known to you as Jesus the Christ, who said that the new covenant was to love the Creator with all one's faculties, with the uttermost passion possible, and to love the neighbor as the self. Loving the Creator is often difficult not to do, in our opinion. On a sunny day, can anyone decry the Maker of such beauty?

19: When one is familiar at last with the concept that the Creator loved us first, is it any wonder that our instinct is to love back and to wish to serve, as children always would their parent? But in order to love others, which is the service-to-others path, one must first love the self, for one can love others only insofar as one has learned to love the self. We are not speaking of a narcissistic love which demands an echo, a pat on the back, a recognition, a thank you, or a noticing of any kind for any other entity which walks your sphere.

20: If you love others as you love yourself, and you love yourself, then your point of view shall be enough changed that you will surprise yourself, because you will find that you have, in the difficult times of hollowing the self out to be a channel of this love, become able to shine with an infinite love that reaches and touches people. They do not need to know the rationales of love, they only need to know that they are loved. It is the greatest feeling in the universe.

21: And as for each of you, you did not come here to be loved; you came here to love. Much blockage and distortion of communication betwixt peoples, especially mated people or people intimate in their friendship, is that each has expectations of the other. We strongly suggest that love be conceived of as that which supports, that which puts the other before the self, that which is loyal, that which does its very best. And if that very best fails, then it fails, with the love intact. And if compassion is learned in the failing, were you never to make the pushing of the envelope turn into the breaking of the envelope, were you never to suffer from having done your best and failed, in other words, you would never have the kind of compassion for others that you do after such an experience, for you know you have tried your best, and you know that when you reach your limits and go beyond them, it will seem a failure, and in an outer sense, of course it is. But in the inner sense, if you intended with love to do all that you could, absolutely all, holding nothing back, then metaphysically speaking you have acted as one who runs the straight race.

who planted the seed that blooms within yourself.

19.14 1990/04/29

5: So it seems to you, yet you have vowed deep within yourself to serve the infinite One together, and all your words and moods and fears and tears and problems within the illusion have absolutely no effect whatsoever upon the joy of your union within the love and the light of the service to the one infinite Creator. You have made a choice that is completely idealistic and unrealistic with regard to your circumstances. You shall not see your oneness, perhaps ever, and surely not quickly, for each of you lacks, in some way, the work that must be done to learn passion, and sureness, and stillness, and blindness.

7: The answer is very simple. You are doing what you are supposed to do. Were you able to be blind to this illusion and awake to joy, you would not, nor should you, be here, dwelling in this illusion, learning and suffering and changing and transforming yourself, day by day, step by weary and seemingly plodding step. You have come here and have given up your true sight, and so you do not find your blindness a virtue. This is the forgetting, this is the veil, this is birth into an illusion, and you have plunged yourself into its icy waters, because in your courage you have wished to become better, to become more single-minded, to find more courage, to burn brighter, to have more passion and more single-mindedness in love of the one infinite Idea or Thought that is Love itself.

8: So, do not in any way cause yourself to criticize yourself, discourage, doubt or complain about yourself. No matter what it may seem that your lacks are, you have chosen them, bravely, knowing the pain you would endure by your blindness. In such blindness the ideas of one who has faith, such as this instrument, often sound unrealistic in the extreme. Nor is this instrument at all infallible, yet in this particular statement, that you who have banded together to serve and have called yourself L/L are indeed one, [she offers an accurate translation of our concept]. We do not know if you shall ever have the joy and the thanksgiving and the harmony that you would wish. The combination is more difficult, the problems each has more serious. Each is unbalanced in a different way. The group, upon the mundane level, functions in love and light often by refraining from speaking. This may seem like a mistake. Is it not good to correct each other's faults? Is it not good to share the mirror, and say, "Gaze, gaze upon this mirror, look honestly into what you are saying and doing. Let me help you see yourself better." This is what each is to do with the other in relationship. Yet, how often have each of you chosen not to speak, and why? Have you wondered, you who so often do speak, and right clearly, mirroring each other?

10: Each of you gives up and sacrifices much to serve. When a group serves together each sacrifices in order to harmonize with others. This is known, but not appreciated. You do not give yourselves credit, for you suffer for a grand and wonderful purpose, and the harmony you create, though created in blind faith and confusion, is the brightest light you may shine as a nascent, inchoate, barely born social memory complex. Do you think a social memory complex begins by all telling all what all think? No, my children. A social memory complex begins by each loving each unconditionally—unconditionally, no matter what the cost, and so you have done with exquisite care, not even knowing why.

12: And we say to each who may wish to walk with others in the service of the one infinite Creator, love each other unconditionally; bide your words, bate your tongue, hold and release your judgments. Is not each attempting the very most it can attempt already? Have you not faith in each other to this extent, that you have faith each is attempting the impossible? You know it is impossible to act ideally in this illusion. The illusion is what you see. The illusion is what will form your actions, and they will be relative, not absolute. Again and again you yourselves shall perceive yourselves in error. Is it so strange you should perceive error in others also? But if you wish to work for love, if you wish to serve in love and light, love each other, care for each other, be for each other, advocate each other, burn with love and passion for the portion of each that wishes to serve. Is this not beautiful? Is this not beyond the understanding?

14: In service to others let each be stern with the self, and full of infinite love and advocacy for each other. You have your

own lessons to learn, and only out of those lessons do you have what you may give in love and harmony to the group. Take those lessons seriously, and in your personal relationships, make full use of the mirroring effect. Listen to each other honestly, but as you come together in love and light, do not seek to be understood as such and such, but seek only to understand the beauty of each other. Dwell in praise and thanksgiving to the one infinite Creator. Rejoice in the harmony that your blind faith has given you with each other. You are not harmonious together, no people are harmonious together unless they give up that which is ego, and cease to judge. The relationship of [or through] service is forever healing, forever blessing, forever giving thanks, forever finding the most passionate love of that single-minded search which each has joined together, the search for service to that most beloved infinite One whose passion, whose love, whose Thought, has originated all of creation.

29: Yes, just one, I don't know if there's an answer to it, but I feel so full of love for my friends that come to me—and especially the one known as A, today—but many friends, all my friends, and I just love them so much, and I would do anything for them, and it seems that there is so little that I can do, and it makes me want to cry. I feel this way not only for the people that ask me for help, but people with AIDS, and people that are trapped in socially unrespectable things like homosexuality, which is no sin at all but just a different mode of sexuality. I don't know what to do with all this love.

30: I am Q'uo, and, my sister, for one who loves greatly, as do you, it is well to give that love as the bread which is cast upon the waters, that it may go where it is needed, and do its work unseen. It is the most difficult service to allow those that are so dearly loved to learn that which is theirs to learn through their own efforts, knowing that much of that experience will contain that which you call pain, but that painful experience is that which shall guide the lesson to its home within the heart of the entity, and thus is the purpose of the painful experience, and much within your illusion explained. If lessons were easily won, would they be so valuable and carry such weight within the total beingness of the entity? One cannot learn for another or take from another the pain that shall go with the learning, for these are components of this process which must all be in place in order for the learning to occur.

31: Thus, we suggest that you give that which you have of love in your sharing with the others that you love and that you give freely, and that within your own heart you bless the learning that will inevitably contain the pain and let your love and your blessings be given freely.

34: Yes. Is my suffering for these people that I love so much, which has happened to me all my life and I don't know how to shut it down, I would take all their suffering if I could, is it part of why I have physical limitations and physical suffering?

19.15 1990/05/06

7: We would compare the hunger and the thirst for what this instrument would call righteousness, and what others would call the truth, or love, running throughout all of humankind, moving as does the tide, affecting each, but at a level that is beneath the threshold of consciousness, beneath the veil of forgetting, deeply down within that portion of the self from which all truths are remembered. Therefore, we ask each to retain its own power, to act not at this moment as we speak as a discriminator, for that would hinder the flow of this discussion, but to listen with an open heart, an open mind, and an unruined consciousness, allowing those ideas which are flowing at this time to flow forth in the natural tide of inspiration and information.

8: Just as the tide goes in and out so within your self you are not only peculiarly and uniquely made by your previous biases to view incoming information in a certain way, but also the influx of that information is altered by those energies within your universe which affect everything from the great sea of life within your veins to the great sea of suffering that you see again and again as entities are self-sacrificing because they love that which they cannot see.

9: This is your glory and your power. You are an expression of consciousness. Your consciousness is made up of two things, that which we call love, or the one original Thought, that is to say, the Creator Itself, and that primary principle of free will. Without the introduction of free will the universe would be infinite and intelligent, but it would not be conscious of itself.

You have been cast forth as a sower broadcasts the seeds of a garden. Within you, without knowing articulately, you are a certain kind of seed. All begin with this basic seed-nature. During the course of incarnation upon incarnation you begin to become aware in an unique way of your own consciousness. Although this is merely a recapitulation of that realization which is the harvestability of second density into third, we emphasize it again and again to you in this context. Your turning to the light, your yearning for love and acceptance, and your more mature yearning to be loving and be compassionate are such deep portions of your mind that, shall we say, the metaprogram of your existence is based upon this nature.

11: This mystery is not the answer to anything, for all of your questions lie within this illusion. All of your theories, your perceptions and your knowledge cannot bring you into a state wherein you may expect to experience the knowledge of the one infinite Creator, your Father, your Mother, and your Lover. Each of you is a soul, a portion of light, and you are most personally beloved. Yet you are inextricably entwined with that free will which gives you the opportunity to seek within an illusion whose singular purpose is to throw each entity away from the center of beingness into confusion, despair, suffering and difficulty. These are not the actions of a cruel Creator. These are the actions of a Creator which has learned that no lessons are learned in the happy, holiday atmosphere of Eden. You may visit the garden, the oasis, that place where all questions are answered, but you cannot bring back words to describe this experience.

13: We say to you straight out, although we are not infallible, it is our opinion that you cannot by any system of knowledge become aware of the presence of love. You cannot by any special series of learnings arrive at the gates of paradise, or find yourself in a position to aid others. You seek that which you feel is there because it is there. The unknown does beckon, and there is that which pulls you forward irresistibly so that you are not entirely at any time in charge of your own development, for your instincts towards self-development will create gradual widening and focusing and maturing of the personality. Much has been said about the culture in which you live, a culture in which the idol of the day is what is called technology. Miracles are described in hushed tones and the saints which perform those miracles are your scientists, your doctors, and so you remunerate them handsomely while paying much less of your attention and your worldly goods [to those] who seek the mystery beyond that which is known.

17: The study of the archetypal mind may seem to be irrelevant, but let us hold up to you the contrast. On the one hand there is the entity which believes that it may collect learnings, and by that collection form a staircase of light which moves that entity gnostically into higher and higher realms of wisdom until it has finally realized itself. To our understanding there is no way to improve one's grasp of one's spiritual situation or one's ability to benefit from this illusion which is summed up in wisdom literature. Wisdom is not what you are here to learn. Certainly you may use it, but what you are here to learn is the open heart, the acceptance of the unacceptable, the love of the unlovable, the meaning of the word compassion, the entry in a personal way of infinity and eternity into the supposedly mundane existence.

18: We suggest to you that it is our opinion that there is no situation which lies beyond the pale of learning, growing and the manifesting of the love that is the nature of the self. But one thing first must be surrendered, and that is the quest for the one answer that will allow all things to fall into place neatly, cleanly and irrevocably. You are finite creatures attempting to grasp the concept of infinity. Your minds cannot hold that concept, it can only name it, and thereby feel it has some power over it. This is an illusion. Your true power lies in your realization that this is your time of action, of choice after choice after choice in which you choose to view your environment in a way which would be made possible by mind-altering substances of one kind or another.

19: We suggest to you that experiences using these artificial aids do not move beyond this perishable experience for you. It is only the transfiguration and epiphany of the self, caused by the process of persistent faith and will in silent seeking, that bring your biases and distortions towards oneness, love, hope, beauty and truth, which are, indeed, imperishable. The use of technology of any kind—as this instrument would say, “Better living through chemistry”—is helpful in that it gives to the lucky experiencer a glimpse of the paradise that awaits

within. However, there is no substitute for the step placed after the next, and the next, and the next, not in a grim and humorless way, but as if one were on a playful, joyful walk, perhaps even running from time to time, because of the demand of the mundane world, but working always to form the understanding within the self that eternity lies before you now, right now, this moment. Feel this resonance as we speak. Feel space and time vanish. Feel this.

22: Because this suggestion is powerful, and we do not wish to create a state of deep concentration for any, we will continue speaking, but we hope that you may see that which we are talking about. You are eternal and imperishable, and there is nothing that you can do within this illusion to affect your true nature, except to determine to live a certain kind of existence which embraces as the center of this existence the love of, the praise and thanks to, and the supplication before, that portion of the self that may be spelled with a capital “S,” that portion of the self which we shall never find unless we die to ourselves, and by this we mean that the smokescreen, the confusions, and the embarrassment of entities which keeps them from this immediacy of oneness with the Creator is tremendously widespread, and is so challenging that it is by grace alone that one is able in any sort of constant sense to attain the desired goal.

25: This instrument is asking us with some fierceness to retain that which we wish to give for another time, and so we shall, but we do ask each to meditate, as always, persistently, patiently, lovingly and without regard for any outcome. Allow your realizations to surprise you. Hunting for realization is a hunt without a prey. The realization lies within the silence of your own being.

31: Since the other two are pondering, I would like to ask a question which I would only wish you to answer in a general way. I do not wish a specific answer. My experience this week has been that I have been praying for some time for a sign as to my path through this period of somewhat serious ill health of the physical vehicle. I am very fond of and proud of this vehicle, and feel it has a great heart, but it has suffered much. I felt that I was given a sign, a very strong sign, because of extraordinary reaction to a simple activity wherein I was paralyzed after doing exercises I had been doing for many years. The voice seemed to be saying, with all the strength of a two-by-four between the eyes, to get on with the repair of the physical vehicle, that it was not time, at this time, to release my willingness to serve, but that it was my continuing honor and duty to continue to hold in faith that while I am instinct with life I am simply to see those things which occur to me as ways of learning to serve better. I have seen people take just such signs and interpret them in a completely opposite manner. In my case, for instance, the interpretation would have been, “You had difficulty in moving, so the answer is to stop moving.” It is a feeling I have from deep within myself, not subject to the answer, that this negativity is no part of one who loves life and wishes to serve. But I would appreciate any general commentary that you may have about subjectively oriented signs which are offered to entities in order to give them information from the deep mind.

19.16 1990/05/13

3: As to the truth of your being, you must know that we are liable to error and quite capable of being mistaken. We are not other than you, but only more experienced. Our love is the one love. Our Creator is the one Creator. But what we have we share, as it is our service to you that enables us to grow, as any teacher may tell you. In teaching, it is the teacher who learns, far more than the student. And so, we who are hoping to be of service to you, know, paradoxically, that you are already of inestimable service to us, and if there could be one light that held us all that you could see, that would be the physical manifestation of reality of the situation within your circle and its contact with us at this time. We are one with you. We love you, and all of us love and serve the Creator, and seek the truth.

6: It is not necessary for you to conceive of yourself in mathematical terms, but to explain your uniqueness using this faulty instrument—and making apologies for lack of specificity of terms—we ask you to move away from all concept, all beingness, all idea, all structure, all awareness, all consciousness, and move back into the unaware, infinite intelligence of the one infinite Creator, whose nature is absolute

unpredictability and the divine guidance of the wind of spirit. Without fear you are capable of moving as you feel to move, capable of learning that which you feel you need to learn. Little by little, the disciplining of that free will, which is your very nature, yields to meditation, contemplation and experience, and you take the wind within yourself, the disciplined wind of the most perfect free will, that will to seek, know and be a transparent exhibit of the love that flows through all.

19: The wisdom of the heart is full of this blueprint. The conscious mind, governed by logic and free will, can never accomplish this. To move from head to heart, while retaining the concept of mind, is not anatomically sensible, but it is the best vocabulary we have to describe the deep love and security which you may find when you have accepted the wind within you, for you are spirit. It is the body which is weighty and full of chemical reactions that are part of this illusion.

20: As you offer your free will to the blueprint you have planned for yourself, you become free and enabled in your actions. In this awareness there is nothing unacceptable, nothing unforgivable, but only that which may be seen as this or that distortion of love brought about by untamed free will. Free will holds up the mirror to free will. If you gaze at another and find unacceptability, realize that that is a mirror. Now you may do your inner work, for you have been aided by that entity which has been disparaged and judged. What is there within you that must be forgiven? For if you judge others you have not forgiven yourself. If you are completely self-forgiven you have absolutely no need to judge, for you have no fear and nothing to defend. You can see through the free will, having seen through your own. You can tame the wind for yourself, and you can be of service to others by mirroring to them as honestly as possible that these are actions that you choose to make, and you choose them because they are of spiritual aid in the service of the Creator to this beloved self, that is you, in other-self form.

24: ...the difference in your consciousness between seeing yourself as this physical vehicle, and seeing yourself as spirit, is the difference between being blown by the wind and being the good and kindly wind that blows love always, that is open and fearless and is vulnerable, unafraid. Once you have found your own essence you shall never fear again. It is the catalyst caused by facing the unacceptable, and finding ways to offer love and to glean and harvest love in the situation as well, is the wisdom gained through this shift in identity from chemical plant which moves you about to the essential self which is humble, nonjudgmental, completely unafraid, completely free, and completely able and willing to listen, to understand and to love the tormented hearts of those caught in this illusion which you now enjoy, caught painfully, caught unbearably.

25: If someone is unacceptable to you, that entity is deafened by the wind of his own free will, and has an extraordinarily distorted expression of love to offer. You cannot heal or help the other self, but only make your own choices. The entity that is unacceptable does not impinge upon you. It is merely catalyst if you still have work of your own to do in forgiving yourself for being all things, including many, many things which you consider unacceptable. You are carving out for yourself the right to ride the wind of spirit. Judgment, which is behind unacceptability, and fear, which is behind judgment, anchor your feet to the ground. You cannot fly, you cannot soar, you can only be injured and injure as you seek through judgment and the putting on of mental and spiritual protection to attempt to make yourself more comfortable in the prison of your bones and sinew.

26: When you find the love within in its pure state you are not confined, you are not finite. You have found your own eternity. In this eternity the wind of the present moment offers all lessons, whether it is necessary for the illusion which causes judgment to seem appropriate to be very hard to penetrate, so that you, that beautiful and wondrous unique spark of love and free will, will make your choices to judge or to appreciate, to ask for service or to be an agent of infinite service. If you are able to let your love free to ride the wind of spirit, you are always following the blueprint you have laid out for your own growth.

27: This is the density wherein you decide the nature of all entities about you as well as yourself, and with this understanding choose how you shall serve that mystery that created you and all that there is. Do you wish your feet anchored to the earth by judgment and the need to get points across, or do you choose to soar in the wind of spirit, judging neither

yourself nor others, but asking, and asking, and seeking and hoping to be love, to be a channel for truth, to share in the infinite that your light may be a catalyst that frees others from their own bondage.

19.40 1990/09/23

4: I am Q'uo. You are most kind to have allowed us this privilege. We are most happy to be asked to share our opinions and give what insight we have found to be so on the subject of the spiritual, or metaphysically correct, life necessarily being reflected in perfect physical health of the physical body complex, which is the vehicle for such a mentally, emotionally and spiritually whole and healthy individual. You notice that we segregated the body, that is, your physical vehicle, your personal animal, which has sacrificed its instinctual life in order that it may house the self-conscious spirit that each of you is. It is not that there is not, within the illusion, a tie there that cannot be broken and have the physical vehicle sustain life. It is simply that who you are is not that which you see in the mirror. Who you are is not that which loved ones, friends and enemies recognize as you.

11: Because the mind and body are so closely linked in many diseases, they are indeed responsive to love. You may name any emotional or mental complex distortion that has caused illness that you wish, and we say to you that that is love, poorly expressed. But the mind is not closed, and consciousness is as creative as you allow it to be. Consequently, those who undertake, in healing, the will to health, and a faith that that which has been caused by their own minds' concerns can certainly be turned around, will indeed respond to positive suggestions. Indeed, the habit of saying anything whatsoever about the self or others that is judgmental is a harmful and unhealthful thing to do, both metaphysically, and physically.

14: It is not only those who have come to this planet to help with the harvest that have, with the aid of the greater Self, which is Love, the one great original Thought, planned the difficulties and limitations, as subjectively perceived by the entity within the incarnation. These have been set forth for a reason. Most of the entities upon this planet are capable of graduation from this density to the next—are capable, if they wish to make difficult choices of learning the last lessons of unconditional love that they can learn while in this illusion. They have had their part, you have had your part in planning just those things you may bewail the most, because if you consider it carefully you will see that your intense periods of learning have so often coincided with intense periods of discomfort, anguish and pain. It is not altogether false that an artist suffers, and from his suffering makes beauty, for that is the way of spirit.

17: When preincarnative choice has given to you a difficulty, have faith that you are a spirit advanced enough to participate in your own destiny, that occurrences do not happen simply by chance, that the seeming poverty, the seeming limitation, the seeming difficulty, the seeming illness, is also a forthright aid in setting up a circumstance in which a lesson of love can be learned under adverse conditions. Yours is the last density with truly adverse conditions for the positive, or service-to-others oriented person. Only in this density, the density of choice, does this occur. Know then, that that which is in front of you is not more than you can work with, is not that which defeats; you would not program that for yourself. But you are stretching yourself, because you wish to change, you wish to become even more polarized in love and service to the Creator and others than you are now. There may be a lesson to learn, there may be a part of service that you chose that could not be achieved in any other way, given the uniqueness of your person, the uniqueness of your character. Consequently, there are illnesses, limitations and what seems to be a grinding and degrading poverty, that may be seen, only in a spiritual sense, as challenges, rather than difficulties; as chances to learn, rather than sentences of condemnation.

22: You are engaged in walking a path of spirit, the mind and body in complete cooperation, from before the beginning of this incarnation. You chose the physical vehicle you now have. You chose preexisting, usually genetically caused, in the eyes of the world, physical vehicles that may seem, in the case of preincarnative choices which are challenging, that your body has betrayed you. This is never so. The body

are closest to you are usually those one finds unacceptable. Thus, you receive the catalyst that you asked for and that you need according to your own opinion so that you may erase from yourself those last vestiges of desire to control, desire to make things happen your way. What you wish to do in your heart of hearts is to move deeper, and to open the heart past those last conditions, those last expectations, remembering always that those expectations and feelings will encourage the use in your daily life of what you may call affirmations of the deeper truths and of your true desire, for what you desire will come about.

26: This was not intended to be a comfortable life; this was intended to be an incarnation of very hard work, for the surrendering of the desire to control, and the acceptance of the need to be loving, whether there is love returned or not, to be understanding, whether there is understanding returned or not, is paramount in your path of service. This is what you are doing for yourself. This is the gift you gave yourself. Cherish it. Be honest with it. Be thankful for it. And use the tools of stepping back, making affirmations, and, if necessary, walking away from the situation in which you have to some degree become unable to do these things, long enough to be able to regain your perspective of infinity.

27: It is not that you have enemies and friends, that is the illusion. In truth, you do love all beings, as you love yourself, and if you do not love another, you must look within yourself to find why you are upset, why you cannot accept. With entities who are very close to you, and who are in this situation of mutual antagonism, the patterns have repeated themselves so many times in communications, each with the other, that they seem to become set in stone, and it seems impossible to change the situation. And that is true—you cannot change the appearance of anything. What you can do is realize, through the work that you do with your own consciousness, that you do love yourself, and you do love all others, for all of you are one being, and how could you hate, or find unacceptable, your own consciousness? To do so is to place the brake upon the advent of your spiritual evolution.

29: You are not your bodies. You are not your intellect. You working to open your heart. We do not suggest that you embrace servanthood to the point of your own self-destruction unless you feel that it is your path to do so. What you wish to do, in truth, is to recognize what is your situation, and to keep recognizing that situation as it changes, accepting that the goal of this incarnation is neither happiness nor contentment, but service to others, and the learning, for yourself, of how to love without condition.

31: We realize that as usual we have talked too long. We were about to launch into further considerations, but we feel that our time is up and this instrument wishes for us to say farewell through this instrument, and so we shall. We thank this instrument for speaking upon a subject which in truth she was loathe to attempt, as the instrument is indeed one of those who asked this question. We hope that the tools that we have made available are part of what you may use to move into harmony with love, acceptance and the allowing of all entities to be as they are, and that includes yourself. You cannot push a flower out of the ground. You must wait, nourish it, feed it, water it, let the sun shine upon it, and give all credit, all glory and praise and thanksgiving for the bloom to the Creator of that bloom. You all are stewards of an immeasurable bounty of riches. Your birthmark is joy unrestrained, and overwhelming love for all.

19.39 1990/09/16

4: We have spoken already about love. We would speak now about the free will that is beyond understanding, and is the first distortion of intelligent infinity. Without it matter could not have been illusorily created. Without it there would not be dimension, or the illusion of time. Without free will there would be only love unknown and unknowing, that is, the essence, the Logos of Love, which is the Creator. As this love is unconditional, whole and pure, just so is free will absolutely unpredictable.

6: The incarnate state is one of constant flux, learning, loss and opportunity. The loss is artificial in that it consists of the empty places made by those persons once loved, now discarded; by truths, once loved, but now seemingly necessarily discarded; by ideals which the world you live in has provided enough catalyst to undermine in your own experience. And

so, because free will, like the wind, blows hither and yon in all entities, it is inevitable that those who plan to learn as much as possible in one lifetime will arrange to have serious and fundamental challenges to its understanding or grasp of the principle of unconditional love.

7: In order for an entity to be able to find the self that can do this, it was necessary to find that which is woven with free will in order to make a physical illusion, and work with it in such a way that you are at least temporarily able to untangle the strands of love and free will. When you see, and know, and trust the absoluteness of love, the mind may rest much easier, the heart may become aware of its truer intelligence, and the responsibilities of meeting the challenges of difficult relationships and impossible situations begins to change and transform in shape.

9: In fact, all things are fraught with spiritual teaching. All of the creation sings its song of love to you. But it is the disciplined personality who has gained the perspective on the value of mentation and the far greater value of the infinite wisdom of the heart. Thus, when challenging situations occur, one who has the firm foundation of a life in faith will not fear the unforgivable, will not fear the unacceptable, will not need, in fact, to react unless as an entity of the heart there are those things which you feel may aid in a spiritual way that one which is unacceptable.

10: Thus, your only responsibility is to love. You do not have a free will responsibility at this point, for free will does not forgive, it is love that forgives. Thus, as you step aside, disciplining your own freedom in order to serve and learn, you experience a love you could never experience within your humanity, a love which is in infinite supply. And to that difficult or impossible situation or entity you simply send love, and use your mental capacities to reason with yourself as to the cause of unacceptability, gazing at the situation, not with an eye to solving it, but with an eye to understanding the unacceptable entity or condition, and when that is done, to forgive it, to forgive yourself, and be clear and ready to gaze without any fear whatsoever at the situation or entity, for there is love and service in this opportunity.

11: This is a simple and seemingly rather glib summary. It does not take into account the enormous difficulty of doing these things within your illusion. And so we would speak of an aspect of your illusion that is absolutely necessary to the illusion, but is that which baffles almost all entities. You know free will if you know the wind. The winds move here, the winds move there. The winds bring rain and are a boon to your Earth. The winds bring storm and destroy life upon your Earth. The winds are zephyr soft, touching the cheeks of lovers on a summer night. The wind carries raging snow that blinds those who challenge it. In short, the wind is an influence not to be influenced.

12: In metaphysical sense, the wind that blows for you and moves you about on a level of which you are unaware is free will. It cannot be predicted. It cannot be wholly understood, and yet it is the same experience for all entities. If the wind is blowing within your illusion, no matter how many entities experience the same wind, they all will acknowledge that it has passed them, for they have felt its effect. The world of metaphysical things is more subtle. The effects of free will are just as subtle, but set up situations within your energy web where you are open and vulnerable to the challenge of a distortion of love brought about by another's free will.

13: So it is not you that finds another unacceptable, nor is it another which is unacceptable. You have the same nature, but you do not have the free will you had yesterday, and tomorrow it will shift again. So it is with the other entity. It is that free will portion of yourself, not your deepest self, that generates judgment such as "unacceptable," "unforgivable." Within the heart which is freed by a discipline of personality, and given a path of service by freely made choice of the entity, love abides, and your instinct is to send love to that entity which is in enough agony to act inappropriately and to act as painful catalyst for you.

17: Step back, back and back to the beginning, before the beginning of time to the very beginning of creation. You were created before your environment. You are the light, the active principle of the Creator, and we use that term apropos, for we wish you to understand the term "principle" as we use it. You are, in the deepest sense, the Creator, and in distortion upon distortion, because of your illusion and your own biases within that illusion, you are more or less a distortion of the Creator. Thus, you too begin to take within yourself the

love. This is an impossible concept to ideate, and we ask that you switch off the brain that ratiocinates, and move into your artistic, feeling being, and feel the unawareness, the everlastingness, the infinity of the utterly passive, unconscious, intelligent infinity. It is only by moving to this state that you may grasp your uniqueness.

7: The first distortion or change from utter passivity of love, love dwelling without thought, without beingness, is what you may call free will. As love is absolute passivity, free will is absolutely various activity. As love never changes, free will always changes. If you can conceive of free will by considering the wind, you know that you cannot predict, influence or have any impact whatsoever on whether the wind shall blow, nor does absolute love have any power, nor does it desire to have any power, over free will.

8: Now, absolute love may be seen in your system of physics as that which you call the speed of light. This is incorrect information, but it is as close as we can come to demonstrating the absolute constancy of love. It does not demonstrate the passion, the intensity of this love, but merely its constancy. Love cannot change. Love is what is. Love is beingness before beingness begins. This love has a small portion of its infinity, which is in itself an infinity.

9: Again, there are calculations we could give you—but not through this instrument—indicating that there is an apparent difference, but no true difference, betwixt love as intelligent infinity, and love which has decided to know itself. The first distortion of love is in itself an absolute equal to love, but at the same time subject to a different system of mathematics in which the energy of that which is free will being absolutely various falls away—as love does not—with distance from fields of energy which are created by the joining of love and free will. The Creator wished and wishes and will always wish in that infinitely small portion of its infinite self that is active, to manifest love, to love and feel the self of love in action.

10: And so it created its children, children of love and free will, one unit of absolute love that can never change and will never be unique, and [an] absolutely equal portion of infinitely various free will. That is your nature. Your uniqueness lies not in that you are children of love, but in that no two unions of love and free will are the same. To the outer, or mathematical eye, to any measuring instrumentation that could be imagined, this uniqueness could not be discerned, for free will, when bonded with love, takes upon itself the quality of love. The free will portion of it, the active portion of it, is forever, and in a way that mathematics cannot describe, various. Each of you has an absolutely equal, identical portion of love, and each of you has an equal and unique measure of free will. These differences cannot be used either in time/space as you know it or in space/time as you know it, for you are timeless beings.

11: You are the children of love before there was a context for you. You have been in many contexts, and each of you has shared many gross congruencies. You have been formed in time/space and in space/time in what seems to be identical fields of love/light or what you call electromagnetic fields. You have taken, not consciously, but by the very nature of this bonding, the rotations that form light, each of you being thus, first of all, light, and have gone from that first manifestation of beingness to more and more complex rotations and combinations of rotations and grades of rotation to form every field that has ever been examined by those who study such things empirically.

15: They have to ask you to accept that these things are so, that they are not mysterious to one who is capable of, not only unified field physics, but that physics which is of time/space. Thusly, we bow to the impossibility of explanation at this point, and ask that you trust that we have some little understanding of the creation physics of each field which is you. We can only say that as free will is infinitely various, so the children of love and free will are infinitely various in their expression of that which is absolutely identical in each. You are unique to the core of your being. You are mathematically unique. You are unique in ways that have nothing to do with opinion, or understanding, or any way of describing time or space.

17: In all compassion, gaze upon your imperishable, infinite selves. How many, many choices, learnings, adventures, cruelties, forgivenesses and experiences of all kinds have each of you had. Not one of you will react as any other one of you to the same stimulus, and why? Because everything concerning

your time/space beingness and your space/time beingnesses is based upon that which is unique in you. It may be immeasurable, it may be subtle, but you cannot be the same as another, as free will cannot be the same as itself. It is free. You are free. Yet you are free to do one thing only: to distort, to play, to experience, and to learn about love, that portion of yourself which you all do indeed have in absolute common.

19: You are now, at this moment, aware that you are children of love, and that you are children of complete freedom of choice. What many are not aware of is that all things that can be imagined, be they dark or light, are distortions of love. The only thing about which you may choose is love. It is often unrecognizable, so clever are you at distorting it, but your choices have to do with love, and in this density it has been created that this imperishable self that will go through this entire very, very long, to you, creation, make a choice within the illusion with such force, such willingness, such a surrender of absolute freedom of will, that you bond your free will in a general way, either to learning and expressing love by loving all that there is, yourself, love itself and all children of love, or choosing to deny that any but you are unique, that you are the center of the universe, that you are to be loved.

20: And you are loved. This is not an error, it is simple free-will choice. They say that the Creator has made it easier to follow the path of service to others, because it is a path that contains more truth, and that which is truth is that that which will smooth your way. Those who deny that others are like the self are those who are depending very heavily upon free will, not depending upon love, and therefore depending on that field, or way of making a part of a field, which will in time become weaker, and finally will not be strong enough to fool the self that is aware into believing that only the self is love. It becomes apparent, in what you would call the sixth density, that all beings are love, and if you love yourself, which negative entities are excellent at doing, then so, against all previous understanding, must you love all that is as you are.

21: The courage that it takes, in this heavy illusion, when free will is at its strongest, to take that free will, and in the middle of the night with no light to guide you but the moon, working in shadow, working by faith, working without vocabulary or understanding, choose to discipline the free will, which is the great triumph, the great challenge, of entities who are experiencing their free will at its very strongest, to choose to discipline that will in such a way that it becomes not willfulness which is eternally various, but willingness, a will to do that which is chosen: this is the greatest and most courageous step an entity can take in this illusion, for it goes against all sense data. It is only one who trusts love, by faith alone, that asks the will to choose to will the good—if we may use that word—the radiant, the positive, the caring, to choose to emphasize those things about each which are the same, and that is love.

22: It takes an equal amount of courage to become so self-involved that a choice is made to ignore any truth but that which the self has chosen for itself, and thus disciplines the will to ignore all incoming data, to focus only on gaining power and an intensity of love for the self which is, by definition, a love of the Creator. That others are like itself is simply denied, and understandably so from the point of view of the negative entity. The negative entity is one whose free will is of a certain quirk, shall we say, that makes it seem obvious that the differences are greater than the similarities, and that love owes to love, the self owes to self, the aggrandizement of the self into the nature of the Creator, love itself.

23: This is seen by those who are neutral or working positively, as negative, because the negative entity will of course arrange, control and create its universe [in the way] which is most comfortable and advantageous to it. It does, however, have its own logic, and should never be treated with disrespect, but with the understanding that there are those whose uniqueness creates for them a free will which seems to be more paramount than the love that binds one to another. There is no less worship, there is no less sanctity in the negative than in the positive. It is simply a different distortion of the one love.

24: When you drop behind the tattered physical vehicle that has served you so well in this illusion, you will discover that you enter this illusion hoping and praying that you would choose, and choose with the utmost purity of which you are capable, one side or the other, because evolution calls in a way that has been spoken of by your scientists. Evolution [in the physical sense] is not incorrect, but incomplete. Spiri-

tual evolution goes on, and on, and on, and the call to evolve is always there. Consequently, as you experience the many challenges and difficulties at this time, know that you put yourself where you are, that you may more and more passionately and purely choose the way you shall love.

25: We ourselves are those who have chosen the positive path, and we speak to those who have chosen the positive path. We encourage you never to be downhearted, but to pick yourselves up after every failure, knowing that this is part of the illusion, to move in rhythm with the varieties of your experience, looking for ways to learn how to love. You are not in your preincarnative state, incarnated in this density to be loved, to be understood, to be consoled, to be companioned, to be happy. These are goals within the illusion. The goal that will stay with you after your physical death, if you have chosen with purity, determination, persistence and will, is your path of service. That is not perishable, for it is a bias that is deeper than your personality with which you carry on existence within this illusion.

43: Each entity has at its beck and call, as it were, teachers, friends, guides and the force of light imbued with love, that move to support and inspire the entity through dreams, meditation and the presenting of the appropriate person, book, program or experience at the appropriate time within this process of learning. Thus, the entity that perseveres beyond all hope of success and who seeks ardently that assistance from within, shall move most efficaciously through whatever difficulty surrounds the process of learning which carries the entity on to a new plateau of beingness.

56: I am Q'uo, and am aware of your query, my sister. We feel that your words have wisdom in them, and would not alter them, for the tendency towards beliefs is a tendency towards narrowing the opening of the door that we have spoken of before, and thus is also that which tends to reduce the ability to apprehend and to receive the blessings of love.

19.17 1990/05/20

17: This is a dense illusion, and it is well for all of those with the muse to keep themselves grounded in the local rules of whatever language they are using. To communicate with others it is well to use the language well. There is a pride in excellence that one must needs encourage, for all you have, just as all we have, are the concepts that we give this instrument. Now this instrument struggles to clothe each naked concept in shabby, poor and patched clothing. Such it is for each language, that each of you may be a poet, each of you may inspire, each of you may develop a passion, a love of this naked, conceptual mystery.

18: All paths lead to the love of this mystery which we call love, the great original Thought that created all that there is. Thus, each may become far more wise than he may articulate, and that wisdom, beauty and imperishability shall be his alone, his to treasure, his to place with respect and love, where it belongs, within the heart and in the soul, within that portion of the self that always has been and always will be. There is wisdom to be found in the picking up of a grain of sand, or a piece of straw. There is love in a dusty window, or the croaking of a frog. All things are sacramental to those who have acquired that language of concept which lies beyond words. Approach it from any study whatsoever, and the same results shall be yielded.

20: Look to yourself to the alleluia of love for all that you see, and all that you can learn, and with humor and excellence use the words that are your vocabulary, letting them shine, playing with them, showing their wonder as well as their use, to those who wish to see that which you know. You are both here and not here. You are infinite, and you are in an illusion. Love both of these, love the paradox, and most of all, love the Creator, yourself and each other, in whatever language you know.

19.18 1990/05/27

6: Thus we link early childhood to preincarnative, eternal beingness, and state that there is a purpose for the incredible suffering that is so often the lot of the sensitive being. The sensitive being tends to build a fort, or a fortification, so that it may not be so hurt by circumstance. This fortification must be consciously torn down to effect a change in

self-image. Before you came to this experience, you knew that you were loved, that you were whole, perfect, unblemished, loving and beloved by the Creator Self, a child of the Father of all that there is, of the Mother of all that there is. But this knowledge does little good if it is not challenged.

7: This instrument has low energy into the heart chakra because it is blocked in red ray as it questions its right to be alive. It is blocked in orange ray by its reluctance to accept freely given love. That is why we must speak carefully and slowly. This instrument is, at this moment, typical of the nature of energy blockages among your people. It is experiencing that which comes to all, or very nearly all, spirits. It has itself noted one mystery: try as it might, swear and kick and rage, it cannot give up hope. This hope, which may be called faith, is that which holds the entity in a safe energy web as it is dismantled, as programs in the consciousness are changed, and new possibilities are opened for data input and new programming, to use the terms of the computer, which so resembles the choices of the consciousness that we find them useful.

8: You are warriors. Let this sink deep into your heart. You are not people of peace, as your language intends this word. You have come here to disrupt, destroy and remake yourself according to free will choices having to do with why you are here. When all the reasons of the illusion are cast aside, finally the intelligence gazes upon those things which are changeless. There are two: light is not changed by any relation it might have to any other energy field or movement; love is a constant within each entity's aching and anguished heart. It may not feel loved, but, against all reason, it loves. Therefore, those who ask, "Why?" are given two considerations which speak of eternity: love and light. Such abstractness does not help the conscious mind or lift the suffering spirit. But the pilgrim soul keeps asking, "Why?" and finding that in terms of ideal or unchangeable things, this question deals with love and light. The question cannot be answered, and so each entity chooses to align itself with love and light without anything but hope or faith to guide the choice.

9: We shall not, this evening, attempt inspiration, for each entity is aware that first the great power of the self that lies beyond abandonment, unworthiness and loneliness is that mystery of self which does not reveal itself except in darkest shadow. You are creatures starving, and you have only faith and hope, because you see that there is light and there is love and no one can deny either, and you see yourself as one whose quest for the truth cannot be denied. Does this then ally you with infinite and imperishable things? The intuitive answer is, "Yes," and this is the rock-bottom of despair, the thirst and blankness and emptiness of the desert, the time of no hope, except that there is always hope, because you cannot help but ask, "Why?" and seek "Why?" yet find the infinite values in substance to remain. Who among you or we can expect to remain in hopeful, cheerful and joyful conditions always? This we do not promise you, but rather promise you despair, darkness, loneliness and hopelessness. But never is that condition complete, because of that within you which hopes and lives by faith. "If you go to Sheol, I AM there. There is nowhere you can go that I AM not present," declares love.

10: Suffer as you must in order to grow. Gaze with careful and open eyes at your choices of early childhood conditioning. You have chosen your own hell. You have also chosen your own heaven. Focus your power and ask why. Find your undeniable hope and acknowledge it without understanding it. Persevere. We shall not ask you, this evening, to be merry, for you ask, "What of despair?" There is little merriment in this condition. Yet know that this condition was created as an important and cyclical phase of your development, as a beacon of love and light to the Creator, to yourself, and to the world. Let all fail, let hopelessness reign, this condition cannot be sustained. You are irrepressible. Watch yourself grow, and remember, as you rejoice in those times of blooming, how great was the pain of birth.

17: Your illusion is one which is unique in all of the creation, for it is in your illusion that the face of the Creator is so well hidden that oftentimes it seems that one is alone, one is abandoned, and one has nothing but one's own misery to experience. This darkness of being in some degree visits each, for this is what your illusion presents to those who enter its door, the opportunity to seek the Creator in the darkest reaches of the creation, those places where it seems no light has ever shone, those corners and closets of the self which is heavily

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3: Thus, at this particular space/time we have only one hope, and that is to serve. This is our means, not all of it, but a large part of it, of polarizing further towards service to others as our method of accelerating the pace of our spiritual development. So there is no one-sidedness; we do not stoop to speak to you, for you are our equals, indeed, you are ourselves, and we, you. The rest is illusion, for all is love.

5: Rather, you are gazing at a situation and you may assume, in most cases, that this is not unacceptable in the deepest sense, but rather a condition of relationship that you yourself chose because you felt that there were, in your loving and compassionate nature, those difficulties within yourself which made the limits of your love and compassion, and the very power of your metaphysical or magical being, less. These you wished to bring into perspective. These are lessons with which you wished to work. You have in unveiled knowledge before incarnation done this to yourself, for there is almost no one upon your planet that has not come far enough along the path of choice that he cannot work actively in the arrangement of catalyst for an upcoming incarnation. Therefore, those things that you find unacceptable were intended by you for your own spiritual work.

7: However, that which is known among your peoples at this time as karma is only one reason of several that one may have had when one chose such relationships. One very substantial reason is the desire to graduate from this density, and seeing a lack of one particular way of loving within the self, the larger self and the God self choose to make agreements with those with whom there is no previous karma, but rather it is an agreement based upon one's own desire to work upon one's ability to love so that one may graduate and move onward to learn more harmonious and different lessons in the next density.

8: We would, in fact, give as our opinion that it is by no means the majority of entities who find each other unacceptable in some way, shape or form, that have had karma to be balanced. It is just as possible that the entities that you truly are—they being far more pure than you can imagine—have made agreements, one with another, for the mutual benefit of each. Each need usually in these relationships to learn the same kind of lesson about love, and we believe that the word in the question was "acceptance."

9: We would suggest, to begin to get an idea of things one may do in this situation, that you think of the pure and beautiful spirit that you are and that the other entity is, who fearlessly and boldly and courageously made these agreements to come into a path which involved the ordeal of not being understood, and in many cases, not being loved. It is even more intense an experience within your illusion for those who are wanderers, for their sensitivity registers at all times a state of some discomfort with the planetary energies of your particular sphere. It is as though you faintly remembered a beautiful tune, a wonderful song, a lovely poem, but you cannot find it. That is because the veil has been dropped, and those things are not within this illusion.

11: The natural wish among your people at this time is to be loved and accepted and cherished. Very few entities are able to experience this state of mind in a steady state, for it does not fit the parameters of the illusion you now enjoy. Largely, there will be some misunderstanding at all times between all peoples, for the veil has been dropped, and instead of gazing at the perfect beauty of the true being encased in such heavy chemicals and water and all of those things which are held in the complex energy field of your body, it is necessary to look at that which is not visible, that which is not even thinkable within the illusion.

13: Now, when it is karmic, as you would say, it is simply a matter of forgiving, and the lesson is over. Most people this close to graduation are somewhat beyond these lessons, or at least have very little karmic difficulties which have been bred within this illusion. What, then, can you do? "Where," as this instrument likes to quote, "is the love in such a situation?"

15: You as a spirit are honored and thrilled to be able to be incarnate at this time. Yes, you incarnated here, each of those in this circle, as wanderers, with a wish to help others. But because of the opportunities of third density, it is quite typical for those who wish to serve also to wish to become even more transparent to the love and the light of the infinite Creator. This, of course, does mean the ability to accept the

unacceptable, to love the unlovable. You did not come here to learn how to be loved. You came to this particular sphere to love. If the unacceptability of someone close to you is not recognized as cold-bloodedly as possible as the opportunity you have given yourself to accept the unacceptable portion both of yourself and the other person, then you shall at least know the direction in which to move.

17: We have spoken before of mirrors. When there is an unacceptable relationship, part of the love in the lesson is to realize that this unacceptable entity is yourself, not because of something unique between you two, but because we all are one. When both entities who have placed themselves in situations where they are in relationship with a difficult personality for them, the natural human attempt is to communicate, or to avoid. To avoid dealing with the relationship is to turn your back on a challenge you have given yourself.

18: We may note that taking this challenge too seriously will cloud your heart so that it cannot operate properly. If one of the entities does not yet remember why it chose this relationship, then it is that the love lies in seeing into the physical vehicle, seeing and comprehending in trust and faith and without fear. Thus, each time that you see the unacceptable entity, it is very well for you to say to yourself, "I came here to love and serve. I do not have to be loved. I do not have to be understood. I do not have to be consoled. For all of these resources are within me." This is the thought process, as you clear out the attic of mistaken ideas, that brings you closer and closer to high polarization and service to others.

19: When one says "unacceptable," one is judging the self and the other self. The thought itself is damaging. If there is a possibility of keeping the mind centered long enough to say, to yourself, "I am here to serve, I am here to love, I am here to forgive, to heal,"—and all of these things are possible through surrender to the self in its higher forms, which in the end becomes the God self—if you can take the few seconds to remember who you are, what sort of being that you are, and if you correct yourself every time that you say "This is unacceptable" within your mind, you are most likely to make great progress. Progress on your part is not dependent on progress upon the other person's part. Your part is simply to learn better how to love unconditionally.

21: Now, we would answer in two ways the practical, down to earth—please forgive our pun—tools of dealing with this situation. First of all, it is necessary to see that the responsibility for this reaction is not the fault of the catalyst that you have been given, but the fact, which is not a fault but merely a condition, that you are not yet able to see that other self as whole and perfect. This is an attitude, a bias, that you came here to shift and change. To one who has no fear, to one who wishes only to serve and love, nothing is unacceptable, for each entity is the Creator, or as this instrument would say in its distortion of belief, each entity is the Christ. All of you are potentially Christed beings. It is up to you as to how you go about moving along the path towards unconditional love.

22: The second way that we would suggest that you think about this situation is to gaze within the self, and to try to communicate, not with another person, but with the self, for the root of the seeming difficulty in all of its enormity, often, is that there is that within yourself which still retains some desire for control and for protecting the self from the realization that the faults that you see in others are only a mirror image of yourself. If you did not have work in consciousness to do in an area, you would not react by having difficulty. Those things you have already learned become part of the human comedy. Your goal, to put it whimsically, is to see more and more of life, not only as the opportunity to serve and love and move forward in your own development, but to appreciate and find, in the end, merriment in all facets of the human experience.

23: You are within your body human, that is, a term connected with incarnation itself. Humans are those who breathe in the limitless love and light of the infinite Creator, without realizing by any outward knowledge or any proof that they are doing so. So turn this mirror clearly towards yourself, and release the other who is unacceptable in your thoughts when you are working with your own contemplations, prayers and meditation, for the only entity that you may effect changes within is yourself.

24: It is the gift of grace, of simple faith, that enables one to pull away from the seduction of confrontation and unwise communication. It is better to remember that one is a servant, a humble and loving servant to humankind. Those who

real, healed of all lack of self-forgiveness and forgiveness of others, so that all is forgiven, all is accepted, and there is no thing which can separate you from your faith, no tragedy, no horror that can remove from you the knowledge of who you are, an absolute and explicit part of the Creator, a being of love.

18: We do not hesitate to answer this entity's challenge that Jesus is Lord. This instrument has invested a great deal of passion and intensity in coming to know, to feel, to think, to act with an awareness of how the teacher known as Jesus might so react. The entity is active in faith. Each of you may be active in faith, but it cannot be done once a week, or when one needs comfort. It needs to become a part of each of you, to ponder, to revel, to rejoice and to allow your own absolute nature to be made known to yourself. You are an imperishable light being. You have chosen to be of service to the Creator by attempting to love those about you as if they were yourself. Are you a channel yet in your life, a way, a living truth, a silent witness, an example of life that reaches beyond the physical, the dropping of dust, and the disappearance from this illusion? One decision to move along the path of service is good, but you must keep making this decision, for your life experience was designed to allow you honest doubt, clear evidence that the Creator is not kind.

19.37 1990/08/12

3: That area of your Earth's surface known as the Holy Land is and has been for millennia a trigger point, as this instrument would call it. A place where whatever an entity has done in working upon its own consciousness will be magnified. It is a powerful place. A place of beginnings. A place lost in the roots of time upon the surface of your planet. And to this place more attention has been given, more love extended. It is as though there were upon the surface of your planet certain places which have their own power. There is none so potentially great as that which you call the Holy Land.

5: Those who live in the Holy Land are in a place which magnifies that which is upon an entity's heart. Now let us move away from this particular situation long enough to express the nature of your metaphysical makeup in terms of being a person of power, what some would call magic, what others would call wholeness. The Creator is best known to us as love. Love in its [classic meaning,] that which may be called intelligent infinity, contains most of that which is the Creator. But the Creator, by the power of free will, has the desire to know Itself. And so creations begin in those parts of the Creator created of love which is the Creator and an equal amount of free will, which is infinitely different for each person, have created each unique being, including yourself. Each experience that you have, each decision that you make is of vital interest to the Creator of all things. For as One gazes upon consciousness that is Its own consciousness becoming an actor upon the stage of the world, It learns about that infinite entity which has been made finite by this illusion in which you now enjoy yourself.

7: And so you experienced being part of the creation of the Father that you see about you—clouds, trees, animals. Eventually you are not just an animal but rather through loving some entity such as a pet who loves its master and being loved in return, your metaphysical self meets for the first [time] itself in a self-conscious manner. That is, as a person conscious of self.

8: This is your arena, your stage. Here you made a choice. You chose to express all those things that have gone before. All the lessons of consciousness and turning to the light with an innate love of that infinite One which made you. But there are two basic ways to express this love. You may attempt to serve others and thus are serving the Creator or you may attempt to realize that you indeed are the Creator and thus manipulate people so that you have control over them and have power in yourself. These are short explanations of that split, that choice which you must make as to how to express that love which you have for the infinite One which loves and created you.

9: There are lessons which await you: love, wisdom, the unification of love and wisdom so that for the first time love does not end in martyrdom nor wisdom in solitude. Once you have learned all these lessons you begin to turn back towards the Creator, your learning for this creation nearly done. The cos-

mos has experienced in terms of the time which is part of your illusion many millions of years. But as you are imperishable and will live eternally, whatever illusion of time you experience does not mean that there is a deadline or a [threat]. It is indeed true, as far as we know, that the time draws near for the close of this density of learning on this particular sphere. Consequently, many entities are here desperate to learn enough of the lessons of love to be able to graduate into the next density where there is much more harmony and where the lessons are those of one who has already chosen to love and be of service to others. It is indeed a different atmosphere than you are now experiencing and certainly different to that of your Holy Land.

15: As you meditate know that your consciousness is the most important thing about you. Your consciousness is light if your thoughts are joyful, if you find a cause for giving thanks and offering praise to the one infinite Creator. You can by your smiles and the lessening, unjudgemental ear share with people that light. They do not need to know how you came to be able to offer this. Never volunteer this information. Speak of these things only to those who ask of it of you. The world will change not because you are persuasive but because you are sincere, passionate and persistent in opening yourself, aligning yourself to become crystallized. We say the crystalline shape offers space, a spaciousness in which any sort of light which you wish may arrive. Each time as you decide to do that which indicates love for someone else and unselfishness of yourself, you are crystallizing your own being and lightening the consciousness of your planet.

16: It is not money that people need to solve this problem for man has his toys and always will. It is the realization that all people are powerful and they will be crystallized and opened up to depend on those repositories and carriers of love infinite and unending compassion.

18: The loves of the Creator have not always been the same but they have inspired the same faith. Unfortunately, the more crystallized of many of the entities who are most devout have chosen to place the power of their crystallization in attaining more and more power, wealth and importance, not truly realizing that they are a trigger point, so that that particular area becomes truly hostile and warlike; the will of necessity to be that which no one wishes; the war which takes all of your peoples and polarizes them in separation from each other. It is not a desired outcome from the standpoint that we have of service to others that this should occur. We would encourage each of you to allow yourself more and more to be a crystallized being, a planet healer, one who is love made manifest.

19: We will always fall down. We will always make mistakes. We will forget to meditate. We will not think upon our own personal power, your own deepest ideals. Do not by any means scold yourself or feel that you have in any way failed because of these things. Were you able to do all that we say you would be running out of lessons, not learning. Simply begin again. Persist, endure and love.

21: Can you alter them? No, you cannot, [not immediately]. For all through the planetary consciousness, that the power that has become negatively oriented is short-circuited to some degree. Yet, my friends, you can [in that] you are part of the solution. If you do not pray, simply sit and think. Contemplate that which you are praying. Or visualize the love and the joy and the peace that you feel when you know that you are centered and in touch with the creative self within. Allow yourself to radiate like a beacon, a lighthouse and know that you are one of millions who attempt at this time to cause this planet to lighten this consciousness to feel it quite crystallized, now fuller and fuller of love. Many entities ask what is my service, what is my path, what must I do, what did I come here for? And we say to any and all the first and foremost thing of which you came here [to do] was to be loving in the face of a cold and unloving environment.

25: The illusion tends to give one the feeling that one is helpless and at the mercy of one's environment. You are not helpless. You have always the power of choice. Chose to seek that mystery which is beyond our telling or understanding as well as beyond your own. Seek the mystery and the paradox of spiritual truth. Steep yourself in love knowing that you are loved, loving in return and experiencing with an authenticity which touches your very soul the forgiveness of yourself in every and all circumstances. Then may you forgive all about you. That too will diffuse this potential difficulty as harvest approaches upon your planet.

burdened with sickness, sorrow and suffering, those qualities that are so readily available within your illusion and which so toughly test the able spirit to see if there is any place within the illusion that love cannot be found, to see if there is any wound that love cannot heal.

19: My sister, you rest upon the bed of nails, as it were, for that body which you inhabit is one which is pierced by pain. It is a body which carries you now, but carefully, that you may ride further into those reaches of the self which remain to be explored, and which few ever dream of exploring, for though the rewards are great, the cost is equally great, for each endeavor that promises further advancement upon the spiritual journey has its cost. Eventually each of you shall give all that you have at the door of death, as you call it, that you might once again enter into the realm of unity and love. The price is high for those who seek purely. This is a truth which each viewed before the incarnation began, and which each undertook solemnly, knowing that there would be difficulty, yet welcoming that difficulty, for by enduring and overcoming there is the victory of the spirit and its purification that it might become...

23: I am Latwii, and am aware of your query, my sister. When entities such as yourselves enter the incarnation with the purpose of providing as much light, shall we say, as is possible, then there are those patterns, or techniques, of livingness that are invoked. These have to do with providing the setting that will allow the service that has been desired. Oftentimes the service requires a certain kind of personal advancement that is not possible without great testing. The testing may take many forms. Within certain groups of entities it is known that the experience of the loss of the loved one is a kind of testing that will prepare the person not only for those inner initiations of a personal level, but, through the passing through of these initiations, will allow that entity to provide a service to others that would not be possible without the initiation.

32: Yet, we encourage each to persevere, for each is a good seed with much yet to offer in the blooming. The cycles move, the seasons change, the soul once again will enliven the personality that lives within the illusion, and there will again be the joy of the heart that springs forth into summer and into the full fruiting that is possible for each seeker of truth. We are with you. We endure with you, we seek with you, we await with you the light and the love of the Creator that does always nourish each, and which each in its own time will bring forth into new fruit and joyful experience.

19.19 1990/06/03

3: Let us begin by gazing at the one great original Thought that is Love, the Creator of all things. This entity created a certain kind of creation. Many have been your attempts to understand meanings, and the nuances and the subtleties of that mind which is not the conscious mind, nor the unconscious mind, nor the deep mind, nor the racial mind, but the archetypical mind. You have wondered how to use information concerning the archetypical mind. It has always been quite difficult to express the means of use of this deep resource of your infinite mind which in its totality is a part of the creation and the Creator. The archetypical mind is not a mind to be, shall we say, studied for harvesting of understanding, but rather looked to in situations which contain apparent paradox within one's own mind.

6: Let us spend a moment upon this word, "whole," or "entire." The closest link which each of you has to the deeper portions of the self involves the full opening of the heart to its own nature, which is love. It has often been described to you as the seat of unconditional love. However, this suggests that it is an activity. Indeed, the fully opened heart is unconditional love, and love, therefore, is not a love for another with condition, but a love with another as the self.

7: Many are the confusions that have assailed each when seemingly ill, and certainly this instrument, as many have attempted to heal this instrument of the bodily difficulties it experiences; nor would we deny the obvious nature of this instrument's lack of what you would call health. However, in the sense of being whole, to the extent that one has allowed the pain, the blockage, the limitation, the self-loathing, or whatever is the deeper expression of this illness, to be accepted and loved within the heart, the entity is becoming whole, and it is this state of wholeness, aided greatly by

the indigo chakra work of daily meditation, self-forgiveness and other inner work, which will most reliably and quickly make possible the resonance of daily catalyst so that the catalyst may sink into the area of the archetypical mind and the archetype which is being expressed, recognized. Once this archetype is recognized by the whole or open self, it then becomes a deep portion of the mind, a portion of the biases which survive the forgetting process which opens each incarnation.

8: Each of your experiences with infants shows you there are no two infants which are entering third-density incarnation with the same biases. Each is unique from the first and has been unique, wholly blessed and sanctified, as are you, by the love of the infinite One, since before time and space and that grand celestial illusion of all of the energy fields of body, gravitation and all of the mechanisms of the infinite cosmos. Therefore, this instrument was not able to deny faith or hope, because it had been recognized as a birthright, as a part of the structure of being, which would be as difficult not to accept as it would be for a person with eyes upon a brick wall to deny the existence of that wall.

14: We would speak of only two things more, for this instrument is asking us, as always, to be more brief. Your planet has also its evolution in consciousness. The surety of various archetypes that you feel are helpful to its growth, and above all the love of the open heart blesses and raises the vibrations and consciousness of the fragile island home which you call Earth. It is appropriate for each of you to share each learning with the native soil which has been the earthly mother and father of the physical vehicle which has made these catalytic experiences possible. Love your planet as you would love your parents, for the Earth upon which you stand loves and heals and cares for each of you without any question, for you are its children too.

16: You must feel free to express to yourself to the fullest all emotion, no matter how hateful or seemingly harmful or subjectively not approved, for it is in expressing the self fully and then taking the self in its own arms, into its own heart, and loving, and being loved by this child that you are, consciously, that your spiritual evolution depends. Never, ever, try to repress or deny negative feelings, but open your heart to them. They are yours to love and comfort, for you are children of the illusion, and only imperishable and immature beings as metaphysical beings. You are not upon this planet at this time because you have achieved maturity. Had you achieved such a thing you would have no need to choose to love and to heal.

17: May you love the Creator who first loved you, and whose nature is your nature. May you honor the free will which sends you to a million emotional states, for this is your catalyst; this is how you learn to love. May you learn to love yourself wholly and entirely, accepting all of yourself. That is the healed person, not the person without physical blemish. And may you love each other, for you are all one self.

37: I'd sort of like to follow up on S's question, because I think that there was something there that he had hold of and that is that if [one] attains the learning, and growing is held in the open heart [and allowed to] flow, [through it], and [out], then instead of becoming bitter and negative, you [might] become sweeter and more loving without attempting to accept [the learning], by attempting to keep the heart open. Would this [be] a question [on which you can] comment?

19.20 1990/06/04

2: The spirit of love is one and we speak as this instrument calls us, as the living spirit of Christ in the world, and soon we shall yield this instrument to others who speak in a different vocabulary. But do not be confused by vocabulary or entity or name. There is one Father, there is one Love, there is one Kingdom, which is the creation of all there is.

30: As the young man dwelled in mind upon the meanings of the brilliance and beauty he had remembered and seen, the beauty and holiness of his remembered open heart in the presence of the Mother Mary, he turned to the old padre and as the old priest became ill and died, so he became the priest of this place. And because of his ponderings all the harshness and pain of the Christian story became imbued with the poignant love of the Mother Mary and all sorrow was softened by his remembrance of the beloved presence of his sister, and so it came to be that though the cockerels still crowed

in the dust and the heat and poverty was the daily bread, the sorrow of life began to be taught to this village in a way which spoke of compassion and love.

39: This is a simple tale of simple people. Each so among all your densities are such. To each has been given poverty of mind and soul and heart. The enthusiasm and vitality and recognition of beauty that comes from young hearts and eyes, the love of one for another, and all these together make up each of you. Yes, you dwell in sorrow and yes, the cockerel always crows in dusty poverty of some kind. Seldom to those of you who are learning to love is there given a free and unasked for unadulterated joy, vitality and lightness of feeling, yet each of you has been a child. You need not let that beauty die.

40: Each of you has felt sanctified by whatever name you call it—you need not let that die. Your environment has almost nothing to teach you that cannot also be taught as its opposite. As you poor and hungry in a difficult world awaken yourselves remember the joy, the freshness, the love, the worship, and the presence of the nurturing mother of all things. You choose your inner reality. May you each choose wisely and lovingly and steadfastly the way of love.

19.21 1990/06/07

5: You are now a protected body which is working with spirit. It is therefore time to invoke what this instrument would call the armor of light. Ask the white light of infinite love to cover you completely, and in love ask that it extend around the circle, covering each of your beloved brothers and sisters, growing and eventually becoming bright enough that you almost disappear because [off] the light within, around and about the circle as well as upon the surface of your own physical body. You are now in a protected globe of white light, in a position of sacred trust with those within the circle.

6: This instrument does that which is optional but which may be of help to each. It asks for the Archangels, which will be described by [a] quality, to guard the place of working. It says, "Before me, Rafael." This Archangel is a principle of light. It is somewhat cold, it is full of wisdom. It has a love that is impartial and relentless and will stand your friend without judgment, and shall not be moved.

19.22 1990/06/08

3: We ourselves are a group, dwelling in harmony. For us it is very simple to live in harmony, for we require nothing, we acquire nothing, we need nothing. Each gladly does a portion of those things which ought to be done to support the maintenance of our physical vehicles. And so we would say, that the first and greatest requirement of harmony within a group is that the group is truly a group of deep love and trust and a lack of fear about loving intensely those who may not be of your family in earthly sense.

4: It takes courage on the part of all concerned to transcend the many all too human emotions of opening couples up to a spiritual life in common. If this experiment is well begun, communication has taken the place of that which we can see without speaking, that is, each is able to articulate within a certain degree of accuracy its nature, its troubles, its strengths, and its idiosyncrasies. This gives each entity the opportunity to realize that it is, indeed, a teacher as well as a student. Or in case of the one channeling, indeed, the student as well as a teacher. To join a social memory complex is to be unafraid to expose not only all the good things about the self but all those things which are subjectively disliked about the self, so that the group may support each other instrument in its learning to love itself, for only those who love the self may proceed far along the spiritual path.

19.23 1990/06/15

4: It is written in your holy works that you shall love your enemies and those that spitefully use you, for it is not difficult to love those who love you, but all-important to love those who do not love you. We ask each to ponder these simple words, as the heart may mature and become a strong and reliable energy center, capable of being open and full of energy, with no blockage of fear.

16: It could be said that the yearning of the open heart is the rectifying factor, the factor of purity, which gives to blue ray an assurance of having to deal with truths and not merely the concerns of the illusion. Blue ray contains within itself the power of expression. In the expressiveness of blue ray there exists the joy of creation in its occurrence. Blue ray is the first center of energy within the mind/body/spirit complex which may act creatively. With this creative power comes a responsibility. If the blue ray has been energized by the open heart, it is responsive to the energies that have come up from the lower centers, as it finds these energies balanced by love and then compassion.

20: But in reality, there is not a single direction to this movement. It is, rather, a movement which goes simultaneously backwards and forwards, as it were. The adept, thus, finds that the movement in the direction of what is sought, a movement which, indeed, is initiated by the adept, does not terminate either at a point within the line of sight of the adept or one outside of this line of sight, but, rather, opens a [hallway] of love and light that returns again unto the adept. It is a stream which flows outward and inward simultaneously. It is this situation which is described in your scriptures when they advise the student that, "if you ask, you will indeed receive," for, indeed, in truth the asking is the receiving, the seeking is finding. This is perhaps the most basic secret known and knowable in indigo ray. That is the foundation for the platform upon which all further work may be done.

27: And so we open again through this instrument in love and light. We would instruct each to examine its portion of the message. For in each portion of the message was intended and is always intended a poetry, a beauty and inspiration, a surrounding of the subject with open nuances that excite the curiosity and show the way for growth in each and every subject or situation covered.

28: We are those who would have the fun, the playing with the subject, and we find, as we intended to, that the sense of lightness of that which is lifted from the shoulders by awareness is somewhat lacking. Each may examine its own contributions. To the instrument known as S, especially, we would [note] that this instrument's love of the teaching moves at times to limit the nuances or open-endedness of each portion of the subject covered.

32: The higher energy centers receive their ability to do their work because of a full and loving open heart. And each who chooses to communicate or to work in consciousness is working with the green-ray energy, that is its resource. The greatest mistake that seekers make is to attempt to do the higher work in consciousness, without in due patience doing the thorough work in the lower energy centers. For each is as important as the other. All together make the body of energies that creates the energy complex of each spirit.

35: Let yourself be a channel of wonder and mystery and astonishment to self. Allow this. It cannot be wanted. It cannot be desired and therefore gotten. It must be desired and then released. The true courage lies in that sweet surrender to the unknown which guides you and all, in infinite love, in the full and open heart that is the great original Thought of all that there is, the Creator Itself.

19.24 1990/06/17

3: You ask how to protect yourself from the psychic verbal and physical attacks of one who is incarnate, that is in a body and in direct relationship with you. We may answer you in several ways, but we are sorry to say that one entity does not have charge over another, and though we may teach methods which you may practice whereby the effects of such abuse are limited or even nullified, you in your turn cannot help or rescue that unhappy and tormented person whose love is so distorted and twisted that that entity must show it in such a painful way.

4: First of all, let us examine the nature of one entity's hold over another. It is normally that of long habit or magnetic attraction. In other words, this entity has been accepted by you as one who has the right to enter into your own private space, within your being and your energies, due to your own love of this entity. This entity then has the control it would not otherwise have. Thus, the first step in removing abuse from yourselves is to know that you always have free will, that you are safe, but that you must put upon yourselves the whole armor of light, and remove from that entity which is

siderably by the ability to move in harmony with the thoughts and the feelings of others without judgment and with the desire to help. If you will look at your church congregations you will see what was intended to be a social memory complex, a community based upon absolute and unconditional love. We are afraid that the teacher known as Jesus was not able to sell that idea to third-density humans but it is held forth as the ideal. For no matter how different you seem all of you are the Creator and to serve anyone is to serve the Creator. Never argue or criticize yourself but when you feel that you have acted inappropriately begin again. Allow that female spirit to nurture you in forgiveness and redemption until you are strong again, worthy again, and able to go forth with the feeling of blessedness that is truly yours.

29: We are being told by this instrument that it is time to move on. This instrument and the one known as Jim are both most happy to entertain further questions at this time and we shall at this time transfer to the one known as Jim. In love and light we are those of Q'uo.

34: I am Q'uo, and we are aware of your query, my brother. We shall speak to the best of our ability through this instrument. This instrument has not the depth of meditation necessary to bring forth concepts with which it is not familiar. However, we feel that we may make a beginning upon this topic. The non-local nature of this language refers to a philosophical description that attempts to describe a situation in its most fundamental components. This has to do primarily with the articulation of the qualities of love and light as they are acted upon by free will. The free will being that consciousness which has evolved to a certain level of understanding or breadth of perception according to its own experiences and its efficacy in blending its vibrations with the creation about it so that it discovers the nature of the events, entities, ideas and interactions by becoming these events, ideas, entities and interactions.

19.35 1990/08/02

5: The services you perform are many and yet they are one. They are many in that they manifest through a variety of activities which you perform throughout your days and these activities may seem to be largely different, one from the other. Your service may vary with a smile given to a stranger you pass on the street, to a look of love exchanged with one who is close, to the more obvious form of teaching and the vocal challenge which exists.

6: All these seemingly various services you perform are but one and that is the radiation of the love of the Creator, which pervades you and your illusion, have you but the ability to perceive. This is your service; to aid in the perception of the love of the Creator in yourself and in those about you. Is it not simple, my friends? Why then do you spend time worrying over whether you have been able to be of service?

7: When a being is full of the love of the Creator, and as you radiate and manifest the essence of that being, those who come in contact with you, whether knowingly or unknowingly, will see that which you have to offer. That is who you are—that is the Creator, who is love.

8: Now, there is much confusion in this illusion about the concept of love. We are aware of the differences in the expression of the concept in your various languages and of the various types of love expressed as different concepts.

9: When we speak of the love of the Creator, the metaphor perhaps most analogous which we may use to attempt to explain to you the metaphysical nature of love is that of the radiance of your sun. The sun does not necessarily do anything. The sun is. It radiates the essences of its being. It radiates heat and light and gives life by its radiance. This is the nature of the Creator's love—giving, simply and freely as part of the nature of its being.

10: This is the love that you may also radiate to those about you. The nature of your being does not necessarily do, it just is. It radiates this love. So, all you have to do, my friends, in order to be of service is not to rush about finding various services to perform, but merely to look to the heart of yourselves to perceive that which your true nature is; to allow that perception and realization to so pervade you that your awareness of it becomes also clear to those about you.

17: I am Q'uo, and reach you again in the love and light through this instrument. We are very pleased with the progress that was made this evening by the one known as

K. We are aware of the difficulty with which the contact was initiated but we felt that it was worth the effort to remain with this instrument and to give encouragement that it was indeed ready to make the initial contact.

26: This in its purest sense, or essence, is that indefinable quality which we frequently call love. Because of your love for the Creator and the son of the Creator whom you revere as your savior, the one known as Jesus, the Christ, you continue day by day, moment by moment to make the choice to serve in ways that are unknown to you, ways that are provided simply by your existence, moment to moment, you choose, moment by moment to continue and to continue and to continue, though there is little in the way of good reasons that the intellect may provide, that analysis may uncover. Yet there is that unquenchable thirst for the waters of love and by seeking the cup of such you radiate that which is not apparent to your eyes, but on the physical plane is obviously quite apparent as a desire which has been tested, tempered and found to be true.

19.36 1990/08/05

8: That is the first way of understanding this phrase. It was a simple teaching. It was the preaching of faith, which leads us to the second portion of the meaning of these words, and why they are not the only words that lead to eternity, but merely words which show the intensity, the devotion, the worship, the surrender; the love, and the desire to serve the Creator by serving each other.

9: All paths of service, if they be positive, full of love and light, harmless to all, are helpful to those who are comfortable with that particular story or way of bridging the gap between present and infinite. This entity indicated the intensity necessary for a life in faith successfully to move from the mundane world into an arching bridge connected with eternity. Those who call themselves Christians, and go to church once a week, are as little likely to be able to graduate into the next density as those who have no path at all, but simply are looking, and testing and trying, and thinking, and mulling, and refusing to make a commitment that leads to surrender of the smaller self, in order to make room in the earthen vessel that is your body for the expansive and loving self that you truly are, the self that is Christed.

12: Any path, be it orthodox or personal, must consist of several things. A complete and unutterable faith that the Creator loves you, that the Creator made you because He loved you, and that it is only appropriate that you love this Creator in return. It is necessary that you deal in some way successfully with the understanding of your own eternal redemption. How could such imperfect entities as we be eternally forgiven and eternally given another chance, over and over and over, so that we would never lose courage, but simply pick ourselves up and try again? There is a requirement that we stand so four square, so honestly, earnestly, eagerly and completely in the light of this love and belief, this faith, that we realize it is our identity, something that we cannot possibly deny, that we would refuse to deny upon pain, even of death, for we have found out who we are, and we will not deny that.

15: We accept a kind of vibration, which you may call Christ consciousness, or any other name which you may wish to use, as a description of one who is committed, and (our) hope when speaking to those of third density, is largely to help people remember who they are, that they are as tall, and as deep as eternity itself, that they have being, that they are and that they will be, but that this is the moment—and in cosmic time, 75,000 years is a moment—of decision. It is a decision that must be made without reservation or evasion. You cannot say, "I know I am supposed to believe in something, so I choose this path, and I will believe it." Rather, you must become what you believe, insofar as you are capable of it. You must begin to realize that the life you channel is a life of love.

17: The paradise of which we speak is that portion set aside after an incarnation in which each soul is healed, each pain eased, each tear wiped away. It is not necessary to be successful, happy, wealthy, or any other of the values so shallow in your culture. It is necessary to seek, to ask, to turn, to forgive. How difficult to trust in the Creator, and how much easier to trust in that Creator when you are aware of who you really are, and that things which may seem unkind that happen within your life experience are those offered in true kindness that one may learn more and more to be authentic,

vocal channels will be offering information of a certain type, in an endless series of ways, but always with the same basic thrust. We are concerned with building in your mind's eye a theoretical model of the universe which most closely approaches the Creator's. But you may see the universe and its purposes as does the Creator insofar as we have learned this vision. Thus, we do not teach you to love. We explain to you why choosing to love and how to love is so very important in this particular experience. We transfer to the one known as Jim. I am Q'uo.

11: The love of which we speak is beyond the description of words. But when we use words it is well that your word "unconditional" be foremost among words used to describe that concept. For of the previous kinds of love, the conditions of closeness of relationship, of specialness of relationship, of previous experience with an entity, are primary in this kind of love. However, the love of which we speak has no condition tied to it, so that this quality of love is given without any consideration of the entity, the situation, the time or any other consideration that might qualify the object of the love to be loved.

12: The love of which we speak is that feeling tone that comes from the green ray energy center in a free and open manner and has as its focus the entire creation about one. It is a quality which is developed from within the being. The only effect in the outer experience an entity will have on this quality of love is to become the focus for it. To develop the ability to love, one must experience the testing. This is a kind of testing that is similar to the tempering of your metals, that known as steel, for example, by the fire, the flame, the heat. The heat of your experience as you live your incarnation and your ability to process this heat into a light-filled consciousness will then allow one to express the product of this processing, which is that which we have called love.

19.34 1990/07/22

3: Pilgrims and colleagues and warriors of peace and love. You and we will always be much misunderstood. Consider that a great compliment but do not let it keep you from the humility demanded of those who would be servants, those who would serve all others in the name of the one infinite Creator. For you are not here to learn how to be loved. You are to here to learn to love. You are not here to learn how to be happy and content and peaceful. You are here to learn and in learning is change and in change is pain. You are here to be uncomfortable a great part of the time but with the divine discomfort of one who is progressing in its evolution as a being of light in the metaphysical sense, that does not perish, that has always been and is now and will be forever. This is who you are. This is what you've come to uncover, the part of yourself that was created by love and is pure, whole, healed and perfect love. For that never varies or changes.

4: Of course, in this incarnation you are blessed as are all those who begin the walk of conscious speaking with an equal amount of love and free will. As love is a constant described in your mathematics as c^2 , so free will is infinitely various. So you are all the same, precisely the same and paradoxically because free will is always various.

12: You will find as you ask these questions that your free will is a rogue in the sense of being out of control and unpredictable. It is in its purest sense willfulness. It chooses at random that which it will do and pushes love before it. So love finds goodness in everything and will not insist on having an agenda to follow. The taming of the free will, the teaching it to understand what freedom of will really is, is the job of yourself aided by those portions of yourself that are of the deeper mind, of the comforter, of the various aspects of yourself which together make the higher self.

13: However, in this dualistic density it is often important for entities to feel that they can come into contact with the feminine principle or the male principle or the principle that has nothing at all of duality. And so the spirit, the comforter, divides itself for your use in case it is needed as such. You ask questions that are too deep for words and in a number of days you have your dream, your vision, your answer. And the longer that you pay attention to that which occurs to you and how you react to it the more you know about yourself and the biases that you have. You can then decide what of yourself you wish to keep. You cannot get rid of the love and you cannot change it. But free will is free and your will may

discipline that free will, for you are free to do so. Yours is the freedom and yours is the will.

14: You will begin finding that you habitually act in a negative way concerning yourself, for instance, and you must call upon the nurturer for you do not feel that you are worthy. And the comforter is there to hold you and to keep you and to love you just the way you are. It is not the purpose of these guides to change you. It is the purpose of these guides to offer comfort and the wisdom that is part of yourself, in your deeper and hidden self. There are times when you find yourself engaged in a habit which intellectually offends you and you will probably call upon the male principle, for you wish not to be nurtured but to be kicked, to be shaken, to be taken out of yourself, that you may have a longer point of view and begin to see the damage you are doing and so cease to do it.

15: Usually the last portion of the guidance offered to you from within and from without is the androgynous or spirit-filled entity which has no bias and is a portion of oneness. You come to this comforter when at last you see that of yourself you cannot free yourself from your free will. The work you have done so far has given you a vision of what you wish to be. You are ready to make your choice. You are ready to surrender your willfulness to the higher self within, that self which is of love, which is of the Creator, which is connected with the heart of yourself and of all others. It is that guide which has no bias neither towards compassion or wisdom but only the consciousness of oneness that can aid you in surrendering your most precious free will in complete trust that you are only surrendering a small will to a will that you have created through many, many lifetimes, a will that you have deeply been yourself connected directly and immediately with the one infinite Creator.

16: Then it is that you discipline your will and you become passionate in your path of service. For you see that of your free will you may choose to serve and be a servant to all of humankind, serving the Creator in every moment, in every thought, in every hope and dream and ideal and in every humble chore in all things. Can you have the consciousness of serving the one Creator if the reason you will to do that which you do, even if it be sweeping the floor, is that you do it for the love of the one infinite Creator?

17: This is the illusion of separateness. You must be separate so that you can be hurt, so that you can be challenged, so that you can be taken beyond yourself and given opportunity after opportunity to choose to love Creator by serving others or love the Creator by serving yourself and forgetting the others. As always, there is the divine paradox that before you can serve others you must learn within yourself to love yourself. For the commandment reads loving your neighbor as yourself. Therefore it is not selfish to work upon the self. This must be done persistently, patiently and compassionately. You would not be here if you could do this well. You would be learning other lessons. To love is your lesson now.

18: It is also, as has been mentioned this evening, for that reason that the Creator placed the attraction that creates the mated situation between men and women. The thinking processes are the same in a mated pair of men and women but the woman has, physiologically speaking, a much stronger link between logic and intuition. This creates for the mated pair a mutual ability to serve each other as teachers. To honor your mate is to honor yourself, is to honor your teacher, is to honor the process of choice. Yet have few of you in this density used the opportunity to communicate with another unique entity made of love, to find the differences in thinking, to use misunderstandings as challenges, creating abilities to improve communication. Opening the mind, especially of the male, to the gentle and pleasant waters of trusting and resting and being inspired. The female also enjoys in that equal partnership during clear communication, the practicality, the effectiveness, the different way of approaching the same subject that the mate has.

20: In the density of love and understanding the mated relationship is there but there are two great differences. Firstly, there is no jealousy because the sexual experience is as common as the shaking of the hand. It is an electrical exchange that occurs without the need for the body or the vehicle touching. It is natural to those who are seeking together to share this energy. This energy is not remarkable, star-crossed, romantic or sentimental. This energy is the foundation of your passion. This passion the Creator had for you when He created you. This orgasmic intensity is love.

22: It is obvious to all, the need for language is lessened con-

abusing the privilege of intimacy, the right to that intimacy. It is as though you take in your mind's eye the scissors and you cut the bond.

5: Perhaps you may take your fingers and move them across the area of the navel. It is just above the navel that this entity generally has its power attachment into your energy web. Cut it, seal it, and believe and have faith that you are protected as a free will entity by the full armor of the love and of the light of the infinite Creator whom you serve. This is that which is done within, and this is the heart of protection, for you must believe in yourself, you must believe in your rightness and completeness and individual freedom. These things cannot be taken away from you, not by fire, not by water, not by threat and not by death. When you know who you are, you are free inside.

9: Now, these are those things which may be done very quickly. There is an undercurrent which is to be done much more slowly, and we urge that each gaze deeply at the lesson of love held herein. It is said in one of your holy works to pray for those who despectfully use you, to pray for your enemies, for what good is it to pray for those whom you love? Is that not easy? Would that not be simple for you? Rather, pray for those who are not your friends, but your enemies, who wish you ill, through unhappinesses and agonies and distortions of their own. Pray for them with all your heart, pray to forgive, and as you become strong inside, pray to forgive the you that was weak enough to attain to such nonsense as that of a vampire who wished to make you a prey. Pray and love and nurture that vulnerable, small self that could not defend itself against an overpowering vampiric presence. In praying you will find forgiveness, and forgiveness stops that karmic tie that binds you to this person. In forgiveness is personal freedom. When you are in a state of fearlessness and forgiveness then you may see with clearer eyes that which you wish to do that shows the most compassion for all concerned.

13: So you see, it is the self that must be fully realized by the self. It is no interaction with another that gives one personal strength; it is the sure and certain knowledge of the self. The habits of a lifetime may have taught each that the self is not equal to the vampiric entity. But habits are only habits, you may think of them as addictions, you may think of ridding yourselves of them as you would think of a friend attempting to cease smoking a cigarette, or drinking the whiskey. You need not be an addict. You may prefer to choose another way to be. In this effort you are never alone, for as you pray, unseen entities of love and light are about you on every side, and as you in all humility declare yourself to be a person of faith, and align yourself with the best that you know, defining yourself by the best that you know, becoming your true spiritual self by this process, you do indeed become quite as strong as any entity incarnate or discarnate.

14: The other entity may still have, for some reason connected with your learning process, the ability to cause changes in your geographical location, and in your circumstances in general, but in no case is such an entity able, except by your own permission and acceptance, able to affect you yourself. You may be imprisoned, you may be tortured, you may be in any manner of situations, but as you recall who you are, an imperishable spirit of light that lives by faith, you become untouchable, for you have about you what this instrument would call the whole armor of light, and the Creator Itself is your protection, for you are as much children of the Creator as any other, as much to be loved and protected as any other, and in no way deficient.

15: Claim your birthright as loving children of a loving Creator. Do the work of forgiveness, no matter how long it takes. Pray the prayers that cut the bonds that tie you to this vampiric entity, and to all who would seek in any way to bend you to their will or to control you against your will.

16: We are aware that we sound as if all were very simple, when in reality we may not understand the complexity of such situations as your illusion is able to provide. This is correct, my children; we do not even wish to concern ourselves with the details of a specific instance of that of which you ask, for though the situation be knotted tightly as the Gordian knot, yet the untying is as simple and difficult as utter and complete humility and forgiveness, forgiveness of other, forgiveness of self. This is very important, that you forgive yourself for ever being the victim, and forgive the entire situation. This we do not suggest to be simple work, or work done quickly, but it is the key to all the rest, and we suggest that you pray for the soul of the vampire, for in this way you shall

learn to love this entity.

17: As you pray, the love of the Creator surges through you, and you see this entity in its original form—beautiful, whole and perfect, just as all entities are. What caused this entity to become a creature of such agony, such pain, that it must turn and hurt others? How very sad is all that that entity has experienced that has so soured, embittered and caused this entity to become negative and controlling of others because it cannot control the self, unloving of others because it cannot love the self, unforgiving of others because it cannot forgive the self. There is much to pray for in this entity's despair, and as you pray you will find strength and compassion flowing through you, as you deliberately strengthen yourself inwardly, with a knowledge of your own birthright, by loving yourself, forgiving yourself, and girding yourself about with light. So shall you become strong enough to love.

18: We go no further in suggesting what might be done, but simply urge compassion. Compassion tempered with wisdom leads one within an illusion such as you are in into sometimes strange solutions. Be open to the flow and the energy of compassion and love within. In full discrimination of those thoughts which may come to you, move gently, humbly and confidently to follow the will of love itself, and do that in your life and in your actions which best expresses your best awareness of the implications of that knowledge and that love which is yours. It has been said it is impossible not to make mistakes. That is the nature of this illusion, yet each mistake is a blessed one, one which holds a lesson of love.

19: When you are discouraged and at your weakest, picture yourself in the arms of the Creator, nurtured and cradled and loved, infinitely, infinitely loved. Thus shall you nurture yourself until your pain is quieted and your faith is reawakened. No matter how many times this occurs, nurture yourself again, that is, allow the nurturing Creator within, that female, divine principle, to love and cradle and hold you, and rock you, and care for you, until you may rest in bliss and quietness, and renew your strength of the spirit.

20: Then shall you awaken to the difficult manifestations of this illusion, and move into those patterns that are so painful with a stout heart and a full armor of light and love, and you shall do very simple things, and shall love, and shall not hear, and shall not be affected, and if necessary and possible, you shall walk away. One who seeks to control others deals with indifference quite poorly, and indeed becomes helpless before a persistent and continued indifference. As the storm rages about you, we urge you to gather to yourself your birthright, and to be who you really are, children of love, children of the one infinite Creator of all things. Love one another, my children. This is the greatest wisdom that we know.

22: My children, how we love you, and how grateful we are to have been with you this evening, speaking through this instrument. It too had need of these words, for it too faces the vampire, that impersonal one which is called pain. Too often does this instrument forget that it too is a child of love, and does not need to fear the illusion of pain. Your pain has eyes, a face, a form, and a seeming reality. This instrument can in no way seize hold of a vampire that attacks it, yet pain, of heart, or soul, or mind, or body, is of one and the same nature. It is the vampire which must be faced, loved, forgiven, realized as part of the self, taken into the self, and made so much a part of the self that is not chosen, but there is no longer any fear, there is no longer any adversity, there is no longer any struggle. Such is the power of your own faith in love.

19.25 1990/06/20

7: The word martyr, on the other hand, is a very specific word, meaning that entity which chooses to allow itself to be used, even unto death. Death is not necessarily the end of the martyr, one may live a life of martyrdom, but in essence the attitude is that the self is unimportant, and that the will of a greater self is that by which the martyr seeks self-immolation, and gladly hopes for the destruction of anything that stands in the way of service to that more important self. Many are those entities among your people who are martyrs to idols. Many would call blasphemous the martyr's love of the mother for the family to the point that this nurturing entity abandons all personal hope, dreams, originality of existence and authenticity of opinion, in order to best serve in

any way that is requested the demands of this greater self.

8: In other words, to many martyrs, the greater self is very much alive, and is living in bodily form as an human being, and often in family relationships. It may be noted that when this occurs it is a poor choice if one wishes to balance one's karma and remove oneself from the dense influences of this particular classroom, for just as negative over-activity bond one karmically to another, so does excessive and self-sacrificing love that is unnecessary and an infringement upon the free will bind the same entity, karmically, to the one idolized.

11: If we speak to the unwisdom of martyring oneself for idols, do we then suggest that it is wise to martyr oneself for ideals? This is a matter of the free will of the entity who contemplates such an act. We may suggest simple this: that if the situation of martyrdom is not placed in front of one it is never necessary to create a martyr's path. For if one has in one's life pattern the lessons involved in martyrdom, they will appear of their own accord, and as Jesus the Christ prayed the day before he accepted his martyrdom, "I know my time has come, I see the cup I am to drink in front of me, I am afraid of the pain. If it is possible, move this cup away from my lips that I will not have to drink it." But the cup stayed where it was, and in humility, Jesus the Christ said "not my will, but Thine be done". At that point, in anyone's experience, when the entity is sure that it is receiving clear and positive information, and that there is a clear and positive way of redefining unconditional love for those about one, the martyr's path overcomes wisdom, for yours is a density in which you are attempting to learn to love without condition, and when at last there is a choice between wisdom and dying well for an ideal, wisdom must needs wait its turn and be learned in its proper density.

12: The great error with those who have a tendency, because of their mystical experiences, to see opportunities for self-sacrifice, is that they will choose self-sacrifice when it is not at all necessary, and when in fact it may well prevent or cause to make longer another entity's road towards understanding of the nature of love. For instead of seeing itself as responsible, it simply turns to a service-to-others self who loves so deeply, and that service-to-others self again and again plays the martyr's role. It is well to remember that this type of martyrdom is a kind of idolatry. There is but one Creator, and although the Creator is in each person, unless by self-sacrifice you are expressing that ideal to others in a clear communication on whatever level you wish, then that martyrdom has a karmic element, which then must be balanced. 13: It will never cause anyone karmic problems to be a mystic, for the mystical view is merely that of one looking through the bars of the prison of third density and seeing that there is more. Whether these entities are called philosophers, or fools, or poets, or men of god, they have a vision of the way the world is, to which those who hear it resonate, and by which those who live with it are enriched, and indeed the planet itself is enriched by the mystical view, by the love of mystery and the withholding of judgment that accompanies the mystic grasp that we do not, nor can we, know anything for certain, but by faith we see the world in this way and that, and we do not need the tape measure, and the calibrations, and the figuring, and the equations, for we see life at first as mystics in the abstract, and then watch as those abstract principles of love, affirmation and service to others find their way into manifestation as each mystic lives its life of eternity in the world which lives in time and space.

14: Some mystics will find it far easier to be what they feel is the best they can be, in the life of silence and contemplation that the monastery offers. Thus, by their very existence such entities raise the consciousness of the planet, certainly not by any deeds done, nor words said. Others speak a great many words, and are therefore honored, but not the least bit more helpful than those whose service is silent, for it is the viewpoint which causes radiance to be possible, radiance through the self, radiance that lights the planet, and fills the Earth with the possibility of loving kindness.

19.26 1990/06/23

3: You ask us today about forgiveness, with a special emphasis upon self-forgiveness. This is an appropriate question, central to the understanding of spiritual evolution. It is not only in your own culture that it is thought that mistakes can-

not be corrected, that some errors are so heinous that they can never be atoned for, and that many fall permanently outside the reach of the love of the infinite One. How cruel your people are, and how cruel all of those in all ways are! Following a life of [fate] is that which is in the East called karma.

9: As the one known as S so prudently requested, forgiveness begins with the self, and we shall explain why. The one known as Jesus of Nazareth erased what you call the Ten Commandments, those negatives that put so many unfortunate ideas in so many heads. This entity said, "You have two jobs to do, love the Lord your God, with all your heart, and all your mind, and all your strength; and your neighbor as yourself. On these two commandments hang all the law and the prophets." In this simple sentence a huge body of material, which you call the Old Testament, was relegated to a dusty back shelf, and forgiveness and redemption had come into focus at last.

10: Now, to love the Creator is relatively easy. The Creator gives so many gifts, is so very generous He supplied us with all that we need, in whatever level of learning we are. You need oxygen, the trees give you oxygen. The trees need carbon dioxide, your very being puts out this substance. The creation of the Father is a thing of great beauty and balance, that may be seen to have a dark side—the floods, the hurricanes, the tornadoes, the ghastly and horrifying aftermaths of natural events. But this little life of yours, that will move so fast and be over so quickly, is not an opportunity for you to make yourself more comfortable. It is an opportunity to learn better how to love, and it is difficult situations that bring that knowledge forward. When one may love the Creator who has caused the whirlwind, and the fire, and the terrible destruction of great earthquakes, then you will begin to understand that the lessons of love are often difficult, and always need inevitably end in the death of the physical body.

11: Each entity's job is to gaze at those situations which confront one, to find love, praise and the giving of thanks. In the face of great tragedies this makes no sense to those who are fair weather friends of the Creator, and believe that the Creator is the giver-out of the spiritual lollipop, the happiness pill, the serenity pill, the wisdom pill. No, my friends, the Creator in His great and terrible wisdom and compassion has given you free will to face all that you must face, including the most difficult and negatively perceived situations, in order that you may do that which is not easy, for how easy is it to forgive the small thing, the slight error of a friend?

14: Whatever your conceptions of yourself, if they be negative, release them. If you say to yourself, as this instrument does, "I am not pretty," there is a hardness of heart that will spill over into karmic situations with others, into a lack of ability to forgive others. If one says, "I am not worthy," there is a lack of awareness of one's birthright. Moving from the temporary to the eternal, and gazing at yourself as would a most loving mother, forgive yourself, accept yourself, allow yourself to be yourself, and lead the concern for the self away from center stage, for it is as dangerous as the blinders upon the horse to those who can see but will not. Soften, allow, forgive and turn, and ask to be in a tabernacle in the immediate presence of the infinite Creator. Ask, though you feel unworthy, to be that person who experiences unconditional love. Let love fill you, which you naturally wish to return, and as you more and more perceive yourselves as children of the great Father and Mother of the universe, you can come to treasure yourself, for you are all treasures.

15: When the work of forgiveness of self has been done to the point where you feel that maintenance is that which is necessary rather than complete concentration, then and only then turn to the attempt to forgive others. It is not selfish to do the work upon the self first, it is necessary, it is mandatory. You must bring your own personality and biases into balance, else how can you be the house of the Father, how can that light shine through you if you are lurching about wasting the energy of love in the distortions of self-immolation?

16: Let us say we have done this work, and it does come to an end, not that you do not slip from time to time back into those negative programs which have caused you to be armored against the rest of the world and survive, but that you recognize that you do not need this armor; that you are meant to be vulnerable to circumstance, that you are meant to be an actor upon the social scene. This is the density where you learn to deal with entities in more and more gentle compassion and love. Now you have forgiven yourself, you then can see that although those other entities may not have done

people, is harsh. The voices of childhood parents and authority figures still ring in the heart's ear with negative expressions and warnings and judgments. Many of the most difficult portions of your lives are difficult because you are still listening to these voices. When you hear them, say instead the positive affirmation of that criticism which has for so long been unfair. When you were small, when you were a child, you could not defend yourself, but you can defend yourself now. You can live a life of faith in which old voices need have no power over you, indeed, in which no voice on the Earth, over or under the Earth, no incarnate voice, none whatsoever, need have power over you.

15: Your life in faith is a life without words, for there are no words to express faith. Faith is a basic attitude that one finds, because one wills it or wishes it to be so, but because as a result of willing to know the truth it comes to you, and the prodigal son and daughter have come home. Faith is simply faith that the Creator that made all that there is, including you, is a Creator of infinite and intelligent love, that it loved you as part of Itself, as a child to nurture, as a personality from which to learn about itself, as all parents learned from their children. Aiming toward living a life in faith is nothing more than releasing fear, and allowing that which is to be, to be.

16: Oftentimes, that help which you have with you personally at all times, whether you call it spirit, or guidance, or the Higher Self, will give you hints and warnings. Do not ignore them. Ask for help in visions and dreams, and listen to them. Go into meditation, not simply to listen, but with a question asked, expecting not to awaken with one answer, but expecting and knowing that you will eventually know the answer for yourself to your own satisfaction. A great deal of faith is patience. A great deal of will is persistence. We are well aware that these are not the same as the mountain top experiences offered to you by those so-called seers or prophets which make the choosing of a life lived in love seem so very, very easy.

19: Oh, it is easy to forgive others, is it not? For you love them anyway, and you are sure that whatever they said amiss was not said meanly. But to love the enemy in yourself, or outside of yourself, ah, my friends, that is more difficult, and we assure you that each of you sees some part of yourself as your own enemy. This is the attitude we would suggest that you tackle first, for you are not your own enemy, you are simply being offered choices. Each time that you choose to be of service to another you recreate the strength of your polarity. 20: But let us remind you of a particularly apt teaching from the known as Jesus. In two sentences, he tossed the ten commandments, with all of the damage that they have done, away, and gave a new covenant, or promise, as he would use the language. "Love the Lord your God," he said, "and your neighbor as yourself." This is why you must begin by forgiving yourself. How can you love your neighbor in utter and open forgiveness if you have not forgiven yourself? We do not deny that you are imperfect in a personally valid way. We only remind you that this is an illusion, and that all things, including your body, your intellect, and the artifacts which you make, a part of an illusion, a local habitation for the spirit within you.

22: We are trying to move the mind from behavior to being. It is not behavior which you wish to correct, for behavior is the manifestation of your being. It is that which is held inside as a portion of yourself and of your identity upon which you wish to work. There are teachers everywhere. The creation of the Father teaches a thousand lessons in a minute, if you can but stay in talking to them. Each of your comrades is a Christed being, to some extent or another unaware of its true nature. But as it holds its hand out to you, the Creator is holding its hand out to you. As it expresses friendship and love, so does the Creator. Look beneath behavior for your healing of those things which have harmed you in the past, and which you now see as useless.

25: You cannot make yourself change. You can only put yourself in tabernacle of the most high, and tune yourself in silence to the most loving and peaceful and light-filled state which you are able to hold upon a steady basis. You do not want to do these things without being extremely careful that you have opened your lower energy centers, thereby allowing that prana, or love/light which strengthens each and gives life to each, to move into the heart chakra where it can be called on by those doing work in consciousness, which is largely at the brow chakra, although instruments such as this

one will use the energy center of the throat, often called the blue chakra, in order that it may communicate. Others may choose to stay with the green, open heart, that it may heal others in that way.

27: Thus, we urge you to recognize and respect the changes you have wrought in yourself during each meditation, and in some way give that glory, that energy, that peace, that love, or that irritation of the self because the meditation seemed subjectively not good, back to the Creator. During the rest of the day, touch in to the consciousness of eternity. Live in eternity. Then the illusion becomes more and more transparent.

29: You are a wonderful resource for yourself, but so are those with whom you walk this path. Rich indeed is the pilgrim who has many companions along the way. You come together in love and in service, not to be sweet and dear and darling to each other, but to serve. Sometimes the most difficult thing for a friend to do is to choose service over pleasing a friend. See yourself, therefore, as a resource for others, and be careful in your spiritual communications with them, respecting them as equals. There are no teachers, there are no pupils. There are points of view, there are those who have more experience than others, but we are no more enlightened than you, for in our deepest selves we are one with you.

30: We have spoken to you now, as much as we can within this time period, of the healing of the self by forgiveness and by the choosing of the path of service. In short, the path of service consists of doing that which is before your vision at this time with as much love as you can. Most paths of service are anything but dramatic, and all paths of service are equal. The quieting of a crying child, the smile to a stranger upon the street, the sharing of the self, of food, of shelter, of listening, the doing of a job which seems to lack an opportunity for service, with faith that indeed it is of service that you have not yet penetrated, these attitudes will keep you in a positive and loving relationship to yourself. Each needs a path of service. Each needs a high self-esteem. These are gifts you give to yourself in will, in faith, and in constant self-forgiveness.

31: May you love yourself infinitely, for you are a child of God. Your mother, your father, is the universe, love itself. Rest, and have peace and confidence in who you really are. See the illusion for what it is, as much as you can. And when you fail and fail and fail again, as you will inevitably think that you do, never chide yourself, but with patience and care and love grasp once again your desire, your hope, your dreams and your ideals, and go forward on this path of mystery.

32: We would at this time transfer this contact to the one known as Jim. We are pleased with the newer adjustments we have made in our combining of energies to this channel, and we thank this channel for being open to the adjustments we have made. We are known to you as Q'uo, and in love and light we transfer to the one known as Jim.

19.33 1990/07/19

3: We would like to ask each that hears our voice what it has done in the last few days that it could have put off or done in an easier fashion, so as to maximize the strength and minimize the weaknesses of your particular situation. You are stewards of a treasure. The treasure is yourself. How shall you spend yourself? We say there is no virtue in pain, no virtue in guiltiness, no virtue in judgment, no virtue in any negative or separating condition, thought or awareness. Thus, as you prepare for a meeting, let your mind be lifted, allow it to let go enough to realize the true state of the body that moves you about. Tend to it, care for it, show it the love as you show all others [with]. We do not advise taking the martyr's path unless there is no alternative and the martyr's path is clearly marked by an unanswerable destiny.

4: It is time to speak of a subject that all who channel deal with, and that is that there is only one truth, though there are many ways to say it and many approaches to take to it. Thus, you will not find yourself offering something brand new and exciting to those who seek. If you are in an advanced group, where entities are attempting to live as they are learning, you will indeed receive exciting results if you find metaphysics exciting. You will find yourself more able to be a conscious being. You find yourself ready to hear things on a level that is deeper than you heard things before, so that your mind does not block you from the wonderful experiences and discoveries of the deep mind. But, in effect, you who serve as

this peace, this gentleness, this loveliness, this caring, this worship of the mystery. And yet we say to you that your days were more light filled than the majority of those upon your planet by a great deal; so you see, there is much to do.

6: To paraphrase a cliché within this instrument's mind, love is long and time is fleeting.

7: We transfer at this time to the one known as K, leaving this instrument in love and light. We are know to you as Q'uo.

16: As each experiences from time to time memories of deeper connections with other entities as echoed in current experiences, whether slight or strong, the response is often one of joy, of remembered community. We experience peace and love and ease of being—yet that joy may be often tempered by the realization of the difficulty of maintaining contacts within this illusion.

21: We know you are aware of these things, but we also know the difficulty in maintaining this awareness when in the mind-set of mundane experience. We urge you to look for the joy in all things, to savor it, to choose the light touch, the merry twinkle in the eye, the smile when none was expected. These things mean more than you think, for your society tends to weigh the value of things in terms of what has been accomplished. But on the metaphysical level, those things that are of the greatest value lie in the areas of intention and in the state of being. So be who you are, my friends. Be light, be love, be joy.

28: When I'm doing things for people, I always feel full of love and full of light and as if there were nothing that was impossible. But when I'm not helping anybody but myself I feel really stuck and I don't seem to be able to get past my aches and pains, and I don't need to go into all that, you know. But it is a new level of pain for me and I am not able at all to deal with it gracefully. I know that this is my hardest lesson—I don't care how long it takes me to learn it—I want to learn it, but could you give me some comments on how to make my sister, my pain, into a true heart sister; to love it and to allow it to be transparent so that I can feel the self-esteem and the worthwhileness in being that I do when I'm doing something for someone else. I am on my knees with this one.

31: In this regard, you have set for yourself, as you are well aware, lessons which have the purpose of focusing you inward. You have found in your own estimation before this incarnation began, that the experience of limitation and the concomitant experience of pain with its limitation would be most effect in focusing your attention in an inward manner that would make more likely the choices of living the conscious life. For that which is full of the experience which you call pain tends to grab the attention in a way in which there is no ignoring the opportunity. Much catalyst for many people may be ignored until it presents itself in another form at another time, perhaps within another incarnation. This is not so for your catalyst, my sister. You have desired to be of service in a manner which requires an intense degree of what you would call purity or single mindedness—total dedication to service. It was your wish to so hollow yourself out that you would become a clear reflection or channel for those energies of love, which you identify so closely with the one known as Jesus, the Christ, as this entity experienced the final portion of its incarnation nailed to that which you call the cross—and in that crucifixion of the physical vehicle achieved a transmutation from that which was human and moving towards the divine, to that which was truly divine, that which transcended this illusion, that which pointed the way which could be traced by others with similar desire.

19.32 1990/07/15

4: We do not come to you as those who have not changed. We have been where you are. We have been where you were. We have had our choices to make, and we remember the density in which you now dance your dance and make your choices. Stage left, stage right, lights up, lights down, how shall you be? That is perhaps the first thing we would ask of each of you. When you relax, so that you are with yourself in a loving and nurturing way, who and what do you wish to be? This is the density of choice. Not to define one's choices is to remove from oneself the opportunity of making them. Not to know who you are at this moment is to keep from yourself the ability to choose a specific other way to be. This is not seen to be a large subject, a large challenge, yet it is the beginning of all spiritual work.

5: We see each of you in part as precisely the same as each other person in third density consciousness upon the surface of your planet. All of you have a God self within. Within each of you is the inestimable, imperishable jewel of the Infinite One. You are children of love, and you are love. In order for you to have been flung out from the heart of the Creator, to pass through so many dimensions and energies, and to choose this particular experience, there needed to be added the first alteration, or means of changing, that love, which is the Creator, and which is precisely the same from before you can ever conceive, now, and forever to come.

6: Yet, each of you is unique, for each of you is also bound in that love to a portion of free will. Free will is as absolutely various as love is absolutely the same, and free will is expressed in all of the emotions and ways of being possible to imagine, possible to be thought, possible to be attempted. You are the man inebriated and lying in the gutter, you are the thief, you are the murderer. All that is possible is within you, as it is within all. This is not due to any shade or nuance of love. Love is fiery, creative, and absolutely stable. Your choices are made as your free will begins to recognize of its own choice that role which it wishes to play in your own spiritual evolution.

7: And so we ask each of you to begin to know, truly know, the self. Do not judge the self which you know so well. Say no judgmental or negative thing to yourself about yourself. Recognize your patterns. Discover those things which you wish to encourage and those things which you do not. You yourself are the basic tool, the basic resource with which you have to work. Elements of your free will, which this instrument calls will, and faith, create for you a place—not a geographical place, not a place in space or in time, or in your imagination—let us say, a room, which you answer and close the door behind you, and all alone with the Infinite One, drenched in love, marinated in life, dissolved in light, you are upon holy ground. If this place is within your mind you may take it with you, and wherever you stand is holy ground.

9: Faith is a word which we use, not perhaps as others would use it, for we wish to distinguish between faith and belief. It has seemed to us as observers of your people that rigid belief systems kill faith and destroy being, giving the person instead the choice of behaving instead of being, and holding on dependently to a set of rules in order that from the outside to the inside the redemption and forgiveness and healing of the self may take place. We suggest that all belief systems be examined, and none taken up before it is understood that in each orthodox belief system, some distortions of love are unraveled and made clear, while other distortions or ways of learning about love are confused and difficult to accept for you.

10: We are not those who preach. We are not those who evangelize. But this we will say: if you wish to increase, or accelerate the intensity of your spiritual path of evolution, living a life in faith, day by day by day, and using its tools of discipline, and service, and conceptualizations is all important. We speak to you of the way that we believe that the universe works. We can only tell you that you are at the crux of what is often called the density of choice, the choice between loving the Creator by serving others, and loving the Creator by serving the self, these paths often being called the path of service to others and the path of service to self.

12: Until you have found your passion, and we mean this on all levels, not ignoring the lower energy centers, sexual passion, the passions of friendship, the love of the work that you do, the love of your society and your world and all its people, you shall be holding back from the center of spiritual love the energy that that center needs. We speak of the heart energy center. This is not a job that you can do for yourself once and have it done. Again and again you shall turn from the truth, and do those things which you would not wish to do, or regret, or do not do, something you wish you had done. Should you chastise yourself? Please, my friends, if you wish to attain the goal of which you spoke this evening, never chastise the self, but form all internal dialogue positively. Instead of saying, "Oh, 2 plus 2 does not equal 5," say "Oh, I have learned something, 2 plus 2 equals 4." That is the nature of mistakes, all errors, all of what this instrument would call sin. It is like an error in arithmetical calculation, simply seen, and slowly and carefully replaced by the truth, by the correct summing, by the correct grasp of the situation.

13: Most entities have a great deal of difficulty doing this, because their opinion of themselves, though they love other

this work, at the end of that work which they will do at some point, they will find their birthright as children of a forgiven nature, children of the one Creator, children of love in which there is no judgment.

17: But paradoxically, it is well to judge carefully, to the best of your ability, that which seems subjectively helpful and appropriate, and that which does not—in your relationship with yourself, with the Creator, and with your neighbor. Compassionate love includes being of service by speaking of difficult things. If you have not forgiven those difficult things, you will be speaking with a hard heart, and your judgment will be unfair. Only self-forgiven can you enter into the forgiveness of others.

18: Let it not wash away the intense colors of your emotions, your feelings, and your learnings, by saying that all things are well. You yourself have within you biases which have been dearly won, and to which you should listen. Why then, in all compassion, you are judge, but you are a judge of compassion, and if words that are less than easy must be said, yet they are said with love and compassion, carefully and courteously, and honestly, and fearlessly. And in such communication lies the beginning of forgiveness, of those you feel may have wronged you, or those whom you feel you have wronged. There is no difference between those two in terms of forgiveness. They are two sides of the same coin. Forgiveness is a universal currency, a kind of money, shall we say, since your people are so interested in the power that money has. Spend that currency with a whole heart.

20: Forgiving entities does not mean that it is necessary for the forgiving entity to continue to accept acts upon the part of the other self which are subjectively seen to be abusive and destructive enough that the self—or those young selves for whom you are responsible—[is] in danger of any kind, be it mental, or physical, but as you do those things that you must, as you decide upon the separation because you see that union is impossible, as the other entity cannot do the work that you are doing in forgiveness, you simply do that which you have to do, with love and compassion and peace, staying within the forgiveness, accepting the unacceptable that may occur, loving the unlovable that has brought about the current situation by its catalyst.

23: What we are talking about, when we talk about forgiveness, is healing. The hope of each entity is to become healed, and healing may be defined as that state wherein the karma is balanced with each soul with whom you come into contact, and your realization of yourself is a realization of yourself as whole, perfect, beautiful, and a child of the infinite One. Does this make you special and important? May it never be. This makes you the servant of all. With compassion comes humility, and you would gladly serve, as did the one known as Jesus, by washing the feet, by doing the unattractive things that make up the daily run of existence, because, since you are forgiven, you dwell in a state of redemptive joy, so that every dish you wash, every window that you clean, every flower that you touch, is alive to the light within you, and responds in love.

24: The creation of second density dwells in love, except in those places—and there are so many—where the lack of love of your humankind has damaged second density. Touch into perfect love. Keep your feet in that fine river of forgiveness, and your light shall shine, as it will, and that which it is given to you to do will come before you with no effort whatsoever on your part, and whatever it is, the sweeping of a floor, the saving of a nation, all is equal if it is done in utter and complete love for the Creator, the self, the situation, and any other entities that may be involved.

25: Always remember how short is this experience, and how important is this choice of polarity in which forgiveness plays such an important part. Love always forgives, but it does not rush in to forgive. Remember that upon the cross, in that great story of the teacher known as Jesus, there were not one but two entities, one of which did not ask for forgiveness, one of which did not turn from his self-confessed errors. That entity remained in a state of karma and imbalance. There was another entity who perceived itself as equally without virtue, the self-confessed maker of serious and grave errors, but this entity had the faith and the wisdom and the vision to turn to the face of the infinite One as it shone through the one known as Jesus upon the cross, physically turning the head, gazing at the broken body that still shone so brightly. "Will you remember me, please, when you come into your kingdom?" asked the thief, the felon, the murderer. "This day

you shall be with me in paradise," replied the broken and dying lover and servant of mankind.

27: We have spoken overlong, and we apologize, but we wished so much to be with the one known as S especially, as we so seldom are able to speak with this soul in the voice that has words, but may we say to this beautiful and beloved child, that we are the clouds overhead, that we are the stars at night, that we are the familiar things that you touch day by day, that we are in the smiles of strangers, we are always with you. We wish for the one known as S to be aware of this, in a deep, and abiding, and trusting way, for we are of the vibration which causes us to be with this instrument of light as comforter, or what this instrument would call the Holy Spirit. 28: Let us nurture you, be aware of our love at all times, let it flood you, and overwhelm you, and heal you, when you are too weak to do these things for yourself, for we are that part of you which is a bit closer to the divine consciousness you call Christ consciousness. We are with you always, yet our usual strong request that those things which we say be regarded as the opinions that they are, the fallible and possibly erroneous opinions of those who also are students of the one infinite Creator, and companions with you on that infinite path. We will at this time transfer this contact to the one known as Jim. We are those of Latwii.

19.27 1990/06/24

5: The experiences are transitory. The choices that you make in reacting to these circumstances slowly build up a non-transitory resource. If you have had courage once in choosing what was subjectively perceived as the ethically correct thing to do in a situation, you have made a difference in yourself, you have chosen, and with each choice your polarity, your positivity, your service to others, becomes intensified, until there begins to be within each you continuously seeks persistently, the fire, the passion, to do and to be that which is love. There is no activity that can give you this attitude, and the test that you will take at the end of this life experience has everything to do with attitude.

7: So when you look at situations and hear the difficulties coming into your ears and feel them growing in your heart, know that you are experiencing yourself, and that that which has happened to cause these feelings is within you. You cannot escape yourself. You cannot escape every other thing in the illusion including the illusion, but in each escape there is the wasted opportunity for learning the lessons of love. Thus we hold up to you a picture of yourself, as beloved, created as beloved children, rocked and comforted and held by the mother nature of the infinite Creator, and strong in heart to wish to do that which is of service.

8: When as an adult, so-called, you are hurt, mentally, or physically, or emotionally, or especially if you suffer that most painful of all sufferings, the spiritual suffering, you know that you do not have anyone to run to. You are no longer a toddler that can run to the all-embracing mother and hide your head upon her lap and cry until you are released from sadness. You must be that nurturing mother self to yourself. You must treat yourselves well. This is not service to self, for if you cannot treat yourself well, out of a pure and unconditional love for yourself, with all of your imperfections and errors, then how can you love and serve those about you?

19.28 1990/06/29

15: And in my challenge I ask do you come in love and light and service to others?

19.29 1990/07/01

3: The subject of which we are to speak this evening is a subject that is indeed on the minds and in the hearts of many who have had experiences with so-called extraterrestrial entities. Since we who come in the name of love and light and service to others are also alleged UFO entities, it is what we would call our loyal opposition of which we would speak this evening.

5: We who come in the name of unconditional love and limitless light, we who are of the one infinite Creator, the one

original Thought that is Love, must go before a group of entities, which is chosen from among our Confederation, and which changes from time to time, and offer to them our intentions, our plan if you will, for aiding entities upon your planet. These requests for service are taken most seriously, and it is an honor indeed to be allowed through quarantine to be able to share our thoughts with those who ask for them.

8: Because of the fact that positive information—that is, information of love and light and service to others, information concerning the path of unity and peace and love—is available to those who ask, it was considered right or just that an opportunity be given to those whose call was for information of a negative type, who desired information on the path of service to self and control over others. Consequently, in your web of space and time there were built in, with the impossibility of prediction of where or when, these windows of opportunity that occur, openings in the web of time and space, in space/time, that, if the negative entities were able to be there at the correct time, would place them in a position to offer the information to those who requested it.

9: There are various densities of learning, both in the service to others path and in the service to self path. Those entities in the service to others path always obey free will and will not abridge it, because if they do they cannot sustain the contact with the vocal channel that has been able to receive the information they have come to offer. Those who are, shall we say, of a more sophisticated nature along the path of service to self, having wisdom as well as love—that is, the love of the self—await the free will contact of those who seek negative information, for such contacts are likely to be fruitful, in the negative sense, and satisfactory in the transferring of information which is helpful to those who are upon the path of service to self in your density, and who are preparing for harvest.

10: Those entities who are less sophisticated and closer to your density—that is, who are of the density of love—feel that they have come in simple conquest. Therefore, they do not feel that there is any need whatsoever to avoid the abridgment of free will, for their thoughts are those of warriors who attempt to battle what they see as a light which must be put out, a strength which must fail, a faith which must be vanquished, a foolish group of people who are not aware of the relativity of the illusion as they understand it. Speaking ethically, we gaze at the battle of situational ethics versus ideals.

12: In this density, in which one attempts to learn the lessons of love and is perfecting lessons of social intercourse and movement towards the light, the negativity revolves about learning to do those things which one considers to serve the self more of the time. Those upon the positive path will be attempting the exact opposite of this, that is, they will be attempting to think in terms of service to others, or simply service of any kind, because of the love of the infinite Creator which is in their hearts. They are attempting more and more to spend their precious few moments of this small time of choice choosing again and again to help, to attempt to be of service. In both cases, positive and negative, it is the attempt, the sincerity of the desire, which registers as the polarizing factor of the entity.

13: Thus, those who are indifferent in your density are those most to be mourned, for as they eat and drink and be merry without regard to serving others or the self, they simply continue in this density of experience, finding upon graduation that they have not graduated, they have not learned to love, they have not learned to turn towards the light, or to use the light. And so they shall be given—not hell, any more than third density is hell—but simply another third density experience lasting approximately 75,000 of your years.

14: Positive entities who have polarized adequately move into fourth density, become closer and closer, and begin to form themselves into societies so harmonious, because of all thoughts being open one to another, that they become social memory complexes, each entity within this society able to know and to feel whatever has been known and felt by all other entities within that particular group. In this setting, which is far more harmonious, and far less given to strife, the lessons of love, and service, and compassion, and understanding, are perfected to a minimal point. It does not have to be perfect, but it must be such that the next density, with its greater density of light, may be accepted with great comfort and enjoyment, and therefore be the native light which that entity has earned.

15: In negative fourth density there is a similar attempt to polarize ever more strongly, to perfect the lessons of love. In the negative case it is always the love of the self and control over others which is a constant drain upon those who are in fourth-density negative, for they form uneasy alliances, and are always ready to challenge someone they think they know best in order to gain their power and to control them. Thus, although thoughts may be known by all, thoughts are attempted to be hidden, armored and guarded in as many ways as possible. Then the entities must gain enough of a strength of love of self and the ability to use that love in what they think is honest service to the Creator, whom they love, to be able to use light of the next density, which is that of wisdom.

17: Graduation to sixth density is very difficult for the negative polarity, for sixth density is the density of unity. When negative entities reach the point in sixth density at which they fully understand the lessons of sixth density, that is, that all things are One, they find that their negative path is at an end, they are at a standstill, unable to evolve one iota more. Using every bit of determination, will and faith that they have, they cause themselves to switch polarity in order that they may go on evolving. This seems at the time to be a service-to-self choice, for one thing that may be said of all densities is that there is an undeniable drive towards evolution. However, when the negative entity has switched polarity, it quickly discovers the sweetness of its choice. It must review a great deal of material it has missed, but it is the convert that is more fervent, if anything, than the one who has always been positive. It is the most positive of positive entities, the most loving, the most desirous of service, for it knows that it has finally discovered the truth that will continue its evolution.

21: As the seventh density entity loses all need to feel selfhood, the power of love which has infinite intelligence and no awareness of self at all calls it home, and it rejoins the Creator, which is intelligent infinity. At that point, so we understand from those few who have come to us from future creations, loss of self is in itself an illusion, for that which the Creator has created is never lost. There is no beginning over. The knowledge of this entire octave of creation is simply a gift to love itself, and love learns about love, and the heart of the universe beats once more, and a new creation, based upon the learnings of the previous, begins.

24: There have indeed been many, many landings, abductions, and that which seems to be abduction but is in reality work upon the computer within you which you call your brain, placing within it programs which seem as much the truth to the one experiencing such, upon awakening, as any other memory. The basic intention here is to create fear. There are other designs which we cannot speak of because of that same Law of Free Will, but we can say that they are inconsequential to those who choose to live a life of faith. Yes, these things are occurring, and yes, many, many positive contacts are also occurring for those who seek in love and light and the purity of intention. Of course, both experiences will be far more active towards the end of a cycle.

25: Your density is quickly moving towards its end, and you shall, each of you, walk the steps of light, and when you find the light that comforts you the most you shall be either in third density or fourth. The polarizing that you do now is that which you came to do. The judgment that so many fear among your people is a simple and objective matter of how much density of light you have learned to use. There is no fire and brimstone, objectively speaking, for those who must repeat third density, but only the matter of fact reincarnation upon a third-density planet, and another very short period of time, 75,000 years or so in your measure, to make the choice to love and serve the one infinite Creator by serving others, and by serving the Creator, or by serving the self, which is serving the Creator, which is of course understood to be the self.

28: Those who do not polarize do not control what occurs to them with any particular preferred reaction—reaction is random. Those who wish to polarize in service to others choose by faith to feel that all situations are situations in which service is possible, that simply to be and to love the Creator, to worship and adore that love which created each of them, is a service worth performing, and, indeed, may we say that as many upon your planet awaken to this choice the consciousness of the planet has grown lighter and lighter in the past few years, as this instrument would measure what you call

time.

29: You are never without the ability to choose that which occurs to you, because if you have no fear you may have negative experiences which you will see only as environments in which to learn challenging lessons of love. Positive entities can gaze at one, shall we say, of the loyal opposition, and find in this contact the opportunity to realize that this entity too is a part of the self, and is to be loved, and blessed, and prayed for, and cared for, and taken into the heart.

30: It has been said in your holy works that it is easy to love those who love you. Better is it then to love those who revile you and wrongfully use you, without fear. These entities who are called the “grays,” or any other entity or situation whatsoever which is attempting to make one feel helpless and out of control, are completely malleable and transformable by love, love unhindered by any fear, for, indeed, there is nothing to fear.

31: You yourself are not either a good person or a bad person. You are, if you can consider good and bad as the full circle of being, a 360 degree being. It is by your choices that you define who you are and where your loyalties, where your choices and your faith will lie. And as you move further and further, building choice upon choice and polarizing toward service to others in the name of the one infinite Creator, as you become more and more a transparent channel for the love and the light of the infinite One, you create your life, you do not react to it, for the reactions are automatically those of one who seeks to help.

32: We realize that we have spoken too long, and we are apologetic, but there was much information to put into perspective these seemingly terrifying events. They are local third-density phenomena. They are controllable by love, faith and honest realization of one's union with all that there is, whether it be called good or bad. The duality is an illusion. You are all things. It is your choices which create the you that is unique and will be refined from this point through density after density after density. This is your choice. These are your precious moments. Know in your heart how passionately you wish to move on and evolve as a spirit, an imperishable metaphysical being of light. Your physical evolution in this density is over. Your spiritual evolution is beginning. Make your choices fervently, carefully and persistently.

33: In order to aid you in these choices, and in your point of view, we ask two things of you. Firstly, we ask that you find a path that includes love of the infinite One shown as worship, adoration or simple attention, on a daily basis. We do not ask for any particular path to be followed. We are not those who ask for one religion or another. You choose the path that works for you and brings you into awareness of your true self and your true relationship with the infinite One. Daily time spent in silence, listening for the voice that is silent but speaks so loudly, is recommended as an aid to this process of choice.

34: Our other request of you is that you be light hearted and merry, and find every chance to be joyful, and to love one another, not as a solemn duty, not as a reason to polarize, that negates the polarization, but find joy in the service that gives you the true freedom and peace of doing that which you have now found that which you wish to do with all your heart, all your mind, all your soul, and all your strength. Be merry in your service, be merry in your worship, for the most serious choices of millions of years are being made by you now, and you would be crushed by your own solemnity, and your own realization of your importance of this choice, did you not have the saving grace of a sense of humor. See the illusion and the choices that you make, not only as the life and death choices that they are, but also as part of the unimaginably funny human comedy of the soap opera that is called third-density experience.

35: Oh, how high your emotions run, and how important everything seems. Step back whenever you feel too intensely disturbed, or saddened, or despairing, or inconsolable. Step back, and see the thousands of years that lie before and after this moment. See the true situation. If you are upset with someone, be ridiculous with him mentally. Undress that person. Cause that person to act in a ridiculous manner in your mind. Tell him off. Take the clown's bat and harmlessly bat him about with it, while the circus audience laughs. Do whatever is necessary for you to break the spell of the illusion, and then gaze up at the stars, which are part of the love of the infinite Creator, and know that you are a player upon a stage, and you do choose the comedies, and the happy endings, and

have no wish to be stabbed through, in great Shakespearean agony, in the fifth act. The critic that is you, you can be assured, will give you a better review for the comedy.

19.30 1990/07/08

3: Our message today is quite simple. It is so simple as to be unbelievable by most of your people. You are made of love because love wished to know itself. The Creator loves you as a mother and a father and as a student of itself.

4: All conversations that you have are conversations of gripping interest you created, for It is listening with gripping interest of the self speaking about the self. The Creator was courageous in this creation by giving each of its children free will. Each may chose to love or not to love the true Creator of its spirit.

11: I am Hatonn, and thus speak to you through the instrument known as Carla. This instrument is much nurtured by listening to inspirational thoughts and we are always in a state of enjoyment as we find this instrument soaking up like a sponge the words of comfort, truth and beauty which we offer in the hope that it may be of help. We find this instrument to see how its question of identity is only a question within its own mind. But to the other-self the identity of the one known as Carla is completely known and accepted. So often we have heard this instrument cry, “How can I love others so much and yet be so upset with myself?”

12: This is the mark of a service-to-others entity who has left out but one very important step, the realization that before one can love one's neighbor as oneself one must love oneself.

13: This instrument has yearned for nurturing from others and nurturing lies within the self. The gentle rocking in the cradle is the rocking in the arms of the Creator. As this instrument finds it incredibly easy to forgive and forget, why is it that this instrument does not forgive the self? This is a lifetime process but is a lesson of love. It is an almost universal lesson. Each seeking entity finds everyone easier to love than the self, because the entity known as Carla knows itself, it knows each thought, it knows each self-perceived error. It sees itself in each moment but is judged to be foolish or unkind. Where it would forgive instantly such behavior in others, it begrudges itself its own humanity.

14: Do any of you who think you came to this planet and entered into its illusion to be untouched by it? Spend time each day to fall in love with yourself and you are a child of God. The Creator loves you with a love so passionate no words could express it. The Creator loves just precisely who and what you are and the Creator sends to each person who is blind His companions along the way, who reach out the hand of the Creator to you and call out, “I love you.” These are the words of the Creator. That is why we ask each of you to love each other because each of you need someone's help in loving yourself.

15: Oh, how we wish we could emphasize to you greatly enough the enormous difference you can make in your life experience to truly love the self as the self is, with its biases towards excellence and biases towards what the self perceives as faults. Does not each entity have many faults? As you forgive your comrades along the way realize that you are forgiven yourself and each time to sit in meditation spend a moment within the deepest part of yourself to say to yourself, “I love you with my whole heart,” the love, the thought which is the lesson of this density.

19.31 1990/07/12

3: We would like to speak in terms of those things that are on the mind of those present this evening. Perhaps the most common of those concerns present here this evening is the difference between the daily state of mind that has been achieved by each as it has gone through its day, and the state of mind that it is experiencing at this time, having done the necessary work to bring into harmony the deeper desires of each, the desires to serve, to love, to share.

5: How little is the span of your incarnation and how high are your spirits' ambitions for you during this tiny piece of what you call time. As you rest and bask in the love and the light of the infinite One, you yourself wonder how could I have moved from my center—how could my life not reflect

freely choose that which it chooses for the choice made is so very important.

22: What choice would that be but the choice of how to love? There are two ways of expressing more and more love. One is the way of the sun, the radiant energy of free giving. In this way of accelerating the process of spiritual evolution the seeker attempts at each point of choice to make the choice which is of the higher amount of service to others, feeling that in each face which it sees is the face and nature of the Creator.

32: We are those of Hatonn. We believe that the experience of which you speak is that of an entity dimly sensing that which is beautiful beyond description, the love between two seekers. This love is close in vibration to divine love for the love of those who together seek is completely selfless. The goal for both in such a relationship is each to aid and encourage the other in spiritual seeking. This partakes of the nature of love itself. Thusly, there is the great feeling of emotion because of the beauty which is sensed. May we answer you further, my brother?

35: We are those of Hatonn. We are grateful to you also, my brother. Each time this love is shared back and forth it blesses infinitely, does it not? Is there a final question at this time?

23.9 1994/04/10

5: This is the density wherein entities such as yourselves appear like flowers to bloom, blossom, bear fruit, wither and die. During this natural process which is instinctual to your flesh, the life within focuses upon the lessons of love which third density brings. These lessons are those given by each to each, shared back and forth across the seemingly uncrossable chasms betwixt entities.

8: What is that essence which the human voice, then, carries? It is the essence of love. Each voice you hear is the voice of the one infinite Creator, experienced through distortion upon distortion, yet, nevertheless, unmistakably alive, clear and vivid. Each voice is the voice of the one infinite Mystery.

9: To relate to others within your density is often a difficult matter because the voice of the infinite Creator is a spontaneous one, whereas within your illusion it seems that, in many cases, events conspire to remove spontaneity. Then, the manners and the rights and rituals of words take over. The spontaneity drops away and the politeness, the courtesy, the cultural amenities take over. Yet, even with these meaningless conversations there is the vital essence of love carried within those sound vibrations, for love is not that which can be experienced directly. For the most part there is an indirect experience, the sensor web of the perception making choice upon choice concerning what is heard and what is said; yet, faith and fellowship can be carried along the most meaningless conversation.

11: Know that the human voice has great power. Know that when you vibrate your voice and speak, you are expressing beneath the words the essence of life as you are experiencing it. That is, you are expressing your breath—that which, when it is gone from your physical vehicle, shall signal your absence. How precious that breath! How short the time to use it well. Know that when you hear the human voice, you hear the infinite Creator in all of its love. Remember when you speak that the essence of that sound you make needs to be the love of the infinite Creator. Your breath specifically expresses that love. What shapes shall you place your sound vibrations into, then, to harmonize with that tune which is love? May your speaking be a blessing. May you be blessed by an overwhelming number of voices of love, for, truly, all you meet are love.

12: Do we need to say that often this love is in deep disguise? Therefore, may you always have the patience to wend your way through the dry and brittle valleys of difficult communication-clearing. May you have the faith to continue communicating past anger, past tears, until the words you speak are shapes that again harmonize with love.

29: Yes, I have one. Aside from the physical communication human beings have, is there something deeper that goes between two people when they're talking? Aside from... I know you spoke of the love, or breath... Are there other energies that are being communicated during conversation?

35: So, each conversation is a love song. Is that what you're

saying? The yearning to... The voice is actually that expression of not having made it back to unity yet, and there's a yearning. Is that right?

23.10 1994/05/01

0: [overview] A question about relationships this afternoon. We have noticed that people in relationships that seem to have the best time, to stay together the longest, and who enjoy each other the most are people who don't let the little oddities of their partner's behavior bother them all that much. Some people can actually get so upset over these little things that they divorce, and I guess that a lot of divorces come from the cumulative experience of a lot of little things that one can't stand about the other. We are wondering what kind of transformation has to take place within the self for a person to move from where the little oddities in their partner's behavior no longer bother one, and in fact become a lovable part of the other person's image, and how does one move from the rejection of another to the acceptance of another and how does this happen within the self?

5: Thusly, when one sees that which is good in another, one does well to contemplate this positive reaction to discover that which one may by reflection of the nature of the self and the self-perceived virtues. Similarly, when one is disturbed by another, one does well to reflect upon this event to discover what it is within the hidden self that the self perceives as wanting, unworthy or in error. Yet these descriptions would almost create the image of the self as actually separate, a "Monet" if you will. Within a universe created completely of mirrors this is not the case, although the work one does is upon oneself, if it be excellent work. Yet still in the process of working upon the self, other selves offer the opportunity for service, the service which you offer to another and the service which you offer to another by being needy and needing that from another which will help you. It is as important to be able to receive love and kindness it is to offer love and charity.

6: So the other self is the self yet not the self. The reactions to the other self are the business of the self. That which is proactive, not responsive but creative with regard to another self is often that service which you may best offer that particular other self. We speak always about love. Our message continues to be simple, to the point of confounding the wise. We ask you to open to the love of the infinite Creator; we ask you to become aware of the presence of this love as the center of the life; we ask you that you work towards creating within the self a channel for that infinite love so that this highest truth may be attested to by the solid witness of your being.

7: Now, could you accomplish this, you would be dwelling within the fourth density at this time. It is expected and appreciated that the nature of learning is the attempt and often the failure to manifest the infinite love of the infinite Creator. This is not the sort of test wherein one must study, memorize and accomplish a right answer. Living as a witness to an infinite Love is the kind of test that occurs when one is being observed but not stimulated by a teacher. The teacher rather watches as the spontaneous and natural rhythms of life are created and expressed moment by moment throughout the incarnation.

11: Each self carries a great and terrible burden, that is, the self-perceived difficulties and errors and mischief which the self has seen the self think, speak and do. No other entity who dwells with you will ever be able to share this burden with you, for even if you were able to talk, confessing every sin you could think of, every error you could remember, yet still would the self feel that such was not truly enough to wash clean human frailty. This is an accurate perception. You did not come into this incarnation to get everything right but to be a witness to love and light. You are not going to become right or better or finished but will remain one who seems to sow seeds in the wind.

12: The phrase, "casting one's bread upon the waters" comes from your holy work, the Bible, and that is what each self is intended to do, to cast the love and light and being a witness unto the ever moving, ever disappearing waters of life. Indeed, one may rejoice and offer thanks when one is simply giving away love and light, for within this image in your Bible it is pointed out that if one achieves a true release of gifts, a lack of holding them in memory, then does the Law of Plenty

46: There is one further thing I would say here. So often you seem to hear two voices within you. One, that comes from the heart, is a voice of love, and one, that we would call the voice of the brain or of reason, is often a voice of fear. You have one voice within you that asks you to trust yourself and trust others, to allow yourself to open, to cherish that beautiful self within as a bud, bringing it into the sunlight of your love. And then there is the voice of fear, and it says, "Well I have work to do on myself. Maybe I'm not ready for a relationship." Do you see the excuses there? Can you see the avoidance? There is always work to do on oneself, no matter how evolved you become. You are never complete but always in progress. Do you wait for perfection? Can you begin to see that it is the voice of fear that suggests that you wait and to ask yourself with some compassion, "What am I afraid of? What is this fear?"—not to track it down analytically as it grows out of this or that event of childhood, but to begin to see all the anger and lack of self-acceptance behind it and to relate to that with love and compassion?

47: It is so hard to have compassion for yourselves. Each of you here would respond with great love if someone else had told you your own story. But to yourselves you turn only judgment and contempt. It is not that you need to become more lovable before someone will be interested in you enough to have a relationship with you. It is not that you need to become more lovable, to have enough to offer to another so that it seems right to offer yourself; rather, it is that you need to love yourself enough and to trust.

48: Know that when you open and trust there may be pain. At times, the trust will not be met with the same level of love and trust. Begin to take everything in your life as a learning experience, to know that being alone and lonely is teaching you something, opening yourself and allowing yourself to be vulnerable to another is teaching you something. Finding a deep and loving relationship with another will teach you something. What is it that you need to learn? It is so hard to let go of the edge of one's current perceived illusory limitations and strike out across the vast sea of consciousness, letting go of the shore, of the safety of that shallow and safe beach, to move into deeper water, not knowing where one is going. Indeed, one often feels like those early explorers who wondered if the world was flat and if they would fall over the edge. That story appeals to many because of the depth it holds in one's own unconscious mind. How difficult to let go of the edge and proceed with faith and courage that one is always where one needs to be, and that the next learning offered, whether it is of loneliness or of love, is exactly what one needs. If one is able to accept that love that is offered and to move beyond the fears a bit, not getting rid of the fear but allowing it to fall away as it is no longer needed, then one finds that a world of love is offered.

51: I am Q'uo. To continue this thought, we would bring the attention back to a fundamental concept regarding the nature and purpose of the third-density incarnational experience. Earlier this instrument was singing a phrase from your holy works, "for he is like a refiner's fire."² In this pioneer density, it is not expected that all the slag and dross of self shall be purified. It is expected, rather, that in the darkness of unknowing and by faith alone, one may see that the incarnational experience is a process, first of choosing the way that the self wishes to be distilled, of what essence it wishes to smell; and then having made that fundamental choice of how to love, opening oneself to the very painful process (to the self, which does not like to change) of distillation or refining. This instrument often sings a prayer which is, "Temper my spirit, O Lord. Keep it long in the fire. Make me one with the flame. Let me share that preaching desire. Grasp it Thyself, O my God, Swing me straighter and higher: Temper my spirit, O Lord. Temper my spirit, O Lord..."³

52: The densities above your own are densities in which this refining process progresses from the point at which you are when you graduate from the third-density schoolroom. Shall we say that in third density, the Higher Self, which is the Creator, evaluates and grades, shall we say, using the curve, as this instrument would call it. There is not absolute perfection possible. Thusly, one is simply hoping in a relativistic way to approach nearer and nearer to a heartfelt dedication to begin the refining process in a conscious manner, not simply reacting to the stimuli in this thick darkness of unknowing but choosing rather to live a life in blind faith and to prosecute that first choice of service to others which does begin in love of self with every possible vehemence and passion.

53: There is always much to forgive when the self perceives the self. We suggest that each entity may helpfully see all the dross of self, not as shameful but as inevitable—as, to use the one known as Ram Dass's phrase, grist for the mill. Thus, one can refrain from fear of one's own fears, anger at one's angers, judgment at one's own unskillful judgments, so that the process may be seen mercifully, that the self may see that the self plunges into the furnace by choice. Yet we would suggest that loving-kindness and mercy be a portion of self-awareness, so that one is able to move into the refiner's fire only when it will not do violence to the young, precious spiritual self that was born immaculately within when the first decision was made of how to serve the infinite Creator. The choice to serve others is not a conclusion; it is the cornerstone or beginning of a process of distillation that will continue for a long, long time, as you understand time.

57: I am Aaron, and it is with love and joy that I share this process of responding to your questions with the principle known as Q'uo. I speak for both of us when I say that it enhances our understanding as well to listen to each other and to your own thoughts, and to investigate these questions more fully. We have by no means exhausted any discussion of fear or anger; and yet, perhaps enough has been said for tonight.

68: I am Aaron. I understand your question. As you know, this technique is a very valuable one. It would be useful to look deeper at why it works. What does softening around pain mean? I would like to suggest the value of investigating the difference between pain and suffering. Pain is just pain. That doesn't mean it's pleasant, but one can deal with a great amount of pain without its causing suffering. Suffering comes to your resistance to pain and is very different. We speak here both of physical and emotional pain and suffering. When you struggle with what is, wishing it away, hating it, you create suffering for yourselves because you cannot control what happens in your life. You've seen this countless times. You are happy and everything is beautiful, and suddenly it has been turned upside down. You are picnicking with your loved ones in the sunshine and it begins to pour. And you hate the rain! You are hiking on a beautiful trail with exquisite views and begin to rub a blister on your foot. How can you avoid pain?

73: So there are two different things we're speaking about here. To soften around pain means to let go of the resistance to that pain. When you do that you are no longer suffering; then it is just pain, nothing else, and is far more easy to bear in that way. Second, when you notice the suffering, you begin to treat yourself with much more love. To honor the pain and respect it gives you a great deal of freedom from hating it.

74: There are many other techniques that can be used to soften around pain. Visualization is a great help here, especially when speaking of physical pain. Simply think of that being whose presence connotes love to one. It may be Jesus or whatever being of your choice. Visualize that being literally sending out love and light to that part of the body where there is pain, not lessening the pain, perhaps, because that may not be in its power nor may it be desirable that the pain be lessened, as it is there for a reason, but touching the heart that fights against the pain, the place of fear that says, "Will this pain never end?" because there is so much fear in pain.

75: Another thing that may help is remaining in this moment, because so much of the fear of pain is not that it's intolerable in this moment, but fear that it will continue till the next moment and the next and the next. When you can come back to this moment you can simply experience the pain with a far less intense need to get rid of it. What is pain? When you come back to this moment, you can begin to investigate it. You'll see that it's not solid as it feels at first. It comes and goes; it moves around. Sometimes it seems to peak, then to relax a bit, and then it returns. It is not a solid object with which you need to wage a war. How much more lovingly can you relate to it?

76: Finally, I would suggest a method whereby one visualize the blockage in that part of the body where the pain is concentrated. Visualize, if you will, your own inner energy as flowing through you and simply blocked at that point. A visualization that some have found helpful is to see themselves as lying in the bed of the stream... a hot sunny day and the water feels cool and refreshing; and it's flowing strongly, a stream with bubbling rapids. Lying with your head upstream, allow that water to flow in through the crown chakra, not forcing its

way past any obstruction, as that would be a violence to the self, but allowing that gentle water to touch the obstruction with loving coolness, to remind the self where the obstruction exists so that the self may gently allow it to dissolve, not feeling any brutality at all but just the loving pressure of water that over a time erodes even the largest boulder. Allow that same loving presence gently to touch this obstruction, one sandy grain at a time, until the energy flow is restored. When there is an injury to some part of the body or a recurrent physical ailment, this continued use of this visualization may be helpful.

77: One of the things that may grow out of such a visualization is a clearer understanding of where the energy is blocked. When you experience a chronic illness, it will help you to understand why there is blockage in that area. I say this because you are each aware that you have certain weak points in your body; and when there is physical injury or loss, it seems to concentrate, for one in the head, for another in the stomach, for a third in the back, and so on. These are not by accident, but come from the cells' memories of past karma. One does not need to know the experience of the entire lifetime to have a brief glimpse that there was an injury there or violence to that area of the body, and that there is still holding or contraction there that needs your love and forgiveness to dissolve.

83: This heart, whether male or female, can be imagined as a womb which is full, soft, and pregnant with unlimited fullness. Each time that one experiences the tightening of any portion of the physical vehicle, it is well to move gently, slowly, down this tree of mind and heart to the full heart, which gives a fullness without diminishing itself. Feel the tension in all of the body, but especially in this womb-heart and literally in the way the abdomen is tensed. One may even push at the abdomen to feel the degree of tension and explore this as a physical sensation. Then one may guide one's breath ever deeper, breathing in mercy and loving-kindness, allowing that rigid belly to be soft, literally soft. You will find that as soon as the attention wanders from the softness of that abdomen, of that womb, the belly begins once again to tense. The entire body, when facing the catalyst of pain, reacts quite literally in defense by tensing against a danger. Thus, it is very, very healing to work continually with patience at the unending task of relaxing that creature of mind which is the body, and especially allowing the breath to flow into the heart-womb, bringing its gentleness and its healing to dissolve tension, and breathing out all that tension in deep, spontaneous breathing, not to attempt to breathe deeper than usual but simply to breathe in visualized love, nurturing light, and spaciousness in which the self may relax.

85: May each respect its own striving to be more and more a channel for the love and the light of the infinite One, but may each also perceive the mercy and kindness of a Creator which is love, and allow that love to inform ever more deeply the conscious being which often feels unloved.

20.17 1991/03/08

8: You realize we must speak in some terms of overgeneralization as each relationship is most individualistic and specific and there are indeed many mothers and fathers who are perceived by their children to be adequate and loving nurturers however there are many who may, while attempting from their own perspective, to be as loving and nurturing as they know how, they yet, in the non-acceptance of the child entity in various matters which may be more or less perceived by them to be so, instill the child entity with the voice of criticism of which you spoke and indeed there are those mothers and fathers who do not find it in themselves to be nurturing and loving and find that all they have to offer is this voice of criticism.

9: "Why is this the case?" you ask. Many of your entities seem to have the bias of opinion that states that the role of the mother and father is properly that role of the all accepting, all nourishing, all loving parent and that whenever the parent entities fall short of this goal, they are then responsible for the damage incurred by the children.

10: This however, is not the case for as you are aware, the purpose for which third density entities have incarnated is in order that they might learn the lessons of love.

11: If each entity were born into a family where the only thing experienced was total love and acceptance, the experience of

the entity would be similar to those entities who incarnated before the advent of the veil between the conscious and unconscious minds or before the availability of the choice between the positive and the negative paths, the result being that with no stimulus which is perceived as negative, very little growth takes place. Thusly, for one who incarnates for the purposes of learning the lessons of love, the perceived absence of love is essential in order that such learning may take place.

12: If the perception of love may be felt as total acceptance, then the perception of the absence of love may be felt by non-acceptance, which is manifested in the criticism of which you spoke.

13: The degree then, to which this criticism is perceived by the child entity from the parents may be seen as correlative to the lessons each entity wish to set up for itself, beginning with the infancy and early childhood. This relationship is by no means the only situation by which entities may learn these lessons of love, throughout the life, many other relationships and situations will be encountered in which again the non-acceptance or the criticism is experienced however, most entities will choose to set up these lessons early in the life pattern so that the patterns have got an attitude having been established at a very early age, have the opportunity to grow throughout the incarnation and interact with other situations that may be perceived similarly thus affording the entity multiplied, shall we say, opportunities for learning these lessons.

14: The learning of the lessons, of these lessons, as always with the lesson of love focuses again and again on the acceptance of the self and the other selves in the light

20.18 1991/03/10

6: Behind all of these objects of creations, or may we say more accurately, co-creation with the infinite love and light of the Creator, is the infinity of Oneness, the primal beingness of which your consciousness is at this time an individuated field. Yes, each of you is unique. But each of you is created of Love, created with Love, created from Love, and within each of you is that which is pure, infinite, compassionate Love. Not the romantic love or a gentle sort of love, but a dynamic and creative love that burns away the dross within, that burns away the petty concerns so that you gently, quietly, allow that dross to be burned away, little by little, never judging the self, never allowing discouragement to last longer than is necessary to express it to the self.

9: As spiritual beings we ask you to realize that your situation is that you are a field of consciousness. You are using a second-density creature which has offered itself up to you that you may use it for an incarnation. It does not have the same priorities of consciousness. It is more of a creature that is capable of fear than the consciousness, and that which is fear is also that which is desired. When one moves either in fear or in love to desire or to not desire, either is seen as a desiring. Thus, that which you desire positively comes to you, and we always remind each to be very careful of what you desire. However, that which you fear will also come to you, so we ask you also to be very careful about what you fear.

14: Now, each of you is aware that science describes this universe, this room in which you sit, to be specific, as a great emptiness within which, just as the night sky sparkles with stars near and far, the atoms and molecules of your bodies, of that upon which you sit, that of the air and of the floor, look back at you winking in the cosmic flow of energy. Each of you is galaxy upon galaxy, creation upon creation. There is in fact nothing but illusion and who you are is in the end that consciousness, that light being that is and was and shall ever more be, whether it is activated or has chosen to come once again into an awareness with the unpotentiated Creator. You are you. You are also all that you see and the Creator Itself. Within this illusion, however, each of you has made the vital choice that is the purpose of this entire density of learning, that choice being how to relate to the one infinite Creator. Shall you love the Creator by serving others, or shall you love the Creator by keeping others at a safe distance while you make yourself more powerful and thus more able to control your environment?

17: It is in the present moment, as we have said, that one meets the infinite Creator, there and nowhere else. The present moment is always the intersection with eternity. You

banquet. To the human eye the banquet hall may not exist. To the heart within, beating in faith, the hall shall fill to overflowing and the feast shall take place.

8: The over-arching energy which heals is accessed through faith. Then what each seeker does with that open channel of love and faith is very much dependent upon that seeker's particular journey. Many are the ways to teach faith. Each who is a parent teaches, by the way it deals with its children, the ways of faith and blessed indeed is that child whose parents have retained a strong sense of the importance of living faithfully. Blessed indeed is that child who learns not only to value knowledge, wisdom and power but also to value the ways of faith and the ways of service.

22: We then must say where is the heart of service, for you? Where is love, for you? Where are your gifts? Which gifts do you wish to use? When seeking answers to questions concerning service we encourage the exploration of one's own gifts for each entity moves into the third-density illusion with all of its woes and wonders with a certain package of gifts, a certain combination of virtues and darker virtues, which you call virtues, and out of this broken and seeking existence blooms forth all of the beauty and generous harmony of that same entity's blossom of selfhood.

23: So we ask the instrument to take the time in the following days to contemplate its gifts and to seek an inner feeling of certitude concerning the service which is desired to [be given] so that the service may once again be made calm and unruffled by self-doubts. Always, it is not the outer appearance which determines the success of employing one's gifts but, rather, one must simply move as one feels to move, always being aware that the service is service to love, in love, for love, by means of love alone.

29: Why rejoice? Why give thanks and praise? Because the greatest energy of all is always the same: love is always the over-mastering power and creator. No matter what the experience, praise, joy and thanks are appropriate. When one can, even for a moment, see and feel the truth of the turning to love above all things then shall healing truly multiply.

23.7 1994/03/13

5: The vibration of selfhood is seldom grasped. The basic vibration of a self, or entity, is the vibration which is identical to the vibration of love. This overlaid by the range of vibrations presently enjoyed and [which] contains undertones begins the history, shall we say, of accumulated vibratory processes. An entity, then, is as powerful metaphysically as the degree of awareness of the original Vibration which it can lay hold of and sustain an intimate relationship with.

11: In other terms, for we are aware that this query was asked for various reasons, the identity or vibration of love at the moment of creation was given all of the densities and sub-densities, those coming into being in an inevitable pattern representing the settled view of the infinite intelligence which regarded the creation prior to your own. Thusly each of you walks a trail which was improved and embellished by selves walking before and in the unimaginable time when time has stopped and started again, another creation shall experience the Creator with densities and sub-densities now improved, because of the experiences of selves at this time, in this creation.

20: Each of you controls the degree of healing within by that which you know, that which you are, that which you desire, those three things. We encourage each to make a practice of knowing the Creator in self. The Creator is all. We encourage each to be that loving vibration first, and words and actions second.

49: I am Q'uo, and we shall continue. However, each entity must move in that fashion which brings it into closest harmony with the concept of love and acceptance, for it is not clearly known within your illusion where this point of truth resides, though each sees it with what seems to be a clear eye. Thus, it is not truth or wisdom which is of importance within your illusion, for they are concepts which are beyond your illusion. It is instead that which accepts the Creator in all faces and then does what it will in the face of love and with the motivation of love.

52: A kind of confused one, yes. You say simply act in love, and I think it is wonderful advice. It's very hard for me to see where that love takes me. There's something that I have to call politics involving this woman's ability to talk to people

and I hear back around from other people that she has said this and people are believing her. And part of me wants to continue to say nothing and take the high road and I just don't know where the most helpful action lies, not in just context of myself but in context of this organization that I'm trying to help. You see the question that I'm asking, and I simply don't know how to value the truth, whether speaking the truth at this point is helpful or not. Is speaking the truth a loving thing to do? Is not defending yourself still a loving thing to do if people would be helped if they heard your side? I'm just really stuck. I'm having trouble making decisions.

53: I am Q'uo, and am aware of your query, my sister. Because of this confusion and because of the importance of your decision in your own evolutionary journey, we must not infringe upon this choice and can only suggest that when you have prayed or meditated yourself to a point of loving acceptance, then the choice will become more apparent.

23.8 1994/03/27

5: In many, many ways through the years which we have spent speaking to your peoples, we offer again and again a very simple message: the Creator, we feel, is of a nature which is unified which may be summed up by a vibratory level. This vibration we call love. The Creator, to us, is a mystery. We know, or feel we know, that the Creator is indeed the Creator, that this Creator is possessed of an infinite intelligence. This infinite intelligence is expressed in that vibration which is love. Each entity also has a vibration, indeed a complex of vibratory levels harmonizing to make your unique signature or pattern of vibration.

6: The teaching we offer is this: as each seeker moves its vibratory complex closer and closer to the vibration of love, so does the infinite self within each seeker begin to sound its true note and identity. Thusly, as it is written in your holy work, one might say as did the teacher known to you as Jesus, "Be perfect, even as your Father is perfect." That this is an unreachable goal within the illusions we both experience is undoubtedly so. However, as the seeker sharpens its desire for and its hunger for more harmonious vibratory patterns, as this seeker then persists stubbornly in seeking again and again to move the personal vibratory complex closer to the pure vibration of love, so does desire create the perfect work within.

9: It is our understanding that each who sits within this circle existed in perfect potentiation before the world you know as Earth was formed. Each unique spark of love, each entity, was already loved and cared for before all that you see as the creation came to be, for the essence of each of you is a thought. The manifestation of that thought, your flesh and blood, bone and sinew, is as a garment. You clothe yourselves for your few years of incarnation in this flesh and wear it until you have truly worn it out and then, like a garment, it is laid aside and that unique spark of love which is you moves onward and where you move onward to is dependent upon how you have dealt with those issues which you chose for your own learning within this incarnative experience. You are love and you seek love, yet this love is biased and distorted in many, many crazy ways. Crazy, we say, like the images in the fun house of mirrors at a carnival.

12: Now we quote again the teacher known to you as Jesus. This entity spoke of a wedding feast. To this feast were invited the high and the mighty, the comfortable and the well-off. Yet one must have business here and another there and so the wedding feast had empty places. Therefore, the father sent out people to comb the neighborhood for anyone on the street to come to the feast. There is a feast and we do invite each to come. That feast is love and each of you may be more and more one who dwells in the presence of that divine love.

21: The service that is rendered by overtly speaking is easy to understand rationally and therefore it looks like the best way to serve. However, it is hard to underestimate—we correct this instrument—it is hard to overestimate the effect that a silent witness may have. There is a witness which each gives by the way it lives, by the way it moves through the being and the doing of everyday living. If you are practicing the presence of the one infinite Creator, if you are living in faith rather than seeking and scrabbling for proof, if you have hope and trust and love and a smile, these things will speak for you, without your doing anything and this silent witness may bless without invading for it is primary that each entity

part of the self, for within the energies of a group lie tremendous power, that power of hope and intention of desire and yearning. We come to share our perception that all things are one, and that one thing is love.

8: The love that created all that there is is a concept, an original Thought of such a powerful nature as is unimaginable. This articulated thought or logos called love has a vibration. This vibration is the truth, for it is all that there is and each of you is at heart that vibration and that vibration alone. The rest is illusion.

10: Each of you is not the God in some conscious sense but love, and you hunger for the freedom of your true nature and seek to move into more and more close vibratory similarity to that true vibration or nature which is love. When the truth is a vibration, perhaps it can be seen that the truth is a very difficult concept about which to speak, for after one says the simple truth, so called, that there is a vibration which each intuitively within and seeks and hungers for, after this each entity moves out of the original concept into manifestation.

18: Now let us come back from the ethers to the self struggling to know more of the truth, struggling to face the fears that hold the self captive. We spoke earlier of compassion being a truth. It is well to equip the self with the awareness that compassion is always truth. When entities such as you attempt to be, as you call it, “too nice,” yet in this attempt is truth. It is not a truth that makes you feel good, for in expressing compassion, you are allowing the other to see only the truth of love in its unabridged form. You become a witness to the truth that nothing matters as much as loving.

21: Each of you do well to open your sensing mechanisms and look to your perceptions. Certainly it is well to seek that truth which lies in and beyond the fears of each, but more than that, know yourselves as pilgrims which have many, many levels and be not harsh with yourself when you find yourself expressing that which you perceive is not entirely true. For the freedom truth promises is involved in that release from trying, seeking and making things happen. The truth, in a way, is a process. That process is one in which we often encourage each to come to the place of ultimate quiet within, that all the worlds tears and hopes and untruths and fears may at last cease and a door open within. Across that threshold each walks into the silence of the heart. Within that silence lies all that there is and it is all holy. Each of you now stands on holy ground. The truth of your being is within your silent heart. Listen each day if you can to that silence. Within that silence a silent voice speaks love to you. This is truth. All your fears shall fetch up against this rock and flow away.

28: Thus, as a means of setting the stage, shall we say, each entity defines, confines and refines the truth so that the opportunities it desires are likely to be presented. To hold that which is true, that which is love without end and with complete compassion in a confined or compacted way that you would call your own illusion, the stage upon which you move, is to invoke or require a certain amount of what you have called tension—mental, emotional, physical and spiritual attention, shall we say. The belief system that has been chosen, then, confines in a, shall we say, intense or restrictive fashion, that which is limitless, that which has no bounds. This takes an effort on all levels of energy; this effort you perceive as tension. This is why a great feeling of relief and release is experienced by those who are able to extend or in some cases remove the boundaries of definition upon that which is love.

41: Thus, when one moves in consciousness to alter the beliefs, one allows the intelligent energy that is love and life itself to move in a less restricted fashion which is more freely able to express the power of love to transform. Thus, the release can be seen as a harmonizing effort that allows energy to be more available to the entity to be—we correct this instrument—to be consciously used. The seating of this release or healing may best be accomplished by observing in the meditative state the condition as it was, the nature of the distortion, the removal of same and the giving of thanksgiving to the one Creator for the opportunity to more fully experience and express the energy of love.

47: I am Q’uo, and we may speak in a general fashion to suggest that the experience which you describe is one which heals, that is the facing of fear, the recognition of truth. There is the removal of restriction which is a portion of the realignment of mental beliefs; as each pebble is removed from the stream there is the healing, as you would call it, however,

it must be recognized that each pebble, rock or boulder allows water to move around in such a fashion as to carve, shall we say, a certain groove within the entity’s mind/body/spirit complex that is in accordance with preincarnative choice so that the analogy which you mentioned earlier holds true: if one can experience great pain carved by much experience in the life pattern, then one can also experience its opposite, the great joy as well. Each entity has come to incarnation to be able to move from chosen parameters to other chosen parameters. The parameters for each incarnation include greater and greater opportunity for experiencing and expressing love. However, there must be the distortion of that which is whole into that which is many for the many to be able to choose the path back to the One.

55: I am Q’uo, and am aware of your query, my sister. The process by which the physical vehicle comes into greater harmony and less jarring vibrations is one in which the mental configuration which has been holding that which we have called love or truth in a confined manner, allows that truth now to flow by removing the boundary. The boundary belief is that which has been, shall we say, out of place in the true alignment of energy and has been holding the energy of love in a difficult position, shall we say. To release that energy requires that which held that energy—the mind and emotional components—to fall into a new alignment.

56: This falling into place, even though it is from that which is less harmonious to that which is more harmonious with energy flow, yet is a jar to the system which was held in such and such a fashion; however, the energy of love will eventually allow this new configuration to express itself in a more harmonious fashion which then is the new steady state of the mind/body/spirit complex.

23.5 1994/02/06

31: We are Q’uo. There is healing which takes place outside of the environment of the physical incarnation, however, that healing is on a level of metaphysical wholeness and does not address physical, mental or emotional conditions as experienced while the entity was alive. Between incarnations, within the form-maker body, the spirit or soul will undergo much healing, not of the—we correct this instrument—not of this condition or that condition, rather inter-incarnational healings address the process within which the entity, shall we say, looks through the book of self, missing no pages, and then reintegrates the substantial significant self in a way which more accurately and lovingly places the various distortions and patterns within the unique entity, gradually preparing that entity for its next incarnation. It is within physical incarnation, not outside of it, that questions raised or imbalances, shall we say, within a previous incarnation are taken up again.

46: May each, while crashing upon the craggy reefs of doubt and disbelief, confusion and inner anguish, stand firm on one thing: that is, love. You may call it faith or love or truth or, as this instrument often does, Christ, but the claiming of this precious thing is a most creative choice.

23.6 1994/02/13

6: We see the concept of healing or health having to do fundamentally with not the physical vehicle nor simply with the mind or mental vehicle but, rather, we see healing as that which creates a broader or deeper faith, for what is health but the just proportion or balance of energies within the individual self. Health is not simply a matter of sickness and curing sickness. Health has to do with the balance of energies within the self so that the self is tuned, shall we say, as much as can be achieved by the seeker to a continuing awareness of the self as a child of the infinite Creator. Healing begins with the realization that love and loving constitute wellness.

7: More than any one method of medical treatment the philosophical, metaphysical or religious paths of service offer a way to teach those who wish to learn how to call inwardly and move toward that inner room wherein the heart of silence speaks its blessed and hallowed chant: love praising love, love thanking love, love having any emotion whatever to love. The soul which seeks persistently this inner sanctuary, the mercy seat of the heart, is as the one who chooses to go into the grand hall and to set the table for a sumptuous

move in a river of time and space, and it is inexorable within your illusion. It is an excellent illusion. However, there is that x-axis and the y-axis, the x-axis being the inexorable movement of the river of illusion intersected by the y-axis of infinity so that each present moment has extravagant possibilities of resonance and of resonant, euphonious living and being. It is to those who dwell in the present moment in praise and thanksgiving regardless of the estate which they have within the illusion who are able to channel through themselves that infinite love that no humanity can ever engender.

18: For within the illusion you are indeed finite. The patience wears out. The temper snaps. The love is embittered by disappointment. It is only when one seeks to live a life in resonant faith—and this can be done only blindly and courageously—that one is able to tap into that endless love that rains upon each and wishes only to move through each and manifest within your illusion as only you with your specialness can do. No one else can bring this energy into manifestation but you. For although all light is one basic vibration, yet it is your choices through many, many lifetimes that have made you able to receive in just this way, and for just this way you may radiate it. When you come to the working of the various objects in order to produce a desired service for others then you are necessarily dealing with distortion and somewhat imperfect memory. We may say that a good deal of that which is written is written in so biased a way as to not only camouflage the spontaneous moment in which something is being described but even to change its nature in such a way that it seems like something else entirely. Thusly, when one does the research among those artifacts of your culture one must be prepared to deal continuously with those facts that seem to contradict or in some way modify that which you would wish to be the way you would wish to express to others that verity which you are seeking to express. In this we encourage each to use its special gifts by allowing them to do their work without interference of will, for when one has been hollowed out by this consciousness of fiery and creative love one is then precisely such and such a vessel, and that vessel more and more, as you allow it to be so, has its own wisdom, its own ways, and will be able to communicate those ways to you.

20: It is fortunate for those who wish to serve others upon this planet at this time that the most skillful way to serve is indeed by being. Each prayer, each moment in which you have thought of the one Creator becomes resonant and light-filled and the joy and light and peace of that contact with infinity moves through you along the x-axis of time and space and illusion, and beyond all illusion entities may be greatly touched and greatly helped simply because you are. Your consciousness is the greatest treasure which you hold within the hollowiness of your Earthly, physical vehicle. Know it for its sanctity and purity and see that as these emotions and desires arise they arise repetitively again and again and each time you have the opportunity to move into resonance and into infinity and to make a more skillful choice, not out of fear, not out of worry that you may not be doing the right thing, but in perfect allowing of this moment to be this moment, of allowing that which you can never understand, that mystery which is the Creator to flow through you. Love flowing through Love into Love, fullness through fullness into fullness, all perfect, all beautiful and all one.

21: You may say to any who may say something like this, “This is not true. There are wars and rumors of wars. There is hunger. There is pain. Why are these things there, and how can we fix them?” that it is precisely for such experiences as these that you incarnated. It is precisely the forgetting of oneness that you wish to accomplish in your incarnation here. You did not want to remember the truth. You wanted to forget the truth and then find it again, for within an illusion where you cannot know even scientifically the root cause of anything you most certainly cannot know the root cause of those things which are invisible and which are immeasurable by the instrumentation of your peoples. You wished to be confused, chaotic and scared. Why did you wish this for yourself? Were you in some way mean to yourself? To the contrary. You were giving yourself an opportunity to live a life in faith alone. Nothing can be known, but you have all inside, each of you has all inside. And as one approaches the self, more gently, more quietly and more aware of the true nature of the self, one is able to see that one is indeed born again, as so many of your peoples have been distressed to hear the phrase. Born within as a self-aware, eternal light

being, to aid the Earth that you so love, to aid the changes that must come. It is simply necessary to find who you are and then be who you are in the very most truthful way, the most honest way that you can. All else will follow.

22: When one accepts the higher wisdom of this mysterious love one is a servant, yet one is for the first time entirely free of the prison of flesh and bone, life and death. One has become a citizen of eternity. Give respect to that part of yourself that is being born with the so-called new age. Love that child within. Nurture it within your heart’s womb. Talk to it. Cherish it. Nurture it. And as you cherish the growing awareness of who you truly are you open your eyes at the present moment and there is your service before you, precisely there. It may distress you. It may be a pile of dirty dishes. It may be a discipline problem with a child. It may be digging a hole. It may be anything whatsoever. If it is done in love and compassion and respect for this experience right now, it is the greatest service you could ever perform. For you are being an entity that approaches the illusion fearlessly and lovingly.

23: We would at this time transfer this contact to the one known as Jim. We thank this instrument and in love and light transfer. I am of those of Q’uo.

20.19 1991/03/20

9: Thus, although each is equally sensitive, equally loving and equally willing, as the incarnational vibrations begin to wear away at the very fabric of the physical vehicle, this erosion is mirrored more by one than the other of the entities in the mated pair. It may be seen, for instance, that in the work that was the life desire of the one known as Don, the one who now acts as instrument acted not as the one who sacrificed, but as the strong right arm that could enable this wanderer to move through that ministry, that witness that unspoken evidence of love which each of you is not only capable of showing, but indeed does show. Without speech, without indication, without expression.

10: This entity, then, became polarized towards being that one which bore the vibrational difficulties in a more obvious way, and as the mated relationship with the one known as Jim occurred, there was more and more the polarization of the one who seems to serve physically and in a mundane way, and the one who seems to serve in a more directly communicative way. This may be seen also to be the case where, in the one known as R, there is the capacity for and the opportunity for much communication, while the one known as S balances this gift with the gift of sacrificial, physical, mundane responsibility. The more that is hoped for by the spirit that each of you is, the more intense will be this polarization so that each of the mated pair may experience as much of an extreme of difficulty as is possible while retaining an unbiased observational viewpoint whose nature is love.

11: It is to be reckoned with, with wanderers such as yourselves—and we are only able to say this to you because each of you has reckoned with and accepted that classification—that there is an additional burden that may be carried and that is carried by those who are able for as long as they are able and that is a far less personal, a far more planetary distress. Each entity in this room is an equal partner in a healing, not of one person, but in attempts to heal the planetary vibrations of those whom you came to serve. It is a great privilege, greatly treasured by each before this incarnation, to be offered the opportunity to carry not only a personal suffering, but also a deep, pure sorrow that is the pain of the planetary sphere which you came to love and to serve. It is well for each to realize that the one seems to be well and the other ill. This is, in fact, illusory and is an artifact of the masks which each chose to wear during this particular portion of the incarnational experience in order that a situation where there was love evidenced amidst difficulty could occur. Without the balancing mate, the vibrations of healing for the planet could in no way be carried by the one who has offered to take this part of the experiential catalyst which is, as we said, as artifact of each entity’s own high hopes and love as each gazed at this very difficult birthing upon the planet which you call Earth.

13: Therefore, there are those things which we cannot offer you. What we can offer you is a careful view of the situation which you are experiencing from the point of view of one who is not incarnate and not moving through the extreme physical

experiences which are shaping and honing the faith and the will of those who came to aid planet Earth in the most direct and loving way possible. You may easily gaze upon the crucifixion scene and see not simply the two that seem ill, but the four to whom we speak upon the cross, gazing at the planet. Gazing upon the people. Seeing weddings and funerals and families from the perspective of the cross. Seeing with compassion the imperfections and iniquities of all entities in third density including that third-density self, which each of you must somehow manage to engineer a way through the incarnation for.

14: Yet, to grasp the nature of your situation it is necessary to move beyond the curtains of space and time. Move deeply within and touch the heart this is you. Find the I AM within the center of your being. Ask I AM, "How much shall I hurt?" and listen to the I AM for your I AM is true and that I AM says to you, "Sit. Feel. Listen." Become aware of the love that is the I AM. Know because you feel it, because you can touch it, that whether the physical body lives, dies, or does something in between, this I AM within you has only one ambition and that is to carry as much sacrificial love as is possible.

16: We are aware that each wishes very much to ameliorate the illness, to become physically strong again, fit and seemingly far more ready to be a spiritual warrior. But the spirit has ever used those who seem weak in body, for the seeming weakness of body is instead a strength of spirit that does not wish to end the incarnation, that wishes always and in every place to give thanks for the opportunity to serve and like a true servant, hopes, no matter what the situation seems to be, to multiply the gifts and the talents of communication to those of this planet. To add a voice of compassion and humor and love and to subtract from this illusion as much judgment, prejudice and narrowness of view as possible, by picking that up too and carrying it into the light that wanderers are so aware of and feel with such reality.

18: Ask yourself how important that wholeness is? And how many entities of whom you are aware that have a whole, healed mated relationship? You see, each of you moves into relationship with a knowing. A knowing that is beyond explanation. A knowing that it is that natural way to grow and learn. This you cannot share with entities. This you can only celebrate with the mate. This is the spiritual health, the wholeness, this relationship, for with it you stand, yoked and pulling together and the ordeal of pulling this wagon of love and concern and care and treasuring and nurturing is pulled uphill and the more that it becomes steep, the more is the spirit fed with ever more refined fire, until there is actually a burning away of physical substance, the desire to help, to sacrifice, and to love is so very strong. An entity cannot do this alone. An entity can do many things alone but it cannot pull that wagon within which the Creator is the passenger. Thus, we ask each to respect the incarnational experience, which seems so hopeless. For each of you is indeed a living hope, a kind of sigil, the stamp of something far greater than you shall ever know that you are able to share.

22: We ask you simply to gaze upon the remainder of this incarnation in peace. The only thing you need ask of yourself is to work on harmony with the mate as first priority among all things. To ask of the self, not what the world would ask of you, but to touch the "I AM" within you and move in accordance with that wisdom, no matter where it seems to lead you. For your strength as wanderers is knowing, accepting and rejoicing in the opportunity for servanthood upon a planet that is dark and much in need of the light and the love that you convey beyond all words and actions.

23: We are aware we have not settled anyone's problems, but we cannot without infringing upon free will. We may say, however, that although we seldom experience an emotion, we do experience an emotion at this time and that is sympathy. Each of you has been very greedy. When you came to this incarnation, each of you chose to fill the plate full with every problem and difficulty you could imagine, because you wished to be a witness to the light and to the love that is the true reality, that is the infinite creative Thought. Now you are here and you are doing this. Sometimes better, sometimes subjectively, but so much better.

24: We ask you to cease judging and simply live in the moment without concern. When the incarnations of each are over, each will be so unbelievably pleased that the opportunity to express this kind of love and to communicate it in light and gentle ways has been taken and has been used. You will be saying, "What fun we had! What a wonderful time! Yes, it

was tough. But, oh! What a time we had!"

25: For you see, you are warriors—old, old warriors. Not against anything, but for love, and the love that you offer in this incarnation is the love which this density needs to understand; that is, sacrificial love.

27: We salute you, my brothers and sisters, and we do indeed express sympathy. May you encourage each other. May you express your love and faith for each other and in each other and may you bring each other ever more close to that awareness of the "I AM" that is the center of all that there is. That place that is closer to you than your heart or your mind. That temple within which your spirit sits, while upon the physical plane all sorts of things are happening. Rest there in peace. We bless each and we thank this instrument for the care it took in challenging and for the trust it showed when it was asked to channel that which was not to be offered to others. 37: I am Q'uo, and am again with this instrument. The efforts that you make, seemingly in your own behalf, then, are those that extend in their effect to that environment which is this planet's third-density illusion. Thus, it is well to be of a light and accepting frame of mind and to offer oneself as that entity which gives light and love in whatever form is available to it.

54: I am Q'uo, and aware of your query, my sister. As you have correctly determined in your own query, a word, a touch, an expression of that love which is truly felt with the heart has a great transformative ability so that there need be no great display of gratitude other than the heartfelt offering of that love which truly resides within your heart.

55: Love is the great healer and enabler in all illusion. Call upon that quality of love that wells up from within you. Give it whatever form is possible.

59: I am Q'uo, and am aware of your query, my sister. You can do only that which you can do, my sister. You cannot take another's burden, in most cases. You have borne much in your incarnation. Worry not about that which is projected from the present moment into that which shall be a future moment. Do and be in this moment and allow each succeeding moment to be created from the harmony of this moment. It is natural for entities within your third-density illusion to move from the present moment and to reminisce about those previous experiences and to project those that may occur in your future, for the present moment is that which is the most illusory and difficult to comfortably place oneself within, for all of one's life, then, is contained within that immediacy of experience which the present moment surrounds. And for most entities who have not consciously considered the purpose of the life pattern, the present moment is that which shall be escaped from. Thus, we would recommend that you share your love at each present moment when it is felt and allow the moment to be enough unto itself.

70: I am Q'uo, and am aware of your query, my sister. We realize that each entity present would wish to improve in the effort that is offered in service to others, especially to those that are the mated entities in the relationships and we look upon those efforts which are being made and see that there is little left for suggested improvements for each gives with an whole heart and would give any more that was asked, if only it could be described. We commend you, each of you, for your whole-hearted giving and receiving of love. It is important not only to give the love which you feel, but to receive the love which is offered as well. We would make one general suggestion to each entity in this regard and that is that when the effort has been made, that the worry that attends intensive opportunities for learning be discarded and that whatever efforts are made, be made with as light a heart as is possible, for the worrying, as you call it, the overconcern for any situation, tends to debilitate the offering of service and to drag, as it were, the air speed, if we may utilize the terminology for flight, for each present is indeed an entity that attempts to soar ever higher in the realms of love and service, therefore, be of good cheer; looking at the moment as that opportunity to share the love that is within, freely and creatively.

20.20 1991/03/22

11: Each of you will find for yourselves that which is helpful to you. We have thanked this group often for the opportunity to work with you and have stated that you do us a great service in requesting our help for our service is our learning

the center of all that there is. This field of love is of a nature which is reproduced and is the stuff of all levels of vibration which stem therefrom.

5: This nature is an essence or a fullness of field. The energy is saturated, that is, there is fullness of love. You seek in understanding cycles to better understand healing. However it is an understanding, shall we say, of fields and of the amount of saturation or fullness of love in the fields, in field strength, shall we say, that aids in the efficacy of healing. That is, the more saturated the awareness of love is the more fullness of health there is.

21: We are those of Q'uo. And again we do not find a significance to the 26 million year cycle. Perhaps we could suggest that the center of the universe is the center of each entity's heart. The open heart of the great Self which each self is is that center which is a unity. All of the portions of the Creator, shall we say rather misleadingly, seem to themselves to be in time and space each unique, each separate and each apart. Yet, in truth, the center of the constellations is the open heart. All measurement, all numbering, all ways of detailing and patterning the observed creation fall to dust before the open heart. Love is of a certain nature. The fullness, breadth, depth and height of the nature of love is both revealed and concealed by its visibility and ready accessibility for each self contains this center without distortion within the open heart.

22: It is both blessing and curse that those who seek so longingly and yearn so profoundly for scientific information to aid in being of service must have their hopes thwarted by the illusive and ever receding face of spiritual knowledge, for this knowledge is not that which has to do with the kind of measuring which is used to calculate the hierarchies of the observable, physical universe, but love moves and its traces dwell within all things. The keys to healing echo the ways or nature of love itself.

23: We find that to speak further at this juncture is to infringe upon the free development of the awareness which would ask further queries upon this healing subject and consequently we feel that to speak further at this working is not appropriate. We thank this instrument for bearing with us while we attempted to use some concepts which stretched the instrument's ability to understand, if we may again use this term. We also thank the questioner and encourage study and further queries on this interesting subject. Our hearts are full of a love and desire to be of service, as always, and we are most thankful for the energy and desire and longing to be of service that this group expresses with these queries. It is truly a privilege to be able to blend our energies with your own and we cannot thank you enough.

23.2 1994/01/16

12: You ask how to meet change? We say to you the second thing that is you do not have to meet change. You have only to remember who you are. You are the witness; pay attention. Remember the desert floor and the out-flung hand, remember the stars spinning into your consciousness and meet change with love, for you have nothing to fear. You commanded this change.

14: The impulse of the manifestation of yourself which is human has the instinct to grasp and hold those things which are perceived as being needed. There is the stretching and the reaching for enough to withstand what might occur. Yet change does not happen well to entities which are holding on to anything. What if in this instant the gravity you experience was reversed. Would you do a somersault or would you fall all over yourselves while explaining that this was impossible. How much of change is painful because it is resisted? There is in the makeup which you have supplied yourselves with a great tool; as always, we mention this tool, that being meditation. The levels upon which are lived the life are several. You see, to unite the spirit, the mind, and the body to promote that unity which appears as health, that health may be greatly aided by the frequent remembrance of the ground of being during meditation, even if it is only for a second. The various pieces of self are knitted up in that opening to the presence within that loved you before you ever hoped to love it. How precious each of you is.

15: It is as though within the meditation, regardless of how scattered it seems, there is a pure and distilled waterfall of light which irrigates and illumines cell by cell the body, mind

and spirit. It is like being rinsed and polished to relax into that presence which is holy. And do not simply confine the self to one kind or form of meditation, for various experiences request various kinds of coherent illumination or meditation. Sometimes you may wish to contemplate a certain eye-catching thought or question, sometimes the meditation may be very active, the sacred dance, the sacred song. Sometimes the true need is for the self to rail and complain bitterly to the infinite Creator, to say, "This does not seem to be a lesson in love at all. This hurts, this is painful, and I don't like it." Complaining is allowed, my children, complaining is encouraged. Too much is made of the wonderfulness of the infinite Creator and not enough said about the intimate love of this love itself that engages you in conversation and responds caringly and intricately to the way you speak your experience and tell your story to [it].

16: We encourage each, especially in times of dislocating change, to tell your story either mentally or out loud to the infinite One. The infinite One is never happier than when being addressed, and you, in addressing the infinite One, receive reflections you cannot imagine, reflections of the highest of truth and beauty. Each of you is waiting to flower and bloom from moment to moment. To most ably assist the self in [blooming] through change we encourage each to remember who you truly are. Remember the true magnitude of your infinite self. Remember the impossibility of ever judging a circumstance or combination of feelings in any accurate way, and shed the responsibility for that. You are responsible only as you will yourself to pay attention to that which is before the eyes and then to address that situation, curious to find the most love within the self and the most appropriate way to share that love—first with the infinite One and then with the self and others, looking in times of change for ways to love and ways to be love, and accepting all with a brave heart.

18: It is not wise to be driven by this animal or its very capable mind. Retain the awareness of that consciousness that does not resist destiny, and school yourself as far as possible to create the response to stimulus which is positive and says, "Yes, I will accept this change and will be sustained in it by the presence of love." Call upon your own faith, feel strongly the hope which abides, and attempt to remember that all those changes have to do with lessons about loving. You are experiencing manyness; you seek infinity. You are experiencing concern and questioning doubt and worry. Bring in, too, remembrance, love. All things will pass away except love. You are love, you just don't know it yet. Give yourself and the illusion time.

23.3 1994/01/23

5: If we were to ask any of those present how well they could attract the love and the caring of the infinite One, perhaps the answer would seem to be along lines of hard personal spiritual work, prayer and fasting, or some difficult task, such as the silence over an extended period. Yet we say to you that when even the smallest group gathers, seeking the Creator, the Creator is immediately present, and listens carefully to the requests made by seekers.

24: We who speak with those who gather feel the greatest of honor, for we know that the love and light of the one Creator which we are privileged to share is that which attracts all, and as each entity on the path of seeking moves from light to light, there is the growing union with all light everywhere. Thus does each seeker and each group provide light for the great unveiling of unity that all consciousness partakes in. 34: I have a query, Q'uo, that concerns something that is on my mind when I come and join the circle, and that is that I wish to bring in as much love and light to the circle, with—and minimize the flaws, so to speak, that come from my personality. So my question is if you can comment on how to improve on it, or if it is something that I need not worry about.

23.4 1994/01/30

7: Now, let us pull back to a position where we examine simply what brought each here. Each feels within an identity and that identity is felt by each to be authentic and true. Each comes to this circle of seeking hoping to encounter the truest

of your condition. You simply must go on trust and faith and hope and that inspires all of us. We see you as love's witnesses within an illusion so thick that you do not feel each other's thoughts. This is something that we can only vaguely remember. For you to honor and love the infinite, original Logos and to so order your lives as to attempt to show forth your love and the Creator's love of you in all that you do is greatly inspirational to us for we know you are going on faith. You cannot see the beauty of your hopes, dreams and desires. You cannot know how successful you are.

14: It is our opinion that you in third density making the great choices between giving and receiving, between loving and risking, and being loved and not risking, we find your courage heartening and your hopes and desires and intentions beautiful and as each choice is made and that which blooms within unfolds yet one more petal we can only give thanks and rejoice. Please know that we are always with you, very willing to serve as one who meditates or as this instrument would say, prays with you, not in words but simply by our presence.

15: We thank you for your presence for together with you as we have focused upon this query we have been able to praise the one infinite Creator with a beauty and a joy that we could not have approached by ourselves. The blessing of humankind is humankind. The blessing of love is love and you are truer than you know or can ever know within your experience to the love which loved you first.

27: I am Q'uo, and am aware of your query, my sister. To some degree, we may speak, though we do not wish to influence your choices by speaking inappropriately. It is true that you have the quality of acceptance and freely given love that provides others with a safe haven and we are aware that there are many upon your plane who serve in this capacity. As you have surmised there are those of both of your biological sexes that offer themselves in this service as a result of their seeking ...

22.46 1993/11/21

5: When you picture an infant, newborn into the world of illusion, you see a tiny bundle of raw need and that tiny spark of life existing so purely and innocently; yet, this infant contains all of the space for its memories that it has ever had and ever will have. Some of these memories are from the many, many times of being incarnate in third-density physical vehicles; however, some of the content of this memory is that memory which is gained as a portion of essential beingness given from the original Thought, which is divine Love. The truth, shall we say, is ineluctably placed within each entity as a portion of the basic consciousness with which individual characters are injected, shall we say, to form that which one could call the soul or the whole entity.

22.47 1993/12/12

0: [overview] Group question: The question this afternoon has to do with what the Confederation contacts that we speak with think about our continually asking basically the same sorts of question. We seem to need a lot of repetition concerning "being and doing" in our lives, controlling and allowing things to work for their own ends, or, basically, the lessons of love. And we're wondering how this all looks to the Confederation contacts as they observe our behavior, listen to our questions, and see our concerns—our sort of orbiting in small circles.

4: The admonition, "Be ye perfect as your Father is perfect," is attributed to the teacher known to you as Jesus. We, too, encourage the attempt to be perfect, that is, be perfectly loving just as the infinite Creator is infinitely loving and purely loving. Yet, this instrument himself was a broken and imperfect entity within the veil of third-density incarnation. [However,] this teacher encouraged this drive towards perfection again and again. However, this teacher, in the ministry which expressed without words the nature of this entity's love, chose again and again to bestow that love, charity and wisdom upon those which any civilized culture would call imperfect—the tax collector, the prostitute, the halt and lame and those possessed—a veritable rogues' gallery of failed and sinful entities.

10: Thusly, as this desire for spiritual evolution is progressively satisfied, just so it becomes that which is not familiar.

And in the middle of this seemingly effortless meditational practice, one finds the self becoming very full of effort, attempting to digest and inwardly mark all that is taking place in a balanced and truthful way. The self becomes less known, for much is in motion. And as the question itself implies, the odds are good that quite often within the stretch of years of a seeker's conscious spiritual walk the self will be, again and again, rather frequently out of balance, or shall we rather say, perceiving the self as out of balance, and there is the wishing and hoping for more balance, for more skill in expressing the life in love and in service.

12: Shall you wish for a pure heart? Then, inevitably, shall you notice each and every impurity which you perceive in the self. Do you wish to be always the one who offers love? Just as strong as this desire is, so is the strength of your ability to notice unloving acts. And if your desire is to balance being and doing, then you shall surely notice, again and again, that you wish to be given more tools and resources to aid you in combating and working with the self as it is perceived by the self to be acting out of balance.

14: We ask, then, that the heart rest in a peace which does not come from settling differences or realizing truths. We hope for each of you a peace that is full of the striving of entities to rest in the Creator. That Creator is not still. The Creator in which you rest builds up and tears down all possible avenues. Dwell within the precinct of this peace. This peace is not still. This peace may be full of noise and full of prayer also, yet, this peace is simply the awareness of the Creator in direct relation to you, and in direct identity with the heart within, which contains that spark of pure Love which enlivens the whole.

18: Do you seem to need repetition? Very well then, my friends, repetition it is. And with each repetition, the total of Love does not expand but simply intensifies, so that as each lesson is repeated, new and deeper grasplings and understandings are found. The entity has not been dealt, may we say, that can do the same thing twice—not in the world of spirit.

22.48 1993/12/19

7: The female is the doorway through which all life essences stream. Within the heart of the father, then, is that which acknowledges the high position or ruling standard of the feminine. Before that door, that gateway, all men kneel, all give homage. Toward the female, then, is felt an irresistible love, often experienced as a darker or more convoluted love bearing in its folds the pain of that within the male which is not alive as is the female.

24: Certainly one wishes to always run the straight race with a pure and full-hearted effort. Yet we suggest that the running of this race is in itself that satisfaction which truly endures. The grasping or holding on to that which has occurred, we suggest, is not necessary, for such clear dreamings generally signal the ending or completion of one cycle of learning and the momentary or new entry into the next cycle which shall be the next lesson of love.

56: When dreams occur there is a glamour cast over the experience. The dream is fantastic, immediate, the speaking a reality beyond that which you may see with the physical eyes. Yet this waking world into which we speak at this time is the place where, as this instrument would say, the rubber hits the road. This frustrating, confusing, chaotic, ongoing experience which entities rush through, calling it life only if it is thought about, this is the ground upon which lessons are learned, love is taken in and given out and all of worth is collected through the webs of perception.

23 1994

23.1 1994/01/02

4: We say this because the attempt to match perceived cyclical hierarchies is made non-useful by this fact. It is indeed so that that which exists, as you say, above, is indeed reflected in that which is, as you have said, below. However, that which is above is other than can be conjured or mentally figured out. That energy which created all that there is may be seen to be

and our growth. Thus, by offering us the opportunity to be of service to you, you offer us the greater service that we may receive. For this we once again extend our thanks, our gratitude, and our love.

24: I am Q'uo, and we aware of your query, my sister. As you have progressed in your process of the vocal channeling, the sensitivities that allow you to be aware of the conditioning vibration and of the narrow band transmission, you also are sensitive to this vibration in a way which affects your body's heating element, shall we say. You experience the light and love that we offer through you and through this contact even when it is being voiced by another instrument as a kind of heating or radiance that expresses itself in an analogous fashion in your physical vehicle and produces that heating of which you speak. This is simply an outgrowth, shall we say, or side effect of this contact and your increasing sensitivity to all stimuli.

20.21 1991/03/24

4: Let us examine this portion of the story which Christianity tells about one man, a countryman, a peasant, a scholar, and depending upon whom you would ask at the time, a prophet, a savior, a political upstart, or a religious fanatic. This entity came into its incarnation with very little idea of the destiny it was to experience. Simply by following its own interests and disciplines it was able to unfold before its face those things which were important for this entity to be made aware of. He did not know, when he was studying the religious lore of his particular cultural group, that he would be an instrument of change for that group. He studied because he was in love, in love with the Creator that gave the law.

5: Through long years which are unrecorded in most history, this entity studied and journeyed in Africa, India and many places which now are called different names, Asia Minor, the northern portion of east Europe, and then back to the Galilean home from which he had sent himself in search of wisdom. There was a period during which this entity known to you as Jesus simply grounded himself in hard labor, working as his father had done before him as a carpenter and a worker in wood. His heart was at times full of love, full of romance, and full of an ever-increasing force within which began to guide this entity into the ways of an ideal which he could not find in the world about him, or in the testimony of his forefathers.

7: However, this entity had long loved his Lord. Day in and day out, year after year, beginning when he was but a child, he had turned every spare moment to the consideration of his own nature and the nature of the Lord he knew he loved, but wished very deeply to know how to serve. He received many, many guidances from the spirit that is with the Father, and, as his destiny came upon him, there was no Abraham to take him off the fire of sacrifice. In order to transfigure the written history of the Lord which he loved, the Father of which he knew he was the son, he found he must recreate a covenant, a spiritual covenant betwixt the Lord God and the people of the Lord.

8: Gazing at the strictures of the ten commandments given to Moses, he prayed for years to know the truths of what he found as shadows in those laws. And as he prayed, so did guidance come to him who prayed so deeply, so that he was able to say what he felt that new covenant was, not a list of things that were not to be done, the tale complex and infinitely separating one from another of the children of the Creator. This entity chose to place these same laws in a simpler and positively oriented perspective. The first commandment remained the same, to love the Creator with all of one's energies and talents, gifts and abilities. But in the second law, he erased a dark, gauze veil of warning and fear that had hung over spiritual teachings within his culture for a millennium and more. The second commandment dispensed with all the "do not's," and offered two things to do: to love the neighbor, be that neighbor a stranger, a friend, or an enemy, under all circumstances, just as an entity loved himself. He specifically said that these two commandments, love of God, and love of all other selves as the self, fulfilled and replaced all the law and the prophets.

9: He did not deny the history of his people, but when he felt, through intense years of prayer, the guidance of a voice which he trusted, he made himself available to do that which the Father had sent him to do. In the name of love, truth and

life, he endured hate, lies and death itself. It was faith alone that allowed him to say, "Though these bones be dust, yet I shall be risen from the dead," a spirit clean at last before the Lord God, clean of humanity, clean of trouble, clean of the depth of confusion that the incarnational experience inevitably offers. And he did, indeed, keep the promise he had made in faith. In that story lies the path to eternity for many millions of your peoples. He created a life worth the telling by the purity of his desire to serve his Father, the Creator of all that there is.

11: We speak to those who do desire to serve with excellence and purity. Gaze upon your desire. Do you burn? Do you hope? Do you desire more than anything within the illusion the opportunity to serve the one infinite Creator? There are many whose desire is simply to be with the infinite One. These are not lives which make great stories, although the light of those lives is very strong. There are others to whom we speak who desire not only to experience oneness with the Father, but who wish to follow that second request of the one known as Jesus, to love other selves as the self is loved by the self.

15: Thusly, we have always encouraged entities who seek spiritually to do so honestly and naturally, having infinite patience for the wayward, conscious self. It is in fact a breach of the love of self to use any crutch whatsoever to gain knowledge of the most high, for it is an action of one who does not love or trust the self as much as it loves and trusts other selves. It finds itself quite unworthy, and must needs use this crutch to gain access to spiritual awareness. Entities, therefore, that have experienced difficulty because of using a crutch of any kind that alters the consciousness of the self, will find themselves in a difficult position, for they have attempted to serve others before they have learned to love themselves, and therefore to love others without stint.

16: Now, for those entities about which this question was asked, the path is honestly walked, the desire is felt within more and more the central portion of the activity of thought, intuition and action within the incarnational experience. Such an entity is hungry for good works. If it could be a fisherman, it would wish its nets to overflow, as with Jesus' aid the fishermen experienced the great catch. Even with meditating, focusing the self, learning to love all portions of the self, and wishing most intensely to serve others, to share with them the love and the light of the one infinite Creator, they will find that inevitably they have perhaps been too greedy for gain.

17: You see, gain is not only a gain of money or power. One who wishes to gain for the kingdom of truth and love as many entities as possible also has a very human third-density ambition that pushes that entity, causes that entity's orange and yellow rays often to become muddy with impatience, and the desire to save all of the planet's people, if possible, within the next twenty-four hours. While this ambition has in many cases been the foundation of a beautiful spiritual life which is of great aid and comfort to other seekers along the path of truth, it is far more common that seekers who have piled their plates full of intended good works shall find themselves full in the middle of the meal of incarnational life, that there is more to be done, more to be digested, more to break and bless and give, and for many the heart wavers, the soul stands agast at the job before it, and it asks itself, "Why have I been given this guidance and these desires, only to find them the rose with the thorn, the bed of nails, the crucifixion as well as the resurrection?"

18: In the case of those who genuinely love themselves and wish to serve others, because of their understanding that they are of the light and love of the infinite One, they will be at some point within the lifetime in a position where there is seen what to do, and how to do it with the energy and joy of spiritual comfort, while the physical body, which has been inundated with the powerful experiences of spiritual transformation, begins to fail in one way or another because the energies that are being taken into the web of consciousness are those which are beautiful to the self which is infinite, but destructive as a fire would be to the physical animal which is the vehicle of each third-density field of consciousness.

19: It is important to note that the Creator allows an entity before incarnation, who has gained the right to choose incarnational patterns, to choose as many lessons to learn and services to offer as it wishes. Some entities have a beautiful simplicity about them, and are happy with an humble life, a simple witness, an ever-prevailing spirit of love and peace.

You will find these saints in menial jobs, in highborn houses, and in all places in between. What marks them out is their peace of mind and their lack of ambition; they have desired only to witness to the Creator through the normal practices of living, raising children, having relationships and treasuring them, and moving to a peaceful incarnational death, in every expectation of eternal life.

20: These souls are rare because of the headlong impetuosity of young souls, and each soul is young no matter whence it comes when it enters into incarnation. By far the majority feel that they can handle the absolute utmost of personal lessons, and the absolute utmost use of the gifts and talents which have been given them. Is it any wonder, then, that when spiritual eyes are larger than the spiritual stomach, the physical vehicle which is finite begins to burn away because of the mismatching of vibrations between the incarnational, outer experience, and the inner vibrations of practicing the presence of the infinite One? Always, such an entity continues to burn with desire to serve regardless of circumstance, and it is quite usual for such entities to lose their health, and their incarnational lives, as they press forward ever onward to a more perfect use of their talents, a more perfect expression of the love of the Creator.

23: So, we ask those who are burning perhaps too quickly with the love of the Creator and of service to all to spend time, not asking what more they can do, but allowing the Creator to minister to them, for love from the Creator flows through them, why should it not include them? So many entities drive themselves as if their vehicles were used cars, unrespected and unloved. Consult the physical vehicle, all of you who seek. And when the physical vehicle, with its emotions, its thoughts, its fears and its plans, are crying out for rest, know that the one infinite Creator is guiding you to pay attention to that need to rest, for is not the primary service of those who love simply to be love? Is there not great virtue in resting in the tabernacle of the most high? In walking through second-density woodlands, exulting in the sheer majesty of the Creator? Would you not give even your worst enemy a rest when he is tired? Yet how you drive yourselves, those who seek, to accelerate the pace of their spiritual evolution, and how unnecessary it is for you to drive yourself.

24: Those who have caught fire from the love of the one infinite Creator will do their utmost, and cannot be accused of laziness because the physical vehicle must rest. We suggest that respect and love and compassion are not those gifts that you give only to others, but primarily and firstly to the self, for you must honor your physical vehicle. And if you have piled your plate too high, and feel quite unaccomplished because you have not been able to do everything you intended, cannot the spirit within you see that if you attempt your utmost when you are strong, that you may also attempt a quiet love that knows no surrender, and needs no ambition, while you are still? If you wish others to receive heavenly food, shall you then deny yourself that perfect rest, that gentle light, that fullness of being?

26: My brothers and sisters, you have given yourself a lifetime. You see before you the present moment. If you see in that moment a high ambition, and ideas upon how to serve, and what gifts to use, which are bouncing forth from you before any consultation with the spirit within, then it is that you must have compassion on yourself, and love yourself by letting ambition and service go for the moment, for to serve, and to hope to serve, are steps which are taken after reckoning with the self.

28: If you can rest in the peace of stopping when you are tired, and starting when you are inspired, you shall be at all times learning as much as you can, transforming your field of awareness in positive ways to the utmost, and honoring the Creator of all. If there seems to be something that you wish to do that cannot be done, avoid frustration and judgment, and instead speak to yourself, this body that has carried you, in words of love and comfort and divine peace. In this way your sacrifices shall be those guided by the spirit of infinite wisdom, and you will know when your time is upon you, and when it is far better to rest and recoup your strength for the ordeals to come.

29: We would not in any way suggest that there is a way in which a spiritual life can be lived with particular ease. It is an increasing difficulty to change, and change again in the pursuit of positive polarity. The vibrational mismatch begins to take its toll upon the physical vehicle. Entities whom you love may no longer love you, and almost certainly will not un-

derstand you. And as you gaze upon your gifts you know that the stewardship of them is a great responsibility, ever greater as the gifts and talents are perceived as greater. And so the spiritual seeker strives, struggles, loves, breaks itself, and dies to the world, entering larger life as a warrior of peace and love, in a field of consciousness much transformed by the rigors of manifestation.

33: I am Q'uo, and great each of you again in love and in light. May we ask if there are any queries at this time to which we may speak further?

20.22 1991/03/27

3: We also would like to express that we of Q'uo is of a principle or combined energy offering consisting of the ones known as Latwii and the ones known as Ra. Each of us in our memory blesses, thanks and offers you love. We wish you to know as we wish all who would seek us to know that to experience our presence in your meditation you need only ask and you shall never be alone. We speak this to the one known as S especially, for it has been our privilege many times as Latwii to be with the one known as S.

5: So, we speak to you with Latwii's voice but with far more ability to have access to the teachings of the ones known as Ra. There is not a partnership here. You are listening to those of Latwii. It is simply that we have collaborated with those of Ra and we use our own discrimination in guarding the free will of each. It is indeed a blessing to do this work as we very much enjoy and love each other's social memory complexes.

9: In closing out this question, we would add that no matter what the physical fruits of a life lived in faith are, the life itself is a far greater gift to the planet and to the Creator than any artifact of this love and wisdom imparted in things which can be measured and seen. Higher gifts are always unseen.

10: This brings us to the question about being and doing. And in this question we find each within this group to have a poignant and deep confusion concerning the appropriate way to live a life in faith. We find in each case that each is by nature expressive and radiant, [each] one strongly polarized towards service to the Creator and to other selves. We find that each has been raised in a culture which praises the fruits of labor, whatever they may be, which finds virtue in such things as making money for the sake of making money. In other words, the concept of doing is not only corruptible but is constantly being corrupted. That is, positive polarity service to others is constantly moving into neutral or negative services which catch one upon, shall we say, the blind side. This is a matter of personal discrimination. We do not feel we have to talk about the doing except to express that in a metaphysical or spiritual sense the core of a realized action or doing is that expression of faith which is, "Not my will but [Thine.]" So that as you do that which you do you are grounded in a dedication of that doing to the love of the infinite One. It is said in your holy works, "I am the vine. You are the branches." In your doing realize that your roots are in the one infinite Creator and that the fruit that you bear is fruit that has come through the Creator like sap up to the inspiration of the self within and there it is fertilized by third-density catalyst so that it is unique to you and to your situation but in all ways beautiful and good to the taste.

12: Beingness moves into the life experience as it is given space. The meditation is the beginning. Other tools which encourage being are those tools which also offer solitude or company with like-minded entities. In gardening, in hiking, in walking, in contemplation, in reading ideas are brought before the eye, the ear, and all the senses. And the being is allowed to expand beyond the quantity of flesh and bone until it is felt securely the nature, the essence of this field of consciousness that you are, each of you. What beingness does for this field of consciousness is to amplify the positive polarity of the entity who is being in a way that attempts to express with more and more compassion the self that is loved and accepted and forgiven and therefore is able to experience all entities as loved, accepted and forgiven.

13: The deep layers of being include purified emotion, worship, adoration, faithfulness and an unshakeable and unquenchable love for the one infinite Creator. None of this need be spoken. None of this need be obvious by word or deed for the work of beingness to be done. This offering that is directly to the infinite greatly aids the planetary conscious-

78: If you were not seriously abused, you may have learned unworthiness for other reasons. Perhaps you were raised by a very judgmental parent who always said, "This is bad; that is bad." Well, that is a kind of abuse, perhaps less serious than sexual molestation or hitting, but still is a kind of abuse. Or perhaps you were lovingly raised by a non-judgmental parent, but there was still rage and shame about that rage.

91: The analogy of the computer is also fruitful. You see, you are not one but two life forms which cooperate to offer this rich experience you call the incarnation. The first creature is your physical vehicle. This instinctually-driven creature is at one with all that there is, for it is a second-density being. Each cell within your physical vehicle vibrates with the love and light of the infinite One, and its instinctual desires are for all energies to harmonize.

95: We ask each to become aware of the preciousness of the moments of silence you carve for yourself out of the all-too-preciously-short material you call time. It is self-loving, indeed, to create these moments of touching into that bottomless well of silent listening into which is poured light without measure and from which you may drink until you have no thirst.

96: The expanded memory's gift is at once unique and utterly intimate, expressing your deepest authenticity and completely impersonal, for just a tiny bit beneath the surface of your uniqueness lies your universality. This is the second life form that you now seek to nurture and which now seeks to nurture you, for even from the cradle this Christ child reaches out and loves you, for the Creator loves first. Your love of any entity, including the Creator, is a reflection—love reflected in love.

97: How this baby consciousness loves to love. Let the cradle of your heart, then, be made soft and your breathing deep as you rock this consciousness to more and more vigorous life within you. This is the being which marries, even melds with this second-density creature to produce that unique being—the human—which is both of the earth, born and dying, and of the universe, loved and loving forever. This unlikely combination is perfectly suited to beholding a life and assigning to the impressions received as you go through that life, increasingly meaningful values.

101: Here is high romance as well as greatest difficulty. Here is light inexpressible as well as spiritual moonlight. And as you walk the paths of your days, you may move up and down the scales of perception with increasing ease as you begin to find the pure freedom of that logic which transcends distinction and partakes more and more of the values of love.

22.43 1993/09/26

4: Feeling Aaron's energy, I challenge it: "Are you that which I have come to know as Aaron?" "Yes." "Do you come with a principle of love in service to all beings?" "Yes." "Do you come as a disciple of that which is an embodiment of truth for me, which is that energy that I have come to know as Jesus, the Christ?" "Yes."

9: We who are of the principle of Q'uo cannot express to you how grateful we are for this extended and exhilarating opportunity to share our humble thoughts with you. Your service to us is extreme, for as we teach you, we learn from how you hear us; and this represents our means of growing in love and service to the infinite Creator.

14: Do not attempt to haul yourself into some discipline where you will be spiritual, but simply attempt in each present moment to be yourself and to respond as yourself, not being defeated by the thoughts of, "I should ... I ought to ..." but looking within for where the love is and finding that thread opening to more of that material within, so that you are constantly finding new springs in the topology of your mind.

16: And lastly, we wish you to know with assurance beyond any doubt that we are with those who call to us, not to channel as through this instrument, for that would be an impingement, but to be as the carrier wave of love so that you need never be completely alone.

22.44 1993/10/17

6: Let us move to the beginning where there is only intelligent energy created by free will, which creates unpotentiated

love, which in turn, it being the first articulation of singular characteristic, out of this singular characteristic, creates one thing—the photon.

9: At the photon level, light is all that there is. This limitless light is the background created by Love before any articulated creation made from Light. This Light Everlasting, shall be as always, infinitely creating in an infinite and eternal present. At this level, light is a thought. That is, it is a perfect creation of a thought. It does not contain error but is a creature of utter Love containing the infinite intelligence without distortion.

10: Within the context of third-density lessons of love, this plane of light has little substance in reference to questions of moving from third to fourth density, learning the lessons of love. It is to the light which interests your peoples as an ideal is to a philosopher. Yet this is the environment, shall we say, within which the infinite Creator has being. This is for that mystery which is the Creator.

11: The way entities seeking to love the one Creator may visualize moving into the highest of all tabernacles, pure, limitless light, there is this place where light is still, for it completely fills all that there is. At this zero time/space intersection, there is the seed of all infinity and all eternity.

15: A characteristic of light, which is indicative of the range of its metaphysical characteristics, is that light is inherently intelligent and, therefore, any amount of infinite light can grasp, as though it were an entity, the heartfelt communications made to it. This ranges from something as simple as the sun-body being aware when the radiation of the sun touches your skin and you praise the light and the love of the infinite One. You have communicated with the infinite Creator.

21: This tiny being, created as the Logos itself has created, is a special class, shall we say, of light. Not all rays from the sun are the children of sixth-density love, however, that aspect of light which is healing is aided greatly by the working of the immediate offspring of those who choose to create their progeny by fusion within the sun. This is a sacrifice for the sixth-density entities in that they are not able then to enjoy the company and the living, shall we say, with their offspring. However, the offspring have the advantage of being only half way, shall we say, aware of free will. Thus, during their tenure within the sun-body, they may intelligently choose to drench the radiation, in general, which comes from the sun to those upon your sphere so that the maximum amount of healing energy moves into that sphere and into those locations wherein a prayer or pain has announced the existence of need for healing.

22.45 1993/10/31

5: Without being able to say precisely why, your peoples have gathered together to express spiritual feelings since the beginning of your density as an instinct. Like all instincts, it is true. You do have every reason to gather at a time and place to express love, compassion, worship or whatever words you personally would choose to show forth your love of the mystery that is Deity and to anchor the outworking of this love within your environment.

6: Now, just such an occasion of common worship, shall we call it, is taking place and giving to us the opportunity to share thoughts. Let us express some of why this is efficacious or perceived by us to be so. It is within the context of your brothers and sisters that each seeker has his personal pilgrimage. No entity within third density is truly alone or isolated, spiritually speaking. This is foreign to your basic nature. The context for life as we understand it is social. When the purpose for gathering is the desire to express love and the desire to serve that occasion becomes a very big party in ways you cannot see. Many incarnate entities which this instrument would call angels flock to the planned site of this common gathering of spirit. This then strengthens and clarifies the energies which are coming to that occasion and enables those who do attend to feel differently. It is as though the simple room becomes the holy place, the empty church suddenly filled with invisible energy.

13: There is much more that we can say upon this subject but for this working we feel this is enough material. We would circle about and close with that with which we opened, that is, our opinion that yours is a wonderful position to be in. It simply does not feel that way to you for you cannot see that which we can nor will you be able to discern the true nature

practices and the coming to this intersection of them. This is not quite the same intersection as wisdom and love. All relative practices are not heart practices and all ultimate practices are not wisdom practices. They are both a mixture of the two. But I want to make sure that you understand what I mean by relative versus ultimate practices.

36: What is your own bias here? In which directions do you most need to open yourselves in order to best live this center of the cross of wisdom, of compassion-mind, mercy, and love-mind and wisdom-mind, of relative reality and ultimate reality? Think of it as a cross with a small circle at the intersection. You may rest on the horizontal or vertical leg of the cross, but can you keep yourself within the circle?

37: I thank you for giving your thoughts to this, my dearest ones, and challenging yourselves as to how you may reside in that circle. I now pass the microphone to my brother/sister, beloved friend of Q'uo. That is all.

41: Your need for this manna of love and wisdom is yours due to the circumstance of the veil which descends upon those in the third density, leaving each seeker in a relatively dark and subtly lit environment which has been called the shadow of death. Yet still, the spirit within remains moonlit and the spirit's walk is one wherein virtue must be scribed out carefully, at length and with great patience. This is not unintended, but is specifically meant to be the case. For in the rough-and-tumble daily world in which you enjoy experiencing, innocent, sleeping youngsters still play, unawakened to the beauty and mystery of the call to faith and service.

43: Enlightenment begins in this so-called dark night of the soul. And as you, the awakened seeker, move through this moonlit time, you drop away or begin the process of such precisely in order that your dearest wish may be followed. And as you emerge from this deep darkness, your new and transformed being is able to see more light, more beauty, more meaning and more of love. Then the sunlight is again yours, for you are a new and innocent child, and it is your time to gamble and romp and rejoice with your brothers and sisters. There is no one spiritual mood, no one best situation; but rather, the path wanders into the lightest and the most profoundly dark, into the most joy and increasing wisdom, and also into the most profound and sorrowful unknowing.

44: You have been forever and you shall be forever; and yet, not you, but Love that sent you—a spark of Love—out into materialization that you might experience and process that experience with your own peculiar and unique distortions, creating your unique beauty, your unique harvest of experience. How rich, then, is the Creator as It gathers more and more of experience into Itself, becoming more and more richly known to Itself. You cannot walk off of the spiritual path, for all experiences will be gratefully gathered by the one infinite Creator, who seeks to know Itself.

48: I am Aaron. I want to attend now to some of the questions that were raised last night, questions especially referring to the catalysts of this earth plane and the question, "How do we walk this path with love?"

49: There are two different issues here. One is, "What is love and what is fear?" And having determined what is love, how do we choose love? What pushes us into the distortion of fear even though we recognize it as fear?

50: You cannot "should" yourself, force yourself, into taking the path of love when fear feels overwhelming. It is natural to the humans that you are to defend yourselves, and such defense is so often thought to be a movement of fear. But to act in care for the self may also be a movement of love. Thus the question is not what you do so much as, "What is the primary force behind those acts or words?" When you focus on the already present loving motivations, they will be reflected in the acts.

51: The ends do not justify the means of using force. If we are going to choose love, we must be consistent. Love is natural to you and becomes apparent when there is not fear. You do not need to create love in yourselves. It is already there. Fear blocks it. We do not look, then, at these two paths, fear and love, and say, "I will choose love," even though we quake with fear. Rather, we say, "What is this fear?" and attend to the fear lovingly so it dissolves, and then love is natural and open. I am not suggesting that it will not still take courage and determination, commitment and energy to choose love, but there is no force involved, just a loving aspiration.

52: You must, then, begin to see who you really are, that fear is an illusion, that you are Love by your very nature. When you penetrate through the illusion of fear, it self-destructs

like a balloon popped by a dart, the dart of penetrating awareness which sees the illusion of fear each time it manifests and refuses steadfastly to be caught in a dialogue with fear; and yet does not disdain that fear but bows to it in respect for its presence, smiles to it but does not dwell in it.

55: Let me begin by saying that you have a wide gamut of emotions, but they can basically be broken down into fear and love. Within fear there are two basic kinds of fear: that you will be hurt and that your needs will not be met. The fear that you might be hurt brings up emotions of anger at that which might hurt you. This is a kind of defense. The fear that your needs may not be met brings up greed, sometimes seen as jealousy or grasping anger and desire, both offshoots of fear. Of course, there are many other emotions and they each can be fit into different places. Grief is a mixture of love and fear—a fear that your needs will not be met, that you will be hurt through this loss—and also a sense of deep sorrow which grows out of love for that which has been lost. Part of grief is not fear, but an expression of the depth of your love. It does not manifest itself in wishing to hold on, but it is an expression of the depth of joy that was there in the connection with that which seems to be lost. So, we want to be careful not to pigeon-hole too rigidly here, not to simply say, "This is love; this is fear." There is always a blending of the two.

56: Another kind of emotion, one that has been talked about here and about which we have written questions, is unworthiness. This is also some blending of fear and love. We were asked, "Is unworthiness genetic?" No. And yet, it is hereditary in a different way. It is, let us say, culturally conditioned and is especially prevalent in your society. Last year there was a gathering of western Buddhist teachers in India with the Dalai Lama. One of the teachers shared this story: The group was sitting around the table and one teacher asked, "What about those beings who despise themselves, who truly find themselves unworthy and inadequate?" (Remember these were all western teachers, the only easterners there being the Dalai Lama and his assistants.) The Dalai Lama was a bit puzzled. He said, "Do you mean people in mental hospitals?" The group of teachers turned and looked at one another, and the one who had asked the question said, "No, those who are sitting around this table."

62: In this dark night of the soul, we see the perfection of that energy and our own seemingly futile attempts to reflect that perfection. We despair. And out of that despair arises a sense of unworthiness. We despair that we can never fully merge with that light and love toward which we so deeply yearn. We despair of our own self-perceived limits and fear in our inability to transcend those limits so that a sense of unworthiness seems almost to become a necessary part of our path. Why?

70: I am not suggesting that she will never experience a sense of unworthiness again. But after she left that retreat, each time that sense of unworthiness has arisen, it has been clearly seen immediately as illusion, self-liberating ... pop! goes the balloon, so that she is able to come back again to the clear perception that transcends worthiness and unworthiness, and then to ask, "What emotions have given rise to this illusion?" and to tend lovingly to those emotions.

72: So, we are not just talking about what you term abuse, but the distortion that occurs with the infant's or child's anger. The child is helpless and fully dependent on the adult. It needs to form a bond of love with that adult which parents it, singular or plural. It learns early that when it responds to the adult with anger, the adult, who was often less than fully cognizant of its own reactions, reacts with anger.

73: Back to the child: It needs to be loved. That is its overriding need. So, it quickly picks up the messages, "What can I do to be loved? If I play your game, you'll love me." That game varies from family to family. In the worse cases, the child must allow itself to be a recipient of real abuse, and the only way it can do that is by denying its own rage. It learns that its own rage runs contrary to its overriding need to be loved. How does it deal with that rage? If the child is right and expresses that rage, it casts itself out of the boundaries of the adult's acceptance; therefore, the adult must be right.

74: Unworthiness becomes the tool by which a child suppresses the rage. It tells itself, "I deserved this abuse" because the alternative is unthinkable: "I did not deserve this abuse; therefore, this adult is wrong and I must contradict this adult, putting myself out of the reach of its acceptance and love." The child simply lacks the strength to do that.

ness for it has no object except simply to be, and by that being to channel love and light. Indeed, being is the most strenuous activity possible, for in being there is no past, there is no future, and there is no solidity to the form of the one who is. The strength of the field of consciousness is your strength. The nature of that field of consciousness is your identity. You cannot see results from things that are not actions unless you watch very carefully and then you shall see the power of authenticity in beingness.

14: We would at this time transfer this contact, with thanks, to this instrument, the one known as Jim. I am the principle known to you as Q'uo. Love and light to you.

20: I am Q'uo, and am aware of your query, my sister. As we look at the entity that is your planet in its present state of transition we see that there is much confusion among a great many of your peoples who are more conscious of the process of growth and that of seeking which you might call the pilgrim's path. For many of these entities have become aware of how their own life patterns are evolving to the point where there is the necessity of giving greater and greater amounts of attention to what seem to be the tedious details of the day; that is, the very basic nature and level of living and continuing in this pattern in a manner which is stable and productive. Many find that there are difficulties which are more intensive and in need of attention than any previous time within the incarnation. This is [due] in large part to the current experience of the planetary sphere itself, as this may be seen to be the most critical period in this birthing process. We say critical in that there is movement towards polarization in both the positive and in the negative sense, so that those entities which are able to welcome and enjoy the more intensive vibrations of love and light are doing so in the manner which is helpful to each entity as an individual in that its choice of polarity begins to be apparent.

22: Thus, we see upon this planetary sphere that there is the seeding of light in many places where light has not been in predominant expression, shall we say, but has only flickered briefly. And at this time we see that there is a great deal more light beginning to shine forth from many areas, entities and groupings of entities upon your planet. However, as with all transformations within the third density this is a process which must partake of the breaking or shedding of the older ways of perceiving, of thinking, and of doing so that there might be made a place for a new way of perceiving and of bringing forth that quality of compassion and understanding that has long been hidden within the hearts of many who have incarnated with the desire that they may show forth this energy of love that will aid, not only their own evolutionary growth, but will enhance the opportunity to be of service to others and will also lighten the planetary vibrations as a whole.

20.23 1991/03/29

19: This, in general, is to say that the purpose of your incarnations is to utilize your catalyst together and to move through it as harmoniously as possible, realizing that individual growth is a personal matter. One can only support another. One cannot solve another's problems. This is true for each of you. It is true for all of your kind upon your planetary sphere. As each works with personal catalyst and clears the way towards feeling the love and the light of the one Creator, and being able then, through feeling it, to radiate it to others, then is your illusion lightened and inspired with that light of the one Creator, which is available to all, utilized by all in the working through of catalyst, yet blocked in some degree, greater or lesser, by all as catalyst is used, reused and eventually harmonized and balanced to the degree that the light is able to pass further up through the energy centers and find its way toward that center within the heart and that center, more especially, within the throat, where there is the beginning of the radiance of this light to others.

25: The receiving of service for one who wishes to give it so whole-heartedly is that which is the more challenging of the opportunities offered within your illusion. For within your illusion, those entities who have been able to activate and to move through the green-ray energy center then do well if they are able to begin the activation of the blue ray, which offers the true radiance of being from Creator to Creator to those that are before one and for whom one may wish to perform a service. The indigo-ray opportunities are those which

are explored by those entities who begin more and more to open themselves to the feeling of the indwelling spirit of the one Creator so that the physical vehicle, the mental vehicle, the spiritual and the emotional component of the intellectual vehicle, then are all seen as channels or vessels which are inhabited and utilized by the one Creator. This is a lesson which is advanced significantly beyond that of third-density experience in general. That you have some difficulty in feeling this infinite value and worth and, therefore, feeling as a result no difficulty in receiving the love offerings of others is, as you have ascertained, that upon which you now work. 27: You now work with what we may call the cleaning-up phase of the indigo-ray work, which works with those attributes which you find less than desirable within yourself. You work to appreciate their nature, to appreciate yourself for having them working within your being, and as you work with accepting those, what you would call shortcomings, then you begin to accept the final portion of yourself that has heretofore remained outside of the sphere of your love and appreciation. As you are able to fully accept all characteristics within your being, and as you are able to see them as those portions that are appropriate as are all other portions within your character, then you will see yourself in a balanced configuration and will see the hand of the Creator moving within each sphere and characteristic of your life pattern.

20.24 1991/03/31

15: Gaze at yourself at this time. What is your situation this day? How many changes have you begun? Are you in the three days in the tomb? All are in some small sense at all times. For the nature of free will is constant movement. It is love that gives a vector to that movement.

16: Each of you and each to whom we could possibly speak to in third density is also in a far, far deeper way moving through transformations that are like the change from blue to green or the change from a peach to an apple, so profound and fundamental are these changes. Most commonly the changes have to do with that portion of the learning of love which is connected to the self as it relates to the self. For time and again the third-density entity judges itself and rushes to its crucifixion and burial without having an idea of how to rebuild the temple. It is this courage, the facing of the unknown, the facing of annihilation, that marks the act of crucifixion.

17: Many question whether the infinite Creator can be all good when there is suffering, hunger, lack, pain and death. Yet we say that if one gazes at the resurrection day one must reckon with the death that of necessity must precede that day of feasting and joy. See yourselves now upon the cross in pain, dying, lost and buried. Shall you rise again? This is the example of Jesus' resurrection. This entity expressed in the clearest and most literal way possible the power and the sacrifice of transformation. As each polarizes, these crucifixions, deaths and resurrections shall continue to occur. The spiritually led life is a life best led by those tough and hardy in spirit, strong warriors who can endure all for the love of the infinite One.

20.25 1991/04/07

12: Thusly, you may see an instinctual variation in the energy grid of third density upon your planet and the antithetical result within many nation states of the peoples of those states yearning and hoping with persistence for freedom from precisely the mind control that has been over-used by the governmental structure of these states, thus echoing back to the source of these uses of energy in a way that promotes the yearning for freedom and the dissolution of ties which were unnatural, created as an artifact of hostility and war. Any governmental entity which misuses the instinctual energy of the Earth itself answers not to those cosmic influences of the changing density but to the planetary entity which is instinctually of the Logos, or Love, in an undefiled and pristine sense.

13: The Earth is solidified by its inspiration to be a nurturing and healing place for the entities of the Creator to learn and to grow. When it becomes aware that these pure energies are being tapped for controlling and debilitating uses there

is the simple instinct of a loving grandmother to arrange it-self in order to prevent further misuse of its purity.

15: The Earth can heal any thing to any degree if it is respectfully asked. Thusly, we urge each not to condemn the self for its inevitable humanity and lack of perspective, but rather to realize that many energies not desired need to be taken to the Earth itself and lain down upon it or within it as one would lay down any heavy burden, for this entity is a pure healer and there is no perceived ugliness that cannot be healed by this beautiful planetary entity which has never strayed from oneness with the Logos, or creative Love.

16: Beyond these considerations we would like to move at this particular moment. To begin with this second portion of, shall we say, our testimony, we would pause that each within this group may share in our joy and vibrations for just a little while. We do not intend discomfort for any speaking, and would simply ask each to allow gentle contact that we may share in a more personal way the love and the light of the Infinite One. We are those of the principle known to you as Q'uo, and will pause at this time.

19: You each have seen in your experience that often the beautiful entity is an humble entity, one which is obscure. However, there are also many within the public cynosure which, with all of their hearts, also live the life of one who wishes to do the good deed, share the felt love, the subjectively perceived light which is within them. Thusly, we urge each more and more to monitor the self, not simply in behavior or even thought, but in the basic intentions and hopes of the inner self.

21: Your peoples are for the greater part unaware that they have given the planet this fever and ache. Consequently, they cannot aid in the healing which would be desired if they realized the power of thought. Your positively oriented entities focus upon the perceived physical damage done to the planet. However, it is very slight damage, although it looks considerable to the citizens of its surface, compared to the damage done by those who have lost their hope and therefore their ability to exist as loving creatures aware of their power.

23: And we would close this beginning message with the plea to each positive entity to realize that the environmental pollution is not nearly as serious an illness to the planetary entity of Grandmother Earth as the lack, and increasing lack, of certainty among these positive entities that all is well and all shall be well. Not in the illusion, but in the reality, relatively speaking, of the imperishable fields of consciousness that each of you is with relation to the imperishable spirit of unconditional and creative love that is the metaphysical planetary entity. It is good not to pollute the streams and forests of your planet, but this is within the illusion, and you shall come and you shall go. However, outside of illusion both the Logos of the planetary entity and of yourselves lie in potential, mated, loving, faithful and hopeful relationship. And if there is judgment in the attempts to heal the physical Earth, then the judgment harms the metaphysical entity of your planet more than the attempts to teach the love of Earth in a judgmental way could ever help.

54: Just a clarification. I am assuming that it is never an infringement on anyone's free will just to love them.

58: I am Q'uo, and am aware of your query, my brother. Indeed, change is truly said to be the one constant in all of creation, for all of this and all creation is made of the energetic, vibrant and ever-present love of the one Creator seeking and turning in order to know Itself. Each planetary body within this solar system, within this galaxy and within this universe moves in a manner through a process of evolution that is, though quite distinctly different in many ways, is also quite similar to your own as well. Each experiences cycles and rhythms, so that the interaction of each planetary entity with those populations that may be upon it or may be in some fashion in communication with it is affected by these relationships and communications.

20.26 1991/04/12

0: [overview] The question is from S, who asks, "Could you tell me the difference between space/time and time/space? This was a question that was covered in the Law of One but I would love to hear Q'uo talk about time/space for I still do not understand it very well even from an abstract point of view. When entities live in time/space, what is their life like? We move freely in space but move slowly in time. Do entities

in time/space move freely in time and slowly in space? We do not control our movement in time. Do they not control their movement on space?"

15: I am Q'uo, and am aware of your query, my sister. The question of praying in a manner which is helpful and efficient, as you may say, is a question which could be answered briefly if one were willing to accept a synopsis, or a question which could be answered at great length for it is one that, as do most questions concerning the spiritual journey, could be answered infinitely, for it is one which also touches upon and reflects the entire spiritually oriented life. For as one learns to live in a conscious fashion one is learning to pray. And as one learns to pray, as you call it, one learns to live in a consciously oriented fashion. For to pray and to live the conscious life is to become aware of the central feature of all life and that is love. To live consciously in love is to see the Creator in all and this includes, of course, the self. To learn to pray is to learn to address the love within oneself and to speak to that love which resides in other individualized portions of the one Creator. And to ask that love [to] move and use its forming abilities to aid another self or system of selves or situation.

16: As one becomes aware of the relationship between the Creator and the creation one sees that the power of love is that which moves all things and all entities in patterns or in rhythms, cycles and in seasons, that this enabling function of love may be hindered or blocked by thoughts and attitudes that express themselves in behaviors that stop up or block the free flow of love. This alteration of the power of love in any life pattern allows for a more varied experience, for it would not be thought of by any entity who lived in perfect harmony with love to stop its movement.

17: However, as each entity within the creation desires to serve the Creator by providing experience that allows the Creator to know Itself so then does each entity alter to some degree this basic motivational power of love. Altering or distorting the flow of love causes the necessity for a balancing action that will once again allow the love to move freely. This process of blocking and unblocking the flow of love is that process which you call experience or evolution. This is a simplistic description but [one] which we feel is basically accurate for each portion of the Creation. Thus, as you pray and seek to intercede or call for another's intercession on behalf of one you feel is in need you ask that the power of love to move freely be restored in an area where it has been blocked.

18: As you are more in touch or in tune with this power of love within your own life pattern you are able to appreciate and manifest this power in your own life pattern and to offer a catalyst or way by which love may be offered to others. Engaging in the process which you call prayer is one way which you may open a door or gateway for another entity by calling upon individualized portions of love to share their love with the one for whom you intercede or seek intercession. Your own awareness of this process and your own desire to be of service to another are those qualities which enhance the prayerful attitude.

19: As you call upon entities such as Jesus the Christ, various saints or archangels, the mother of Jesus known as Mary, or any angelic presence to intercede for another you are providing the purity and intensity of your own love as a request, a call which is heard because of the purity and intensity by the presence whom you seek and this presence hears the call no matter how weak and responds according to its strength, purity and sincerity. The response is in a form which the one whom you wish to aid can accept, whether it be an immediate healing, as you would call it, which occurs in some few cases, or the sending of the general quality of healing, love and light energy that the entity may utilize in a less immediate or more diffused manner according to the entity's own ability to contact those qualities of will and of faith that may open the door to the healing power of love for it.

20.27 1991/04/21

4: This potential web of power or energy is available not only in third density, but a third-density entity may, by its own spiritual work in consciousness, become able to discern more and more the multiplicity of places of power if one is seeing from the standpoint of the love of fourth density, the ever-multiplying wisdom of fifth, and the immensely bright and universal pattern of energy grids of sixth density. Conse-

of this healing place within by working upon the horizontal plane, there are those commitments of the spirit to pray and intercede and assist the consciousness of the planet upon which you dwell. For those who abide in love and thanksgiving, thinking prayerfully of the planet or the cause of peace, or any beau geste, any windmill which you may till at, the doing of this regularly, day after day, week upon week—this for those who do not see love in soup—shall furnish the love; for this, too, is food, a kind of food you might call manna or bread of heaven.

100: One of the primary learnings of third density is faith. Sometimes your life hands you chaos, pain. The first impulse is to say, "What am I doing wrong?" or, "Why me?" It is very hard to have faith. I am not suggesting blind faith that takes whatever is handed you with no respect for yourself. This is the thinking that leads into "doormatism," if I may coin a word. This is not just blind acceptance which disempowers. Faith, on the contrary, true faith empowers because true faith comes from that part of you which cuts through the relative dualities of good and bad, right and wrong. True faith comes from that deeply connected core of your heart, and it is built on past experience of faith. It is built on wisdom, on looking back at this life and seeing that what you challenged with a bewildered, "Why?" turned out to have answers, turned out to be at times your greatest teacher. It is that grounded faith which grows out of connection and of love which enables you to deal with the bewilderment and occasional deep pain of your life, to cut through your war with that pain and confusion and take the next step. Put as simply as I can, if life never challenged you by offering you that which was difficult, how would you strengthen these muscles of faith? How would you practice faith without the catalyst which asks that of you?

101: Taking this to another place, we will look at such a situation as the making of the atomic bomb. Of course it is possible that there were some, even likely that there were some involved in the making of that bomb who did so with hatred in their hearts and the desire to kill others for revenge. There were also those who acted in the service of love and caring for others as best they knew how. You may question their wisdom, but you may not question their intention. If one says to you, "I truly believe that I can best preserve peace and sanity in the world by creating a terrible weapon," their reasoning may be faulty, but their heartfelt motivation is to serve.

110: You can open the door to another's learning, but you cannot know what the other needs most to learn. Perhaps those beings who built the atomic bomb and those who were involved in the bombing itself on both sides had lessons which you cannot begin to understand. We cannot judge others. That does not free us from responsibility for stating our viewpoint with love.

122: Do not concentrate on the arrogance. That is dialoguing with fear. Move your focus instead to the sense of unworthiness. When you see the impulse toward arrogant response arising in you, let it be a flashing red light saying, "Fear is here," and move that loving heart immediately to the fear. "In this moment, am I unworthy?" Your answer is going to be no. "Have I ever been unworthy at those times when I experienced an impulse toward arrogant response? No. It is simply the way that this mind/body construct has dealt with fear of being inadequate or unworthy. I don't need to do that." The spiritual practice that might then be derived from that is to allow the arising of arrogance to be a reminder to be compassionate to this illusory but seemingly real self that is experiencing fear.

154: So many of us get trapped in that being spiritual, being good, means never saying no, never being angry, never having emotions. Aaron says that it is harder for those of us who are old souls, as all of us here are, because we so much aspire to purify our energy—an intention that works against us because even if there's a little bit of negativity in us, instead of just taking it in our stride as younger souls do, he says that the closer that we get to getting ready to graduate from the plane, the more perfectionistic we get. And that's one of the last lessons that we learn: finding love for our very fallible human selves.

194: Thus, they fell into negativity because they also, despite their very good intentions, had a very small amount of mixed motivations or negativity within them. They were very loving beings with very good intentions, but they overestimated their own ability and their own need to learn from the negative half to understand negativity within them. So eventually

many of them took incarnation. And as the years and incarnations went by, many of the lessons from their civilization became seed-points of our own great civilization. They were bringers of culture and light.

199: Aaron says two things. He says, "Thank you!" to you. (I'm paraphrasing here.) He's saying that there is a force field of sorts around the Earth. They cannot use fear. They use love as the energy of this force field to prevent encroachment by negative energy. There's a force field of love which prevents highly negative energy from encroaching, because they're repelled by this force field. But energies such as the Pleiadians are not negatively polarized, simply, in Aaron's viewpoint, have misunderstanding that the end justifies the means, and thus have intervened rather than trusting and having faith in those on Earth to work it out on their own; but they are not repelled by the force field because they are positively polarized beings. That is all.

22.42 1993/09/26

12: If we look into other beliefs, we will find other religious streams. We will find that those beliefs find some balance in these qualities of mercy and wisdom. Judaism, in its purest form, makes a very beautiful balance. Hinduism leans a bit more toward the qualities of love than of wisdom, as do the Sufi faiths. The Native American traditions come to a beautiful balance.

14: Mercy is one wing of the bird, wisdom is the other. Call it wisdom and compassion, wisdom and love. The bird cannot fly without two wings, but always one will be the stronger. Through the quality only of faith, one can find liberation. Through the quality only of precise and fine-tuned, awakened wisdom, one can find liberation. Could you see that bird struggling to fly with that one wing, the other wing at least held out for balance?

18: So, what are these paths of loving-kindness, mercy and compassion, and of wisdom? I spoke sometime this weekend about using mind to tame mind and using wisdom to tame mind. When I say mind here, remember that I do not mean the brain, but the mind/heart totality.

19: I want to speak here of stories of these two basic teachers and their teachings: the Buddha and the one who is known as Jesus. I have shared with you many stories from my own heart, from my personal memories of this being in that lifetime in which I was a poor shepherd and knew this being in the flesh, and the ways that he affected me deeply as teacher. Predominant in those memories were the stories of his deep loving-kindness to all beings, his deep sense of humility, his unwillingness to see another being suffer; and yet his deeds were tempered with wisdom.

20: I have shared the story with many of you of a visit to him soon after that being who was my wife had died and my heart was breaking. I was injured on the way and my leg was broken—that being who I was. I know that he had the ability to heal it, but in his wisdom he saw that my broken leg was not what needed healing. My heart was what needed healing. I was angry at him at first. I said, "I have to go home. I have children and sheep to be tended." "No," he said. "Your son can tend the sheep. Your neighbors and family can tend your children. You must stay here until you are healed." In my ignorance I thought he meant until my leg was healed, and it felt to me that he was withholding his healing. But I was forced to remain there for some months, being tended lovingly, carried from place to place, fed and my soul nourished until that deep grief within me had healed and I was ready to go home and be both mother and father to my family.

26: What I want you to see is that the path of mercy contains wisdom and the path of wisdom contains mercy. And yet, each predominates in one direction or the other. Those of you who are drawn toward the Christ as your spiritual master are drawn more directly toward these teachings of loving-kindness and mercy and forgiveness. Those who are drawn more toward the Buddha as your spiritual master are drawn toward these teachings of wisdom tempered by mercy.

29: In the fullness of your being as human, you are offered this beautiful mind/heart combination. They are one, not two. Both deep wisdom and the ability to love are offered you. May I challenge you to find the appropriate balance for yourselves and to see where fear blocks that balance?

30: I want to expand this heart/mind, wisdom/compassion talk by speaking a bit further about the relative and ultimate

trying to follow the dictates of love? That is the question. First of all, yes, this is a very painful situation, very frightening to A, who would now be both alone and having lost much of its support of its money. Is that bad? What do bad and good mean? Painful, yes, but there is going to be pain in your lives. Is pain always bad? Is it ever completely avoidable? You have heard me say that pain shouts at you, "Pay attention!" Now, A thought it was paying attention, but perhaps it needs to pay closer attention. When one pays attention, one's learning is still not always pain-free. There is no guarantee of that. The question then becomes, "Can I take this devastation that's been handed to me and make some useful learning of it, rather than having it send me into deep bitterness?" Perhaps that is part of what the whole issue was about. I repeat that these are hypothetical answers, all of them possibly real, but we have stepped away from the actuality of A and B's situation here.

42: It is highly possible that A is being offered the opportunity to let go of having to make things happen a certain way, being offered the opportunity to trust not only the "good" but also the "bad" in its life. It is very hard when one must go through that, but if one lets go of trying to make it come out a certain way and relaxes into what is, then one can find love and healing even in the midst of pain.

44: I am reminded here of a story of a Zen priest. This is said to be a true story that happened in Asia sometime in the last twenty or thirty years. The police came to this being and said, "You have been accused of this wrongdoing. Come with us." And they took the priest to jail. They asked, "Can you prove your innocence? Where were you that night when this deed occurred?" And the priest said, "I was alone. I have no witness." The priest did not fight the accusation nor did it agree with it. At first it said, "I am innocent," but it did not fight. So, that priest went to jail, was imprisoned and penalized to serve with hard labor. Six years later another prisoner, who was dying, confessed to that crime. They came to the priest and they said, "You are innocent. Someone else has confessed. Why did you not stick to your innocence which you proclaimed at first?" The priest said, "Because when I meditated that first night in jail, I saw that I had done this crime in a past life and I had gotten away with it, and another had been put to death for my crime. Now I have paid in my own way and I am free. I have lived these six years in prison with much love, serving my fellow prisoners. I am free."

47: To say no can be done with love. It does not have to be done with hate. Perhaps both A and B needed to learn these lessons, B being served by A's ability to work with this painful catalyst lovingly so that B might also learn and grow beyond its self-centeredness and fear.

48: Finally, A may be offered the opportunity to look at the multiple motivations in itself, that it shared its fortunes with B with a high degree of love and desire, aspiration to strengthen their relationship, but that there was also perhaps denial of any sense, "This being is not trustworthy"—denial of the fear in itself of letting go of a relationship with a non-trustworthy B.

49: So, one part of it is A's reluctance to be honest with itself about the realities in its situation, it is clinging to what love was offered rather than having the faith to say no. This is a hard one. So many of you have a hard time saying no with love. You aspire to be "spiritual," to be good and kind and loving, but sometimes you interpret that kindness to mean being a doormat to others. When you offer yourself as doormat, you are going to be walked on. Then rage builds in you and you erupt. And then you say, "Oh, I'm bad for having erupted," and you go back to doormat once again. But there is a place in between, when you have self-respect through faith in who you really are and in the loving-kindness of your heart, even while knowing that this is only part of what is there, that there is also fear and anger, jealousy and greed. But when you have faith in that segment of your heart that is loving and respect that in yourself, then you find respect for that which is loving in another. When you have compassionate non-judgment for that in yourself which is less than loving, you find compassionate non-judgment for that in others. When you learn to say no kindly to yourself when the impulse is grounded in fear, then you learn to recognize that fearful impulse in others and say no to it with the same kindness. Living with non-harm to others does not mean never saying no; quite the contrary. It can be very harmful to another to allow them to use you as a doormat.

50: You must get this straightened out in yourselves by paying close attention to the multiple reasons for your choices, starting to see those motivations that are prompted by love and what part of it is prompted by fear, not hating yourself for the fear, but not being drawn into dialogue with that fear. This is what leads you not to be drawn into dialogue with another's fear, but to say no and to trust, "This is the least harmful thing I can do." Harming another by ownership is still harm. If you allow another to step on you, and hold your tongue, even if you are not hating them for doing that, you're still harming them. It is a very fine line.

51: A related question, one of choice of work is, "How do I know whether to stay with my present job, which is sometimes very painful to me, or when to move on to a new job? Am I copping out or am I being guided by love?" One might ask the same question in a rocky relationship. "How do I know when to stay with it? How do I know when to withdraw?" The same answer, my friends: When you start to allow yourself to experience the multiple motivations without needing to cling to being the "good" one nor to deny nor hate yourself for the places of fear, then you allow yourself to move into a deeper place of knowing in your heart, which very honestly weighs the balance and knows this choice is primarily motivated by love or by fear. It is never going to be clear-cut, which takes me one step further.

58: We have looked at the walking of the spiritual path and seen that it is based upon the awareness that within the form which walks upon the surface of this sphere and dies and is no more, there exists a self which does not go down into the dust or in any way become corrupted, but which is infinite and eternal and unknowable, as the mystery of love shall always remain unknowable.

61: Now then, we encourage each to feel the feet planted upon the path of pilgrimage. Yes, there are times when you may sit and drink in such beauty, whether it be of the eye or the heart, that you feel nourished and lovely and loving and well-equipped to do the walking towards the greater light. Yet, so much of any pilgrimage takes place when conditions do not seem favorable. And in these dry and desert times, it is central to pilgrimage that within your own processes of reasoning and consideration, you remember who you are, where you wish to go and how much you feel connected to this quixotic quest. It is when you are alone, without friends to encourage or understand, that the spirit within most needs your ragged, jagged faith—any scrap, any off-key rendition of the blues that still may praise the Creator within. Pilgrimages are difficult. But you would not find yourself upon this path if you did not hunger for that which gives meaning to difficulty. You wish to be wide awake and feel every stone, eat every mouthful of dust and sit at the end of any hopeless, empty day, rejoicing and giving thanks that you have been present at this miraculous disaster.

65: We suggest to each that the spiritual vocation is to find love in the moment, every moment; and this makes no distinction between the worldly labor and the strictly spiritual practice. When an entity can gaze at the crowded day and see joy in the doing and Christ Consciousness in the very warp and woof of all labor, then a world opens up before that entity which is entirely drenched and marinated in Christ Consciousness.

81: The worldly is seldom pure in its habiliments or circumstances. Good and evil are so plaited up and interwoven in the tapestry of living that it is almost impossible to do that which yields all positive and no negative. Those who have been given gifts must attempt to offer them with the very best of intention. And if there seems to develop negativity therefrom, then that pain and sorrow, too, must be taken into that place where forgiveness reigns, healing is real and the light does not waver. That place lies within each. It is a place as clear in location as Cleveland. You may not know its position within the body, but its position within your beingness is specific. It is your heart. And in that place there is no right and no wrong, but only love. Beyond all that occurs, all that dies, there is love. A sorry race it is that each may run in terms of the outer appearances, yet each time that spirit within throws that metaphysical hand up and says, "Praise, love anyway. We'll work this out eventually, but now, praise and thanks that we are here to witness to love," that place is re-entered and the healing waters flow.

89: There are entities starving. There are entities who are naked. There is always some soup to fix and hand to those who have no home. And for those who cannot achieve a sense

quently, we would answer the question about the placement of any spiritual center by saying that it is as light-filled as is the awareness and crystallization of the entities upon whose soil these entities wish to grow, to learn and to manifest whatever fruits come from the journey of the pilgrim.

5: Thusly, we would simply remove from the question the idea that we could in some way judge energy or power in any one place, for it is quite subjective in terms of how the power of any one place will aid an entity. This information must be learned in a subjective way, in a way of experiencing and feeling the tug of heart which in its wisdom knows a great deal more than the mind can ever find words to express. There is no place that is closed off from the love of the one infinite Creator. There is no place which is not holy ground.

6: Now, let us look at the situation in other terms. The journey of the seeker is from its Source to its Source. It is a circular journey—or, rather, a spiral journey—of learning, awakening, manifesting and gaining the strength within each part of the field of consciousness that is your true self that in time, as you would call it, enables an entity to have the spiritual mass to be affected by spiritual gravity, which becomes more and more nearly irresistible until, ultimately, there is no interest whatsoever in manifestation, but only in becoming the unthinking, unsolidified, infinite and unself-conscious Logos or Love, that is, the nature of the one infinite Creator.

15: Now, what we have been attempting to do is to give you some idea of the actual environment in which you live because that which each wishes to do to praise the Creator's name is within each, has been placed within each by the self before the incarnation—not the solidified self, but the field of consciousness that you truly are. Consequently, this incarnational experience is all about making choices. You may call them choices between darkness and light, hate and love, discord and unity, or any of the numberless theses and antitheses that bark your shins as you walk through the waters of experience.

16: So, what can you do in one place and yet, not in another? You can do that which you allow yourself to do. Do you feel weak? Examine this. Do you feel strong? Examine this. For what are you feeling—the illusory environment or the love and the light of the one infinite Creator? We ask you to see that all things, from your environment at its farthest distance to the intimate environment of your conscious mind, all things are illusion. This is the worst possible environment for you to make sincere, heartfelt and loyally kept choices having to do with the path of service which each wishes. It would not be an effective environment for the maturing spirit were it not completely believable.

19: How frightened each of you is during this birthing process. How often you wish to move back into the measurable, into that which can be handled and controlled. But the choice that you are making as a spiritual infinite being of light is the choice to express, first of all, a recognition of the infinite love of the one infinite Creator, that Creator which loves you personally, intimately and infinitely. The choice then seems to become easier: to give back that love, to allow oneself qualities and not quantities of love.

20: And when one has realized itself as the servant of the Divine One, as the channel through which infinity, light and love may be channeled, one prepares oneself for the basic choice. Having experienced the immeasurable beauty of the Creator, having experienced those things that cannot be measured by any instrumentation, you prepare yourself for this choice: to love the Creator by serving other entities in the Creator's name, or by serving the Creator by controlling others in order that they will be able to move along the path which you have found to be helpful. The difference upon the surface between these two choices seems not so wide. In actuality, it is the greatest abyss imaginable, for those entities whose paths and service are positive and those who are negative have within themselves, first, the way they gaze at the self and at what occurs day by day and minute by minute.

21: There is every possibility in the beginning that it may not seem that you have made much of a choice, for the first job of those who seek to serve is to fall in love with themselves, not as creatures who are perfect, not as creatures who are elite or in any way better than anyone else, but as creatures who have, quite reliably, a dark side. All of this you must fall in love with, for it is written within this instrument's holy work that the one known as Jesus said, in eradicating the Ten Commandments, that there was a new covenant, a new agreement, that each entity was to love the Creator with ev-

ery possible part of the self and to love others as one loves the self. So you see, when you have become aware of the Creator, you must then become aware of the beauty of the self, for only insofar as you love the self can you have true compassion for other selves.

22: And while you are learning to love yourself with all of your imperfections, it seems somehow as though there were a selfishness to this process. This is incorrect; it is the learning process. In the Creator all things are perfect and all things are one. In manifestation, all things are imperfect and all things are several. You stand at the crossroads upon the greatest illusion that you shall ever experience, and you must allow yourself to love yourself, to forgive yourself, to accept yourself, so that you may go forth rejoicing and then gaze at the illusion with new eyes.

23: If you have fallen so completely in love with the self that the self becomes the universe, then the path upon which you tread will be more and more negative as you attempt to show other entities just how wonderful it is to experience the Creator and the self as do you. This is a path of that which is not; this is a path which celebrates that separation that the world of maya offers to the discerning observer.

24: The other choice, once one has learned to love the self, is to move beyond the self, not in judgment but in compassion, loving this way or that way, whichever way one can, accepting inevitable, seeming barriers as well as seeming successes because of the realization that you shall never know within this illusion how well you have done, how close you have come to the mark which you set for yourself before this incarnation. You have no control, no power over circumstances such as which occur within the illusion. You do, however, have enormous power to choose that which you shall pay attention to, that which you will assimilate deeply, and that which you will allow to be shed from the back as if you had on the raincoat.

26: We would ask you to be aware in all things of what the choice truly is, how deeply it begins. You don't simply choose your actions; you choose your perceptions. If you are a stewardship of the love of the one infinite Creator, you will gaze upon all circumstances without fear and simply plumb that situation as deeply as possible in search of options which are loving both to the self and to other selves.

31: ...for all are going to the same home; all are submerged in illusion. And the loving heart that will open to the infinite love and light of the one Creator is that entity which shall witness to a quality indescribable within your illusion: absolute and unconditional love.

37: I am Q'uo, and am aware of your query, my brother. For many, many ages have peoples of your planet, and others as well, worshipped that entity that you know as your sun body, for it has been known by many peoples in a variety of your cultures that there is great energy that is life-giving embodied within this spiritual being that manifests as your sun. This entity is that which you may conveniently call Love or Logos, for it is with the one Creator a co-Creator of this portion of the one creation and, as a being of completeness, offers itself wholly, that life in all forms might be nurtured in the area of its care.

38: Thus, you may offer yourself in meditation to this being in any manner which expresses your connection to, and appreciation of, the creation or any portion of it in which you move and have your being. There is great depth of awareness that may be awakened as you continue to offer your honestation or devotion to those principles of unity, of love and of light which are perfectly embodied within this sun body. Thus, you may with benefit contemplate, before your meditation, those qualities which you wish to nourish within yourself and to radiate in an outward fashion to others as a result of your communion in meditation with the sun body.

49: Just so, this energy must also move in a balanced fashion from the red ray and proceed upwards to the orange ray, where the individual power of expression is manifested in the incarnation in a fashion which allows the uniqueness of the individual to express itself, using that same energy which has moved through the red ray and which continues, if unblocked, to the yellow, the green, and so forth, so that when an entity has been able to activate and balance each energy center the intelligent energy or prana of the one Creator moves through each center to be met at the indigo ray center or brow chakra, allowing the union with the indwelling love and light of the one Creator and the opening of the entity to the fully experienced presence of the one infinite Creator.

60: I have one that follows up on what's just been discussed. It's been my personal experience in this life that lovemaking is a magical ritual, like Holy Communion in the Christian church. And that has been supported by more and more feeling through the years until the point now where I realize not just the pleasure of myself or the sensuality of myself but that it is offered as a prayer to the infinite One. I know a lot of people don't see it that way. I was just wondering, could you comment on that?

82: I am Q'uo, and am aware of your query, my brother. The intelligent energy of which we have been speaking is also known as that called prana, is also known as love/light, for it is the enabler—that which has created all that is and that which gives life to all the creation. It is the Creator in Its active mode, and enters each third-density physical vehicle through the feet and the base or root chakra, and attempts to move upward through the system of chakras to its mating point with the indwelling intelligent infinity, or whole Creator, which resides within.

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14: When one first attempts to open the heart one may feel that it is impossible to forgive the self enough times to keep that heart open. That is not the heart speaking, that is still the mind. And the mind complex suffers from the either/or of your illusion. There is no "either/or" in an open heart. The open heart is "an/and," an "a/a" unity. To the open heart all things deserve compassion, all things deserve food, physical and spiritual, all things deserve love. And to refrain from opening the heart to the self is not something that occurs to the heart's wisdom. However it makes no sense, it is important to realize that the way of the open heart may begin in clearing the way to the open heart, but it ends in accepting that the open heart is all-compassionate, all-loving, all-giving. There are no second thoughts to an open heart. There are no true thoughts in the open heart, but only the endless and impersonal compassion, but one who stands not on sense, not on things known, but on the thin and unpredictable air of the abyss of the unknown.

16: How is the heart kept open in such a way that the experience of the open heart will be the steady state? We would, in looking at this aspect of this question, remind each again that the offering of praise to the Creator, and the offering of thanksgiving for blessings received, constitute a continual touching into divinity, a constant song heard by all that there is. The steady state of open heart is a state in which each flower, each blade of grass, each thing that is beautiful that is seen says to you, not only, "This is pretty, this is lovely, this is beautiful," but also "I praise the Creator for this beauty." It is a way of claiming that mystery which is the Creator, a way of relating to the Creator which is unseen, invisible, unheard, unknown, for we are aware that the Creator is not obvious to all, nor is His will seen to be very beneficent in many cases. Yet, if there is the faith to continue to praise the Creator and to bless the Creator when your experience blesses you, the relationship with that which is holy becomes more and more real by habit and replication of sincere praise and thanksgiving.

18: Communication moves higher and higher into the surface mind, becomes bogged down in speculations, rationalizations and considerations of details that do more to obscure than to illumine a particular thing about the self that one is doing inner work upon. Contrariwise, if the heart chakra be open, then it is likely that there will be more honest communication, because absolute love is something which fear cannot touch or bias. So that the fear that entities have in communicating, either with themselves or with others, is reduced to the extent that the heart is truly opened.

21: When the heart is open, it is well first for the seeker to work upon communication. This is the primary and strong means by which your people may offer the most love, the most inspiration, the most clarity. Those who communicate well, those who communicate in love and without fear may find themselves often told that they are wrong in some way, but this will in no way disturb one with an open heart, for the compassion of the open heart is as much for the other self as it is for the self, and there is no fear that one is right, or not right, or definitely wrong, for whether one is right, or not right, or definitely wrong, the heart has compassion and all is well.

22: As one becomes able to communicate honestly and skillfully it becomes less important to communicate skillfully because it has become natural. There is no fear of reprisal, for the reprisal is coming from an entity that is loved with compassion of the open heart. Consequently, there are no entities to be feared; there are no failures to be feared. Part of the blue-ray opening is the development of a sense of humor, so one finds ways to say things in a light way, in a gentle way, in a way which shows a spaciousness of prospect, and for the purpose of this discussion, most importantly in ways in which the entity is enabled in its inner work, for if full living light is able to move into the indigo chakra, that chakra will have the maximum opportunity to do work in consciousness. The open heart regards the personality. It enables the blue-ray chakra to communicate from the level of the heart, that is the place of wisdom, to the self that is attempting to effect changes in consciousness by faith and will.

23: When the tongue of judgment is quieted, the tongue of joy and peace is loosened, and one may speak to the self while working on the personality, attempting to understand it and see the balances that are desired. In words of comfort and support from the self to the self, the open heart creates the opportunity for the entity to fall in love with itself, to love it dearly, not simply as a perfect expression of the perfect Creator. That is relatively irrelevant to the experiences of choices made. It falls in love with itself with all self-perceived imperfections thriving gloriously. It sees the self in all its rambunctious childishness, and nods happily, saying, "Yes, that is humanness, I recognize it and I embrace it."

25: Let these failures become impersonal, let compassion roll in, experimentally, put aside your disbelief in your own lowliness for a little while each day and feel the love rolling in. Feel the freedom, the space, the joy of simply suspending your disbelief in your own failures and imperfections. As you offer praise and thanksgiving, as you communicate, often in difficult ways at first, to open up that great primary communication chakra, the inner work begins to do itself, for, dear entities, you are entities of habit, the habits you begin eventually become automatic.

30: I am Hatonn. You act, then, as the Creator, not as your imperfect self, for as you forgive completely the imperfection of your self and toss those considerations aside in order to have more time for praise and thanksgiving, so you cleanse yourself of the need to deal intellectually with these difficulties of others which do not make sense but which are causing difficulty, whereas you listen and allow the love to flow through you to the other person in an accepting and loving way. The work is being done through you. It does not tire or weary you. And this is true whether the work is upon the behalf of another or upon the behalf of the self.

34: Never be afraid. These entities may seem large and bullying as they enter your thoughts and your dreams, but, my friends, they are sad souls and fully worthy of compassion. Can you cleanse the lepers sores, can you nurse the afflicted of your generations' leprosy which is AIDS? Can you gaze upon a dying child and gently sweep the flies from the sickened and closing eyes? There is passive evil, and there is the Christ. When you gaze upon the rude address of negativity, think of the sick child and reach out your hand in compassion and take cool water, and comfort that negativity with compassion and great feeling of brotherhood. You are that negativity just as you are positive, and to heal negativity is to take it into the open heart and love it. All that is not love will fall away.

20.29 1991/06/02

3: The question of finding the Creator's will is in a way self-defeating, and for most who wish to follow that will the skill lies in that which this instrument has always done, that is, to surrender the personal will, and then express the gift of faith, love and unconditional support when and in such manner as the opportunity appears to the lucid inner eye. To ask what the will of the Father may be is in its own way predisposed to looking at the creation as a place where the Creator's will is manifest, largely or wholly in physically observable ways—the speaking, the manifestation of right action.

6: There is a line beyond which we choose not to venture in this particular offering of opinion. Already we have moved well over the line of free will in attempting to address this query. We have removed ourselves from this unacceptable in-

such wisdom there can be desire to disassociate with the human catalyst. What you are learning, then, is to come to this meeting of the horizontal and vertical, this center of the cross, where compassion and wisdom meet.

42: I want to digress here a moment to speak about the words love and compassion. When we use the term love, we are not speaking of a maudlin kind of love with attachment, not a manipulative love or a grasping love, but pure love that opens itself to all that is. Love is a hard term to define. I am somehow more comfortable with the term compassion, which is an outgrowth of that openhearted love, but is more easily recognized, less easily distorted than is the term love. We can use them interchangeably as long as we understand what we mean by each: love and compassion.

43: There are many ways to work on the horizontal practices. Indeed, you all are doing that constantly in your lives as you attempt to live with more love and skill, as you attempt to live with non-harm to all else and as you process the emotions, thoughts and sensations that move through you and work on non-reactivity. We will talk more specifically about such horizontal practice, offering specific tools that speak to your personal situations.

59: As we move through the process of that fourth-density energy group, we begin to move out more on to our own, coming and going from the group. Sixth density moves beyond the capacities of those which came before ... deeper wisdom and compassion, and unconditional love. Seventh and eighth density—again, some traditions lump them as one and others divide them into seventh and eighth densities.

62: Just briefly, first density is the elements. Second density: things that can't move yet, like plants and animals that don't have self-awareness yet. They're turning to the light. The animal knows its master and wants to love it a little bit, but it is not aware of itself yet. Third density is self-awareness. Fourth density: the awareness of love. Fifth density: the awareness of wisdom. Sixth density: the awareness of wise compassion, compassionate wisdom, the merging of those two. Seventh density: Ra calls it the density of foreverness, where you finally take one last look back, turn your back on all that and start gaining spiritual mass, going back to the source. The eighth density is the octave, and it dissolves into timelessness and becomes the first density of the next creation. And that's the cosmology of it. So, the whole billions and billions of years until the big, central explosion of the central sun is just one creation, just one little heartbeat.

101: We need to be very gentle with ourselves, not push ourselves beyond where we are, because we learn as we grow. We don't have to be anywhere but exactly where we are now, just moving at our own pace. There's no speed with which we do this. People get into trouble when they aren't honest with themselves. Some say, "Okay, I'm going to take all this in and I'm going to do it." And then, instead of becoming a work of love and kindness and gentleness to ourselves, it becomes just another kind of fear: "I'm going to get rid of that and I'm going to be this." But that's not honest.

22.41 1993/09/25

4: When I'm in that space, the boundaries of self come down and I feel myself surrounded by energy, by spirit. At this point (usually not with words so much as wordlessly, but obviously to share it I need to use words), I offer a commitment of my energy, a statement of intention of my desire to be of service. If I notice any self-thought, of pride in that "being somebody doing something," I just notice that's part of it, that's the part of it that grows out of fear; and I don't condemn that in myself but I also don't build that up in myself. I ask for help in channeling clearly despite that human fear that is part of my make-up because I am human. I recognize that it is not a big part of my motivation. I don't focus on the negative in my motivation, on the fearful in my motivation. I focus on the loving and openhearted in my motivation.

9: What I ask for myself is three challenges. First, "Are you that energy that I have come to know as Aaron, that identical energy?" I get a "yes" on that. "Do you come in service to the principle of love and service to all beings?" And finally I ask it, "Do you come as a disciple of Jesus Christ and the Buddha?" If I'm not channeling to a big group, I simply say three times, "Aaron?" and get a "yes" three times, so I don't always go through that procedure formally.

18: When we ask, "What is the spiritual path and how do

we live it?" the spiritual path, for me, is one of awareness of the non-dual nature of relative and ultimate reality and compassion for the being who sometimes stumbles while trying to bring them together harmoniously; love and respect for these beings who keep brushing off the mud and moving on again, always learning a bit more about this balance and always learning a bit more about the desire to rest on one side or the other side of the balance; seeing the resistance to bringing them together because that requires such deep honesty and courage; and finding compassion for the being who cannot quite do it, but tries.

20: I would like to change tracks now and move from the theoretical to the practical. Fine. We are looking for this balance of ultimate and relative reality, this balance of love and wisdom. How do we follow that quest in dealing with the very real and painful catalysts of our lives? I feel Q'uo wishing to speak. I do not know if Q'uo wishes to speak in answer to the question I have just raised, or wishes to add more that relates to the beginning of my afternoon talk here. I will simply pass the microphone to Q'uo for my brother/sister/friend to speak, and then we will move back to my own talk of the practical. That is all.

26: Indeed, we wished to speak to the matter of how to conceive, if you will pardon the pun, of your physical, material selves being in the same physical vehicle with the infinite and eternal life form which you are. For you know that you are not your body, but were before the world had been and shall be long after it has been taken back into the unmanifest and unknown, which is infinite Intelligence that is the one great original Thought, which we label with the weak word Love, having no choice.

29: How can you nurture this inner child of light? Each of you can, in every moment, imagine, dream and intend this nurturing; and with the energy of this intention, you touch that tiny light-being with the Mother's and Father's love, seeing you are not alone, "for I have touched Love." And all that you feel and care and reach for exists in abundance, abundance that shall wash over your sweet beingness. "Here, feel my love." And because you, in all your dirt and confusion, have intended and dreamt and imagined this love, this abundance—this becomes truth; and the nurturing of infinite Intelligence continues as the great work that rose beyond all of the seemingly independent sparks of consciousness and, in the end, feeds not only that spiritual self within but the more conscious everyday self that may feel so poorly equipped to nurture and love spiritually.

30: Your secret weapon always is the parents' eternal secret: simple, honest love. Love that questing spirit within and you nourish that which shall carry you into eternity.

33: I want to move into some of the specific questions that we so often hear, the main one being, "How do I know when I'm following a path of love or a path of fear?" If you only had one motivation, it would be easy to know. What confuses you is the multiple motivations. In the giving of that apple, 9534: The difficulty, then, is sorting out these voices in yourself and learning to trust the sincerity of the loving motivation and not get into a dialogue with the negative part of the motivation, but simply acknowledge that it is there. If you deny it, then it becomes empowered. If you acknowledge it and smile to it and turn back to the positive part of the motivation, you deny power to your fear. I call this not getting into a dialogue with fear.

36: So, first there must be acknowledgment that there is multiple motivation. When you are faced with a choice, you look at what grows out of a loving and connected place and what grows out of fear. And second, while acknowledging the fear, you refuse to get caught in the story of it. This takes practice. You are never going to do it perfectly and that is okay. But with practice, the skill grows: "I know this is fear and I don't have to get sucked into it." The more you practice with this, the more you trust the impulses of your heart.

38: There was both love and pain between A and B. B suggested to A that since B was living in the house A had previously owned before their partnership, it felt excluded because it now contributed to that home. It suggested changing the mortgage, changing the bank accounts, whatever. It does not matter what they would change, but changing it so as to share more equitably. A agreed to that with some hesitation, but A sincerely felt, "If I want to live my life in love and trust with this being, the first step is to trust it." So, A offered to B half of its possessions, let us say.

41: Why do seemingly bad things happen to people who are

awareness is the beginning. Each choice made thereafter strengthens and deepens the energy which you may usefully accept and allow to move through you. You see, the energy of all things is love.

5: When the Creator chose to manifest creation, that thought which is the Creator was Love—but Love unknown and unknowing, unpotentiated by the free-will choice to generate manifestations of Love. The first manifestation which this great original Thought generated was the photon, that which your scientists name a unit of light. All things whatsoever which can be sensed are manifestations created by successive quanta and rotations of light.

6: What you seek to do as you move through this school which is your illusion is to more and more faithfully approximate the vibration of this one great original Thought, which is Love. Those who choose the negative or service-to-self path are also choosing Love; however, it is a choice of path which bypasses the open heart, and therefore the energy or power which is created tends towards distinctions and control. This path of separation will eventually flow into a place where the negative choice becomes obviously inappropriate; and at that point, all entities which have chosen the negative path of seeking have the opportunity to reverse polarity and become again children of the open heart.

7: In your density, however, this choice is fresh and the negative path has its long and separate walk ahead of it. We realize that each within this group has chosen the path of love and service to others, and we may say that we feel that this path is the one which we prefer and ourselves have chosen. We feel it is more efficient and that it, in its use of power, is the desirable one; but we wish each to grasp that these choices are free. There is no final condemnation for any who seeks in any way, for that seeking will be gathered in ripe harvest in its own time.

11: Good morning and my love to you all. As spirit I find much joy in every moment of my being. But I must say that a gathering such as this and the light that is being emitted from this circle bring deep joy to my heart, because I am committed as my most fundamental value to the alleviation of suffering in the universe, to bringing light where there has previously been darkness; and the light that you send out does indeed do that. So it is very wonderful to share with you and to rejoice in this blazing fire, the warmth and brilliance of it.

13: There is no such thing as absolute evil. There are those beings who are negatively polarized in service to self and act in love for that self. The selfishness of that motivation, let us say the self-centeredness of that motivation, may cause immense suffering for others, yet one must still acknowledge that this being is motivated by some form of love, however distorted that love may be. Such a being may indeed even graduate from the earth plane, carrying that negative distortion; but it cannot return to the One ultimately, cannot move through the higher densities beyond sixth density with that negative distortion. It becomes a dead end. So, it may carry its negative distortion to a very high level, but eventually it must change its polarity to proceed.

17: The self is also an other. You are part of this great scheme of things. To simply become a martyr and offer yourself with no respect for the needs of the self is to make needless sacrifice. Indeed, one must begin to respect the needs of the self while distinguishing which needs grow out of love and healthy respect, and which grow out of fear. That being who has had a full breakfast and the promise of a full lunch has no need to take half the apple. Can you hear the voice of fear that says, "What if I need it?" and simply note, "This is old mind speaking"? "In this present moment, I am not hungry and this child is hungry. In this present moment, I have no need of this food. I can give it freely." But mind goes back to those past experiences of hunger or deprivation of any sort, and that old-mind consciousness wants to hoard because of the very basic human fear, "Will my needs be met?"

19: By bringing this level of awareness to each arising thought, emotion, and sensation, one begins to move away from the boundaries of old-mind habit, to live one's life in the present, in the now. It is only in this moment that one can live with love and wisdom.

21: How to walk a spiritual path? This, to me, is the essence of it: to notice each dialogue with fear and have the courage to remove oneself from that dialogue, not hating one's fear, but also not owning one's fear nor being controlled by it. It takes much courage. As you work with this, you come to an intersection. You find that there is a, what I call, "horizontal

practice of relative reality," living one's life skillfully and lovingly, moment by moment, but that there is an illusory self who is doing that skillful, loving living.

25: As our beloved brother Aaron has so wisely pointed out, you are one of the other selves you serve. In fact, let us confuse you thoroughly and say you are the first other one whom you shall serve. And why is this? This is because, as the teacher known as Jesus has said, all the law is to love the Creator with all one's strength, heart, mind and soul and to love your neighbors as yourself.² If you do not love yourself, how can you truly love your neighbor?

26: Yes, each of you is all too aware of the missed steps, the erroneous conclusions, the impulses which do not do Love justice. Yes, you are completely unfinished. Is this a reason not to be in love with your self? Can your self, in all its distortions, depart one iota from the truth of Love? Yes, it may seem to, just as all whom you come in contact with may seem to. Yet the heart that loves knows that beneath, above and around all confusion, all missed steps, all seeming imperfection, lies the One—unblemished, unbroken, beautiful and perfect. Your nature is love.

27: The walking of the spiritual path is an opening of the universal Self within, to embrace more and more without distortion the heart of love in each entity and each moment. Your challenge is always to discern where the love is in this moment and to move—whether by attitude, thought or action—to support, encourage and enable that love. Giving that attempt your best effort shall occupy you well through this illusion which we term third density and through several densities to come, for we witness to our continuing pilgrimage through longer and more subtle illusions wherein the choice we made in third density is refined, first by attention to love, then by attention to wisdom, then by attention to the merging of love and wisdom.

28: These illusions to come are far different than your roughing and-tumble moment of choice. There is not the suffering, for there is not the veil of forgetting betwixt the conscious incarnate self and the deep Self that is aware that all harmonizes into unity. In your brave illusion, you face the dragons of darkness, rage, pain, war, starvation and all the dark and monstrous forms of dread, fear and ignorance because you cannot clearly remember that these illusions are only that. It is intended that you become confused. You are supposed to be knocked completely off of your intellectual mountain. And in that momentous fall into the abyss, in midair, you pluck faith, undimmed by any objective proof that there is anything to be faithful to. You choose to live your love.

29: This is your choice—not that you sit upon a throne, view the evidence and choose, but that you become utterly aware that you cannot understand this illusion. And in releasing that desire and embracing only your heart's desire to love, you pluck faith from that dash through the middle air.

30: This wisdom of the heart to abide and hope and have faith without proof—this is the glory of third density. And we must say that much as we enjoy our continuing journeys, in looking at each of you and being with each and seeing the courage and commitment of each to seeking the truth, our hearts fondly cherish the memory of that striving, suffering and believing in Love against all the evidence. What a part of the journey you now are on. How exciting!

34: Q'uo spoke of the line of love and wisdom, which is precisely that horizontal and vertical line that I have mentioned, and that eventually you must come to combine the two, living at the intersection of that horizontal and vertical line, the center of the cross, the Christ Consciousness or Buddha Consciousness or Cosmic Awareness that is God.

39: All of the experiences that occur to that perceived self are also tools of the incarnation. Your physical sensations, your emotions, your thoughts—they are not burdens that you are asked to carry, they are gifts through which you may learn. One can learn to work very skillfully and lovingly with these gifts so that one is no longer reactive to emotions, no longer reactive to physical sensation. That being begins to live its life with great love, yet it may also experience deep pain if there is still identification with that which arises. The non-reactivity becomes a form of self-discipline and training, but there is not yet wisdom which sees that there is no ownership of that which arises.

41: Wisdom develops to understand the impermanence of all that arises. Ownership of that arising ceases. But without the love or compassion that grows out of acceptance of the human experience, such wisdom becomes sterile. Within

vasion by encouraging this instrument to sleep. Thusly, were we able to speak at all—for although it is ever service to share our opinions—nevertheless, the strong will of this instrument could not hear the bell of rest and comply which its physical vehicle sounds within, whether it were mentioned or not. The spirit of love speaks as the instantaneous, emotional, attention-getting fire. That instantaneous light offered itself to the instrument as the rather precise readout of available physical energy. This reading was rejected by the instrument, serving as a perfect example of the situation in which the spirit speaks, but the message is rejected because of bias and the desire to use up all incarnational energy because of love of the One Creator.

7: This is more common than it would seem to the observatory powers of an observer of your environment who sees most entities in somewhat profound degrees of unawareness of the Creator, Its love, their nature, or their opportunities to worship in service to others and to the Creator. Most who discover the love they have for the Creator, no matter what the individual experiences of the palpable presence of that Creator, choose again and again to give all possible energy and intensity to serving more and more, without judgment concerning its own state of vital energy. Consequently, in the midst of the darkness of ignorance and unawareness among your peoples, there burn the torches of many who have chosen the path of sacrifice in order to burn as brightly and accountably as possible.

13: Those who feel that they have the experience of the presence of the one Creator, and those who have the experience of lack of perceptible union with the infinite One, appear to be in different situations as regards the choosing of how to manifest the love and the light of the Creator. However, the openness of both kinds of entities to being of service are identical. Some have the experience of aloneness, of loving the Creator but feeling isolated; others feel the consolation of the spirit always. These apparent differences are an artifact of the incarnational lessons to be learned. There is no true distinction between those who love the Creator. As the strength of faith and will is, so is the entity's true association with that great Self of which any atom of consciousness [is a part]. Each of you is the same, though your experiences vary. The dedication which is not apparent moves as the true measure of service.

14: Rest in knowing that many who are distressed in the search for the infinite One are beyond the illusions of the consciousness mind quite directly where they wish they were, that is, in communion with the loved infinite original Thought. Likewise, many of those who more vociferously state the closeness of the self and the Infinite are lacking true unity with any Creator except ambition and the creatures of ambition.

20.30 1991/06/30

4: Let us begin with this concept then. Have you personal knowledge of any entity whatsoever that is perfectly sure, with no spiritual arrogance of the meanings and the lessons to be learned from each challenge? You could not expect this skill of anyone. Cast about in your mind, in your heart, in the experiences that you have read and seen and heard and ask yourself, "Did this person live in the heaven of bliss and peace and joy which shines effulgently from the great heart of the creation, that great Sun which lies deeply within each of you?" To answer our own question, it is not to be hoped for or to be desired in a non-relative way for one who wishes to proceed along this beloved and dusty path, not with slowness nor with haste but with utter respect for the processes we know, each of us, that are taking place. For just as the fish must move at all times to breathe, so too the mind, having been fed its physical manna must then yearn for that divine touch of that heavenly food.

7: To say that this is the human condition is vastly to overstate that generality. Yet it is true that if an entity is able to recognize more and more inwardly that the situation in this illusion will apparently be imperfection in memory, in the present and in the future, this creates a good start upon dealing with the pain and seeming destructive and negative characteristics of an ongoing spiritually based life. Each of you who is on this trail finds the dust beloved, finds the hard rocks and the wood splinters a cause for joy, for that person has found that which is worth the various inconveniences and

seeming muddled confusion of the third-density illusion.

10: The need to examine mystery goes not well with an attitude of complacency, comfort and mundane peace. Even as you ask yourself why so many seem to slip through life as if they were greased lightning while you the seeker, each of you, must again and again and again find oneself stuck, stopped completely by overwhelming catalyst. Catalyst which, because the world knows it not for the most part, is catalyst unique to you in a far more precise way than some superlatives. For each of you is unique in his or her way. Each of you, though aiming for the same destination, have plotted carefully to ensure, no matter how many detours are mistakenly taken, that within this incarnational experience the seeker will have ample opportunity to learn each lesson of love.

12: So in our quest to gaze at the most appropriate way to aid ourselves in our seeking for an attitude not skin deep but within the very marrow of each bone, within each pore that opens to the sunlight and the rain, within each sense that tells you of beauty, destruction, peace and confusion, consequently, the seeker must gaze beyond, beneath and around the negative emotions such as anger or fear. Gaze at them unblinkingly. Gaze at them lovingly. Yet how can an entity, no matter how much meditation, study, desire and training, really have a certainty and a surety that there will more and more be the feelings of wholeness and harmony of which you have spoken?

19: What are these intermediate subconscious levels? We chose to borrow the words of the one known as Aaron. There is much that occurs before a consciously generated mental formation may occur. The one known as Aaron simplifies this in a way which we feel is helpful so let us look at this process. Become aware now of your attitude posture, that is your true physical, mental and emotional states. Gaze at them. This is your unique beingness at this time, at this very moment. If this is who you are and if you are of the Father that is love, then you as a seeker know in some deep way that the apparent challenges of the incarnation are much like the scenery of the play for which you are the star.

28: With the experience of polarization what opinions and biases have each brought to the naked perception already clothed somewhat? It can only add further clothing, further coverings, further defenses, and further distortions. For each entity is intended to be biased. These biases, though they cause a great amount of pain, are spiritually desirable. Not that one would seek out difficulties or challenges, but that in a challenging situation one may see clearly that one's own previous biases, one's own prioritizing of consciousness and one's own sense impressions do a tremendous amount of distorting to what each would hope to be a life lived in full consciousness of love.

33: Know that you are not simply a pawn moving about on some cosmic checkerboard—we correct this instrument—chessboard, this instrument is not good at games. Take the mind off of the moving pieces, the stratagems, and the plays. Gaze at your situation more and more without judgment, indeed, embracing the seemingly difficult, negative or challenging situation. This positive action of love is as a healing balm as the true nard¹, the true salve, the true healing ointment of [Gilead]. This is not a gift you can give yourself. You can only open yourself to the opportunity.

35: Let a time fall upon you as twilight falls upon the grass at the end of a golden summer day. Let your selves be as lush meadows, welcoming and drinking in the feeling of love, loving and being loved, for in love we are without judgment.

38: You stand, each of you, upon a play stage—we correct this instrument—upon a stage. What is the nature of your play? How long has this been running? Has it been a success on Broadway? Did it die in Boston? Are you on the road with it? Over the hill touring the provinces? Appearing in Saskatchewan? It is still your play and you have every reason to attempt always to move through that play so authentically that the play becomes a poem and the poem becomes a life, and the life becomes a presence of love to love. May you encourage, exhort, support and cherish each other. For you have chosen the high road. The road that is the wisest. The road that is the most seemingly barren.

20.31 1991/07/07

8: A choice fundamental to the third-density experience is the decision to become individual in an apparent and gross fashion. When two hands meet, they do not join organically to form a being with four hands and two bodies. No individual touches another in the deepest sense; yet, all individuals are you, so that as you perceive others' paths you are then at your most skillful in ascertaining your own spiritual sensibility. The third-density entity cannot perceive, because it is imperceptible that there is only one being and that each of you is the "I AM." So you gaze at the dark mirror of yourself, and find the need to refresh the self as one sees one's self in the endless series of distorted and flawed mirrors which one may find in a carnival. You may see yourself tall or short, fat or thin, strange or lovely; but all the mirrors of the self are flawed. That flaw continues as the entity gazes at others. However, as the seeker gazes at pilgrims upon the same road, the artificial separation creates a spurious but helpful clarity, in seeing in another a far less distorted mirror. Consequently, a tool that can be used at any time to center and focus the self upon learning is to gaze at that seemingly separate self with your more impersonal viewpoint, and thusly, see yourself.

10: It, of course, is a difficult task to learn anything, and doubly difficult when all the books are open but there is no illumination by which one may read the simple, generous and lovely answers from the textbook. You can only hold that Book of Truth that is your heart's wisdom in a trusting awareness, and so give up yourself to yourself by your self-compassion, that this beloved wisdom begins to soften that which is you, not that which you think or that which you feel or that which you do, but that which is. You are a verb, not a noun. You are not a thing. You are. The simplicity of this beingness eludes the mind, and refuses to obey any particular form of behavior. As the seeker moves along this self-perceived path, it acts and thinks and talks and believes that it is those activities, there being no evidence to the contrary; but, as you turn and face the inevitable distortions involved in the process of perception itself, it is easier to see that the path of the seeker is not going to fall along any planned or consciously desired outcome, unless that happens to be a natural fruit of your particular being.

15: We wish to give you tools that you may use in order, more nearly, to love the Love that is you—that is all other things whatsoever that, indeed, is. You are as a small vase, perhaps beautifully made, perhaps made with some clumsiness, but a good watertight vase. You see the vase. You are the flower. You will never see yourself in flower. You will see the vase, the tending of the vase, the watering, the cleaning, the movement towards the light...

18: Look again at all you have seen this day. Do you see the vase? Do you judge the vase? Do you notice the bloom, the flower, that which is in each face that you see? This choice-making density is intended to move as quickly as the seeker wishes through the various lessons of learning to love the flower of consciousness, and to embrace consciousness...

21: You are the beholder and you are beheld. When emotions run high and spiritual exhaustion is deep, you may wish that you were not this vase and you do not have to be the vase that you are. The flower is unchangeable, immutable and everlasting; and you are learning how to value that flower, not because it is you, not because it is something that you have called the Creator, not because of anything, but because that is all that there is. And in these choice-making lifetimes, you are shaping that gift to yourself that is the most beautiful receptacle for love that you may create.

22: Each hardship, each disappointment, each perceived difficulty is, in its own way, true. Vases crack, break, must be made again, must be scrapped and started over, must be retouched; but you are not working on love, you are working on how to honor love. Let this be your first tool when your emotional vase seems crazed and twisted and altogether out of round: know that you can throw that pot back into the wet, soft clay, take the slip cut, and re-cut and re-cut your pot anew. Line it as you will, paint it, enamel it, fire it, stud it with jewels, or be unassuming, knowing that love needs no decoration. But you are safe; these things are occurring to the vase, to the vehicle that carries the blossom of ineffable and perfect consciousness. Vases may bump together, and clang and crash and nestle in so many, many configurations. The blossom is always the blossom.

35: I am Q'uo, and we slipped that one past this instrument for your pleasure. To conclude our remarks upon this query, we would suggest that your straightest and strongest course at this time is that course which you have followed faithfully, and that is the attempt to see and experience the love of each moment no matter what the challenge before you, to pursue the understanding of your beingness with faith, with will exercised by, as you call it, an happy heart. No entity may know the end of the story, for the future is indeed mazed to all eyes, including our own. We recommend to you that you continue this journey with the joy of the seeker who walks with the Creator in the garden of the creation, experiencing the delights of the moment and keeping the eye inwardly ever upon eternity, for all within your illusion live a life that is but fleeting no matter how the measure of your years may quantify it, and yet, live a life that is eternal in its choice of what we find you have called "the attitude"—the attitude that sees the illusion before one and feels the Creator within one. And though there may be little of understanding the illusion before one or the Creator within one, yet, there is the sure faith that the Creator may be known in all illusion, and that one is never alone or without purpose and guidance. Always are you cradled within the hands of the infinite One.

39: I am Q'uo, and we may comment by confirming your conclusion that you are of a nature which gives without stint, in many cases giving to the point of bankrupting your own energies, for at this time and for some time as we have previously spoken, you have been in deficit. As an entity which seeks the fullest expression of love, you have little of the what we find have been called "boundaries of the self," which are utilized by most third-density entities in an automatic holding or confining of the personal energies that may flow to another at the request of the other for assistance. You perceive requests for assistance that are both spoken and unspoken, conscious and unconscious, on the part of the entities that join you.

20.32 1991/07/12

18: The healing process, in essence, lies with each individual. The one who feels they have caused harm have need of healing and the one who feels they have received harm have need of healing also. Ultimately each entity must do the work of healing the self. It may be possible for entities who work together in harmony to extend to the other the open heart, the understanding mind, the statement of loving intent that may facilitate such self-work in healing. But ultimately the responsibility is with the self.

20.33 1991/07/21

3: Love is flowing like a river

4: And you can say "Peace is flowing a river," etc. Bliss, faith, hope, light and so forth. Anybody that wants to sing one is welcome to stick one in at the beginning, otherwise I may just keep hitting back on "love" from time to time.

11: What do you know? Let us look a bit deeper. Move, each of you, from the mind that is in your brain. Relinquish it and think courteously, gently, and with the skill of a suitor, to pay court to your heart, for it is the unconscious and silent wisdom of the heart that gives to an entity its closest experience to that of knowing. Within the illusion in which you enjoy yourselves at this time, nothing can be known. The sooner the seeker becomes aware that the truth will beckon ever onward, the sooner the seeker can set to rest the hunger for proof which so often leads to a debasing of the pure love of the truth. Relinquish your hold upon the need for proof, for that which is proof is proof within an illusion. Would you wish to know something in the illusion, for all that you know in the illusion is an illusion. Or would you wish, rather, to gaze straightway at the mystery that is not known and know that you are tabernacled with that mystery; that you live in that mystery and in a very central sense you are that mystery which is Creator and creation.

21: Thus, your relationship with this physical vehicle need not be one of scorn but one of thankfulness and praise, for this second-density entity could have had a perfectly good instinctual life of its own. The brain, the personality, all of those things which seem to you mundane are things which

22.39 1993/09/24

5: As you drop your boundaries, feel the connection to the joy and suffering in the universe. Be aware of the rising aspiration in yourself to be a tool, to offer your energy as tool, for the alleviation of that suffering—not my suffering or your suffering, our suffering. The aspiration to be a source of energy, courage, love, faith, healing, for all beings; to manifest your energy in such a way that it promotes peace and happiness in the universe—this is the primary intention, moving out of the fearful, small self. In your own words, silently state your intention to serve the universe and all that dwells therein, to be a vehicle of Love. I will be quiet for a moment while you phrase this intention in the words of your own heart.

7: Given that aspiration and intention, the next question is, "How do I implement this?" You alone cannot implement it. You connected to all that is are empowered to implement joy, peace and harmony So the next step is to invite in whatever help there may be, each in your own way, invoking Jesus or the Buddha, asking God's help. Silently voice your prayer that you may become an instrument for healing and love in this world—not for your own ego, but in service to all; not for your own glory, but that your service may be offered back to God in grateful thanks. For you are but a reflection of that divinity—divine in your own right, but taking your light from that most brilliant and perfect light, and with rejoicing, returning that light, ever brighter, ever clearer. I will pause again, then, so that you may voice your prayer in your own words.

9: All beings on human and spirit planes contain some mixture of positive and negative polarity. None is totally negative, nor are any but those most fully enlightened masters totally positive. We do not flee from the shadow in ourselves, but aspire to touch that shadow with love and thereby to grow. In the same way we do not flee from external negative energy, but aspire to touch it with love. If there be any being within this circle, human or discarnate, that is of negative polarity, of predominantly negative polarity, that wishes to hear these teachings, we welcome it. It may not speak through this instrument. It is welcome to listen and learn the pathways of service to all beings, the pathways of love. 15: Each of you is like a pebble tossed into a giant, still sea, an infinite sea. Each time a pebble splashes, it touches everything around it and sends out waves that affect all the other pebbles. When you send out loving energy, your inter-reaction/interrelationship with the world is far different than when you send out hateful or fearful energy. And yet you are aware (and many of you have often heard me say), as long as you are human, you are going to have emotions. Fear is sometimes going to arise—anger, greed, jealousy ... You cannot stop their arising, but you can change your relationship to what arises.

24: That, to me, is the spiritual path. As to, "How do we live it?"—that is what we will spend the weekend questioning. How do we live with our fear, our anger, our pain, our desires? How do we make space for all of that humanness in our hearts and find deep love for all of us as we exhibit that humanness? How do we let go of judgment? At the same time, we must be aware that while we aspire to let go of judgment, we are still responsible for our choices. We have here a relative reality and an ultimate reality. There is much that I wish to say about that, but will hold it until tomorrow.

29: We thank the one known as Aaron for the masterful introduction, and would continue by noting that we are a complex made up of the thoughts and memory of what you would identify as male and female. We now study and serve as one. Our path to this point in our walk on the path of spiritual seeking has included your range of present incarnational experience. You are upon a path aiming towards an evolution of spirit, which you may intensify and speed up. Many among your people have no wish to learn more quickly the lessons of love; however, each of you does wish to assist that process of spiritual evolution of mind, as some call it.

32: It is our opinion that the choices you face continue to be of a certain basic nature. Each choice has to do with polarizing or gaining a bias towards either that which is radiant, loving, freeing and expanding, or that which is attracting, pulling, grasping. We call this dynamic a choice of service to others or service to self, and assign the term positive to the service-to-others category, negative to service to self.

35: I am Aaron. There are a number of questions we will be investigating this weekend, but primarily it comes down to

that which repeats itself over and over in your lives. To walk a spiritual path with awareness and love, one must be aware of when one has moved into fear and cutting off of love.

36: How do we find that awareness and deepen it? Fear builds walls around our hearts. How do we dissolve that fear? Where does faith come into it? When we have made the best decisions we can, thinking that we are acting out of love, and the results seem to boomerang and cause great pain for us, does that mean we acted out of fear without seeing it clearly or does it mean that we need to have even deeper faith? Sometimes it is one direction, one answer. Sometimes it is the other answer. How do we begin to differentiate that? 39: So, it is not so much what you do. It might seem to be very kind that you always serve others and let others go first. What is the motivation for that? When you look, you will find there are multiple motivations. In every act, word, or thought, there are multiple motivations. You have an apple in your pocket and you realize that you are hungry and thirsty. Here is a red, juicy apple. You pull it out. Just as you are about to bite into it, there is a small child, big eyes, very thin, holding out its hand, "Please!" Your heart opens and you give the apple. As you give it, there is the small thought, "Didn't I do good? Did people see?" The giving of the apple is a pure, loving act. The accompanying thought grows out of a place of fear and wanting to be the good one. It is another aspect of somebody-ness.

40: So, we never act or speak or think fully out of love or out of fear. How do we get acquainted with our multiple motivations so that we may begin to understand our choices better, and thereby begin to choose more skillfully and lovingly for ourselves and for all beings? This, to me, is the focus of walking a spiritual path. And it is not only the resultant actions, words and thoughts, but the clarifying of motivation, the learning about how this small ego self does solidify, not being afraid of its solidification but using it each time it happens as a catalyst to remind oneself to move back into center, to move back into connection and into the Pure Mind, Pure Self.

41: We will explore all of this in depth through the weekend and also have time to answer your personal questions, speaking to your personal situations. There is sleepiness. It is late. I want to pass the microphone here to Q'uo. I thank you all for allowing me to share my thoughts with you tonight and very much look forward to our continued sharing through this weekend. My love to you all and I wish you a good night. That is all.

45: Secondly, there is for each outburst or outlay of your energy, the time to take in that food and drink of spirit that nourishes and rests. Begin to be more aware of these dynamics. See your self reflected, see love reflected and feel the outpouring and the in-gathering, one to another and all things whatsoever to the infinite One.

46: For this evening, we again thank each and bless each, leaving each in joy and in peace in the love and in the light of the One which is all. We are known to you as those of Q'uo. Adonai. Adonai.

22.40 1993/09/25

0: [overview] Q'uo: We were saying that your density of existence is the density of a choice—one great choice upon which so much is based. We were describing this choice as that between radiant service and grasping or magnetic service: service to others and service to self. To discern this choice in each moment is a substantive portion of that learning which you incarnated to pursue. The other part of this learning is simply to continue offering praise and thanks. That is the music which gladdens your walking. The choice made once in full awareness is the beginning. Each choice made thereafter strengthens and deepens the energy which you may usefully accept and allow to move through you. You see, the energy of all things is love.

4: We were saying that your density of existence is the density of a choice—one great choice upon which so much is based. We were describing this choice as that between radiant service and grasping or magnetic service: service to others and service to self. To discern this choice in each moment is a substantive portion of that learning which you incarnated to pursue. The other part of this learning is simply to continue offering praise and thanks. That is the music which gladdens your walking. The choice made once in full

22.36 1993/09/05

8: What is the process of desiring? One, perhaps, could describe desire as “a falling in love with.” Certainly, the desires of the heart are deeply felt and etched with the pen of love. The yearning for that centered, flowing, effortless living which each seeker has experienced at certain times is constant, and sometimes nearly overwhelming. How the seeker yearns to feel wholly connected with the wellsprings of life, light, love and truth! It is within each seeker’s ability to so discipline the thoughts and the attitudes that, more and more, there is an increased potential for returning to a centered position of heart and mind, within which a true simplification of the improving of the centered stance is achieved. 11: Once the habits have been set and experiences have been had of that feeling of life flowing freely, the feeling then can be, not created, but accessed by the seeker with more and more grace and ease, with simple repetitive—we correct this instrument—repetitive practice, for what you seek to be whole is already there, as each is truly aware. It is an allowing of that feeling to be there that is needed, an allowing that calls to your processes of perception and says, “I want information about love in this moment. Where is it? I want to be there working cooperatively with these energies.”

12: We know that each will be self-disappointed many times. We encourage each to consider that this, too, is a lovely portion of a process by which change within is achieved for each grain of transformation, each new ability to choose spiritually based information rather than other priorities. Some that were priorities will be lost, and as the heart and mind change their habits, that which is old and stale must fall away. This is perceived as painful.

14: We do encourage each not only to partake in this speeding up process of conscious living, but we encourage and exhort each to find within the attitude a growing awareness of how love felt within is a channel through which the infinite love of the Creator may flow to others. Let that light within be. Let the self open and flow consciously, so that you may be part of the good in the lives of those whom you touch. Sometimes it is nothing more than a supportive smile to a stranger that makes the difference for that stranger that particular moment. As you are given grace to lift away from the stains of sorrow and toil into the ethereal beauty of that ever flowing love which is the Creator, remember to be generous, and know that that which comes through you is in utter abundance—completely unlimited in supply.

15: How, then, does this translate to not worrying about lacks of perfection? My friends, when one does remember that one is a portion of love, much begins to fall away. Work with these thoughts and be patient with the self. We believe you may one day look back and say, “Why yes, I believe I can feel the difference and see the progress.” However, do not look for your getting better, but simply turn the heart and mind towards the infinite Creator, Whose creation expresses Its loving nature.

36: Just one small one. Perhaps that’s why I really love to sing so much. I do find sometimes when I’m singing, especially sacred music, that—I don’t know, things sort of feel better, as if I am accessing that place where everything is whole.

51: There is one consciousness. Yet, due to free will, that consciousness expresses within you in an unique way. As the little child is cared for, so is that awareness of what consciousness truly is. It is born within each. That spiritual self must be nurtured and cared for, for it is young. Each of you is, in one sense, an old soul. In another, in the sense that each is facing the lessons of third density, each is a new and untried spirit, newly conscious of self, newly conscious of the true nature of existence, and very hungry for more. Yet, this is a fragile child, and it exists in sometimes inhospitable climes. Therefore, love that inner identity and know those things that faith alone can give knowledge of. All is well. All will be well, and destiny will bring every harsh and sweet lesson which you need in order to grow. Turn to the sun which is love, and bloom gloriously.

22.37 1993/09/06

18: We feel this answers one persistent query in one way and we shall entertain further questions at the end of this session. As to what we hope to accomplish through channels such as

this one and the one known as M, we hope to accomplish a witnessing of a very simple concept which we feel to contain all the truth we know. That concept is that there is one great original Thought, or vibration. That vibration is love. It created all that is, beginning with the first creation, the photon or what you call light. Graduated rotations of this light have articulated all physical phenomena whatsoever. Your world, your illusion, and all that you can imagine is made of light that is the manifestation of love.

23: This light as it moves through the nature of creation can inform those entities who pay close attention to the seemingly mundane of life. The flight of a bird or the splash of a fish, when looked at closely, are expressions of that love.

26: I am Oxal, and am again with this instrument. It is a helpful thing to remember that all form whatsoever, is love. If all is beautiful this is love, yet too, if there are things that seem unpleasant or harsh or difficult, this too is love. There is no escaping the unified nature of all that there is.

31: Therefore, be merciful to the self and realize that this work is careful and slow and in some ways never becoming easy. However, we believe that there is a call. We sense this call coming forth from your peoples for messages of light and love, words of truth and love, and therefore we welcome and hope only to assist such channels and we thank each who serves in this way.

32: We do not say that this service is greater than other services. We by no means suggest this yet this is one more way of sharing in the heritage of love with those about you and we thank each channel for without such, we could only speak in dreams and visions.

22.38 1993/09/19

5: When entities begin to feel hurried in the everyday life, there is the tendency to encourage within the self activities that numb the creative powers of perception. This is in order to avoid pain, for it is painful to spend the waking hours ceaselessly performing actions which the self feels are unimportant. Thusly, even when a meditation period is perceived by the self as being a failure because of an unremitting flow of inner noise, yet still the attempt to sit with the self and listen resensitizes the perceptions of self so that the self within feels stronger and more real. This in turn opens the inner door to the effect of that creative love which is the one great original Thought.

9: Let us address this state of perception in which previous truths, previous patterns and previous emotions concerning spirit have been left behind, and the seeking self must be invented entirely. What would you do if suddenly you were not the sex you are, or the nationality that you are, the intelligence that you perceive in yourself, or the kind of entity you perceive yourself to be? Would these definitions of self, shall we say, then become irrelevant, or would the seeker need to reinvent each of these ways of thinking about the self? We suggest that the reason qualities such as nationality, sexuality and type of character are valued and are a part of each person’s web of perception is that they are fundamental building blocks of that milieu in which you have come to learn the lessons of love. These are not things you outgrow in third density. These are tools you use often in attempting to better perceive the day-to-day nature of your world.

12: We do not encourage walking away from the world of too much to do. Not for long, my friends, for this is the world into which you came to learn the lessons of love, and this is the incarnation which is your present opportunity to, shall we say, achieve a state of realization which transforms the everyday into that which rings true.

13: The key here is to respect this incarnation, to respect the times of celebration and the times of suffering, however they may be perceived. You came into this illusion because you wished for these complications and distractions, not to look at them and then turn aside and move out of the world necessarily, but rather to so orient the self that the limitless and unbounded truth that overflows each moment may in the present incarnation be encouraged to express the deeper and deeper nature of the self which transforms all the everyday experiences into those freighted with that precious burden of the immanence of love.

this animal which carries you about could sociably and naturally do, with grace and even elegance as is the way of things created by the infinite One which do not have the self-consciousness to be awkward, but move with the infinitely appropriate rhythms of growth, blooming, evensong and death. Treasure this entity that carries you about. Nurture it; love it; pamper it. Be a good boss to it, and know that there is a wisdom in every cell of that second-density body that your consciousness, infinite though it may be, is blocked from seeing because of the veil of forgetting between the conscious and the subconscious mind, that veil dropped specifically so you cannot know, and gaze at this creature who asks questions it cannot answer.

24: Knowing is a shallow thing. Asking in the heart is the beginning of wisdom. As you move deeply, deeply into your heart breathe, breathe full into your belly, into your abdomen. Feel the light, the energy that is infinite. Feel the love that expresses itself as your consciousness. Ask your heart, “What is this love? All these people, why are they so dear? Why are we so pointed toward the light we cannot ever know? Let yourself be overwhelmed, for this is the knowing that you seek—I AM, I AM, I AM. Every iota of the infinite universe, of the One Infinite Thought of Love which creates all that there is...

27: ...with you always ‘til the end of the age. Move deeper in your heart. I AM. Breathe again and again softly, deeply—I AM—and feel in the womb that is within any entity that birthing present, that birthing moment that is a brand new I AM. This is your essence. This holds your passion. This is you—I AM. As you tabernacle, know that the I AM that is at your heart is much closer to you than your breath, far nearer to you than hands or feet or face or stomach, or any portion of the physical vehicle. You are essence, you are all that there is, you are a quality that is infinite, a flavor not quantifiable, not measurable, but infinite. It will take you all the life that you are and that you will live in your subjective stream of consciousness to learn to focus upon your essence and not upon your activities, for activities may be done with or without love, with or without that great sense of I AM.

28: Let your intuitions, your intentions, and especially those intentions about which you are persistent form within you an ever more tangible I AM. How can we know the Creator? I AM. I AM. You are. We know the Creator partially in our essence and to a great extent in the essences of the I AMs that we perceive as other than ourselves due to our continuing distortions of understanding. How can you know the Creator? Precisely that way, my children. Learn yourself, love yourself, for you are love. What other appropriate response is there to love but love? As circumstances befall you, see them as love, for all things are the I AM, that one great idea, Love. It may be very distorted, the branches may have gotten twisted, seared, burned, ruined. Then you must look to the roots, for I AM is the root system. You have a good deal to do with the branches, but gaze at your roots.

29: Others will look at the fruits of your incarnational experience and say that you were such and such a person,” but the I AM gazes at the I AM in you, and is one with it, and fullness of love is added to fullness of love in a mystery that has no answer that is known to us.

30: We shall at this time, with apologies for our length of speaking, open the meeting to any questions each might have. We realize that the hour is late and if it is decided that there is a need to end this meeting you have only to say so or to cease asking questions. We would at this time thank the instrument known as Carla for offering itself in the service, and would at this time transfer in love and in light and in such delight in your company to the one known as Jim. We are those of the principle of Q’uo.

53: Well, no, I think that’s really beautiful. What you are basically saying is we know by loving each other and supporting each other. Thank you.

20.34 1991/09/22

6: See yourselves in compassion at this moment. See with compassion the pain within you. All the pain about these relationships, see it and bless it for it has taught each of you much. Gaze at the unquenchable spirit of hope that’s shown when all else was dark at so many times within these relationships. Gaze at the courage that in blind faith you exhibited each, and working towards an ever higher goal of harmony

together. Look at the adaptations and the flexibilities which troubled each of you in that you could not be flexible enough. Gaze and see what each entity is, who he is, and to deny that would be a far greater harm to you than to attempt to behave in such a way that there was apparent harmony. See this not as failure but as an honest effort, cheerfully and wholeheartedly given, with but a single mind between the three. And see that there are three pilgrims upon this path that shall always be safe places for each other. Within this incarnation, within this experience, within this illusion, the harmonics of the three gathered here today were extremely powerful, yet there was not the complete loosening of fear. There was always the feeling of some separation and this was because it was necessary. These feelings of separation among those who seek to be one cannot be seen in terms of failure. It must be seen simply that it takes an enormous spiritual courage to attempt to offer a life to the Creator, especially one in the context of other entities. Always each has his own ways to be of service to the infinite One, and for many that path of service suffices and more than suffices for it is a sacrifice of a life in love. So that it matters not that which you do, but the spirit in which you do that which you do.

11: But to move to the true value that you have been to each other, as well as the Creator and others for whom you intended the service, we ask you to look at who you are, what you have sacrificed to be with each other, what you have attempted with the best heart possible to you to offer. Soft words that have been spoken when harsh words filled the mouth and the mind. Trust that came from the heart while the mind was holding back saying, “I am afraid.” You have been courageous with each other. You have trusted. You have gone beyond that which you thought you could do. My friends, each has grown. Each a teacher to each. Let the benediction of your love for each other, that you have had such difficulty in expressing, fill your heart. Pause in this moment and feel this great love that you share.

13: I am Q’uo. Remember this feeling, and this love, and this moment. You have been good and kind and caring, and you have struggled. But beneath it all you have been three wounded soldiers in arms, soldiers for peace, soldiers for love. Soldiers become wounded and sometimes die, whether they fight in hate or whether they fight by refusing the hate. Each of you has had wounds and the group has had its casualties [as] the war of love that is endemic to this illusion carries on. Look and see and rejoice that you have never stopped attempting to love and support and care, each for the other, and in the name of the Creator for service to others.

14: Was this wagon that you hitched yourself to a bit bulky? Sometimes, in a desire to do so much, entities move faster than their deepest selves can walk. So unhitch yourselves from this yoke. Let the wagon go, you have pulled it long enough. And come always together as new entities, new souls, newly dedicated as if at the very first of meetings. For each of you is new this day and will be new tomorrow, and the service that each of you does will be different yesterday, today and tomorrow. Do not write long sentences with periods as you describe this portion of your life that you have walked together in a certain way. But rejoice that you have had companionship and as you walk into your future, let the knowledge of a companionship that has been tried in the fire and has remained lovely be your strength and your armament. You have been soldiers. You shall continue to be so. Let those deep feelings within guide you to each new day and each new field of battle in which love and fear strive. And as you are unafraid, know with certainty that you are old soldiers, and that you can and will persevere. Not as you think the Creator has in mind for you, but as you receive from the Creator those opportunities which spring up day by day. You are in no way diminished by this time that you have had together, though you may have, as this instrument has, called [yourself] a failure. You have not failed. You have begun to attempt to become a social memory complex and you will continue in each relationship, and in the relationship within yourself, to be more and more harmonious as a comrade in arms. But remember always the great and sturdy team that you were and are in your honest and single-hearted desire for the truth, the desire to know the love of the infinite One, and to offer all that you are and all that you ever will be to that service.

17: These things do not take place simply in what you call marriage. That which you have attempted is almost completely impossible within the third density. That you have at-

tempted this forming of the family of spiritual entities stands in its intentions golden and perfect, and we ask you never to doubt that that which you have done was truly beautiful and without blemish. Let all else fall away, and remember only this, that three entities loved the Creator and worked and prayed and gave of time and energy and will to the absolute limit of possibility in the attempt to serve. Know that that intention and that perseverance of attempt are the truths that will remain, are the truths which you have chosen to work on in this incarnation. And as you each have moved closer to some idea of what love is to you, for it is to each entity a different lesson, know that no work that you have done has been in vain. For you have under adverse circumstances loved and been loved, and that is the lesson of this density.

18: We shall meet again. The illusion which you call time will speed very quickly and we shall be with you. We bless each of you with our love and our admiration. We are aware that there is sorrow, but we ask you not to hold that to yourself, but to release it little by little, until all things between each are positive and free. For each has done nobly. So in the end we shall not say farewell to you but we shall say hello. Hello to each, you are new this moment, and we look forward to experiencing that new self that you are becoming in what you call the future. Our joy in meeting that which is becoming you is very, very great. And our deepest respect to that which you carry from the old self to the new is also very great, for you have chosen wisely. You have not released your faith into despair. You have not given up. You have not condemned yourself as being without the ability to serve.

21: Hello, my friends. We shall meet again and we greatly look—we correct this instrument—and we greatly look forward to this delightful prospect. Meanwhile, we are with you and if you wish us to be with you in a way that comforts and quiets you, you have only to ask. We will of course not speak with you, for we would not interfere with your free will. But you may feel our love and our blessing and our support, just as you know the blessing and love and support of your friends in this room. You may have this at any time, you may have this at all times, you have only to ask.

20.35 1991/09/28

7: Each entity has many roles: the observer, the audience, the critic, the players, those who paint the scenery, those who work the lights. And all these parts of you are still all of you, so that all that any secret does is inevitably seen at last in the mirror of the self. When the physical third-density animal which carries an entity's consciousness is not loved by the self or others, is not shown to be beautiful by the self or by others, there is a slowing down of the energies of the self. Consequently, the observer may note the entity upon the floor, very weak, very weary, very saddened, and completely at a loss as to what may be done better when one's best has already been done. And as you gaze at that situation, and as each gazes at such situations, we ask each to ask forgiveness from the self, for within you there is that critic that will not give the self its rightful place as a wonderful instrument through which each is learning the laws and the ways of love.

8: If this spirit child casts itself in vision in an inner plane to some distance from its own physical selfhood, its own womb, it is expressing a hunger and a thirst for love. And is there not in each of us not only the spiritual child but the human third-density child—(or for us, various densities, but still children—that yearn for attention and love and respect and care.

9: It is most common that one who is seeking with utmost might, in the main, moves quickly to the heart to begin doing work in consciousness when this occurs and [for] an entity [who] has not yet balanced the energies that move below the heart chakra into it, there will be some blockage of energy and a mismatch between the energy of the spiritual self and the energies that are coming in because of the request of that spiritual self, because one needs to live that which one has learned. It is most often the case that the one who too quickly undertakes the higher spiritual, almost discarnate skills, of devotion, may well have been leaving behind a neglected body, an unloved body, and without the knowledge to do any other, the neglect of the spirit child within which was born in each entity when each entity first chose to seek the truth with all of his heart.

10: The experience of being outside of one's own physical body is, in the strict sense of the available data on your plane,

common. However, this vision was not given simply that you may see that there is a spiritual child and, indeed, a child, a simple human child, that was not given what it needed, that was hurt when it should not have been hurt, that was helpless to fight against or to balance the pain of living. And as long as this child remains within, the spiritual child has a great deal of difficulty growing because it is the child within that chooses not to love the self, not to love others, and not to love this that you call Earth.

13: Now, when a baby is born it is most important to nurture it, to feed it, to hold and jiggle it on the lap, so gently cradling it in the arms, sending it love, letting it feel the beat of your heart. So, without saying a word do you love that little child, and in general we would, in our opinion, advise each to see and recognize first that the human child must be balanced before spiritual work can be done safely. And secondly that the spiritual child that is, in Christian terminology, born anew through love of the Creator equally deserves nurturing, this protection. For when an entity is young even the smallest tree blown over upon it can hurt it, even the tiniest tripping, so many things can harm and hinder the spirit within from its growth.

14: So, in terms of those who realize the infancy of themselves as spiritual beings, to take that infant and cradle it in the heart, to protect it, to nurture it, to honor and respect and support it. For this child is more truly who you are than the entity which you see in the mirror, and it is in this density that this spiritual child makes its most important and its first choice, a choice for love or a choice for fear. Let the environment of your spiritual child be such that there is no fear, but only love and you shall have done your utmost to nurture your own spiritual evolution, not simply in this density but in the infinity of destinies that await the seeker.

24: So, the first requirement of one who wishes to do higher work is to fall in love with the self. Not in a selfish way but in a way of recognizing that within that strange body that the consciousness carries about lives a wonderful, everlasting and perfect spark of infinite light. If you denigrate yourself to some extent you also repulse the light that is within you and tell it to back away from you because you cannot see it. So we stress to those who wish to do positive work in consciousness the valuing and the hallowing of mundane and earthly tasks, for all things are of service and nothing is to be thought better than another way of service.

26: In other words, it is not necessary to make a brand new self to breathe the Creator. The Creator is already with you and loves you already and does not need you to be more beautiful, but needs only the beauty which you now are at this moment. And most of the beauty is seen in terms of intention and desire. The intention to help, the desire to help, the desire to be closer to the one infinite Creator, and to know true love. These desires are precious and are treasures to be held close to you, for these are the desires of the young physical child within. When you open carelessly—by ignorance, usually, not by design—the energies overwhelm the self as it is, energies which cannot be held stably in the daily life, that cannot be brought back into the work, the ordeal and the joy of living. Then that entity is simply opening itself more and more to the possibility of difficulties occurring, whatever they may be. And in each case where this happens we ask each first to forgive the self for doing this, for the self did not know and was not aware, but was only attempting its very, very best. And that attempt is what is noted, not the degree of success or failure, but that the intention was pure and persistent and as full of joy and laughter as possible.

29: This day, then, may be seen to be a day for powerful or spiritual work and paradoxically for those who wish to relax the spirit, to regain the rest and the comfort that being with people who live spiritually can give you. Much is coming to an end in this particular portion of your race's history. Much is beginning. The mood need never be one of grief, but always one of celebration. We ask each always to remember to respect what other people see, what other people believe, and what other people hold true, not attempting to correct them but simply supporting them in whatever they do, for each has an unique path. It would be well upon this particular day to be more mindful, perhaps, than usual and more aware of the power of choices made and gestures of love extended and broken nets mended upon that day.

39: I am Q'uo, and am aware of your query, my sister. We cannot answer this query for it is that which infringes upon the free will. We are, as always, sorry that we cannot speak

as well as possible, responses to each other that contain the openness to love that enables each to be a channel through which infinite love may flow.

19: The human heart, to use the instrument's language, has a very limited amount of love. The energy which created each and which is each entity's true being has infinite love, for love is the nature of consciousness at that level. More and more may you feel transparent to that infinite love and may each so open the heart that each may serve shiningly.

25: I am Hatonn, and am aware of your query, my sister. In this regard we can only recommend that the path be taken which one feels is drawn by love. Whatever action or inaction is possible, imagine love being that which is most helpful to include. If you can move in love, then so move. If love would keep your silence, then remain silent.

32: I am Hatonn, and am aware of your query, my sister. All experience has the purpose of extending those limits to love which you have within your being. Each of you feel pain, and each of you question the self as to whether there is love enough to heal. Thus, as you explore those reasons for pain, you will hopefully find reasons to heal. And this healing energy will have love as its primary force. Thus, each experience offers some opportunity for testing the limits of love, until the seeker at some point discovers that there are no true limits. However, this journey is long and offers much variety, shall we say.

22.34 1993/08/22

4: Each entity in your density works upon these spiritual principles in an unconscious manner and if you were to bury the self and the consciousness in all manner of distraction and labor, yet still would you move forward along the path of evolution. There is no ultimate resistance possible to the truth, no matter how greatly the truth has been deleted and biased as it has traveled through the increasing distortions away from the infinite oneness of unpotentiated Love. However, there is substantial percentage of this journey which can be walked at a quicker pace, shall we say, and we do encourage each to continue to work consciously.

7: Firstly, there is that energy to recommend which does indeed take one out of the world while one is yet quite active within this same world. Indeed, it is a useful practice to find the triggers in the daily routine which fire almost automatically and act as reminders of who the true self is which is perceiving the experiences which you perceive and experience. What sort of triggers which each can think of within the daily round? Perhaps there is the bell that strikes, or the clock which strikes the hour. Perhaps there is one symbol which can be invested—we correct this instrument—by the seeking self with a mnemonic meaning, for instance, perhaps there is a doorway through which the seeker goes quite often. This seeker can then create a secondary illusion for this door, and in the mind it becomes a magical doorway. Each time the doorway is passed the reminder becomes visible and tangible. Each time there is that momentary opportunity which reminders offer to center the self and to orient the self with regard to that overarching principle of truth which is love and service.

9: You may practice for these attitudes in various ways. We shall discuss a very few. In meditation, you may with the out breath visualize the bringing in of the truth, the light, the love, bringing in the truth of love in every circumstance. With the out breath, you may visualize the releasing of all spent energies, including those judgments and self-judgments, those businesses and distracted thoughts, so that with each out-breath there is the emptying of darkness and fatigue and the inbreathing of truth, love, light. Each—we correct this instrument—we would request each to, at this time, take a few deep breaths and practice this technique. We are those of Q'uo.

17: If you have difficulty feeling that laughter is holy, think back to the last time in which you laughed and laughed. Was there not a full feeling of receiving the expression of love, forgiveness and healing within the heart of that laughter? Laughter is the fire's communication with the Earth as mercy is the rain's communication with the Earth. Laughter first burns away pain, then it builds golden castles and offers to the joyous recipient the universe.

22.35 1993/09/04

19: We would like to speak at this time concerning love. The desire to speak of love to each present is always there, for that is at the heart of our message. We bring a simple message to your peoples, that love is. That "is" expresses its nature in all that there is and that each may accelerate the rate of its development and evolution by seeking more and more closely to match that original Vibration, which is love. However, this message is too simple to seize the minds and hearts of most of your peoples and so we speak in many ways concerning love. Therefore, we find this a good topic when the channel is exercised.

21: "Love"—such a word in your language is almost guaranteed to become weak, for so many things are called "love" among your peoples. The word, therefore, loses more and more power as time goes on. However, the creative and sometimes terrible love of the infinite One is that strong and powerful love which we speak at love's bidding. All that you see was brought into manifestation and each when seeing the beauty of the natural world is gazing at a primary manifestation of love itself. For all beauty is wrought with that light which love created.

22: Many among your peoples walk down the lovely summer lane of trees, looking up at the sun which warms all, seeing no leaf, or small animal, or warmth of sun that might suggest that there is in the deity a most loving nature.

25: I am Oxal. The beauty of nature has inspired many men and women throughout time. The love that flows through the trees and streams is the love of the Creator.

28: I am Oxal. We shall continue. The love of the Creator envelops all creation for there is no other thing than this love, formed in an infinite array of images, each exercising free will and moving in harmony with some with that same love. Thus, the dance of creation is the dance of remembering and experiencing this love.

31: One way of looking at the process of learning to be of service is indeed the realization that the original gift, which any may give to another, is that gift of uncompromising and unstinted love. How difficult it is to move in one's mind from the many judgments and cautions of a people bound in fear, to relating to others as one who loves unconditionally, yet what a great gift this sheer love is. Somehow those who receive this gift recognize it, no matter how stumbling or seemingly imperfect the attempt may be.

34: I am Oxal. The love that is of the utmost importance is the love of self and to be free of self-judgment.

37: I am Oxal. To judge the self is to place a bar against the love of self, and if one is unable to love the self, that one is, then, it is difficult to love any other self, for the connection with each other self is unity. Thus, it is important that each seeker discover that it contains not only what you may call the full array of human characteristics, both those thought of as acceptable and unacceptable, but the seeker must also discover that those portions of the self felt to be unacceptable are as acceptable as any other, for all are distortions of the one Creator set in motion that the one should know itself more fully with greater intensity and variety than would be possible should these distortions not exist. Therefore, it is to the seeker's benefit to begin the process of self-knowledge that will eventually lead to self-acceptance.

41: I am with this instrument. I am Oxal. Although seekers may wish they were not such universal entities, yet still each is. The concern of the spirit within, filtered through biases of moral good and evil, express themselves as concern that the self is far too unworthy of love to be loved. As a seeker becomes more clear and honest concerning the true nature of the perceived self within, there are always those times when the seeker must wrestle with the feelings of unworthiness. May we suggest to each that the one who feels unworthy is heavily judging.

42: The judgment, then, bars that door to love of which we spoke and the clinging to this self-opinion of apparent unworthiness can then stop an entity still in its tracks and gradually, even cause the entity to begin to back up and lose some awareness ...

45: ...and allow that loving nature to forgive the errors that are inevitable and to heal that sense of frailty that might make the seeker stumble against its own perceived misdoings.

46: Beyond all action and reaction lies love. We would transfer to the one known as M. We are Oxal.

22.31 1993/06/27

4: This seems to be the situation; however, the Creator, as we feel this mystery, is unworldly and incompletely grasped by us, [and] seems to us not to desire any response over other responses, but rather, the Creator acts and continues in action rather than reaction. The seeker wishing to address the infinite One in most cases is addressing a logos or sub-logos, the love manifest, or some expression of love manifest, such as the higher self. To this higher self, still, no one mode of address is preferred precisely, rather the praise and thanksgiving are accepted without emotion.

7: I am Q'uo. The Creator created a great original Expression or Thought. This we have called the logos or love. This principle, this love, created all that there is by the quantizing articulation of light. Yet all that is created is of the nature of its parent source, which is love. The reason for offering love, appreciation, a blessing and thanksgiving to the infinite One is that the entity within incarnation is attempting to form its vibratory frequency more and more like that of the vibrational frequency of the one great original Thought, which is love. The closer the seeker comes to matching that vibratory frequency, the more that entity will be perceived as offering praise and thanksgiving. This is true far beneath any articulation of words or even what you consider thoughts. Rather, it is in the nature of the way creation is built. That is, original Thought expresses in love, thanks, blessing, praise and rejoicing. Thusly, it is not a Creator hungry for praise and thanks that requires homage of its worshippers, but rather it is love, it is reflected in love, and in that infinite reflection lies truth.

10: I am Q'uo. As the seeker moves into the world scene, it moves from that inner pathway which at times seems shadowed and at times seems a wonderful King's Highway into a theater, if you will, wherein there is all sorts of entertainment. Reliably, some of this entertainment will be terrible, horrific and pitiable. Provision is made within each of your cultures for sheltered places wherein the gentle entities, there protected, may not have to deal with the seeming ugliness of the world. Good and loving persons move into these cloistered environments and the purity of love generated by these protected ones is beautiful. However, some hardy souls there are, who though not personally starving, or hunted, or otherwise in terror and desperation, still allow these experiences occurring with others to have a substantial place in the waking consciousness.

15: When this is done to the extent possible by the seeker, then allow this frame of mind to be offered as the offering of money to the one infinite Creator, for this suffering has been suffering in love of the fellow self. This is a goodly presentation to the infinite Creator. Each time the seeker experiences this horror, the feelings of helplessness and powerlessness, being unable to aid the situation, then we suggest repeating this, embracing the full extent of this suffering.

28: We encourage each, therefore, to turn back again and again, always attempting to practice toward the self's fears, be they light or very deep in nature, with that love which is felt from the infinite Creator. Ministering to the self in this way, the universal nature of the self may in a graceful way, which is full of rhythms of compassion, be put forward and practiced more and more.

22.32 1993/07/11

5: I am Hatonn. We give to this instrument the concept of passion, and we would note that passion has its sorrowful side as well as its joyful side. We find that a life lived with an eye only to joy is a life which is bereft of half of life's full passion. The task, not just for the conscious spiritual seeker, but for any who walk upon the highways and byways of this existence you now share, is to fully immerse oneself in the process of living, to accept life in all of its many colors and all of its many hues, to feel the full brunt and carry the full weight in all earnestness. To live a life of passion means to love living, and this includes even one's sorrow.

13: When the seeker beholds the harvest of joy, it seems natural and right to give praise and to offer thanks for the bounteous harvest which one may embrace with all of one's passion. However, this passion seems to grow weak and ineffectual when presented with the bounteous ingathering of deep and deeply felt loss. The passionate heart cannot rea-

son how to embrace, to praise, and to give thanks for this plenty, although that same entity may easily observe how much this harvest is an aid to the seeker of truth and love as it looks back in memory to reconfigure for the mind's own understanding of self how the path to a new level of awareness was first graded and made passable by that very difficult harvest of loss.

16: I am Hatonn. The sense of loss bespeaks a separation. It is a separation, in the case of one who has died, that is easily understood, for one is no longer able to communicate in those old familiar ways with the beloved one. At a deeper level, however, the sense of separation registers as a kind of disharmony with all that is. One perhaps feels torn out of the sense that one may have had of being rooted in, or belonging to, an environment that is nurturing and welcoming, staring now at a hostile and unforgiving land. The separation then cuts quite deep.

22.33 1993/07/18

3: In speaking with you about relationships, we would begin with the concept of the vine with many branches. The branch that may represent one entity seems to have little to do with a far flung branch of that same rambling vine. And only as the path of growth is traced backwards to these two branches' common root can the branches begin to grasp the nature of the union which is the true nature of each entity's relationship to each. For there is truly one being and one great self, one great Thought which is love, (and in that creative love are all, and all of that love.)1

4: Yet, within that illusion which you now enjoy as your incarnative experience this union seems of the veriest folly and to be palpably untrue: how could two entities' deepest reality be union? None of this is at all apparent. And this is the very purpose of the illusion you now enjoy. It is important to you in your evolutionary path that you grasp no deep commitment to union, for it is in the illusion of differences and the working with situations in which the spiritual principles are tested that the lessons of love which you have incarnated to learn are brought forward and laid before each in patterns which engage the mind and heart and launch one, as it were, upon that road which you may call the spiritual path.

7: Thusly can one entity so move one that the seeker finds itself in the deepest and most wrenching of emotions. "How could this depth be?" the seeker asks. "Why am I so vulnerable, so easy to wound, so easily happy, so desperately sad because of this one being?" Yet that one being and you may have worked many, many incarnational times in order that this depth of pain, of joy, this level of choosing love may be reached.

8: Each entity, in its relationship to others, has some degree of ability, depending upon previous history to some extent, to encourage, aid, exhort and support each in that entity's attempts to seek the truth. (And each entity which you, the seeker, faces may find in you that power to aid and change.) This is in the ideal sense love reflected in love, which is then reflected in love, and in each variation love speaks the same truth of unity.

16: The lessons of love are infinitely many, yet, in each lesson the love is the same: one Principle, one Thought, one Logos. We call it love to you, yet that word is pallid. For the love that created all that there is is a thought infinite in intelligence and expressing itself in one creative nature, bound into manifestation by free will, and then seemingly many, infinitely many.

17: Yet each of you is as the hologram of this one original Thought. And as each seeker attempts to learn the lessons of love that previous biases have brought that seeker to, the goal is one. All entities seek from each unique viewpoint to grasp the same basic thought. And each is attempting more and more to express as consciousness in the vibratory rate of unity, unity in one thought, one love, which has birthed all that there is.

18: Each relationship consists of two entities who have so plaited their consciousness together time and time again that each is more able with the other's help to come a little closer to an approximation of some awareness of love. As you attempt to be of service in relationship allow that seemingly far away perfection that ideal love seems to be to color your thinking so that regardless of what you choose to do or say you have the sense of proportion which allows you to form,

in a way which seems to be of the immediate comfort for we know that you and many like you upon your planet are suffering from distortions of mind and body which cause pain and discomfort. And there is much desire to be able, if not to be free from such, then to treat such so that there is at least a modicum of comfort. The comfort that we have to offer is a comfort that is not of the mundane world, but that undergirding reality which supports all creation, that Thought of love of the one Creator that expresses itself in your illusion in a manner which is mysterious and elusive.

65: Each shall face these challenges again and again, for your illusion is one of challenge. You are here to be challenged. It is challenging to live in a manner which does not directly partake of the immediacy of unity and seems to be cut off, each entity separate from the other. You may assure each that you are aware of the value of their suggestion, that you have valued that concept enough to have considered it carefully a number of times in your experience, and that you find that there is mystery and that you feel you share this mystery with all. And that sometimes there is the confusion that surpasses all efforts, and that this also is that which is to be treasured, accepted and worked with in the most loving and harmonious way possible.

21 1992

21.1 1992/03/07

19: You are already a being of perfect love and light. So staying out of your way is a tremendous service to yourself and to others. [With] all of the intelligence and analysis that you can produce through the time of your incarnation, you cannot yield up one more iota of light. That is the totality of your being to begin with. So, my friends, go within and trust that that which you are to be [or do] is least of all a function of that mind which analyzes and far more [truly] the function of your ability to feel comfortable being one who is loved totally by the Creator. If you are loved, you can then love, no matter what other function you may have in this illusion. Love, my friends, is the heart of your gift to those about you and to yourself.

51: I think I understand pretty much exactly what you're saying, Latwii. What you're saying is, for instance, instead of removing sex from one's life as do monks, you would instead request of yourself the most careful search for the Creator and the truest of love within this experience. And instead of removing money from the experience you would instead accept whatever amount of supply that you had in your station of life and see what you could do with that money to be of service as a part of the creation. Is this what you're saying? 58: I am curious about angels. Are there angels or beings who would help the choice that we've requested, that can help take care of us, or guard us, be with us to lend support and love if we request it? I've always felt there were, I'm just curious.

59: I am Latwii, and am aware of your question, my sister. There are beings within the inner planes, shall we say, of this planetary influence which many of your peoples have described as being of an angelic nature, for their nature has been perceived of great and intense love and light. These beings do serve, shall we say, as guardians for entities upon this planetary sphere. Each entity upon this planet has a number of such angelic presences which have as their honor and duty the guidance of individuals who have incarnated within this third-density illusion. Each entity may therefore call upon a variety of beings which reside within the inner planes.

84: I am Latwii, and am aware of your query, my sister. To refine our previous statement, may we say that each moment in your existence is part of the one Creator, as is each entity. Each seeks the union with the Creator. Each moment then does present an opportunity to make the self available for the sharing of that which is most dear to the self with an other self, [and] is that which is most helpful to the growth of both. To become the evangelist which requests and requires the open ear and mind is that activity which shall prove to provide more results. To make the self available at each opportunity is most helpful, whether the opportunity be a simple smile, the granting of the right of way at one of your intersections, the listening to the sorrows of a friend or stranger,

the sharing of your deepest insights, or the offering of a simple piece of advice when asked for. Each is an opportunity to share that which is the love and compassion for the self and each that the self will meet.

21.2 1992/03/29

3: It is a joy to speak with companions upon this path, a beauty to us to feel the companionship of your seeking, and to share in your beings as you meditate in one circle of seeking. You ask us this day about that which you know not, that you ask, for you believe you are asking an active social question, a question concerning a relationship. You wish to know how to be better at relationships, at the important central relationship of mates, of dearest friends and companions, of lovers and those who hope together and despair together, and share the deep places of life together. Yet without knowing it, you have asked about yourselves, and how you may achieve that which is yours by nature, but has slipped your mind. That is the balance of a quiet and sure peace, a gently quiet mind that is staid upon faith and confidence in the balance and appropriateness of each occurrence in each present moment of the incarnational experience which you now enjoy at this point in which you call your time and your space.

9: We speak to you about prayer, for this is at the heart of any query that has to do with dealing with the mirrors that other selves offer to you. Any—shall we generalize—any question concerning the lower energies—and by this we mean dealing with the self, dealing with any other self, or dealing with groups of other selves—has reference either to being energies that are blocked within the self, energies that are distorted by over-action within the self, or energies that in some way do not find it possible to move into the open and loving heart, that great energy center which is the first energy center capable of unconditional love.

14: Love one another, my friends, for it is the outward expression of being in love with yourself. All that you wish to know, and, indeed, the Creator in all of It's infinite intelligence, lies in mystery within you, and you shall not know anything. But you shall seek and you shall learn more and more about loving and allowing the being loved to occur as a reflection of an unjustified and utterly appropriate spiritual oneness with the Creator.

15: Relax into unknowing. Find the faith to seek without ever hoping to know and prove it, and in mid-air you shall find the relationships that are so central to your comfort and peace becoming more and more full of the love that is the special and exquisite freedom of a quiet and faithful mind and heart. 35: I am Q'uo. We believe that this is so, my sister. As one entity finds the center of love and acceptance, then this energy of love and acceptance is radiated to the other entity and the possibility of calming the storm is increased.

44: I am Q'uo, and we would like to take this opportunity to thank each present for inviting our presence in your circle of seeking this day. We are honored to have been invited to join you in seeking clarification for your journeys as you travel together that great road that leads into the mystery of unity and into the experience of the love and the light of the one infinite Creator.

21.3 1992/04/05

10: The secret to this type of communication is the refusal to interrupt that which another is saying, upon both A and B's parts. This joyful type of communication bubbles forth when each experiences the other for the first time, when history must be learned, and it is particularly exhilarating. More than entities realize is communicated during this period in which the subjective evaluation of information transfer is that much has been lost because of the bedazzlement of infatuation, love or friendship. However, insofar as this has been the first and imprinting information, it does remain the very most important and deepest of the information base and is the basis for communication with the other entity until such time as any misperceptions in the original communication base have been discovered and work has been done to reprogram that misperception so that it reflects more accurately the true nature of the other self.

23: However, my friends, most communication problems between those who are intimate are those of assumption and

the lack of knowledge of the programs that the self is running. As you sit in meditation each day, if you find yourself coming to the end of your meditation and you see that there may be time for prayerful quiet thought, and something is puzzling you, set your mind upon it gently, lightly. Don't worry about it or attempt to untangle it, but gaze at it. There it is, this thing that seems rather fearsome; this place where one cannot communicate with another. There it is. Look at it. Do you fear this? What do you fear in this? Do you fear abandonment? Do you fear a loss of love? Do you fear being completely understood? Do you fear being right? Do you fear being wrong? Where there is a blockage, somewhere there is fear. Rest and gaze and sit with this companion of yours that you call a blockage, and when you again come to that state of mind, move to that again and rest and sit and admire it. And one day, it will burst into a candle flame and lucidly, clearly show you the untangled, the clear situation. For you ask, and so you receive, not in the time of humankind, but in the time of knowing, when you are completely ready to accept responsibility for the knowing. Be patient in these searches of the self, with the self, for your time of knowing may be now, or it may be some time from now, but once you ask, you may be sure that you shall know.

24: May you have the faith and the grace to have that patience and to seek in that steady persistent manner, regardless of circumstance. It is to the humble persistent seeker that doors are opened, questions are answered, and desires are given. Often not as you would expect it, but in the end in ways that always seem to contain so much more than you ever thought possible. May glory be with you in the harmony of the process of pilgrimage. In darkness and in light, in pain and in joy, love one another, my friends, and realize that you are never alone, that you always have the help of those friends who are unseen, those energies which are those of grace and clarity, beyond all human understanding.

21.4 1992/04/09

11: Why don't we take this opportunity to form a group question on service? What is it that we wonder most about service? The thing I notice most frequently that people ask me is how to be of service to other people when they have not yet learned how to love themselves as human beings with faults, so that they can have compassion on themselves and therefore have compassion on other people. So, my first question about service would be, "How can people be encouraged to see themselves as people worthy to offer service to others?" 17: This is one way to describe one who serves with every heartbeat, yet believes that one must carry a load, one must show weight and effort in order to serve. Is not every step an effort? Are those feet not dusty and sore? Is the heart not full to bursting with compassion and love and will? What is this fetish about the showing of burdens? About the suffering that is visible? Is this carrying of burdens what each thinks that service is?

19: Any determination to be of service begins not with dreaming and not with acting, but with consciousness itself. And that consciousness is that which is purified by a fire of desire which tempers consciousness, cleanses it of the confusing, self-deprecating, or arrogant emotion so that one is neither consumed with unworthiness nor battered by pride, but merely is, as is the Father of all things; merely is, as is the Nurturer of all things; merely and utterly is, as is the spirit of love that is the nature of all that there is.

20: One serves because one is of a certain nature. If that nature be impure, the service shall be impure. If that nature is undisciplined and unguided, the service will be undisciplined and unguided. If this consciousness chooses negative ways of distorting itself, its service will express itself in manipulation and control of others. And if the purified consciousness has been purified towards love without any hindrance, let, or stint, then the service of such a one will be beyond description. Whatever the action, the essence of the service will remain within the beingness that informs the service.

25: What you see is a magnification of what exists. We have talked about this at length, and I believe we spoke about it a bit last year when we were here. If you offer something 9931: I believe the important thing here is to become aware each time that "I need to" arises, that there is a sense of unworthiness behind it, a sense of fear. The first step, then, is mindfulness, deep awareness, each time that sense of fear arises.

The second step is acceptance of this human who sometimes feels fear; just a smile and a, "Here is fear again. Come in fear, I have been expecting you." Give yourself a hug and return to the act of loving, of worship of God, of extending your loving energy in whatever ways you can, not just to others but to yourself. With the acceptance of that small arising of fear, it will not grow into distortion.

42: The path of service is a gift. What is the path? Is it something you walk, or is it you? Are you the path and the gift? And are you by your very nature serving and served? For if you are of love, and if you have consciousness aware of itself, is this not the only undistorted transaction of which you are capable: the giving and the receiving of that great service which is loving?

43: Can you conceive of yourself as a gift; perfect, immutable, whole and complete, yet transitive—the self as a verb? Only those selves who see that they are not only on holy ground, but they are holy ground, can move from being a "he"; a "she"; an "it"; a noun, into being a verb—a transitive, acting verb that connects love with love; that acts as catalyst between subject and object, because it knows that subject and object are one. Subject is love/object is love if the subject is self and the object, other self.

44: One who is the path and one who knows itself as holy knows that self and other self and all that there is exist in a ground of love; and love speaks to love, serving and served, loving and loved. And as distortions are released; as fear becomes less necessary; as this process gradually takes place, the self becomes the path, the gift and that servant which is finally transparent to love flowing through it, never from it, flowing to it but never remaining, for love flows as endlessly as the sea.

45: The path of service is a reflection. This is simply the same statement turned backwards so that one may see that one is served as one serves. We would not belabor this point but only wish each to ponder it. You are a reflection to others, just as others reflect you to yourself. What, my friends, shall you reflect to others? Is your mirror transparent? Are you love? Can you allow love to flow through you and allow the images that you show to others by reflection to be clear and lucid and shining with the light of a truth that is beyond you but can only flow through you?

46: We ask you to ponder this second statement as a corollary of the first, for it does deepen and aid understanding and grasping of the nature of the self as a servant of love; and thus, in serving, served; and thus, when served, serving. 56: She has learned that when she can let go of her fear; when she can feel compassion for this human who is feeling fear so as to allow that fear not to solidify, then it does not matter whether she is sitting in meditation or washing dishes or holding her son on her lap and admiring his homework. It is all meditation because at that point, as she washes the dishes or holds her son, she is service; she is love. What could be better preparation for channeling than holding a child on your lap and giving him love? But the voice of fear distorts that and says, "I must have silence to prepare," and then self-criticism arises because she knows that to follow up on that impulse would be to hurt the child.

60: What is service? It is not a doing, but a being, an attitude, a way of approaching the world and yourself with love. 61: Now, I know those are inspiring words, but the reality is that it is much harder to do it than to speak of it. Each time that you fall into that trap of mistaking service for a specific kind of doing and see yourselves attached to that doing, might I suggest that instead of looking critically at this human who has made that unskillful choice, you find acceptance for that human. What is behind that grasping at service in this specific way or that specific way? Can you begin to see the layer of fear under there? And as you allow loving self-acceptance to replace that fear, then you become love again and you become service, service to all beings.

63: Thus, the difference is not in the direction of the service so much as the intention. When there is intention of service to self, it is because fear is present; and greed, needing, and grasping. The distinction, then, becomes intention to serve fear and the solidified self that grows out of fear versus intention to serve love and the deep connection that grows out of love.

73: What is your true nature? If you are a creature of the one infinite Creator, then the answer to that for those who feel that the Creator is love is that you are a creature made of love. Here you are. We speak to you in a limelight all your

cle or the activity of listening to the concert of music. Shall the entity choose the physical effort of riding the bicycle or shall the seeker choose to sit quietly and listen to beautiful music? One is physically difficult, another is physically easy. 8: This seeking for some way to intensify the offering of love to the infinite One has a long history among your peoples. There are those in every generation who seek to wear the hair shirt next to the skin, to make this creation uncomfortable in as many ways as possible so that joy will be found not in this world but in the Creator only and the world of the Creator which is not here. There are many seekers who instinctively attempt to find the hardest jobs, the most difficult and intractable people to befriend, all for the sake of the infinite One. To those who find this an expression of their true nature we say go and do that which is natural to you for the path to the infinite Love and infinite Light in its purest manifestation within your illusion is that path which is—we correct this instrument—which has attained most purely a realization of the natural self within.

10: Thusly, to one seeker one way is the most straight path to that original Thought. Each entity will have its own way of moving towards that vibration of love and light. Perhaps we would say that as each seeker attempts to vibrate in the vibration which is most close to the original Thought which is the Logos or the Love of the infinite One the attempt is aided not by questions concerning difficulty or ease but rather the seeking to express and echo the original Vibration is aided by those who are willing to become transparent to that original Vibration.

11: When one is transparent then all things whatsoever color one, touch one, affect one. When one opens in transparent trust and love allowing the radiance of the original Thought to pour through one then that which is natural to that entity simply is in front of that entity. The choice has been to bear witness to the infinite Creator. Thus, if this purely vibrating entity is offered either the bicycle or the concert the transparent entity simply gazes upon each activity with the question, "How may I serve in this environment?" If the entity vibrates more in love and praise while physically active then this is the greater path. If the transparent entity vibrates more radiantly as a passive listener then the entity joyously sits and serves in praise and thanksgiving for this beauty all about.

12: Now, when there are choices which are partaking of the incarnational level, such as the choice of life mate and the choice of worldly vocation, it may seem more difficult to determine which of two choices is the more natural choice, yet in this too we suggest the process of becoming transparent to the original Thought, becoming able to be a channel for that great original Thought, so that there is allowed the self the process of choosing that life mate or that vocation in which the entity might most deeply bear witness to the love and light of the infinite One. This takes more and more awareness of the true nature of the self. The Creator does not ask of its children that it choose those things which are unnatural. It rather allows complete freedom. However, it is our observation that the more a choice conforms individual nature with the more representative way of relating or way of working the more profound will be the expressions of praise and thanksgiving that become possible as this relationship or this vocational activity is pursued.

13: To all who may listen to the voice of spirit comes suffering, limitation, difficulty, loss and the experience of death. To any activity that the sons and daughters of the infinite One may move there comes the difficulty, the pain, the time in which stamina, nerve and determination are called upon. It is not necessary to choose a more difficult path for all paths will contain the difficulties which you have prepared for yourself. Each of you has great trials in the past and in the future. That is the nature of the illusion in which you have chosen to pursue the learning of the lessons of love. If you attempt to choose an easy path, difficulties shall come to you. If you attempt to choose the difficult path, difficulties will come to you. It is impossible to avoid them.

15: We began this talk thinking of the flowers in the garden who turn towards the sun. Just so, we encourage each to consider itself as that which by its very nature turns towards the sun which is the one great original Thought. Unlike the lilies in the garden you in third density have legs, you are mobile, you can move and express with mind and heart by using your voice and in all of your communication ways, writing, singing, drawing and expressing again and again. In your

expression seek to allow to drop away those things which you do not find to be congruent with the attempt to express that great original Thought. Sometimes this will occasion the choice of the more difficult way. Sometimes it will prompt the choice which seems the easier way. The choice, however, we encourage you to make on the basis of its rightness for you as you attempt to praise and serve the infinite One. Follow your nature and know that your nature is joy, light, peace and love. Yes, you shall strive, you shall find difficulty, you shall perform feats of overcoming difficulty and still bearing witness to the light, but in any choice between two paths follow your light, follow your joy, follow your nature so that you may be your own unique self, most wholly and most entirely.

22.30 1993/06/21

5: To the flower, there is only the experience of the moment. The flower is whole and entire. Each moment of its life, its nature is fixed. It responds to love and to light; it is moved by these things and flourishes and thrives, or wilts and dies in utter contentment with its lot for it knows only the seeking towards the light. Though these second-density creatures have no wit and no voice, yet they manifest wisdom, which is lost in the migration into third density.

15: As you allow these feelings their silent expression, there was the answering expression ... silent and unmanifest. Truly, each sorrow is a treasure and the thankfulness and love of the infinite Creator speaks directly to that deep heart within, wherein lies a true intelligence and true knowledge. 19: We do not urge any to make commitments that do not feel right to the seeker, but we suggest when that time of testing comes and the new lesson of love begins, there is the opportunity to turn deliberately and with greatest desire to the mystery of all that there is and say, "Yes, I accept this lesson and through harsh experience, rediscovering the joy at the heart of my self." Do not do this quickly or before there is the inspiration to make this commitment to the forces of life, evolution and destiny, but when there is that moment when the grand Quixotic quest is clearly seen and there is that foolish, heartfelt impulse to accept, again, the process of healing and self-forgiveness, then we encourage each to leap in joy and faith with that affirmation that through long experience can be carved out of what would otherwise be a wilderness of sorrow.

22: Turn in mind and heart so in strength then to that companion that is never absent, the higher self or spirit within. Welcome all those, such as we, who move in thought to love, support and undergird the seeking strength of those who call upon our names and turn ever and again to those precious ones whom you serve and who are for you companions upon the way. To love one another. To share one another's sorrows and to walk hand in hand, rejoicing and singing upon that precious, dim, shadowy walk through the valley of the shadow of death.

32: For as you work in magical sense in this illusion, you establish a contact with this personality that is truly magical in its essence. This contact is made of but the finest fibers of light and love, constructed with the greatest of efforts by you in your work that is metaphysical in nature. As you continue to travel this pathway, this light and love woven thread leading to the magical personality, you strengthen this pathway. Even the strongest of magicians, shall we say, in your third density illusion, touch only a portion of that personality which resides, safely and securely, within the six-density level of experience.

50: I am Q'uo, and am aware of your query, my sister. We must suggest that there is but little comfort in this transformation experience. There is the strength that comes from faith, continually exercised. Faith that there is an end to this experience. Faith that there is strength within to overcome that which seems to be overwhelming, and we can assure each of you that as you move from this illusion and look back upon your experiences here, you shall rejoice at those areas of darkness, that you have been blessed with light, with love, and with the faith in your journey and in your efforts and in the unity of all things.

But we do continue to remark that the ways of seeking which are scholarly and of the mind yield a limited harvest. This is acceptable to us. We can look at what is possible within your world and see that it will be helpful and useful. And we encourage those who are drawn to this material, to this subject, to continue that process of thinking, meditating and reflecting, for these are helpful things not simply to the self, but in terms of service to others as well.

34: I am Q'uo, and am aware of your query, my brother. The entity, Yahweh, from the Confederation of Planets in Service to the Infinite Creator, was one who spoke with those entities from the Mars influence in a manner that reflected the unity of all creation and the attempt to be of service to others through this speaking, and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires and expenditures of energy as portions of one great tapestry of energy, love and unity. All communications were based upon this simple recognition of the unified nature of all creation. It was the foundation upon which the interrelationship was built. Is there a further query?

43: I am Q'uo, and am aware of your query, my brother. We find here that there is some mixture of influence and there is some difficulty in interpretation, although much is carefully recorded and in a reasonably accurate manner. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, that it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process being love and compassion that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion ...

49: I am Q'uo, and am aware of your query, my brother. And we would answer by suggesting that the Law of One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction and ultimate conclusion. Is there any further query?

55: I am Q'uo, and am aware of your query, my brother. The phrase, "Son of God," or the phrase, "The Christed One," are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density, where the study of this creative power of love is that which is the focus of all energy expenditure. Thus, the one known as Jesus was able to offer itself as a model or pattern by which entities could move their own consciousness to a larger view in which the acceptance of self and others as one being was far more easily facilitated.

22.27 1993/06/06

7: So, this situation which precipitates worry is the common coin of third-density incarnation, and as such, we recommend a quiet and contemplative consideration on each occasion in which worry arises of this fact. You did not come here to dispel worry and to be comforted; rather, you came into the arena of third density to strive in darkness. Your greatest sight is the blind but loving heart, for one sees with the heart the light which is not visible to the mind; for within the heart rests the spirit of love.

12: This reaching of the hand to the infinite intelligence that is source and ending, is an image showing the essence of prayer. It is a direct communication with that which surrounds and makes possible the illusion now experienced. To pray is to organize the energies within the self and point them directly at communication with, and ultimate congruency with, the great Original Thought of Love.

22.28 1993/06/13

5: The uses of solitude are various. Thusly, there is not one clear answer to a question attempting to evaluate this condition. If the goal of the seeker is to assimilate truth, then certainly it may be seen that solitude has a part to play to some extent in this search. Perhaps looking at the question from the standpoint of what a seeker is working toward is helpful. If a seeker seeks to move its vibration more and more nearly into attunement with the one great original Thought whose vibration is called love, if the seeker already is feeling that it needs to seek more this growing attempt at a congruency between the vibration of the self and the greater Self, then the entity will look more favorably upon solitude and its right uses spiritually. If a seeker is considering itself as moving well in attunement, but needing the work of service for others, then the seeker will find solitude less spiritually appropriate. This is one clear and simple way of evaluating the spiritual uses of solitude in that, to be of manifested service to others, the servant usually must spend time with those others whom he serves.

8: As the old folk song says, "You've got to walk that lonesome valley. You've got to walk it by yourself. Ain't nobody else gonna walk it for you." This, my friends, is true to the best of our knowledge. You walk though the valley of the shadow of death as your holy work is quoted. And although you have your higher self and the inner planes, [entities] who come to your request, although in fact you are not alone ever nor cut off from the love of the infinite One, yet in terms of someone to help with the burden of the learning, each seeker perforce must do this work for and by itself.

15: You dwell within a deep, deep illusion. Out of the unknown, yet felt, glory of the great Self within, you come to a realization that you wish to walk what this instrument would call the "King's Highway." You put your pack on your back, your walking stick in your hand, and you set out with one tunic and one pair of sandals. Your situation grants to you one opportunity after another to so choose your environment and your actions that you may be the most aware of the love of the infinite One, and may be most able to be a channel for that infinite vibration to others. It is completely dependent upon each situation, each entity, as to the appropriate amount of solitude. There is no one best way, just as there is no one best path.

22.29 1993/06/20

3: Move with us in your mind to the gardens outside this dwelling place and gaze about you at the various flowers, bushes, shrubbery, grasses and trees. Walk along the brick pathways looking at the perfection in each leaf, each blossom, be it clover or rose, green thing or colorful. Turn towards the light and visualize the beauty of this tranquil environment. Listen to the songs of the small birds twittering in the trees. The Creator moves through each fiber of each thing whatsoever that your eye can fall upon. Shall the lilies find some labor to justify their existence? Indeed, in your holy works the teacher known as Jesus asks to behold the lilies for they are so lovely not even a great king could be dressed in such splendid apparel yet they had done no work, put out no special effort to gain this glorious beauty. It was simply the Creator's gift.

5: The spiritual journey is a journey of taking away those things which are not natural until the natural beauty, the natural truth of the self is at last uncovered and is able to stand free of the fetters of darkness and radiate as the light bulb. Let us then move to another image. The self is now the light bulb. It is in itself simply a clear, empty channel. When that which is exterior to the bulb places it in a position in which it can receive energy and then this pathway is opened the bulb becomes radiant. As the lily radiates in its fragrant color the love of the infinite One so does the creature of spirit, the natural man stand in its empty openness of heart and radiate the love and light of the infinite One.

6: You ask if one should choose difficulty in order to express love under more difficult circumstances. We say to you, rather, the circumstances are before each. There is a period where no choices seem to need to be made and the seeker expresses its nature in peace and harmony. Inevitably, however, the seeker comes to some choice. Say it is the choice of one activity over another. The activity, say, of riding the bicy-

own even though you are one with all in this group. You are love and you are becoming and you are creating. Rest in this bright light, the surest sign of beingness.

78: I am Q'uo, and as we see there are no questions which those present wish to verbalize at this time, we would ask the one known as Aaron to close this session of working with our expression of profound gratitude for the delightful opportunity to share in this teaching, in this service, and, my friends, most, most deeply, in this being served by being able to blend with the vibrations of each of you the hope, the prayers and the faith of each of you. How beautiful you are and how inspiring is your steady and persistent gaze upon truth, beauty and love.

81: This is Aaron. For those of you who are interested in pursuing this, I offer a bit of homework. In the coming evening and morning, watch yourself very carefully. Service is not just the big things, but the little smiling to another, washing a plate or glass, petting a cat who is seeking affection, being love.

82: Watch yourselves very carefully. Watch for any arising of "I should." Begin to distinguish the movement of "I should" through the third chakra of will and determination and the "I Am" of love expressed through the open heart.4 The more deeply you can move into awareness of these patterns in yourselves, the less control habitual pattern has over you. 84: So, just watch it, holding no judgment about it. There is nothing bad in making that move. As you bring increasing awareness to it, you find freedom from reactivity to it—simply noticing, moving back to "I should," moving back to separation and coming back to allow the heart to open again through loving acceptance and compassion for this being who moved momentarily into fear.

85: I love you all and am filled with joy at the opportunity for this sharing. I thank Carla and those which is known as those of Q'uo for allowing me to participate with them in this teaching, sharing, and learning. May I suggest that we close with a moment or two of silent expression of our joy and gratitude to each other and to God for bringing us together in this way. That is all.

86: [footnote start]Holy Bible, Exodus 3:14.[footnote end][footnote start][JHVH, Jahweh or Jehovah is a name of mystery supposedly given to Moses on Mt. Sinai. The definitions Q'uo suggests for this unpronounceable name are some of those translations of JHVH given by theologians.[footnote end][footnote start]Q'uo uses the expression "our permission" figuratively and light-heartedly.[footnote end][footnote start]Aaron is referring to the chakras or rays of the energy body. This body interpenetrates the physical body during our lifetime. The Chinese call this body the electrical body. Acupuncture is based on working with this body. The chakras are points of energy focus that run from the base of the spine to the top of the head. There are seven rays, the colors of the rainbow, red through violet. Red is the first ray and has to do with survival and sexuality. Orange ray has to do with personal relationships. Yellow ray has to do with one's relationship to groups such as your family and work environment. Green ray is the heart chakra and has to do with loving unconditionally. Blue ray is the chakra of communication and acceptance. Indigo ray is the chakra of work in consciousness. Violet ray is a report on the whole of the energy body; a kind of read-out. Aaron is suggesting that one move from the use of the will and "should" in yellow ray to the use of love in green ray.[footnote end]

21.5 1992/04/10

4: I spoke last night of intention, of moving away from the limiting concept of service to self and service to others—which is quite disorienting because service to others is service to self and vice versa—and to begin to see with clarity the ways that service to others springs from a ground of love and service to self springs from a ground of fear.1

5: When you begin to see the intention to offer love or to react to fear, to allow fear to direct your choices, then you can move away from the concept of service to self or other-self and towards the pure experience of "being service" or the pure experience of reactivity to fear.

6: Once you move away from the concept and into the experience, those of you with strong positive polarity will find the experience of "being fear" is an ample check in itself. As soon as you allow the reality of that experience to arise in you,

something within you stops and pays attention and says, "No, this is not the way I choose to express my energy." You then allow yourself both to be aware of the fear and non-reactive to it, so that the aspect of "being love" and expressing service through the being of love can manifest itself.

7: The most important point to remember here is that expressing service through being service in love is natural to you. And when you do that, you are not doing anything; you are not creating anything. You are simply expressing your own true nature. When that nature is in full harmony with the external positive energy which may move through you, your energy to serve is magnified. At that point, you do not need to ask, "How can I best serve?" You simply choose the paths that lie right at your feet, whatever they are.

12: There was no lecture about service. There were no words, like "You should love your enemy." There was no verbal teaching. He simply served. He was service. He was love. He took, not the universe, but one child that needed to be fed at that moment, and fed him and washed his sores. Just that. There is no teaching in my many, many lives that I have received on service that has touched me as deeply as that one.

17: The one known as Aaron asks, "Do you wish this dichotomy betwixt self and other-self, betwixt servant and served?" Each would, as a beginning servant, say, "Yes, I must have someone who needs my service so I may be a servant." Outwardly there seems no falsity in this reasoning. We, ourselves, have often thanked you for the opportunity to serve you, merely noting that your allowing us to serve is your service to us. Service by this chain of reasoning seems an endless loop. Yet how does the one desiring to serve enter this loop and become part of the infinite, upward, spiraling light and love of all serving all in love and for love's sake?

20: The story of the one known as Jesus, told by the teacher, Aaron, shows an entity who has awakened to his own inner love. This entity has done his work in consciousness. The personality is disciplined. The emotions are purified and the response lacks either prideful humility or prideful arrogance and seems natural. We suggest that in our opinion it is part of a life lived in service to others to spend time as if it were the most precious coin or money, always budgeting a portion of this exchequer of finite time for work within one's own consciousness.

21: At this moment, do you love yourself without reservation? How can you know this? Examine your thoughts for the last hour. Were you nervous? Were you irritated? Were you impatient? Did you have any negative emotions? We speak not only within one's inner dialogue but also of mental responses to the actions of others, for those responses are your material, reflected to you by the mirrors provided by the presence of other selves.

23: Make an appointment. Let all of them see the doctor within. Analyze and examine these responses. Let them sink into the self and find their root and their home. Then touch that home with your compassion, your love and your redeeming forgiveness of self by self.

24: Do you feel that the infinite One keeps a score, has tidy books and forgives not? We do not believe you think so, else you would not try to serve. Therefore, we ask you to do this work with the same fervor, intensity and respect as with the work you do for others, those whom you call other-selves, for work upon the self and work upon the other-self is all work on behalf of the infinite One whose name is Love.

25: To serve the raising of one's own consciousness is to worship the infinite Creator. To extend the beingness and consciousness of love to perceived other-selves is to be the clear and transparent extensions through which the Creator's hands may actually touch another human spirit in manifestation. Simply do not separate these two activities within the mind, but do both as two sides of one coin. That coin is serving.

28: I am Aaron. There is another area of duality and misunderstanding of which I would like to speak. You identify those who bring love to others as those who serve others. The attributes of those who "are service" are gentleness, patience and generosity. And you identify those who cause others pain in some way; those who affront others and are greedy or arrogant, as those who do not serve others. I would like to explore this a bit further.

29: Most of you have heard me say that we are all beings of light, even those who manifest very little of that light; even those who are very negatively polarized and in the conscious

levels of self would affirm their desire to serve negativity. Even those who feed off the fear and pain of others, at some level, are servants of the light. It is well to move past the duality of seeing them in such sharp contrast as good and evil; servants of love or ones against love.

36: When you see yourself in a position of possible service to others and fear or any type of negativity arises, if you can remind yourself of something such as the story I just shared and allow that this fear in you is also a catalyst which may be transformed from darkness to light by your clear observation of it, by your awareness and acceptance, then you find that even the so-called negative emotions in you can give rise to purity of action, speech and thought. Fear becomes a catalyst for compassion. Hatred and the fear behind hatred can be clearly seen for what they are: not as an intrinsic part of you, but as a reaction due to certain conditions that have arisen and led to that fear. And the knowing that there is fear within you, in itself, becomes a path to clarify your energy so that your response to this being that is feeling fear, to this aspect of yourself, becomes even more loving, more clear and pure than it was before.

37: To do this takes deep awareness, a constant awareness of the ways that patterns of connection and separation, love and fear, move through you; noticing the conditions that give rise to each; beginning to break it down into small parts to see that you do not just suddenly become afraid; you do not just suddenly become jealous; it is a process that you have moved through, conditioned by old mind-patterns. You can break into that process at any time you choose with awareness and love and make the choice to move into a new pattern.

39: The being experiencing deep fear who watches the patterns of the arising of that fear and then makes a choice for love is acting with freedom from conditioned patterns and thus is able to make skillful choices. The more you see this in yourself without judgment, the deeper awareness you are able to have of that moment of choice: “Here I can act with conditioned mind and the old patterns of fear,” or, “Here I can act with awareness of the patterns in which conditioned mind pushes me and choose to say no to that, to trust and move in a new direction.”

40: I would like to take this thought around now to a very real, practical application. You are all beings who aspire to serve. You are all beings who aspire to offer love and non-harm to all else, and yet you constantly find arising within you old patterns of conditioned mind leading to fear, self-hatred, negativity, greed, jealousy and anger.

41: Each arising of such discomfiting emotions that have the possibility to harm another is a gift; a chance to observe the old patterns in yourself and a chance to practice. It is practice that you need over and over and over again. That is why you are offered it over and over and over again. As you work with these patterns in yourself and are aware that some of the response has been prompted by the negative energy of others, it gives you a chance to transcend the duality of negativity and positivity, and to begin to see the gift even of that negative energy in others and the gift of negative energy in yourself as a catalyst to learning; to moving deeper into non-judgment, compassion and love.

42: This is the wonder of being human. You are here with this emotional body for a reason. Even those emotions that you deem negative are not to be gotten rid of, but to be used as part of a transmutation process by which hatred and fear become the catalysts for love, greed becomes the catalyst for generosity and so on. When you really begin to know that, in a deep way within yourself, you will not have so much fear of the negativity in yourself. When you make peace with that, then you really can give an answer to Q’uo’s question: “Yes, in the past hour I have not found anything I disliked in myself. I truly have loved myself, as my friend Carla is fond of saying, warts and all.”

54: And yet, each moment given with mindful attention and love brings you closer to that beautiful ideal of “being service.”

55: And each moment of attention to the arising of fear in you brings you closer to the purity of non-judgmental acceptance of everything within the experience of mind and body, not mine or yours, but all of ours. It is this unconditional love that you are here to learn and practice and express in whatever ways you are able.

56: I do thank you for the opportunity to share with you today. My love to you all. That is all.

21.6 1992/04/12

7: Let us attempt to gaze at why this may be so. We speak many times of the dynamic between service to others—or the radiation of light in a free and spontaneous manner—and service to self, which consists in control of the self and control over others for the benefit of the self in a magnetic, attractive kind of energy which pulls those things which are needed to it and orders them carefully for the self’s best advantage. We see the way of love expressing radiantly without stint, often foolishly in the eyes of the world, as opposed to that which may seem to be very logical and civil in the same eyes of this same world, the ordering, the controlling of the self for the benefit of the self, and of circumstances and individuals, also for the benefit or convenience of the self.

21: In all that was said I didn’t hear anything about how one may aid a companion or a loved one in this quest for feeling the rhythms of life. Am I to assume that it is not the place of another to do this sort of work?

21.7 1992/04/19

6: Let us examine this consciousness. Gaze upon a consciousness whose personality consists of one query—“What is Your will for me, beloved Creator, Father and teacher?” Immerse yourselves in the feeling of this consciousness. It lacks salt, it lacks personality, it lacks any persona or mask. It is infinitely vulnerable, infinitely willing, and infinitely desirous of serving the infinite One. Does this consciousness not feel full of light, almost a quality of floating, of being lighter than the air which you breathe? Yet to bring the circle back to what you call so well your Earth, let us point out that the circle is not levitating, the circle remains glued by gravity and humanity to the illusion in which there is personality, in which there must be the persona, the mask. Each of you desires to know the truth in an illusion which will forever deny knowledge of that truth. In your incarnation you shall not know a factual, provable, repeatable truth. All your truths shall be subjectively perceived, subjectively proven, and subjectively held. They are not transferable.

7: Why would the Logos, that Original Thought which created all that there is, that thought of Love, create an illusion in which people make serious choices, and create it in such a way that the choices must be made without sure and certain knowledge of any provable truth? Let us attack this question from a completely different vantage point. Each of you walks alone, and if there were no ground, if there were no bodies, if you were spirits, yet still you would walk alone, perhaps without legs but certainly as spirits unto yourselves, each unique. Not precisely the “Monet” of philosophy, but certainly in any apparent way, solitary.

11: What is the ground of that which you seek? Where within this illusion of yours can the truth be said to be hidden? We would use this instrument’s knowledge of its Christian holy work and recount to you the parable of the vine. The one known as Jesus said “And I am the vine, you are the branches.” There is something called the consciousness of Christ—which is personified for those who choose to follow the myth called Christianity by the name of Jesus the Christ—that lies deep within each. It is rooted in that one great creative Original Thought, that Logos, and it makes all one. From these roots grow a vine and as the roots are made of love, so the vine is love, and entities discover within themselves that root and nurture it until it springs forth into the conscious light of consciously lived, philosophical, ethical, moral or religious life.

12: We ask you to call it that which is most comfortable to you. Like a young and wondering child, that spiritual self that is born within this incarnation, within this illusion, within this density, wakes up in the crib of experience and looks around, and its first thought is “What is truth? What is happening? I see between the bars of my crib but it all is so loud, so stunning, and so much, where is the sense, where is the truth?” And as that spiritual self begins to grow it begins to make choices. It may choose one way or another; and that which is now above the ground of conscious living begins to make a bend in that branch of vine that is rooted and grown in love, and still is love, but now is love veiled and unknown.

15: Now, how may one seek to dwell within the incarnation in such a way as to make these moments more accessible?

9: Each entity has the capacity to take advantage both of male and female orientations within one lifetime of experiential catalyst. We encourage seekers to investigate and deeply consider the perceptions from the standpoint of the opposite sexual gender. For instance, it is certainly reliably interesting for a woman to encourage those qualities the culture encourages and the archetype suggests: the bearing and raising of the children, the nurturing of the loved circle of family and friends through thoughtfulness and presence, the qualities of attractiveness and charm. These are most fruitful to investigate. Often the society and culture do not insist that the male viewpoint be included in this role-playing, yet how much more aware does a female become which has actively pursued the consideration of the male within the mated relationship?

10: Two queries are relevant: Firstly, “Were I a male ...”—that “I” being the female—“Were I a male in this situation with these necessities, what pressures, what sensibilities, what cultural expectations would I then have access to that I do not as a female?” Conversely, although it is excellent for the male to wholeheartedly enter into those biases which the culture and archetypal mind suggest, it is very catalytic to focus upon creating adequate supply for the self and the loved ones, to be the leader and the tender of the physical plant of home and assets; yet, it is also fruitful for the male to ask himself, “If I were a woman, how would my perception of my role and its requirements be altered?”

14: As one gazes at the third density, one may see a movement which seems, and in many ways very deeply seems, to tend more and more towards the feminine principle, for the goals of third density are the choice of how to serve the infinite One and how to become more and more a witness to and a co-creator of love. Lessons learned revolve completely around love, not around wisdom but around love. The one known as Jesus expressed deeply feminine approaches to the challenges of hostile environment and relationships. The qualities of verbal submissiveness and reaching in love to encourage peace and great tolerance were emphasized in this incarnation. Indeed, the principle which this instrument calls “Christ consciousness” is one of unrelieved compassion, that is, compassion unrelieved by wisdom.

15: Thusly, females in their cultural training find themselves more cognizant of what may be called, “the Mind of Christ,” and find sacrifice more tolerable and acceptable, thereby creating much energy available for potentiating love and the learning of loving. It only awaits the male’s decision, however, to work with attitudes of inner peace for this to be available to males as well as females.

18: Although this instrument wishes to have had more aid to channel upon this topic, we find that sexuality is relatively shallow in terms of its ability to create unique perspective. Certainly from within the incarnation, women easily see men as generalities, and men see women as generalities and experience great differences betwixt the two. However, free will is such that these differences simply create alternate forms of the same catalyst, so that biological sexuality does not have deep reasons for being chosen. We consider the outworking of relationships to be focal and most central to learning of love. Yet, in each mated pair, both entities shall don and discard both male and female type roles depending upon the energies necessary to be expressed in order to balance the relationship.

22.25 1993/05/29

8: I am Oxal. Most humbly we speak to you in the love and in the light of the one infinite Creator. We have been some time away from this contact with this instrument who even now is about the process of adjusting its energies to ours once again. We feel it important for this group to understand the process which this instrument has just undergone and which we would like to express our gratitude to this instrument for its fastidiousness and attending to. This is the process of challenging the contact. No less than three times were we challenged by this instrument in the name of what it holds highest. Most humbly and gratefully were we able to meet this challenge, for indeed the seeker who reaches into the darkness within third density for information which may avail in a spiritual way must be most scrupulous that the information that is obtained is used for the very highest purposes and in the very clearest way that the student of spiritual evo-

lution is able to manage.

9: We ourselves have been long upon this very same path and as we lean back a little in the saddle, as this instrument would care to put it, to reach a helping hand to those who request it we are most acutely aware that no two requests are alike and that each student is ultimately its own master. Oh, the little that we have to offer to you who in some sense upon this evening are our students in comparison to what each has within, for each is the bearer of a light and a love which is that of the infinite Creator. Each has worlds wrapped in worlds wrapped in worlds without end within. This glorious divinity is accessible to all and to each, so the poor pittance of information which we may have to offer is only by way of pointing haltingly towards the one light that is the life of all.

20: How might this service be availed you ask? It is as simple as listening for the chirping of a beloved bird upon a new spring day. One’s inner guidance is always available to one for each here is an infinitely precious part of the one infinite creation, and each has a veritable host of loving administering spirits deeply caring about one’s own personal destiny. Such spirits occupy themselves offering love, offering what gentle nudges and suggestions as may be given in silence, and let it be said that these spiritual ministers to the struggling self are infinitely patient, for well they are aware how seldom it is possible to hear the beloved chirp of a single bird in the great cacophony of sounds that fill up your density. So rare is it for any to heed and yet the administrations continue unabated and undiscovered.

21: Yes, there are a great many who speak through into your density via the channel from the inner planes. Some are greatly wise, some are less so. There is great love and comfort to be availed for one who allows the inner guides to have their say, to have their sway.

25: ...and we are again with this instrument. Of tasting it to the fullest and of beginning to understand the need for a sense of direction and focus within this experience of all embracing love. Even when this task which is by no means easy is achieved, there still lies before the evolving spirit still other densities.

22.26 1993/05/30

3: Your question about how to judge your own concerns about provisions for the physical well being and continuation is one which is important simply because in the pursuit of third-density lessons, all of which have to do with learning how to love, the issue of providing a supply of those things needed can be a key one. Your density has the strong tincture of yellow-ray concerns; that is, of concerns which involve the seeker in his participation in groups or institutional relationships. The going out to find work is a going out into the society, moving into and out of groups, other families, institutions who employ, and in each of these forays the mind is guided by that attitude which points like the arrow at the prevailing wind of attitude and internal bias.

19: In the testament of the one known as Jesus the place of the law is simply turned upon its head as the one known as Jesus is quoted as saying, “Man was not made for the Sabbath, but the Sabbath for man.” The direction to love the one infinite Creator and to love each other self as the self is not a detailed, closed or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom he taught that there is never an end to love. There is never the need to return to the old prescriptions and old taboos. These are not either/or situations but rather either/or processes, and as each student works upon its personal polarity perhaps it will aid the student to ponder and remember these two kinds of promises, these two kinds of ways of thinking. And perhaps this can be instructive in showing the way, the balance, when that way seems unclear.

21: That call has come to many who wander within this world of yours at this time, listening for a sound, a tone, a letter from home, waiting, hardly hoping at some times, yet holding onto the faith that that which is within, that which is so hungrily sought, does exist. And we say to you, “Yes, love exists. Love is before, after, and around all that is.” You do not seek an ephemera. You seek that which is and that which exists perfectly. We encourage all lines of thinking which fascinate your minds, and we hope that we can, within your meditative periods, be with you as strengtheners of your own vibration.

22.22 1993/05/09

28: It's just a curiosity of mine. In the friend that passed, who I know is full well taken care of and is on another journey wherever, due to the circumstances in which he left and the great love I felt towards that entity, I've wanted to know if it is common for those within an incarnation to offer a service to those who are not incarnate, and wanted to know if it was appropriate to offer the service of asking that entity if there was anything, while I am here, that might be helpful for his peace of mind or whatever, that I might do in reference to his loved ones. I don't expect to step beyond things which are beyond me, but if there is a way to offer that service, I would like to do so and as well wish him on his journey, that it may be well and full of love and light.

22.23 1993/05/16

3: My friends, this opportunity which has been made available at a certain point in many lives is indeed a great step, one which with love, with the sharing of the heart and mind and the spirit will perhaps cause some of the doubts to be allayed. The path you have chosen, my friends, as you well know, may have many bends, many curves, but the blessings which are bestowed are so beautiful. The lessons you have chosen in the preincarnative state to undergo are those that have the capability of becoming one within your self, bringing the lesson home so to speak. As the harvest becomes closer, my friends, these lessons of love and of sharing yourselves, the learning, the experience of becoming one with those that you perceived as being troublesome to your spirit, are great lessons and are ones to be thankful for.

9: For a great portion of your incarnation you will be dealing with the carnival. It may be possible in a life-long friendship of mate, of bosom friend, that all the mirrors be vanquished and that you may see yourselves face to face, and rejoice that you have known the Creator. It is more likely that you shall only be able to do this intermittently. But to know what you are after is the key to seeking. As long as you seek, you shall find. This promise written in your holy works is not part of any lie. We can only ask that you take care in what you seek, for you shall find it. We ask that at any time you become discouraged you stop at the first available moment and look into the one mirror that you carry with you that will give you a true image. We ask that you look into the silence, for there is a center and a hope, a joy and a love in the midst of that silence that can create a new kingdom for you, and for your family. Let your desire be turned to that which you have a proper need to attend to—your own consciousness.

11: Therefore, whatever face you see, it is your choice. Put your name to it and do not let world opinion of any type or degree sway you, for you can be a messenger of light, and you may give that message to anyone whose path intersects yours simply by seeing that other self as the Creator. We ask that you begin always by attempting to gain a true reflection of yourself, for it is only when the carnival-goer is lifted from the hall of mirrors that the mirrors become part of a manageable, reasonable and loving consciousness. This day has the carnival become a bit hectic. Do you wish more for yourself? Very well then, my friends, begin that process by utterly forgiving yourself, by loving yourself most dearly, and by lifting yourself through meditation to the light. What consolation there is in that light. What healing there is in that love.

67: I am Latwii, and am aware of your query, my sister. The planet, the entity upon which you walk, is also partaking in the process of evolution, for all portions of the creation are one and move with the Creator as it becomes aware of Itself. As you know, the cycle which is now ending upon this planet is very close at hand, and its transformation has not been what you might call smooth, for many upon this planet have had difficulty in realizing the love that exists in each moment, each situation and each entity. Therefore, the seeming inharmonious expression or perception in the mirror has been experienced by many upon this planet's surface for a great portion of what you call time so that these vibrations of disharmony have entered into the planet itself. And as the planet begins its transit into that density of love, there is the momentary mismatch of vibratory frequencies. This mismatch becomes apparent to those who are sensitive in many ways, but we can assure each that the mismatch or stress suffered is but momentary, and in its way also offers a

greater opportunity for each entity upon the planet and for the planet itself to find that love in the moment which has not been found previously. For love is at the heart of all creation, and no moment is without its own infinite share of that love. 68: Therefore, when such distressing feelings are felt, rejoice that the planet is giving birth to itself and each entity upon it, and that the birth is attended by love.

131: I am Latwii, and am aware of your query, my sister. We find that there is no place which does not call for the type of healing of which you speak, for the sorrow and suffering and ignorance of the truth of unity within each is great upon your planet at this time. There are many who seek wholeness, and do not know that already they are whole. There are many who seek love and acceptance, and do not know they are love, they are loved. There are many who exist within the illusion and believe that the illusion as they perceive it is all that there is, and they call in their subconscious mind for an exit to the illusion however it can be found. And yet they are unaware that to look within the self is the exit into unity.

132: Therefore, as one seeks to be that known as the healer in whatever form that healing may take, we may suggest that you cannot miss the mark, for all about you are those who call for that healing that you have to give. And may we humbly suggest to each that the greatest healing is that love which is at the heart of your being and may be shared at each moment of your existence with each entity you meet. There is no greater magic nor healing than the love, the forgiveness and the compassion for those who walk upon the path of evolution with you.

133: Therefore, give as you can, be as you are, and those gifts which are yours shall shine as beacons in the night and shall be noticed by all who call and the healing shall occur. For such is the way of the one infinite Creator that all cycles shall be completed, all the pieces of the creation shall be reassembled into one, and all who seek love shall find it all about them.

22.24 1993/05/23

4: Archetypically speaking, this sexuality can be seen to be that difference between the Matrix of the Mind and the Potentiator of the Mind, in that the male energy is seen as that which reaches, as does the Matrix of the Mind. The female may be seen likewise as that which awaits the reaching. In the cultural roles prevalent among your peoples, these roles are seen to hold somewhat towards true; that is, to the male of a mated pair, there is given the most affirmative training towards the bias of feeling a responsibility to provide for a family, to nurture and tend a wife and children by working and offering the fruits of that labor. The cultural feminine archetype, as opposed to the archetype of the deep mind, is considerably clouded and complex compared to the cultural role of the feminine gender, say, one hundred of your years in the past. However, there is a tendency still, and an inevitable one, towards the female's perception of the self as one which nurtures and supports by the presence, by the loving and intuitive caring, by the qualities of compassionate gentleness, and intuitive hunching or guessing.

5: In broad strokes, then, it may be seen that entities which wish to learn the lessons of unselfish service through labor away from the family are drawn to the male sexuality. Those wishing to work in relationships and to learn the lessons of unselfish loving and serving through presence, may well choose the feminine gender. However, at a more goal-oriented level, these goals having to do with what you may call karma, male or female gender may well be chosen regardless of the implications of any sexual bias in order to set up the appropriate relationship wherein lies the work of the incarnation.

8: It is to be noted that the refining process, though it takes place in a much smaller arena than the first learnings, is nonetheless as difficult—or usually more difficult—and intensive work. We find this to continue beyond your density, that is, that the work of refining the choice for service to others begins with one decision and then becomes more and more complex, decision by decision and relationship by relationship. This continues as far as we know, becoming more and more detailed and difficult or intensive, until that moment when all detail is first glimpsed clearly as irrelevant, and the face turns for the final time to gaze in infinite love at the source and ending of all that is.

We ask you, as always, to move to the inner closet of meditation, opening the self to the silence, sometimes, yes, to speak. You call this prayer, but, oh so importantly to listen, to listen to that silence, to accept it, to allow it to wash over the self until the self is full and more than full, until the self begins, indeed, to feel that light, heady effect of fuller light, fuller life, what we have called the consciousness of Christ. Open inwardly if you would wish to open outwardly, for the straightest road to the roots of being is bathed in silence and in the listening in a focused and caring manner, full of desire, to that silence, that silence in which the creative principle of love ever speaks without sound and without words.

16: The more grounded that a spirit becomes in this root system of love the more this grounding may inform the persona and the more transparent that persona may become to the love itself. This does not make an entity, now matter how spiritually aware, able to speak the truth on command, for, indeed, there is no such thing precisely, although one may live the truth of a straight branch, lifting itself to the sun of love and light that is eternal. That is essence, and there are no words and no behaviors that speak the truth which are essential. Yet, can you come ever closer to being the truth through the discipline of the daily turning within to being washed in silence. There the work is done.

17: As you treat with each other, may we say it is our opinion that the greatest truth that each may offer each is the truth of fearlessness, for when one abandons fear and speaks from as close to the heart as one may find the grace to speak, and this does vary, one is as open as possible to that which cannot thrive in fear—honest and open communication. Shall you communicate that which is subtly wrong, that which is inaccurate, that which is less than perfectly understood within the self? Very well, what is to fear in that? What is to fear in any communication? One must always tell some onion skin of mistruth if one is speaking at all. But if one speaks that mistruth as carefully and lovingly and honestly as possible, then somehow every distortion is lit with the obvious good intentions.

19: How glorious you are in your folly, oh humans! How glorious is your search for the truth and how telling are your choices. We commend each of you as you courageously seek to know the nature of love, to know the mystery of faith and to find the gifts that you have that may serve the one infinite Creator and each other. To others you are the hands and the voice of the one Creator. Treat yourselves and each other gently, humorously and tenderly and you shall not be so afraid to let the branches that each of you are become close, almost as close in consciousness as is implicit within the root of the vine.

27: I am Q'uo, and I am aware of your query, my sister. Within this illusion, the life that each of you leads, there is almost complete covering over of those basic qualities or truths which are the foundation stone of your being. That is, those answers to questions such as who each of you is, how you are related to the one Creator in a very fundamental sense, and how the power of love moves through each life to shape and form it in a way which is perfect, and yet which to each of you may seem confusing and out of kilter, shall we say, from time to time. There is the possibility of approaching these truths in ways which words cannot begin to assume, through a kind of experience which many of those of your religious orders have called the transformative or unitive experience, where the light of truth fills one's being, and one for the extent and duration of the experience is able to become those truths.

21.8 1992/04/26

8: The weight of the query at this working revolves about the consolation one might find when performing a service which one feels is a portion of one's duty, one's responsibility, indeed, as the one known as Ra would say, "one's honor." It is an honor, a responsibility and a duty to treat with perfect love those companions of family, and the informal family of deep friendships, with the dedication to being the mouth, the hands, and the lifting and carrying shoulders in manifestation of the one infinite Creator which is forever unmanifest. The very heart of service is the request of the one known as Jesus to love others as one loves the self.

9: If the self gives the self a bath or tidies its habitat or offers itself food, the need for thanks of self to self seems small. When one serves another self one does not interiorize the

service, but rather perceives the service as moving from one field of energy, that being the self, to another field of energy, that being another separate self. This reach seems long to the servant and it is no longer of the relaxed mind of one who is hungry and so prepares itself food, or one who needs society and so calls a friend or goes to the amusement. Now it is one entity reaching out through space and time to a separate entity. It seems there is a transaction. The servant gives a service like a gift or a present to another self. Perhaps the reason is a desire to express love, to express loyalty, or to express some one or other of the many strands and kinds of emotion one feels concerning those things which one's personal character structure inform one's conscience that it is just, rightful, dutiful and honorable for the self to do.

10: In actuality, whether one who is served is a parent, a child, a member of the family or of the extended family of friendship, or of the nature of complete strangers, service is always service if it is given purely. The challenge is to love others as one loves the self.

11: When one is becoming spiritually mature, one loves the self without reservation, seeing in full the iniquity, the foibles, the insecurities and fears which it is as a third-density illusory entity carries. Each self in third density does walk carrying a burden. That burden is its humanity, and that is a work which describes those things which the illusory self experiences as successful distortions of the truer, deeper nature of the mind, body and spirit as a unified being. The humanity contains all those energies concerning the self, the relationships with others and with groups of others, be they churches, nations or athletic teams, which affect the true entity—or may we say—more deeply true entity, by baffling, distorting, blocking or causing to be over-active the energies which must be penetrated by the energy of the Creator which is breathed into the being from the base of the energies and comes up into the heart to be used for spiritual work such as service.

16: That extreme good judgment of offering only the excellent service is a butterfly too elusive to catch. Better it is to gaze at one's duties, one's responsibilities, one's honors, and the ever present strangers in one's midst as perfect opportunities for service to the Creator Self so that service is not scattered among people and places and categories but, rather, service is a way of life expressing the spiritual principle of offering love to one's Creator and Preserver, offering the self to the Creator Self, and in return feeling the Creator Self pouring through the self in infinite energy so that there is always energy for more service, until this way of life becomes, may we say, self-perpetuating and the life glows with love reflected in love.

18: May this bread returning upon the waters be a sign to you. When you see the manifestation of love given to you, hear that consolation, hear those energies being registered in the heart of the Creator Self, for all is one and as you serve one, those tender and merciful feelings, those gentle hands and soft, kind words, those strong supportive services move out through whatever bafflement may seem to stop the service into the memory of your entire planetary sphere and become a part of that which is positive about your planet. No good intention, no desire to help is ever lost. Do not let the illusion's disconsolate, apparent nature cause you or any to stumble upon the path of service to others. But let it redouble your desire as you know that all your love has flown to the heart of the Creator Self of this planet and is immediately a portion of the light of the world.

23: Yes. I'm having a hard time posing my question. My thoughts are from my work, when I see a person who is an over-functioner in a relationship or in relationships, usually this comes from their need to either please and be acceptable or to avoid conflict and cross words or rejection. The relationship gets out of balance, because one gives too much and the other takes, and it's crippling for both. So, what I hear from Q'uo is if we can only find love, possibly through the red-orange ray—that being the chakra—so that our heart feels love, we can discern the difference. However, many people don't know how to do that and don't stop the behavior of acting out of the need to please, to find something else. Again, I'm not sure what I'm asking, but if you can clarify this, I'd be grateful for the answer.

24: I am Q'uo, and am aware of your query, my sister. Within the illusion that is your life pattern that each of you share, there is a tangle of mental and emotional relationships that has as its purpose the untangling and balancing of all relationships so that love without condition may move freely be-

tween entities. Thus, the tangle has value, and we suggest to each seeker of truth which wishes to balance relationships and release this power of love that the effort to do so be continued in the fashion which is most accessible to the entity, realizing that your life pattern is much like your ladder, where each succeeding step moves one upward to another point of viewing that is more comprehensive than the one previous.

34: There are entities who are evoked and invoked at this time by this particular group in its gathering and seeking for information and inspiration. This group has many friends that rejoice at each gathering and which send wishes of love, light and healing as a normal part of their relationship with each in this group.

41: I am Q'uo, and am aware of your query, my sister. Indeed, this is so, for it is the intention to serve that is the heart of all service. It is said that the uninformed desire to serve is, at its heart, foolish in nature, for it is not informed by what you would call wisdom, for wisdom is a lesson that is learned in a higher density after the lesson of compassion and love has been accomplished. It is necessary that the foundation of service be placed upon love, with wisdom refining it at a later time, in order that that quality which is strongest and most important in the seeking and serving of the Creator be emphasized and placed in its proper place.

21.9 1992/05/03

10: Others there are among you who do a great deal of work within, calling it prayer or meditation or worrying or concern, sending love and healing to those who watch and suffer and wait and perish. There is a lovely orison sounding, with millions of souls blending at all times; your planet prays without ceasing. Always, in every night watch, there are those millions unknown to you who keep the watch for humankind. When others sleep, you may well be raising your internal voice in praise of the infinite One in thanksgiving and in intercession for all who suffer. And so, by lives lived in some part sacrificially, the societal karma is being, to some extent, alleviated through the heartfelt caring of very many of your peoples.

13: The suffering, the ordeal of living, is specifically designed to grab the attention of the intellectual mind and then proceed to baffle it so thoroughly and completely that the intellectual mind gives up, and the thrust of inquiry moves to the heart. In the heart lies that beingness which gazes at this experience of third-density illusion and chooses, in faith alone, to be a part of the love—the good, if you will—of the personal, societal, planetary mind.

15: We glory in the beauty of your sunny day and of the peace each has found within the heart. But more, my friends, we glory at the suffering that each encloses. We ask each of you to touch yourselves with loving and forgiving hearts, to be healers of the self, and to allow that healing which is from eternity to eternity to move into the ever-wounded conscious self so that each may become a healing expression and manifestation to those about each, not by word, but merely by the point of view. Let your hearts be those open channels of love, and may you love each other, for the suffering is part of learning how, truly, to love and, eventually, how to be love.

30: There is the graduation into and use of a physical vehicle which is more densely packed with light than the one which you now utilize in your current experience. This vehicle is that which is associated with the fourth energy center or chakra, that having to do with the heart, so that the primary influence of this body and its experience is that of learning the lessons of love, compassion, mercy, understanding, forgiveness and acceptance so that entities will have a greater opportunity to see the Creator in the creation about them, and to see and express that Creator within the self as well.

37: There is also another grouping of entities that has come from elsewhere, either within this solar system or outside of this particular solar system, that has chosen to return to a third-density planet in order to be of service to the entities upon this planet, even though those who return have progressed beyond this third-density experience. As we spoke to the previous query in suggesting that those who proceed into the next density of light seek to learn by serving others, there are many of these kinds of entities within this planetary influence at this time who have come from elsewhere to be of service in a certain manner as they join this plane-

tary influence. These entities offer their light and love just as a portion of their very being glows more brightly with the honor of standing closer to the light of the one Creator. This service is offered, as we said, as a general kind of lightening of the vibrations of this planetary influence.

39: These entities, however, have within them the distant and dimly lit memory of their origin as being from elsewhere, and in many cases this feeling is in the form of what you may call a kind of homesickness or alienation from the planetary influences and vibrations that are of a more disharmonious nature within this third-density influence. However, each entity in the heart of its being is aware that, though there is a home that may be located elsewhere, that the true home of all seekers of light and servants of the one Creator is within that service and within that light that comes from only one source, the one Creator, and each may take solace in knowing that the Creator resides within each entity and shines the light of love and service to all equally.

43: I am Q'uo, and am aware of your query, my sister, and this is correct, that the home is truly, as your peoples say, located where the heart is able to love.

48: As each entity moves through the various densities or dimensions of light, learning each lesson that is possible there, much experience of a various nature in intensity and in type, all having to do with the qualities of love and light, are gained. And as these experiences are gathered, the individualized portion of consciousness that is each entity then takes on these qualities and widens the perspective or the “eye-shot,” the point of view, shall we say, so that each entity, then, is able to see more of the other entities and experiences about it as the Creator knowing Itself.

58: All experience within your third-density illusion has the purpose of teaching some facet of love and acceptance. As entities move through various experiences there are those challenges or testings that further teach those areas that have previously been lacking in their balance or refinement. The more difficult the challenge or test, the greater the possibility for learning love and acceptance. The traumatic conditions, such as that of your warfare, offer great immediate opportunity for entities to see the possibilities of love and service to others, such as when a soldier would jump upon that which you call the grenade to save the life of a friend. This is the greatest service.

64: I am Q'uo, and am aware of your query, my sister. These processes are interrelated, and as entities are able to find, what you may call, a higher or more harmonious choice to each of the testings or difficulties that face them, each entity then adds to the harmonious vibrations of those who pray for peace and send light and healing thoughts to entities in distress. Each time an entity is able to increase the level of spontaneous, harmonious response to a difficult situation, there is a lightening of the vibrations of this planetary influence that aids the entity that is the planet itself as it also makes its transition into that density of love which now beckons.

21.10 1992/05/10

11: As an example, we would give the lesson which your culture feels certain entities should learn. Still within your peoples' cultural minds there is an opinion that males learn love by learning to provide physical safety and comfort for those whom they love. Females learn the lesson of love which involves sacrifice of the self to the life path of the provider. We use this specific example not only to express our direction of thought, but to express why one cannot generalize concerning personal lessons.

12: In your density, lessons all have to do with learning to love in society. The society begins with self. You are your main company. Are you a good friend to yourself? Do you treat yourself well? Do you care deeply about yourself? As you are able to fall in love with your, shall we say, human self, that is the persona or shell of personality through which your spirit expresses itself in this experience, just so will you be able to treat other selves.

13: When one is in pain, be it physical or spiritual, the instinct is to avoid it. However, compassion and love do not grow from avoidance or neglect, and trouble avoided is the unlearned lesson of love which shall even more surely and more clearly be presented to you again. The more times a certain pattern is avoided, the more marked will be the characteristics of that lesson presented the next time around.

adventure move you in spiritual seeking you are the same distance from love that is no distance. All you experience is love, all with which you experience is love; you are love perceiving love. Yet within your illusion there is subject and object and the verb between. Use this illusion, use this separation and allow the verb between to be love, allow [yourself] to enter into loving relationship with good times and with bad, with positive and with negative. Become involved and active within each portion of your spiritual seeking. The more you can embrace your condition the more you shall radiate that love which is of the essence of you, of the situation, and of any and all agencies whatsoever.

20: And my friends, what a service this is. To be able to bear witness in good and in bad weather, to the sun which forever shines, to the warmth of love which never grows cold, this is to be a sun to those who may share your circumstances, this is to radiate through your physical, mental and emotional beings that spiritual truth that you are love and you are surrounded by love.

26: I am Q'uo, and I am aware of your query, my sister. Eventually, within your total beingness, it is necessary that you understand each change so that the total spectrum of your experiences will have meaning and integrity. However, at this time, as you are in a midst of such change, it is not as important that you know the specific nature of the change as it is that you prepare yourself for change by opening your attitude and your heart to that which is being born within you. You welcome a new being. This kind of change is that which occurs a number of times during the seeker's life experience. The conscious seeker will be more prepared to endure the rigors of change than the entity who is as yet still seeking in an unconscious or automatic fashion. Thus, it is important at this time to simply open the self in love and acceptance of all those difficulties you face, whether they are generated from without your being or from within your being, for in truth all that you perceive you personalize in a fashion which blends perceiver and perceived.

32: I am Q'uo, and I am aware of your query, my sister. As we spoke previously, the experience of change, especially when this experience is enhanced by a cyclical movement within the deeper being, is one which is felt to be chaotic and confusing, irritating and almost unable to be borne. Thus it is not surprising that one's meditations would also be affected by this confusing and chaotic experience, however, be assured that as you place yourself in a position to meditate and to open yourself to the experiences of love about you, that no matter what your perception of your experience of meditation might be there is work accomplished there, not just in the intention to meditate nor in the actual practice, whether perceived as well or poorly accomplished, but in those deeper portions of yourself to which contact is made during meditation, in order that these portions of your deeper self might be able to have their influence upon your perceptions in even the subtlest manner is the opportunity that is most helpful to the seeker of truth. For as you travel through the deeper portions of your mind and open yourself to any experience that you find there, you conduct an harmonizing expedition, shall we say, bringing together various resources that are uniquely yours, and applying them in a manner which is as mysterious as the heart of creation itself seems to each. Yet, in all the mystery and confusion, the intention, the practice, and the contact with the deeper portions of the self will provide you with the metaphysical food to fuel your journey further.

39: I am Q'uo, and am aware of your query, my brother. In the general sense, we would agree with your summation of the experience of change, for as you perceive change occurring within yourself this change has in many cases already seated itself within the deeper portions of your being and this change is now making itself apparent to your emotions and your senses, and you begin to analyze with your mind that which you experience. It is much like the aftereffect that you see as the change within the daily round of activities. As you experience the calmer waters in your daily activities you may also assume that there are inner preparations being made for future change as current catalyst is accreted, and as it is well or not so well processed there is the building of momentum so that at what you would call a future time there can be another shifting of perception that will allow you a clearer view of your path to love.

51: I am Q'uo, and we thank each of you for inviting our presence to your circle of seeking this day. We realize that each of you is a diligent and conscientious seeker of truth, exert-

ing every effort, applying every resource, and experiencing all that confronts you with the greatest amount of courage and honor. Yet we know that you feel, from time to time, that failure is your lot, and that you miss the mark far more frequently than you hit the mark. We would suggest to each of you that this may or may not be true, however, it is unimportant, for what is important is that you engage your experience with a whole heart and attempt to make some sense of all that occurs, knowing that all that occurs and all that exists exists within the greatest mystery one can imagine, and that there is at the heart of this mystery infinite love and support for all children of the one Creator that seek to return to their place of beginning, never knowing for sure until they have returned that they have never left.

22.19 1993/05/02

17: We have led you a merry chase this day. Perhaps you may smile when you remember the twists and turns of this speaking. We hope that the humor of choosing choiceless awareness sinks deeply into each. For truly, spiritual evolution is, among other things, extremely full of humor. May each laugh and love the self, and that selfless One which makes all one. May each love each other and share in the processes of learning and encouraging each other.

22.20 1993/05/06

5: In neither event has there been a difficulty because of a certain amount of irregularity in the various color balancings of the chakras of the healer. Neither healer nor healee must come to the eucharist of transformation already perfected. Rather, the healing ability moves through the one which has committed itself to be a healer. The healer's skill, then, is to a great extent involved in continuing to attempt to match the basic vibratory rate of the self with the vibratory rate of the one original Thought which is infinite intelligence or love.

7: Again, with that entity to be healed, the preparation involved is a surrender to one's own frailty as a being within incarnation, and to rejoice in the energy which is being shared, and to cultivate a willingness to experience change. None of this, however, has to do with the relative balance within. What we would like to make clear is that neither healer nor patient must need approach perfection. If the heart speaks its desire when the healer moves into readiness to heal, this energy of heart is the key empowerment which creates the open flow of the infinite love and light of the Creator.

17: I am Q'uo. We struggle to give a concept to this instrument. Let us begin at the middle. The service a healer does for the one to be healed comes utterly through the healer and through to one to be healed and represents a potential where, shall we say tangled light may resume its proper arising of hues. Because the healer wishes to create a channel where this light of love moves without hindrance it works upon the food and upon the attitude.

22.21 1993/05/08

18: I am Q'uo. Yes, my sister in some the moving of the integrated self with feelings of wholeness turning always all of the self over and over again is the most efficacious way to most accurately record and memorialize in fitting tribute of emotion and manifestation the quanta of light and love that the entity moves through in the incarnational experience.

33: The first time I did the chelations on Carla and I had experienced this other time I felt an uncomfortable heat and I would visualize energy flowing, which at this point I'm not able to determine a pattern yet but I understand that that needs further working. The second time I attempted this chelation I removed myself from this attempt to find detail or find symptoms of what was occurring and I placed myself in a acceptance of what was occurring, utilizing love as more of the energies that were flowing through me and more of the essence of myself slipping through me and what I experienced was less of the censuring but still an overall feeling that the healing was somewhat complete.

15: My friends, sorrow and sighing are deep within each entity just as laughter and glee are deep within your makeup. The purpose of incarnation is not to avoid either the tears or the laughter; either the sorrow or the joy; the goal rather circles around the respect and compassion which one may offer to each emotion felt without preferring one to the other, without denying any pure emotion. We ask you to love, accept and forgive yourselves and be brave and bold enough to open and allow the healing of the self, the healing of memories, the healing of the incarnation. Into such concerns does the light of love's spirit move.

16: One who seeks healing, who seeks loving, is never alone. There are strong forces which come in the name of love to aid, support and strengthen the attempts of the self to realize and know love. Express within the self the request for such help and you shall have, as this instrument says, a crowd of witnesses whose only hope is to deepen and strengthen this healing effort. Relax into that ambience, feel the energy of those who truly come to serve those who seek the truth and the light and let your heart become easy.

22.17 1993/03/30

3: Your question about how to judge your own concerns about provisions for the physical well-being and continuation, is one which is important simply because in the pursuit of third-density lessons - all of which have to do with learning how to love - the issue of providing a supply of those things needed can be a key one.

21: I am Hatonn. We do not wish to trifle with questions of identity, but wish instead to ask each, in the mind's eye, to move inward, and inward, until there is that point, bright as a diamond, crystalline, and lovely - this tiny point which is the adit to the deep mind's union with the One Infinite Creator, to the deep heart's contact and unity with the Logos, the articulated expression of Love which is your crystalline nature. Feel that inmost point of light, that shuttle to Intelligent Infinity, and know, now, that all falls away before that One Identity. Enter into that point of light, and become the light. Allow that light to fill up your range of consciousness, and in the same breath, release it and move upward, coming back into the heavy, chemical body, and its millions of points of awareness, all sending millions and millions of messages to your mind.

26: I am Hatonn. The desire to control oftentimes is based upon the wish to aid others in a manner determined by the self to be helpful; and in this desire to be of service, we recommend that each entity realize that, indeed, each of you is a vehicle by which service is rendered. However, the desire to serve in a manner pre-determined by yourself is oftentimes a desire misdirected and a desire which can, if clung to overly much, cause one to miss an opportunity to serve that is more harmoniously and efficiently offered without pre-conditions; for though your illusion seems securely fastened to immutable laws and proven pathways of action, we can assure you that the Creative Intelligence of Love can move beyond all pre-conceptions and make the grandest change in ritual and function imaginable. For when an entity truly wishes to serve and to do the will of the Creator, the opening of the self to this desire can become a channel through which this Creative Energy of Love moves with the power necessary to break limitations, to rearrange perceptions, and to allow new possibilities to be infused in any entity or situation. And as these new possibilities move into being through the vehicle of the surrendered will, then one is truly in the presence of the One Creator and experiences some facet of freedom and joyful exultation; for there is great joy in moving with the rhythm of the universe, shall we say. One may have the grandest design set in place, ready for implementation, with great expectation of success; however, if this design does not have the harmonious connection to one's own capabilities and the services that are possible for one to perform, this design is as nothing when seen from the viewpoint of a desire that has been surrendered to the greater Will of the Creator. And in place of the pre-conceived notions of propriety or correctness, faith has allowed one to move beyond the boundaries of self and previous attitudes.

37: Welcome to the ocean of incarnational experience. Your maps are faulty. You must steer by hunch and hope. You shall not avoid that destiny which lies before you - that destiny which was chosen by you as the focus of an incarnational

time and space. We encourage each to attempt always to move towards those goals one instinctively desires. We encourage each to attempt to improve and to control the life experience for comfort and for joy, for rest and peace and love; yet also, we encourage each to rest back in the virtue of that situation in which each finds himself. There are always imperfections perceived in the ambient environment. There may well be many concerns about, "Is there enough?".... "Do I have enough?" We ask each to turn into that fear as if it were a wind and meet it straight on.

39: Let your fears cease as the wind drops after the storm. Let your joy expand as the sun expands the atmosphere breaking through the clouds. And in that atmosphere, any occupation is a beautiful, rich situation; for in that situation you can love and be of service and offer the heart of yourself. 40: Your incarnation is loving, and so we end with the request that you love each other and be of plentiful supply of that love, of that caring, so that you may be free and give others the freedom that you feel. That bottomless, endless, paradoxical ocean of illusion shall, indeed, support and supply your awareness with perception upon perception, and you shall be sustained until all has been concluded that you came to begin. And then you shall set sail in consciousness, afresh, to learn more lessons, to be of more service, and once again, to take sail upon an uncertain and confusing ocean of illusion. And in all weathers, in all illusions, in every portion and density and dimension of the infinite creation, there is that single point of diamantine light, that is for you, the gateway to Intelligent Infinity. We move into and burst through that entrance with you, in unity, in love, in faith. Thank you for being fellow voyagers with us. Blessings upon your journey.

22.18 1993/04/25

12: We are those of Q'uo, and we thank you for aiding this instrument. We are again with this instrument in love and in light.

16: The hope of entities who attempt to accelerate the rate of their evolution in spirit is to so live that the maximum amount of pressure is exerted upon the orb of self so that more and more and more of love may flow into or within the sphere or field of that which is your unique spiritual entity. Were you upon the path of service to self it would be important to study how to manipulate experience so that the balance point was not moved, but rather all energy would go to the perfection, or sheen, and the regularity of the sphere of being, these being attractant qualities. Because we speak to those upon the path of service to others, however, we assure each that it is not the point to attempt to look graceful or to seem centered, rather, dealing with times of feeling off-center or unbalanced the point is to make friends with this situation and involve the self in accepting and assimilating the growth, not with an eye to appearances but solely with the goal of so accepting and loving this discomfort of self that the stage is set for the process continuing.

17: After all, if you are scrambling out of a huge pothole in your spiritual road you cannot hope to look very graceful. Consider, you are being pushed from behind by Brother Fear, you have grown what little legs spheres might hope to wear so you may scramble your way up to the surface of your spiritual path again. Where is it written that this posture is graceful? No, my friends, laugh and accept the sometimes grimy nature of the spiritual road with all its potholes. We mean by this to affirm that there is great use indeed in the disquieting experiences of being off balance, of being upset with the self, right up to the point where you as an entity have absorbed fully the material of the discomfort, have chewed through those issues that were part and parcel of removing you from your center. Indeed, to the spiritual seeker the straight and level road is a lovely thing but if it is endlessly peaceful and there is no perceived challenge the seeker turns and questions its path: is it learning enough? And it does well to do so for the seeker that asks, "Am I learning?" or, "Am I taking it easy?" is also moving into a potentiated desire for further catalyst, and that which is desired shall be received.

19: Above all, whether on the broad and beautiful sunny path or in the depth of a dry, rocky waste we encourage the consciousness that the Creator is with you, for this is the true center at all times in or out of balance. The seemingly smooth and the seemingly rough both alike are manifestation of perfect love. No matter where your curiosity and your sense of

Consequently, it is well, we feel, to take situations where compassion is lacking into the meditation time of the inner room. Not only speaking and conversing with infinite intelligence concerning this situation which you dearly hope and desire to find a way to manifest love in, but also to bring it into the silence, for words unheard have deep, deep effects upon the conscious ability to manifest as you desire. The key is silence. The door that is opened is that door which you desire. You may not recognize the room on the other side of that door at first, but answers to prayers are various, though always to the point.

18: Whatever the level of self you are dealing with, it is a self to which you wish to connect with love. Therefore, the pain and the trouble are those things which attract the attention and let the self know that here is an opportunity to learn and hopefully to manifest the results of that learning. Much has been learned by an entity, even a young entity, for much is brought into incarnation—biases towards certain choices and away from others. Yet here sits this intractable, irritating seemingly negative outer other self or aspect of self—a stone in the shoe, an aggravation. One wishes to take the walking staff and stomp away and say, "I go around this, I am not here to climb rocks." But each is here to walk a stony path, to experience the loss of much, the various limitations that occur, the ordeal of the pilgrim on the pilgrimage, and this entity is there not to please, but to be welcomed as an opportunity, no matter how challenging.

19: As you consider how to make a compassionate response, let the mind dwell on images of compassion; the wise old man in the desert who sits patiently aware that there is no escape from the merciless heat, and therefore composes himself in blissful meditation to await the change of consciousness from the life in the physical body to life in another body; the tears falling upon the body of the wounded as the nurse and medic attempt to save the life, tears of deep love, of frustration and of gratitude when a life is preserved, yet those tears bless those whose lives are not preserved.

20: Now gaze at yourself. You are an object of compassion. Does the sun not shine upon you whether you are happy or sad, feeling virtuous or distinctly unvirtuous? Does the breeze not lift the tendrils of your hair from your neck? Do the trees not give you oxygen no matter what your condition? You are objects of love and mercy and infinite compassion because you are part of love—part of a Creator. If you move from your humanity, from your shell of personality, you shall quickly run out of compassion, for you have it in small supply within your ratiocinative mind. But if you can open your heart and sweep aside the pretensions and blockages of self, of relationships, of all those things which would seem so important, and move to yourself as the object of love unlimited, free flowing and infinite, then you are merely that through which compassion moves, and you shine infinitely.

24: We would at this time transfer this contact to the one known as Jim, thanking this instrument and this group and leaving this instrument in love and light. We are of the principle of Q'uo.

28: I have an obvious one to start off with. In J's case, before she said the word, there is somebody who simply doesn't like her. I know you can show compassion just by feeling compassion. Is there any way that you can address an already, you know, in place feeling from somebody else—that he just flat doesn't like you, other simply than forgiving him that and loving him anyway? Is that the extent of it?

29: Let me ask the question more specifically. Could you write the person a love letter and then drop it down a well and expect it to do any good? Is there anything active you can do on the personal?

30: I am Q'uo, and am again with this instrument. We are aware of your query, my sister. The writing of the love letter, as you have put it, can be effective if that letter is written in the heart's true compassion, for, indeed, all are one, and as you search your heart for the foundation of your feelings, you open a pathway to the entity that is the focus of concern, and offer to that entity upon the metaphysical levels the gift of your love, which will, in what you call time, so move both that entity and your own entity in the daily round of activities in a manner that will allow that love which has been found at the center of one's being to move to the more mundane and daily round of activities. There is the need, however, to be certain that the seeds are sown in true and honest compassion, thus, the need to explore one's own heart first.

37: I am Q'uo, and we feel the concern and the dedication for

your journey that you have expressed, and would comment by suggesting that when it is felt within one's being that there is the opportunity to progress upon the path and to become a new being in seeking and in service, that one be especially vigilant for the opportunities to serve and to see the Creator about one in those areas in which one may not commonly look or expect to see the Creator. This is to say, that in all transformations—or as they are often called amongst your peoples, in all initiations—there is the testing, the opportunity to express the quality of love and acceptance that are yours to express. These opportunities oftentimes present themselves in situations which are commonly viewed as difficult, confusing and disharmonious.

38: In such situations, it is easiest to respond in a manner which is, shall we say, of the world, in that there is the expression of hostility for hostility, anger for anger. When you become aware of any situation which is not as you would have it be, look carefully for the place that your love may be put so that that which is the highest and best of your offering may be that which you give freely. Look at those who seem separate from you, and see not only the Creator there, but see yourself there as well, and feel the compassion for that entity that you would feel for any honest and sincere seeker of truth that has for the moment closed its eyes to the heart of love.

21.11 1992/05/17

4: To many cultures, the eroticism of hidden genitalia and physical forms in general is considered a positive beauty, a pure truth, and were each biological male and female to value the body sacramentally it would become clear that human physical sexuality is an information resource which like any other speaks of the love and the light of the one infinite Creator. Therefore, as one turns to face the mystery of the deep mind there is a close resource, that being the seeker's own sexuality. As each seeker moves along the highway of the Father's mystery seeking love and truth it is well to encourage the self to love and accept the self, beginning with the physical body, its sexuality, its every curve, dimple and seeming marred place or imperfect place. Loving the self within the skin is far more readily attempted when one has loved and accepted the skin, the shell of physicality which carries about the consciousness which you truly are and which manifests within this illusion your field of consciousness, desires, questions and often cryptic answers.

5: To this end, let us pause and let each feel the heavy, familiar physical vehicle. This is that which has given itself that you may think and feel and express your free will and your choices in this life experience. Feel the breathing, the limbs resting, the muscles as they are supported. You may perhaps feel as if you are driving a car all of a sudden. This is a feeling we would like for you to experience. You are not your body, but your body is a second-density form. Every cell of this body vibrates with the love and the light of the infinite One. Take this moment to thank this beautiful animal form for the sacrifice of its instinctually lived life. That life you have tipped upon the ear, and that life is not possible. This body of yours is living your life and dying your death.

6: Very well, if we have been able to encourage feelings of acceptance and respect and love for the gallant body, then it is time to move on to the seeking of that within which seems archetypically female. Within each culture the male and female dance a somewhat different courting dance, play somewhat differing roles. It is not well to generalize, and we hope to be accurate, but insofar as one can be general, the male feels that it has chosen a female. The female waits for the choosing. When one applies this to the seeking of the intuitive wisdom of the subconscious one may focus upon the male portion which chooses to reach for the chosen one, the pearl among all other and less entities, the very most nearly perfect of all possible choices. It is with this lover's delight in the right choice that the conscious mind reaches for the lovely, gentle and very powerful subconscious.

8: Thusly, as the male portion of the self—and we are generalizing—as the conscious mind reaches for the unconscious, intuitive heart's wisdom it uses faith, that which it believes it does not yet have, yet the very reaching for this perfect bride of wisdom evokes that principle and faith is found and persistence is able to be sustained. In the journey of the seeker there are times or periods when the spirit within seems to

burst into bloom and flowers appear in the conscious mind, the blossoms that are daughters of the patience, the faith, and the waiting. The farmer cannot say how the seed germinates and grows, nor can the seeker say how inspiration has come, yet the farmer knows to collect seeds of the appropriate type when it is planting season, and so the intelligence of the conscious mind chooses its seeds in the fastidiousness of its courtly, loving and patient approach to the fertile subconscious.

9: Let us use a sexual image to further focus upon the fertile aspect of the spirit of truth. The desire of the conscious mind for truth, for information about how to love the Creator, how to know the Creator, how to serve the Creator, may be further and further purified as seeking proceeds. The questions do not change but the process of seeking the answers can be more and more refined so that the lover of truth has ever more abilities to penetrate in a gentle yet fruitful way the recesses of the unconscious. The reaching becomes very single-pointed, very courtly and very passionate, and the fruitful wisdom within is made into a living being of new concept. Something is born, something that as a unit may rise through dreams, through daydreams, or for those whose thresholds of consciousness are permeable, simply through the limen of the conscious mind. The desire truly impregnates intuition.

10: There may perhaps be a figure which may explicate this feeling. The guide or teacher has been seen in your spiritual studies often as angelic, wise, without a body or with a light body, but certainly that which comes down from the higher planes to touch the hearts of seekers. See that consciousness within which is the spirit of truth, the unconscious as that which is touched by fire, that which becomes the fire so that as the seeker seeks within itself it is aware that that which it seeks within is a miniature, holographic representation of that highest truth which is the infinite Creator, the intelligent infinity which moving through ethers and ethers, dimensions and dimensions, stays true to its spirit as octaves stay true to their tone so that the subconscious or unconscious is in a fruitfully thought of way the Creator, the Highest Self, and this Creator may create, and you as co-creator may co-create and invent and manifest so that as you seek within, the unconscious organizes itself according to the gentle, loving courtliness it has received from the conscious mind, and becomes attuned towards wishing to give the outer or conscious portion of itself more information so that the way in which you approach wisdom creates the precise kind of information you shall receive. You are creating your own information because you are the spirit you seek.

11: Now, the other portion of this figure is that when information has been reached for lovingly and received with respect and molded to the self's person, or spirit, or character it may then have a strength which is not simply your own but which contains higher octaves of spiritual wisdom, so that as you are able to manifest the blossoms and fruits of the subconscious these retain a quality of infinity and are able to refresh and renew not simply the self but other selves as well, and this without tiring in any way the conscious self.

16: In the world of metaphysics, thoughts are your tools. We began with the sexuality of the third-density physical body because the process of spiritual evolution is sexual without the stigma attached to that word among your peoples. The wisdom of the heart is not touched but absorbed, and it does not move in a linear fashion to inform, it is born and its DNA is coded by the purity, patience and lovingness of your desire.

21.12 1992/05/24

7: When a worry, anxiety or concern enters the mind, therefore, the first question to put to the self is, "Is this a concern which has come to the proximity wherein I must needs consider and choose a plan of action?" If the answer is "No, this situation is not proximal, but is further from the entrance into imminent illusion than that," then the persistent and gentle effort may well be made to downgrade concern until it becomes that which is the concern of one who prays in faith, holding all things up to the light and asking for light so that the possible situation dwells in thought in light, and the self possibly overly-concerned about this question dwells also in light in the beneficial rays of faith's connection with the spiritual riches of an inexhaustible Source of love.

14: In the case of being faced with the necessity for making

a decision, we hope you may see that much of the concern evinced in this query is irrelevant. When a decision must be made, there is no fault either in blind faith or in worst case scenario spinning. The movement of a personality through third density provides each entity with various lessons concerning loving. What love is, how it may manifest through one, how it may come to one, how it can be discerned, are all questions which the pilgrim of the king's highway must needs ask. In some cases, an entity's lessons are those in which an entity must learn to be less wise and more faithful. 16: Upon the other hand, many are the lessons of love wherein an entity moves foolishly and quickly, in blind and unreasoned faith, thereby abandoning tools and resources which have been given within the illusion in which each lives by the infinite Creator. These faculties of reason were not given in order to create excess. These abilities of reasoning and questioning are valuable tools. Thusly, when one must needs make one's personal choice, one first ascertains that the time has come to make the choice. If the time is not yet, the mind should remain out of gear and the concern given to the heart, to the inner room of prayer, and to the affirmative workings of an over-reaching faith in the rightness and goodness of all that there is behind and beyond the visible illusion.

22: If this luxury may be yours in times of hard choices, then truly have you done all that one in your life experience can do, for you have used your resources and then opened the self to the greater compassion and wisdom which lies within in that portion of the self which is a portion of the one infinite Creator's love reflected in love, as this instrument would say. You are all entities of love reflecting the Creator to each other. Be aware as often as possible of the nature of the self and other selves. This is one of the greatest resources for spiritual evolution which exists.

23: We would close this working through the one known as Jim. We thank this instrument and would transfer at this time, leaving this instrument in love and in light. We are known to you as those of Q'uo.

21.13 1992/05/31

11: Consequently, faith of all kinds periodically eschews and sheds the exoskeleton of dogma and doctrine, and begins retelling the great story or myth which is used to focus upon the great set of spiritual or metaphysical principles which each wished to honor. And so the faith, free in the individual urge, and free in the first communal urge and the moving together under the banner of a great principle such as love, soon becomes prey to the desire to nail down and put structure to a system of believing which can be built as a model airplane, and admired, painted, viewed and discussed.

12: In the moving from the first rapturous experience of love for this principle to the desire to codify it, the entity or group has moved from the open heart to what must always in the end be the closed mind. The trip is typical of your peoples, who are not encouraged by your culture to dwell, abide and trust in the wisdom and compassion of the heart, but have learned through many dealings with other entities to put up the structures which are ways of communicating belief systems easily, and are therefore capable of being discussed more easily. The intellectual discussions concerning belief systems is circuitous and tautological; however this only makes the pursuit more appealing to many who simply do not wish to change, but rather to consider endlessly the various delightful aspects of a certain and known truth.

15: Though this thought is called by many names, and has many faces, may we simply call it love. The Logos, the creative principle, is in our opinion, love. Not the dead love of fixed romance, nor the friendship, or any definition which lies within the parameters of your experience, but love as a fiery creative principle which has dynamically created and set free the universe, which moves endlessly from its source back to that same source, dwelling always in what has been called a cloud of unknowing.

16: We gaze at what may be helpfully said about the eternal divisiveness of spiritual and all other groups, and can only refer each again to the inner divisiveness of the self. When the self has so far learned its own nature, and accepted that nature unconditionally that it can love the self, that self is then ready to become part of an unity of selves which shall remain unified; not in the deadened sense of agreement to a

simply express self-discipline. One would move into a sense, "I came to do this and I'm going to do it, and nothing's going to stop me!" But you are not here to learn that level of self-determination, not here to use force and judgment as guidance for your choices, but here to learn love as guidance for your choices. To express your energy with love, there must be that sense of connection that grows out of faith.

26: I am Aaron. Barbara and I were both experiencing the presence of some negative energy. We are comfortable that it is no longer making any effort to intrude and is welcome to listen if it would learn from our teaching. We ask that all present send love to anything that wishes to learn from the deep love expressed in these sessions.

30: When you become aware of the pattern whereby self wants to be dominant in order to keep this being safe and you send love to that fear, open to the reality of that fear with no need to get rid of the fear, then you begin to rest in faith. "Even the fear is offered as part of my learning. I don't have to get rid of anything in my experience. My spiritual path is right here in this relationship, in this job, in this political issue. Each is an opportunity to draw in light, to offer service and love."

31: It is sometimes very difficult to keep track of this. Fear keeps closing in on you. In effect, all of these lower chakra issues—it does not matter what they are, issues of physical health, of money, of relationship, whatever they are—they are offered for one purpose: They give you an opportunity to change your relationship with fear by the very simple act of coming back to who you are, to affirming with faith, "There is that of the Divine within me. If I draw on that tremendous source of energy and love, then I have the ability to work lovingly and skillfully with this catalyst. I no longer need to wage war with this catalyst but can use it as an opportunity to practice expressing my energy more purely and lovingly." Then all of these situations in your life take on such a different perspective. Faith is strengthened each time you work in this more loving way.

37: The one known as Aaron asks if you are ready to experience your true nature. The living of a life in faith is the living of a life in which you are willing to practice the presence of your true nature. So many times you have heard us and any other spiritual counselor suggest the meditation, the sitting, on a persistent daily basis. The advantages of such a practice are physiologically persuasive, and many are those who practice this technique in one form or another with no intent other than the relaxation of the physical body and the slowing of the frantic stream of thought. However, we say to you, is any silence empty in a universe that is full of the unity of the nature of love?

39: You choose not to have a faith; rather, those who live a life in faith choose to be faithful in their practice of the presence of truth, their practice of the presence of love. The one known as Jesus was accosted by temptations from the voice of fear known in this myth as the devil, Satan, in the wilderness. The one known as Jesus would not converse with this principle of negativity and fear, but spurned each temptation and said, "Get thee behind me." The conversation that you seek, then, (for one must converse with the mystery) is the conversation with love. As you choose daily to be faithful, you choose not this and that, but rather, you choose to believe that all is well and all will be well. You are seated and grounded in this faith by the practice of the presence of Love itself, as guidance brings it to you.

41: "Come, Holy Spirit, fill the heart of your faithful and kindle in her the fire of your love. Send forth your Spirit and she shall be created; and you shall renew the face of the earth, O Creator, Who, by the light of the Holy Spirit did instruct the heart of the faithful so may she be ever wise and enjoy its consolation."

42: She prays through the one known as Jesus, but we say to you that guidance is the Consciousness of Jesus the Christ. This Consciousness is transforming and life-giving, and we recommend to your own guidance the seed which is at the heart of this prayer; that is, that there is an Intelligence moving through all that there is which does indeed create each of you day by day, perfectly, as much as you can allow it. And that as you bear witness in a life of faith to this true nature that continually transforms perfectly all that there is, you may see the face of creation blossom and expand infinitely in love reflected in love. So, as you bring down into the life of faith the energy, the spirit of love which strengthens the heart that it may move further downward into each darkened

place within, so the reflection upward begins and the heart is informed by the energies originally locked in lower centers; and the heart frees this energy that it may make its return to the alpha and the omega of all that there is. So, all things from beginning to ending of creation are implicit in this present moment, and the cycle or circle which is process and learning and growth reflects in your faithful hearts the eternal present moment in which love is the whole nature of all unified consciousness.

43: May you remain and abide in patient and persistent blindness, accepting and blessing each darkness, each fear, each sorrow, each suffering unto death, that the work of creation may express through you the life of the self that is love, in this moment and ever. May you through this process day by day so seat yourself in loving acceptance and faith that all is well, that Love itself may flow through you as light through the panes of the lantern, so that those about you may see this light and turn to this light within themselves. You are witnesses expressing in a world which has need of witnesses. What shall you witness? My friends, love one another and for the first time, rest. You are home.

55: This is not fundamentally different from that which we have offered concerning the healing of the incarnation of the self day by day, but may be seen to be an extension which, in those who feel the call and gift to heal, may be used and through experience refined as a way of loving.

66: But all of these centers are connected. If you work to correct that distortion while ignoring the upper centers, you are merely working on a body instead of an intactness of body, mind and spirit. The more awareness you can bring to this being that you are as a whole—as this angel in its earthsuit of divinity and humanness—with each moment, the more lovingly you can bring healing to where healing is needed.

72: Time and time again, the seeker goes to sit at the table of the Lord, knowing that sometimes a banquet will be offered and sometimes the table will remain bare. It is not the seeker's place to choose which will be, only to sit with as much love as it can give at that bare table and trust that this is the experience that is given and it will suffice. It is not the seeker's place to cling to the banquet, only to fully enjoy that experience of deepest connection when it is experienced and then let it go.

78: Remembering this allows you to find more tolerance for the negativity that is seemingly external to you in the world, and for your own fear, anger and other heavy emotions. When you create the duality of good and evil and see the darkness as a spiraling downward, it enhances not just resistance, but a lack of compassion for that darkness. It enhances the fear that closes the heart. When you see negative distortion in illness of the physical body or the loss of a loved one, or some other great grief or pain, remember: "This is part of the spiral to the light. Can I embrace even this distortion and offer love to it? Can I just be patient with the experience of it? I don't even have to understand it, just to allow its presence without hatred. The presence of negative distortion does not need to be a catalyst for hatred in me. It can be a catalyst for remembering to offer love."

82: I believe that in some of your gambling centers you would find a sign hanging that says, "You must be present to win." You must be present to win: present to win out over fear, present to deepen faith, present with whatever this mind/body/spirit complex is experiencing in this moment, present with as much love as is possible. And then you cannot help but win, and find your way home.

22.16 1993/03/28

5: So we have the situation where forgiveness is intellectually considered as being accomplished but within the emotional portion of the mind, body and spirit the forgiveness is not believed because the self deeply rejects the forgiveness since there remains unhealed memory. You have perhaps heard us before speak of something we call "healing of the incarnation." In your third-density incarnative experience this is the heart of work in consciousness, for if the incarnation be healed the potentiated and polarized servant is then free to offer with purity the life to the infinite Creator. As each looks upon its "if onlys" we ask that each consider that these unhealed memories dim and make tenuous the pure light which is the manifestation of love, which empowers each servant of the one infinite Creator.

ness. Instead there is a gentle love offered to the self that is experiencing so much pain, including unworthiness. It allows a shift in perspective to this angel aspect of the self which is perfect and which you know is worthy. Within that shift, you begin to find wholeness. There is nothing left that needs to be gotten rid of. Just letting it be, allowing it to be present or to dissolve at its own speed while it is offered love.

50: What you will find is that your increasing ability to offer love begins a new pattern, a far more skillful pattern whereby, as I suggested yesterday with the arising of fear, the arising of unworthiness becomes a catalyst, not for the offering of more disdain to the self but a catalyst for compassion. This reconnects the lower chakra centers to the heart center. It reconnects the spirit body to the physical and emotional bodies, and you come back into wholeness and into balance. It is here where even a sense of unworthiness becomes seen as a valuable gift for your learning, and you embrace it rather than wage a war with it.

57: Work in consciousness is largely the moving of energy which is intelligent through violet; then, by intention, from indigo into the blue ray of communication, which then opens the heart, which opened heart may go forth arrayed in the bright colors of love and purified emotion. There is the bringing down of pure light into an intelligible form of communication which carries purified emotion to the relationship which needs healing or, when the self is healer, to the entity to be healed.

58: Now when the self is engulfed in a difficulty, the heart is defended by thoughts like, "Not trouble again. I can't stand it. I can't stand me." One cannot storm those defenses, so one uses prayer, song, praise and thanksgiving, which, unlike the prayer of the unworthy one, are focused upon the beautiful, the more real, the more true. To say in the midst of sorrow, "Thank you, O beloved Father/Mother. Praise you, O One Who is all," may seem not only dishonest but irrelevant. But we suggest that you see that this is how the voice of the heart is reached. The direction of the thoughts is changed by the purified emotion taken on faith and expressed in the song, the praise, the thanks, the prayer. Thus, passion is restored to that great seat of purified emotion, purified emotion being the essence of wisdom as opposed to knowledge. The procedure, then, is to suffer; to become aware of the suffering; to pay attention by spending the coin of time; to move purposefully into the prayer, praise, thanksgiving and song, which awakens the heart; to allow this energy to pour into the heart; to allow this potentiated healing energy to move into the relationship which is the conscious focus of the suffering, and then to allow the healing of acceptance and forgiveness to take place.

59: We of Q'uo confess our own planning ahead. It is not a good time now for us to address how this turning to inspiration can be aided by faith, so we promise on the morrow this shall be addressed by us. For now, we ask you to take it on faith that when you do praise and thank and sing and pray, there is a spirit of Love itself that listens and responds endlessly, fruitfully and fully so that each symptom of the infection called distortion or error or sin may indeed be forgiven. 64: To begin this process, I would like you to invite one for whom you feel love into your heart and mind, just holding them there before you. No matter how much love there may be between you, you have also caused pain to one another. Speaking that being's name silently and saying, "I love you, so it is hard to express my anger to you, but you have hurt me by something you did or said or even thought. Intentionally or unintentionally, you have caused me pain. When I look into your heart, I see that you have also known pain. I do not wish to put you out of my heart. I forgive you. I love you, even if there may still be some anger or hurt about that which was said or done. I wish to reconnect our hearts with these words and thoughts. I forgive you. I accept your pain out of which those words or acts arose. I love you."

67: Gently now, allow that being to recede from the center of your awareness. In its place, invite in a being from whom you wish forgiveness. Speaking that being's name to yourself and saying, "I have hurt you through something I said or did or even thought. Intentionally or unintentionally, I have caused you pain and led you to put me out of your heart. It is so painful to be thus separated from you because I love you. Please forgive me. I also have known pain. I do not defend my words or acts, but ask your compassion for my pain, your understanding that the voice within me which spoke was the voice of fear. I admit my irresponsibility in allowing that

voice of fear to dominate the voice of love. Forgive me for the ways that I have hurt you. Allow me back into your heart."

70: Feel that one's welcomed forgiveness. Feel your energies rejoin. Gently let that being go. Into the space that is left there, please invite yourself—this human that you are, whom you have so often judged so harshly, condemned and put out of your heart. It is so terribly painful to put yourself out of your heart in that way. So much anger, so much fear resides in this human who you are. The loving heart has room for it all. It is the fearful brain that judges and creates separation. The heart welcomes the self back in.

71: Look at yourself standing there, perched like a deer ready to flee because it expects the voice of judgment which it has heard so often. Speaking your own name to yourself and saying, "When did you last tell yourself, 'I love you'?" Can you offer that to yourself? Speaking your name and saying, "I love you. Yes, you are not perfect. Yes, you are sometimes reactive, frightened and unskillful. I do not love you because you are perfect. I love you because you are. All of that which I have judged about myself, I invite back into my heart. And I ask that judged part of myself, 'Can you forgive me the judging as I forgive you your imperfections? Let us be one again. Let us enter wholeness. For whatever ways I have hurt you, can you forgive me for the ways I have judged you? For whatever flaws you have manifest for which I have judged you, as you forgive me for the judging, I forgive you for being human and embrace your humanness.' It is so painful to feel this separation from myself. May I be whole. May I be healed. For whatever pain I have caused to myself, I offer forgiveness. I forgive you. I love you."

74: Can you hold this being that you are up before you as one who is truly cherished and beloved? Look at yourself, at how beautiful you are, and offer yourself that love.

81: My deepest love and gratitude to you all. I wish you a goodnight. That is all.

22.15 1993/03/23

7: Now a life in faith may seem to demand the acceptance of some culturally chosen holy or worshipped individual such as the Buddha or the one known as Jesus. This is not so in that such ones as Buddha or Jesus the Christ spoke clearly to indicate that they were speaking not of themselves but of the mystery which the one known as Jesus called Father, or more familiarly, Daddy. This Father/Mother Creator has sent each inspired and inspiring historical figure into a troubled world to bear witness to the light and the love of the infinite Creator. The one known as Jesus said, "If you hear me, you hear not me but my Father who speaks through me."

10: We would suggest the term guidance. Yes, each must be responsible for cherishing again and again the self, to learn to love the self that one may, for the first time, know how to love the neighbor as the self. But there is the Comforter which moves within each life. There is always guidance available. There is always the carrier wave that strengthens the will and desire to be and, in that beingness which is full, to so move in consciousness that the fragmented self which suffers is healed by love.

15: You know that a plant grows in the sunshine. Even a shade-loving plant must have some light. You would not take a plant, a bulb perhaps, and put it in the best soil, offer it the fertilizer it needed, water it and then put it in a dark closet and expect it to grow. But you do this with yourselves. How do you bring yourself out of that closet?

18: For reasons I cannot easily explain, the primary lessons of third density are faith and love. What will teach you faith? If you incarnate with full awareness of who you are and what you are doing in this incarnation, with clear seeing of the divinity in yourself and in all beings and the clear experience of God, where is faith to be learned? But that faith is a foundation. Without that faith the later lessons of wisdom may so easily become distorted and move the being into negative polarity. So these muscles of faith must be built by practice.

22: When you see clearly who and what you are on the astral plane between your human lifetimes and after graduation from this plane, then your decisions to serve, for example, grow out of a strong place only of will. Because you know who you are and are ready for that responsibility in the upper densities, there is no problem. On the earth plane it can easily become distorted so that will twists itself into judgment and self-judgment. Rather than expressing love, one would

dry, creaking structure of words and creeds, but because of adherence to love. That love is diverse; each self which loves itself unconditionally is unique, yet each is love.

17: When entities can rest comfortably within their own skins, shall we say, then shall the peoples come together; not to become clones, all reciting the same credo, but gloriously various, with all the colored strands of ribbon imaginable, to fly together as the rainbow, strengthened by love and blessed by a lack of judgment.

21.14 1992/06/07

14: When teaching the child what is appropriate, many are the choices made for the child. When gazing at an adult, it may be seen that these choices have passed from the need for outer control. When an entity has the discipline of the self and the personality is touched and quieted by the surrender to that great original Thought of love which is the nature of the infinite Creator then questions of control become far less necessary, for the more centered, self-knowing, and quiet-hearted an entity, the less fear this entity will have that entities seemingly different from him will in some way harm or hurt him or his sensibilities.

15: Intolerance, prejudice and the cant of religious rhetoric are based upon fear. The ways in which individuals with fear may see themselves controlling may well be that of love and concern for the other self. Yet, no entity can learn for another, be safe for another, or do another's work. Suggestions can be made. There is no harm in suggestions. If the expectation is that they will be taken, then the matter must be referred to ethics: is this desired result appropriate? Is this desire appropriate?

16: Leaning upon one word, love, one may learn a great deal about ethics. In your own way, you aid the infinite creation in its path. Each individual's consciousness, if it rest in love, is more and more a part of that infinite, eternal, constant creation of the Father. As the whirlwind within the mind and emotions of living calms itself, and spiritual maturity advances, that part of each self that is of the infinite Creator and is an holograph of the infinite creation begins to manifest itself without words. Yet, this manifestation of love, flowing through one in infinite measure, gives to those entities whose discipline has been towards maturity an authority that makes it unnecessary to attempt to control, in most cases. For, as one is more and more the authority over the vagaries of the human self, just so does the heart within that self find itself peaceful and open and, therefore, a shuttle through which the love of the infinite One may flow freely.

18: You are a co-creator. Step back from the constellation of the self. See the constellation of your own mind. See the unimaginable number of choices that have brought you to this moment. And see that you will treat others as a corollary of the way you treat yourself. As you venture forth within this incarnational experience you are enjoying, see and feel the dance of interstellar space, of the constellations of the body and the marvelous structure of the mind, and realize that you enter the present moment powerful within yourself. As each fear is noticed, addressed, blessed, accepted and eventually dropped away, for it is unneeded, there will be fewer times that the constellation that unifies as yourself finds, through fear, that it wishes to control an inappropriate way. Look always first to the discipline of the self and the acceptance, blessing and forgiveness of the self, as the self is imperfect, so it seems. Then when you gaze upon a fellow being there will not be the blinders of fear to distract the thinking or blind the eyes of judgment. As this instrument often says, free will is paramount. Let this and love be your guides.

19: There is more material upon this subject if subsequent questions have a meaning to the group. At this time we shall depart from this instrument, thanking it for its service, and leaving each through it in love and in light, and would transfer to the one known as Jim. We are known to you as those of the principle of Q'uo.

21.15 1992/06/14

12: When one chooses a path one has the full spectrum from which to choose precisely because one contains all that there is. The first defense, therefore, is to visualize this negative power and fearlessly to invite it to take up a loving absorption

within the very heart, for positive power is power balanced by knowledge of the self. The decision not to attempt power over another is made when the entity grasps that there is no need to have power over others, for all of creation expresses its power in the self. All magical work, therefore, is done upon the self. There is no need to manipulate, teach, control, move or advise other entities. The need is only to do these things within the self, disciplining the self to a more and more balanced and clear acceptance of the universal nature of selfhood, and therefore choosing lucidly and clearly to serve others, to withhold judgment of or control over others, and to practice loving the self, accepting the self and allowing the errors perceived within the self to be self-forgiven.

20: We encourage each to be patient, [forgiving], accepting and slow with each fear that keeps it from progressing. Take time to work through the balancing of that fear, overcome it never, but take it within the self, love it, accept it, and gently, strand by strand, part the curtain that keeps the self from progressing fearlessly. This is slow work but it moves one ever towards the truth, the good, and the beautiful.

21.16 1992/07/04

4: We have come to offer a kind of comfort that [we] feel we are able to uniquely to offer to this group at this time. We wish to offer this comfort in a preliminary way and then to make room for those of Oxal who are also prepared to speak. We wish to give encouragement to a group which has known much ordeal in the past brief measure of your time and which has nevertheless courageously persisted in its seeking and its intent to serve. This kind of dedication offers opportunity upon opportunity for those of us which are, as you would say, incarnate, to serve in the small ways which are given us to serve through the instrumentalities not only of highly concentrated efforts like that which you undertake today, but in the myriad ways of everyday life dedicated wholly to service. We ourselves are comforted by your dedication and would offer this our blessing to you in love and in light, a brief silent offering. We pause.

8: We find, however, that this experience can be a very lonely one and that the temptation arises again and again to seek in the reassuring words of one who would lead one to find more than comfort, more than solace, but also direction. Now, it is the best of our understanding that, in truth, direction can never be gathered from another. There is, indeed, the wonderful mystery of paths of seeking that cross and intertwine and run together in a mutual love and compassion which gives great comfort. We find, however, that all too often it is the case when one doubts one's own way one relies rather too heavily upon another, which one puts before one as the teacher.

12: We find then that this group was quite correct in its surmise that the greatest gift that the teacher has to give is the beingness of the teacher. As soon, however, as this beingness is contracted into [mere] personality which the teacher may claim as its own, it has been lost and lost as a source of inspiration to the student even though the student may continue to take it as such. There are connections of energy that connect student to teacher, though we find in principle that these connections are not different than those connections of energy which prevail from one loved one to another, and just as the lover must be prepared also and equally to be the beloved, so must the teacher be prepared also and equally to be the student. All are fellow seekers in the spiritual world. All of the distinctions which can in the veiled experience seem so important vanish into utter nothingness, leaving but a full democracy of spirit. One seeks, then, with all of creation, and the seeking of all creation is within one.

21.17 1992/07/05

0: [overview] The question today has to do with the concept of nurturing self-love. How do people who are naturally oriented towards being of service to others, and perhaps even serving beyond the ability to fully care for the self, take the time and energy and effort to nurture themselves? What is a way in which people can look at the nurturing of the self as a natural part of service to others? What kind of suggestions can you make as to how we can become aware of our needs

for nurturing, and fulfill those needs as we go about the process of serving others and learning and growing in our daily activities?

3: We wish to note for your benefit the stance which you rightly and justly, as developing spirits, take. The lesson of compassion is learned first, then the larger lesson of wisdom. You are those seeking in the school of love, therefore this query is central. The beginning of grasping the way of nurturing the self is, however, implicit in the question. We have said to this group before that the one known as Jesus taught that there was a new covenant, a new set of commandments, which superseded the commandments given to the one called Moses. The commandments were two: to love the Creator with all one's heart, all one's soul, all one's mind, and all one's strength; and to love the other selves within your environments as you love yourself. The second of the commandments was not to love yourself as you love others, but to love others as you love yourself! Thusly, this master of compassion suggested the turning of mercy inward upon the self, prior to asking the self to expand the manifestations of mercy outward.

5: One set of suggestions concerning the nurturing of the self is nurturing systematically each chakra by vivid visualization, and not only by meditation, but by contemplation also. Let us demonstrate using this instrument to avoid infringement upon free will of others. Each needs must make assessments of chakra strength and clarity for each. The first chakra is always the root or red-ray energy center. Gaze at this center which loves life, which breathes the air and has appetite for preservation and procreation. This root energy is anything but base. It, as this instrument is fond of saying, contains the first sacrament, as all energies are potentially sacramental. This energy gazes—we correct this instrument—this instrument gazes at this energy and finds it very strong and clear. 6: There being no visualization to do, this instrument proceeds to the orange-ray energy center or chakra. Here there can be seen those muddled energies which, though small, yet block some energy from moving into the open heart. How can one gaze at the shadows that dog one's path? If one turns about to look at them, they shift. They cannot be directly confronted, for they are shadows, yet the more firmly excellence is striven for, the darker will seem every small imperfection. This instrument then must contemplate indirectly the cause for shadows. This is the area of relationships person-to-person. Whom is this instrument not in good relationship with? The answer comes by reflex. The instrument is not in good relationship with the self. There ensues a forgiving process. Why should this instrument forgive? Intellectually, the instrument can say, "I am forgiven because I am a child of the Creator." To the heart, no reasoning is necessary. One evaluates the self. First, may we suggest that the self be visualized as being held in the arms of the infinite One, lovingly, firmly and comfortably, rocked in eternal rhythms and loved with infinite love. When one can see one-self as the child of eternity, one can see oneself at the correct distance.

11: Moving into the heart chakra, the green-ray energy center, the instrument visualizes a nearly fully open, very strong heart energy which is normal for this instrument. The entity finds it sparkling at this time, and realizes the effect of those in a group which love one another, causing the heart energy to dance and shine. This is the portion of the nurturing of the self wherein others move in help from whatever other energy center is being used, the blue ray of communication, the orange ray of interaction in addition to communication, and so forth. All then comes through the heart chakra to others and from others.

12: It is to be suggested by us that when one sees the heart fully open, one then may do well to suggest to the self the beauty of giving and receiving of love. The reception of love, it has been noted this day, is often very difficult. When the orange-ray center is blocked by self-judgment, then the shining love of others is blocked from entering the heart. Loving gestures, thoughts and words may batter against the heart closed to itself in vain. Until the entity is willing to open the door to comfort by ceasing to judge the self as unworthy of comfort, no comfort can move into effective service.

13: Thusly, service to others directly denotes the allowing of others to love the self. This is often the most difficult relationship lesson of all, for if one is not in love with the self, how can one believe or have trust and faith in the illuminating light and love pouring into one's heart from another? There is no

basis for trust, for the self is not willing to trust the self. It is an irony of the third and fourth-density illusions that more and more energy is consumed in the desire to love, to open the self to more and more complete service to others, while there remains the grudge against the self. It is as though each were running away from the self, throwing the self into as many seemingly good actions as possible, in an attempt to even the terribly lopsided score of unworthiness of the self.

14: However, worthiness is not a quantitative matter, and is not available to the point grading system. There is no amount of service one can be to others to offset one's own self-judged lack of worth. Until one forgives and accepts the self, one's service will be stunted; one's heart will be darkened, even in the fullness of the most loving service. Perhaps this points to the centrality of the learning of self-nurturing ways.

15: Moving into the blue-ray energy center, this instrument sees its strongest center working well, and not in need of further balancing or energizing. This is the center of communication. It is most often blocked by those who would communicate that which has not been requested. It is well to have opinions and thoughts on every conceivable matter; this is the fruit of an active mind. It is not loving, however, to answer questions or address seen problems which have not been asked about or advice sought upon by the one to whom the entity is attempting to communicate. Service to others is very much a matter of waiting and having the patience of being the quietness of mind to feel and respect other entities' freedom to make choices.

16: If there is a great desire to communicate without there being a request, it is possible to enter into conversation about whether the entity you wish to serve would be glad to hear an opinion. If the other self agrees, then an appropriate channel has been opened. If the other self does not agree, then woe betide the spirit which plunges ahead regardless, for this is specific infringement upon free will. Remember that other selves and the self come into the valley of the shadow of death that is third-density life, not to be comfortable or correct, but to make mistakes and thereby learn the lessons of how not to express love and how to express love; how not to accept love and how to accept love; and most of all, how not to conceive oneself that is as unloving, unlovely or unloved, or how to picture that same self loving, lived and love itself.

17: The violet ray is fixed, and can simply be assessed as a good indicator of the balance which is present in the energy of your own self as a whole. If it seems weak, then meditation upon power, that is, the aspect of the self which expresses power, is recommended. Although, as in the material this instrument has recently read, it is recommended that meditations about the power aspect of the self not be accomplished more than once in a row, rather, if the power aspect needs work, then one works upon the love aspect and the wisdom aspect in two subsequent meditations before returning to the power aspect. This is recommended, as in the work of the one known as Butler, to avoid the distortion of the personality which is the spirit's own attempting to find itself on what this instrument would call the King's Highway. 19: Now, you may note that we moved from blue to violet. That is because that of which we are speaking, the time to work with the self, is the function and the only function of the indigo ray! This ray works completely within the self, and only upon the self. To find the discipline to spend time upon the self's spiritual welfare is more of a challenge than finding the time to attend to another's spiritual or bodily or emotional or mental welfare. We cannot stress enough the importance of this point. Think you that one of the highest of energies possible within the self, in terms of subtlety and strength, is somehow to take the very back seat, nay, even the trunk of the automobile of life? Please see and honor the instrument that you are, no matter what outward way you treat yourself, you love yourself, you give to yourself.

20: The first gift of the spiritual wayfarer is the time and the energy to move within, to work upon the discipline of the personality, that more and more of the personality may be imbued with the indigo ray of joyful accepting love of self. Consider the usual indigo ray of the underdeveloped student as a pool. The polarity of service to others fills this pool, but it is simply rain falling into a conserving receptacle, a still pool within one, until it has been enlivened by the acceptance of love that is beyond the possible love when judgment remains. Until this block is removed, this pool of polarity remains still and lacking in appropriate propinquity to the...

23: ...There's a moment when the pool of polarity within is

44: You will find the same principle is true with any emotion that you are experiencing. When fear leads you to shame or jealousy, a sense of betrayal, rage; when you can offer love to the human experiencing that emotion and let go of grasping at, "I shouldn't be raging. I shouldn't be jealous. I should be giving in this situation. I should be patient"; when you can see all of those judgments and just note, "Here's judgment again," and come back to the focus, "I wish to offer my energy, to manifest my energy as purely as possible for the good of all beings, including myself. I wish to touch each being with love. I intend to touch each being with love"—this process gives the universe a very different message. But it must be honest. You must really look into yourselves to see, "Is that the message I'm ready to offer? What fear is blocking my readiness to offer that message?" and attend to that fear over and over and over again; because each time you think fear is gone, it re-emerges. It is not a burden laid upon you, but a gift of the incarnation. Fear, pain, whatever you are experiencing, is precisely what you need in that moment to lead you more deeply to paying attention, to give you the opportunity to practice loving-kindness and compassion for yourself and all beings.

53: Breathe the fullness of that rising natural realization of the exact opposite of the original pain. Feel the strength build as the realization is allowed to bloom that this, too, is of the nature of the one infinite Creator. This, too, is of love. This, too, is holy. And rise in spirit singing, "Holy, holy, holy ..."

22.14 1993/03/22

20: This brings us to K's experience whereby she found such compassion and connection with this other whom she was afraid to meet. When there is judgment against fear, it automatically enhances separation, which brings you back into the dialogue with fear that I spoke of earlier. Then there is a self feeling it should get rid of this and grasp at that. When you notice the arising of fear simply and with compassion to the human caught in that situation, self dissolves. There is no longer a doer. Then all these powerful energies I spoke of earlier, these beautiful seeds of loving-kindness, of patience, of generosity and ever so many more have the opportunity to flourish.

21: They are not seeds that can flourish in the self that grasps at them. No matter how much you attempt to be patient with a sense, "I should be patient," you cannot make that blossom grow any more than you can make a rose open by willing it to open. The warm light of love shined on it, the warm sunshine, is what allows the rose to open, is what allows generosity, patience, loving-kindness, energy, truthfulness, to express themselves through you.

22: At this point the lower chakras are open, not because you have willed them to open by willing a riddance of the issues concerned therein, but by creating so much space that the issues simply fall away. You find the ability to smile at this being that wants to be in control—not to laugh at it, not to mock it in any way or to take its pain less than fully seriously, but to hold it in love.

23: This is the work for which you incarnated. We have spoken of this before. The lessons of compassion and wisdom are valuable, and there is no reason not to start on those lessons in third density; but you are here to learn love and faith. And if there is not a firm foundation of those lessons of love and faith, then lessons of the higher densities will become distorted.

24: What does it mean to love unconditionally? What does it mean to have faith? That is another seed within you. How can you allow that seed of faith to blossom? By the constant reminder: Everything within this human experience, all the physical sensations, all the emotions, are acceptable.

26: We are asked about the one known as Jesus. The question assumed that this one's lower chakras were open, and asked, "How did that affect the upper chakras?" This one, of course, came into incarnation with the lower chakras entirely opened. And yet, even this one did experience human emotion. Even the Bible tells that at times he became angry. Certainly, he felt physical pain in his body and some aversion to that pain. The issue is not keeping the lower chakras open so that the heart center can open. The heart center may be opened while there is still some distortion in the lower chakras. The issue is, can one find such deep love

for this human that one can see the distortion in the lower chakras without condemnation, fully embracing the human experience?

34: We said earlier that communication was a great key. There are many ways to communicate with one's distortions while within the distortion as an entity. They all partake in various ways of the use of those ways of communicating which go beyond words and intellectual considerations so that the spirit within the self may speak healing to the manifested self. If one attempts to bring into the heart chakra each felt distortion, one is violating the self, attempting to drag energy where it is not rising naturally. However, if one can see the heart as always open and allow the heart to be moved into communication with the lower chakra in the lower, then the combined vibrations, instead of the green muddled by forced portions of red, orange and yellow, remain crystalline—the green color shimmering upon the type of communication mentally or physically voiced. This, then, looks like a living stream of the most lovely light green, which shimmers and surrounds and gradually alleviates the blockage of red, orange or yellow so that the two colors gradually become equal in their radiance and power.

40: I am Aaron. The relationship of the self to the self, how to learn to cherish this self so that one may fully cherish all selves—that is the gift of your incarnation. Can you begin to see, then, that the distortion that leads to not cherishing the self is part of the gift and not a barrier in the way of learning of this love? If there were not that arising of sensing the self as imperfect, of the arising of low self-esteem and all those many emotions that lead to less than treasuring of the self, with what would you practice? What if this self always appeared to be perfect? Somewhere on this journey of yours, you are bound to meet that which does not appear to be perfect. Without this practice, you would judge it and have strong aversion to it. All that which you judge within yourself is the gift for practicing non-judgment and unconditional love.

42: Unconditional love is very difficult. The human feels hurt and wants to fight back, feels betrayed and wants revenge. The human sometimes does not feel ready to be as responsible as some judgmental inner voice suggests that it should be. You have habitually used this pattern of moving into dislike of the self as an escape from the direct experience of the heavy emotions and the need to be responsible for them with kindness. It is uncomfortable not to like the self, but it perhaps is even more uncomfortable to recognize the true divinity of your nature and that you are capable of unconditional love. Here is the child putting, "I want to get even!" The child wants to get in that one good kick. The child that is loved despite its pain and anger is far less likely to need to kick. When unworthiness arises, ask yourself, "If I were not feeling unworthiness, what might I be feeling?" What heavy emotions which are so terribly discomfiting does the unworthiness mask? Can you see how much ego there is in unworthiness?

44: Watch unworthiness arise. Watch the way it closes off the lower chakras and then seems to give you permission to react, because any other choice becomes seemingly impossible with the lower chakras closed. You thereby hand permission to the child self to express itself. Your work is not to deny the existence of this child self nor to allow it to have its tantrums, but to hear the child self and offer it love. It is this continued remembering to love the self, whatever is being experienced, that provides full healing of the sense of unworthiness.

45: In a very real way you are each born, each come into incarnation, with this that needs to be healed. You do not need to be perfect to offer that love to yourself, but to learn to forgive your imperfections. You see this message in the life and especially in the death of the one known as Jesus. He told those who died on crosses beside him essentially that he loved them. This is that message of the Divine who said, "This is my beloved Son, in whom I am well pleased." 1 That is a message offered not only to the one known as Jesus, but to all of you. You are loved, not because you are perfect, not because you are without heavy emotions, not because you express your energy with perfect purity but simply because you are. It is that healing to which you are invited to come.

49: This is where Q'uo's image of bringing the heart center into the lower chakras may be seen. There is no force here, just a willingness to be present with all of the confusion without judgment, letting it all float. Then the unworthiness does not solidify, a self does not solidify to combat the unworth-

and deepest connection with God.

66: I thank each of you for being a part of this circle and for the profound earnestness and love that you express by your presence. May all beings everywhere open into the light of their true being. May all beings transcend the illusion of fear so that they can more fully manifest their true nature of love in every expression of their energy. May the work of each of us help all beings find their way. My love to you all. That is all.

22.13 1993/03/22

3: I am Aaron. Good morning and my love to you all. How have you done with your homework? Did you experience those moments of separating, window shades drawn tightly closed? It is a painful experience and not necessary to incarnation. Let us look together at the process. When you enter the illusion in which you feel the heart closed so that you are separated from that beloved source of light and that your own light does not shine, what is really happening at that moment?

13: When we look at what leads to the sensation of the heart's closing—of separation from God, from others, from self—we see that need to protect. This is another area on which you may wish to focus, another tool: releasing of fear. If you pay close attention, you can literally feel the closing of the fearful heart, but you remember the light is still shining within it. You might envision the heart as a rose. Within its core is the most brilliant light imaginable, comparable only to the light of God. Sit in meditation and feel your connection with the Divine. Visualize the opening of this rose. It cannot be forced; but the allowing of the experience of loving connection opens those petals, and you experience the radiance flowing into the heart center and the radiance flowing out.

15: So, you note the illusion of fear and how solid it seems. Come back to the heart center, that place where the light is still brilliant. If the fear is so intense that like the storm cloud it seems to have totally blocked out the sun, then for that moment you are going to have to be the source of light. You may not feel God's presence, and although your intellect tells you, "God is still present and I am only cutting off the experience of that," still you are not feeling it. So, where is the light and love to come from that opens this blossom, this rose, and allows reconnection?

16: It comes from your deep practice of loving-kindness and compassion with yourself. When you see this being sitting alone and afraid, can you reach out with love to it? What if you wandered down the street protected by your rain gear in a heavy storm and there was a child alone, sobbing on the curb? Would not your heart reach out to this being, to shelter it, to protect it? Can you not do the same for yourselves when you find yourselves soaked in a storm, hemmed in by heavy rain clouds so that you cannot experience the light?

17: Yes, the fear is illusion. Now you are recognizing "caught in illusion," but also changing your perspective to know that this is illusion: "The sun is still shining. I am going to keep myself open to that sun even if I cannot seem to experience it. And then I'm going to give love to this being that's caught in the storm, this being that wants to revenge itself, that wants to scream out its jealousy or its sense of betrayal or greed. I'm going to love that being." It is very hard, but it is the deepest gift you can give, not only to yourself but to God. For to love that which is easy to love is far less of a gift than to love even the angry, jealous, bitter parts of yourself and of all beings.

21: As the one known as Aaron says so clearly, the separation of the self's consciousness is an illusion. The physical vehicle is an organized illusion within the grand scheme of illusion that is sensory haven for all of third-density work. Each is aware that this is a dream. However, each knows, too, that this is a purposeful dream, a much-desired and desirable illusion—a delusion with which each seeker learns to cooperate, so that learning the lessons of love may become more and more harmonious and the spirit within more and more harmonized with.

25: The verb to communicate is extremely important in this work. Allow heavy feeling to communicate, to become intelligible. Do not swat it away or cover it up. If time must pass before this acceptance of the self can take place, then that is well. But to most efficiently use the goodness of catalyst, the intensity and seeming reality of the nuances of this dark

emotion need to be remembered and respected. This acts like a benediction. The suffering of self is thus forgiven by the self which respects these seemingly unacceptable feelings. This allows the energy in these feelings to resume the natural spiraling upward. Denial and resistance attempt to control and abate the suffering. Acceptance and attentiveness within the very darkness is a way to allow the self to be transformed naturally. You have often, perhaps, considered how the child is born into incarnation in pain. Yet the mother is, in the end, totally accepting of this pain, for it has brought about a beloved new life.

26: In the matter of the spirit's learning the lesson of love, you are both mother and midwife to the growing child of transformed consciousness that is your continual identity within the chances and changes of illusory incarnational life.

30: When I say, "Do not dialogue with fear," what I mean is, do not give fear permission to be in control. When you relate to those catalysts that lead you into fear and separation with more fear and a need to get rid of them in order to come back to some place of connection again, some place of love, then you are dialoguing with fear. Fear is controlling you then because there is still this part of you that wants to get rid of this and grasp at that. When you become able to simply be present with what is, then you are no longer reactive to it. There is just fear. There is just pain.

35: You might sit in meditation with awareness of where there may be distortion in the physical body and in the chakras of the physical body, and focus on the third eye, allowing yourself to begin to visualize there the entire light body. Focus on that as clearly as you can with no grasping, only an awareness, "These are both part of all I am." The seed of perfection is real. The physical body is very capable of healing itself of distortion, both energy distortion and the physical ramifications of that energy distortion, if it is simply bathed in love and allowed to reconnect with the perfection of the light body.

39: Thus, instead of asking, "How can I get rid of my fear? I must become a more loving person, which means getting rid of my fear, getting rid of my anger" ... Instead of that dialogue with fear, when your focus becomes, "How can I express this energy that I have in service to all beings and for the greatest good of all beings?"—that focus allows the experience of fear or anger or jealousy if that is what is present. There is no need to get rid of anything then. If your learning to express your energy more purely involves, at this moment in time, the experience of discomforting physical or emotional stimuli, so be it. You do not have to like that stimulus. Can you simply allow the presence of it and send love to the being that is experiencing it?

41: A being perhaps wants to learn to give its energy with generosity to others, and yet is aware that often when it is asked to give in a material or energy form, there is a contraction, a sense, "What if I need this time or energy or resource?" It may then state an affirmation, "I can be generous," and try to remind itself, even convince itself to be generous. It may even skillfully note the arising of fear and still say, "I will be generous." But at some level there is grasping to the generous and aversion to the fear. Instead of making the affirmation, "I will be generous," which strengthens this grasping and aversion, if the being's focus becomes, "I will work as lovingly as I can with whatever emotions are present in my experience," then the intention is very different: not to "fix" but to relate to with kindness.

42: Please note that I am not arguing over the use of skillful affirmation. One must ask, "Is this affirmation a way of keeping me grounded in the aspirations of the loving heart, or is it a way of disguising my fears or aversions?" When one knows one's fear of giving and returns gently to the center of the open, loving heart, one touches that core space of generosity. Then, through skillful affirmations, one reminds oneself that the core exists and one can dwell within it.

43: The seeds of generosity, of patience, of loving-kindness, of connection, of energy, of truth, of morality—all of these are within all of you. This is not something you have to go out of yourself to find. You only allow those seeds to express themselves. So to be generous to another you do not have to affirm and cling to, "I will be generous," only to attend to what blocks the natural impulse to generosity. Here you are not getting caught in conversation with your fear, only noting, "Fear is present," and offering it the love and compassion that it needs to begin to dissolve enough that the natural generosity may be expressed.

opened to what lies beyond acceptance of the self. Then it becomes a truly potent force within the life, as though a fountain or spring came forth from that still pool, and sprayed and dropped like rain into each present moment; so that no key must be turned to start up the engine of self-acceptance which opens the door to unconditional channeling of infinite love through one. The key is already inserted. The work is being done within in such a way to genetically affect the energies of polarized beingness.

24: Thus, if you now feel that you are accepting yourself over and over and over, the secret may be that the gifts you give yourself do not include the appropriate concern for inner loving work. Not so that discrimination becomes judgment, but so that the powers of discrimination within you may help you to become that which you are, but have not realized or allowed yourself to be. And why? Because you fear to look too closely. You have heard those thoughts. So, all becomes fearful at a deep level.

26: This is the fear, and no fear is greater to the good, gentle and kind of heart than the fear of finding the canker within. It need not be thrown away from the mouth of the cave all at once, for this might do damage to the fearful self. Take one hand away, and see if that much freedom from fear is comfortable. When it is, move to take another, and another, but have the patience with the self to accept less than perfect deliverance from that fear of unworthiness at any one sitting. You have infinite time to do this work, but in each present moment, you have only that moment to do this work. Therefore, be importuning for the present moment, yet patient in the long view. If the self cannot or is fearful to do this work now, return to the image of being held in the arms of the infinite One, and rocked and lulled and loved, for this is your true state at a deep, deep level. How you are loved! How you are loved! Feel that. Know that. Spend time with that. When you feel how much you are already loved by the infinite One, how treasured you are, then you can gain courage to go ahead and walk the King's Highway, and do the work of falling in love with the self, even in its illusory rampant imperfection.

27: What an illusion you have, my dear, dear ones. What a magnificent bubble of utter confusion. You are brave souls to sail forth in this chaotic illusion. May you be to each other the beacons that bespeak love for and to each other. We send our love and light to you through this instrument, and would at this time transfer this contact to the one known as Jim, that it may conclude this working. We are those of Q'uo.

32: I am Q'uo, and believe that we have a grasp of your query, my sister. The polarization of the mind, in brief, is the process whereby the desire to be of service is set forth as that which is foremost of all desires that one may have and exercise during the incarnation. The means of clearing the centers or chakras of energy by the use of the polarization of the mind is that process whereby you take that desire and move through each chakra in turn, utilizing this desire to find those distortions or imperfections of manifestation within each center of energy, and seek for that moment to visualize or imagine the balanced expression of energy that is appropriate for you at that time in that center, assigning to each center those properties that are appropriate for each center, beginning as we said, with the first, or root center, and looking at this center as that which is the love of life, the expression of the desire to be, to move, to breathe, to do.

35: Moving from this center to that of the heart, the green ray where your love of others extends beyond any group that you may have association with to all entities simply because they exist.

36: Moving from this center to that of the throat and the blue ray of communication, where the love that you feel for all creation is expressed in a means of communication that is freely given, and which speaks in inspirational tones to those about you as a result of your feeling of the love of the green-ray center.

38: Therefrom moving to the violet-ray center where the totality of the being is expressed as a measure, a mark, or a register of the entity. By utilizing this desire to serve others in balancing and harmonizing each center of energy, you have cleared this path for the flow of the love and light, or the prana of the one Creator to move cleanly through your centers of energy, in order that you may be a smoothly functioning reflector and creator of the love and light of the one Creator.

21.18 1992/07/12

12: You can, and may well, take the uncomfortable self and visualize the giving of healing and love to this self. You would do just such for another. You also may do this for the self. When the self is somewhat comforted, the gaze again may be turned to the observation and watching of the working out of the destiny requested by the purified desire already spent. Faithfully and trustingly place the deeper observational self, with eyes clear and alert, at the right hand of all that occurs; but ask for the patience and the faith to remain an observer while a process seems to be working itself out.

13: All your work as an entity of spirit is groundwork laid in before confusion overtakes one. Once the cloud of confusion is there, the realization simply may be maintained and remembered that this was asked for, this is occurring, and this is a time-bound phenomenon. In this way, you are able to affirm your own desires, to comfort your own discomfort, and to position the heart open and lovingly addressing the confusion in tones of faith in the process and trust in the kindly nature of the Creator, which allowed you as co-creator to create this vortex of transformation and to go through it, powered by desire.

20: When one may praise the plan and give thanks for going through the necessary confusion, one is then taking very seriously and single-mindedly the transformation itself, but has let up the pressure on the self to do "such and such" or not do "such and such" in conjunction with this transformation. To take the principles, the ideals, seriously is excellent; to take the self seriously is folly. Let the self be human. Laugh at this humanity. Love it and see that it is perfectly normal to fear that which is painful.

21: In this group there is not the holding of the fear to the self, for which we would need to request correction; there is only the judgment of the self by the self as the self sees that it has fear. May we say that, in our opinion, fear is a normal and healthy reaction to pain. When you were small you recoiled from the touch to the oven. This was wise. Now you put yourself to more subtle testing of the boundaries and nature of your journey. You will frequently touch something very "hot" and have the healthy fear which allows you to recoil and remove the self from spiritual or mental pain. Allow yourself to move naturally and vulnerably through the unknown. Accept and love the fear, the frustration, the anger. Note them. Honor them. Comfort the self experiencing them, but do not deny them their appropriateness.

23: We hope we have enabled you to have compassion upon yourselves. You have asked a question which can only be asked by those who are consciously working within themselves and who have accomplished to have purified the desire and begun to co-create a life in faith. We speak to experienced wayfarers and we say to you: When did you expect to be perfect, comfortable or settled if you wish to be a pilgrim on this particular road to infinity? You know well you expected none of those things. Comfort yourself, therefore, through the frustration. Love yourself through the anger. And cherish yourself through the depression and the grieving at the loss of the old, familiar ways. Above all, release the spirit pilgrim from the strictures of perceived time and know with every fiber of the being that the Creator's time will become your time at the absolute moment of manifestation of transformation. Watch, wait, pray, praise and give thanks. Always give thanks. And this thanks and praise will inform to a great degree the attitude that must lighten up the load of negative emotion.

39: The seeker which moves upon the journey of illumination and which moves into the depths of the self is well advised to look at the overall perspective of each incarnation, and the creation as a whole, as that which is made of love. Any deviation from that love is, in some form, a distortion of love which may be discovered by the persistent application of daily meditation and the review of the experiences of each day's round of activities. There is no fear buried so deeply that the love-inspired seeker of truth cannot uncover and balance this fear with love.

40: We do not mean to seem to be naive in this regard, for our recommendation in many instances where seekers feel confusion and fear is to focus upon the fundamental quality of love. We continue to recommend this focusing upon love as the foundation stone of all creation and all incarnation, not only because this is so as we have experienced it, but because it is well for each seeker to look for that love within

the life pattern in order that the desire to see and to seek this love may perform its part in attracting this love to the seeker. For it is a metaphysical principle that you shall find that which you seek. We recommend, therefore, that as you plumb those depths of mystery within that you remind yourself that you move within a creation of love, a creation which is in harmony with itself and with you.

41: These fears that motivate from the depths of one's being have power only because they are distortions of the power of love. When you are able to untangle the distortion of love, then you shall see how this distortion was first caused. The cause is almost always within the early portion of this life experience in accordance with choices that were made before this life experience regarding that which one wished to learn.

21.19 1992/07/19

8: In this way you may already take a short moment to smile at your predicament, for you don't have all the facts, you are not hearing anyone else's sum total of all his facts. There is no possibility of perfect communication because there is no possibility of perfect realization within the illusion. There are those who seek perfect realization, but within the illusion we have the opinion that the purpose of the illusion is to present you with difficulties and frustrations in order that you may test the wings of your love and desire to serve, and test also the structure of your belief system of ethics, how you put into action the tools and resources you have gathered about you as ideals, ethical points of view, and tenets of faith.

11: Lean into the persona of the nurturing teacher to the self, the nurturing parent, the nurturing authority, and in the end, the nurturing Creator, and realize that you have no need to consign yourself to some perdition because of errors. The moment for an error comes and dissipates, and the process of healing may begin as soon as you allow yourself the charity that must needs accompany the beginning of such healing. This is important to your polarity in service to others for you have been told by the master known as Jesus to love others as you love yourself.

12: Learning to love the self in the midst of perceived imperfection then is, we suggest, a key to going about the steady work of one who is of service-to-others polarity.

15: Gaze at that seeming manipulation and realize that with self-consciousness comes the manipulation of objects and of thoughts to understand, to accomplish. The manipulations are not all of the same kind nor are they to be judged the same way. Negative manipulations are carefully to be recognized, but the attempts towards harmony, if not carried beyond the first attempt, are certainly not negative, except that each entity has the responsibility to manipulate the world of illusion, to mold it in love and in light. Mistakes may seem to be made—simply keep the intention high and the efforts to understand the other self intensive and persistent.

16: As for the recalcitrant-seeming other self, we suggest the use of prayer; realize that one which runs from love and compassion is a sorrowing and hard-pressed entity. The root causes of this sorrow or misery are not necessarily known even to the other self, yet you may pray that light may bless this self, that love may touch the heart of this self that you have no way of understanding unless that self speaks clearly to you, yet always is there the strength of praise and thanksgiving for the opportunity to hold another in the heart and offer that held other self up to the love and the light that streams infinitely from the infinite One.

17: Energies in a confrontation feel like jagged lines. What one wishes to do as a positive entity is to attempt through clear communication and the right use of compassion and compassionate manipulation to cause a mutual feeling of dancing in one spiraling circle, upwards in the light. When this is not possible you simply continue this dance by yourself, swirling and dipping in the rhythms of the eternal with a keen and loving ear to the music of love and light. This way of speaking of prayer is hardly literal but this is the sort of feeling we encourage in the prayers. One does not always know for what to pray for another's needs, yet one may, when in the flow of the eternal, pray those abiding prayers of love, praise and thanks for each and every experience which has been experienced with this entity, thereby offering this entity to the Creator in order that the Creator's love and light may be felt more and more in that other self's life to the end known best by the other self and its Creator.

24: Those seekers who are conscious of the journey and who place themselves there in faith and in love utilize tools, methods and teachers which are drawn to them according to the manner in which they seek, some finding great comfort in the process which you have called the channeling and which we at this time partake in. This kind of catalyst is of an unusual nature in relation to the great number of alternate...

36: I am Q'uo, and I am aware of your query, my sister. As we spoke on the query for this session of working we observed that each entity present was well aware of the value of the surrendering to the undeniable circumstance, for each has journeyed long upon the path and has felt the force and momentum of the daily round of activities, so that the need to surrender to that which seems inevitable and right is obvious to each. We wish, therefore, to build upon the concepts of action considered in the light of surrender, for all activities that you accomplish within your life pattern are of a nature where there is a necessity for interaction of some kind. The conscious seeker of truth will wish to give the effort that is of the highest quality, reflecting the essence of its deepest being and wishes, to know how to form the response that is loving, intelligent and flexible in any situation.

21.20 1992/08/16

9: It is much more difficult to look for the heart of the dilemma. To gaze not at the topology and chronology of the disharmony but rather to penetrate the illusion to move by faith alone through the veil of forgetting. And to by faith ask for help from the world of the spiritual on the level of those things which are not seen. The workings of the heart are not seen. The self-acceptance or lack of it is not seen. The love or hunger for love in relationships is not seen. Circumstances only are seen. There is, my friends, a reason for this. The design is to so baffle, frustrate and confuse the intellect with all the data of the senses that the student will be forced to move the center of investigatory energy from the intellectual mind, which is a creature of this illusion only, to the wisdom of the deep mind, which is vastly more informed and which resides in what you would call the heart energy center. This center is the gateway center wherein, when the lower energies have been cleared, the gate becomes opened so that you can effectively focus the heart's wisdom upon the situation you wish balanced within you.

21.21 1992/08/30

5: Within you lie all qualities: those that you think of as contradictory, those you think of as good and as bad. All imagined possibilities of self lie fallow within each person. Each is completely universal. You are all that there is. Within your consciousness lies this knowledge. Yet, as you come to your work of spiritual seeking, it is not usually one's desire to begin with the broad and untamed bewilderment of self-contradictory forces. Far more natural to one seeking is the urge to move into a positive service and love-filled environment.

6: This is a good instinct, and for the student who is beginning to be aware of the choices that can be made, it is a functional and practical point of view. The decisions are normally fairly simple in an ethical or philosophical sense. Faced with a choice between loving behavior and self-serving, lying or other negative behavior, the student will either choose, usually, to do the positive thing or to fail to do the positive thing but to remember the preference in 20/20 hindsight, as this instrument would say, looking at the undone thing that would have been positive or the error that was not positive and saying, "I will remember to affect future decisions because this decision did not satisfy me."

7: However, the query that you have asked is about those times when there is no obvious positive choice. That control of choosing the positive thing is a kind of artifact of one doing work while attempting to open the heart. The choices at that level bloom like flowers and are often irresistible. The virtue of service, the joy of giving, the desire to make those you contact feel better—these are the choices made easily, lovingly and freely by those moving to open the center of heart energy.

11: The personality is a magical thing at this spiritual level. It is not the personality of your culture, the right word, the

how closely you clutch and cling to this identity and attempt to torture it into ever more excellent details of behavior; appearance, conduct and thought. Yet, you are asked only to love and worship a mystery and to embrace others just as you embrace, forgive and accept yourself. Seek to put your life in the Creator's hands and the Creator's life will be in your hands. You then will be the perfect mirror, transparent to the light and the love of the infinite One so that there is no flaw in the backing of your light mirror. Seek simply to know your identity in love. Turn from any other consideration as frequently as possible and spend precious moments with the love that you are, with the love that you then may share.

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

29: I am Q'uo, and we shall continue. We seek to aid each in the meditative state upon request and we offer ourselves there without words but in the joining of vibratory levels of beingness. We are also aware that those in this group are most happy to respond to queries and comments of those who read and hear the words of love and light that are available through this particular group. There is much of community that may be shared through the written word that communicates the spirit of comradeship and exemplifies the seeking of the many portions of the one Creator.

37: I am Q'uo, and am aware of your query, my sister. To the first portion of your query we would heartily agree that, indeed, the universe [teems] with forms of life and at all times there are those that observe your illusion and who offer themselves in one way or another in the speaking through those who are seeking to serve as channels or instruments for love and light. Because the array of entities is so widely variant, from the negative to the positive polarities, we agree that it is greatly recommended that those who would seek to serve as instruments undergo a process of training that is rigorous in the preparation of the instrument so that it may offer itself in the highest level of desire to serve and be able to tune itself at each serving as instrument in order to receive the contact that it is able to withstand in a stable fashion and be able to offer its self that is well known as an instrument.

22.12 1993/03/21

8: As you move back into the clarity that focus on that light allows, the wall dissolves by itself. There is no self taking down the wall, nobody doing this. There has simply been awareness: "Fear is present. It is blocking the light. I need to find that light and look a bit harder for it because of the presence of fear. As I let love in, fear naturally dissolves."

10: What I suggest is not a matter of denial of that part of you which is fearful and negative, nor is it an unwillingness to allow the expression of that part; rather, it is a coming into wholeness that knows that the fear is just fear, and that allows the full expression of all the beauty in you: the loving-kindness, the generosity, the caring, the energy. It is the reminder of your true being.

20: At the brow is the indigo-ray energy center or chakra. This is the seat of energies expressing the entity's work in consciousness, as the entity works and strives to learn how to discipline the personality in order to be a true or authentic expression of that which one is. This energy center, though quite high upon the rainbow and upon the ambition or hope scale, is specifically the energy that tends to bring entities to call upon those like us which may offer some opinions or thoughts that may be helpful. This is to be noted, because working with the indigo ray, communicating through the blue ray and attempting to keep open the all-loving and all-compassionate heart is an effort which greatly suffers because the lower energies are not much liked—to the point that entities often choose to do most of their conscious work within the upper energies while choosing not to address issues which are unclear within the expression of energies in the first three energy centers.

30: One place where you shut out light is when you look with disdain on these emotional and physical bodies. You see the imperfections, and you strive to get rid of those imperfections rather than finding love for the being that you are.

31: The angel is perfect. The angel is unlimited. But the angel's wings can get a bit tarnished. The angel stands on the

earth and its feet get caught in the mud. If the angel does not set foot on earth, where is it going to learn these lessons of love, of faith, of compassion? That is why you have taken incarnation. You are here to learn in human form and to serve in human form. To do that work you must begin to embrace the incarnation rather than treat it with impatience and disdain.

32: This is perhaps the hardest part of being human, especially for those of you who are old souls. You reach a time in your work where you see the light so clearly and the impurities in the lower bodies seem so solid, so heavy. You aspire to the heavens and your feet are in the mud. It makes you want to cut off your feet rather than bring a hose, lovingly hose the mud away and just watch for the next mud puddle. 38: I have just offered Barbara a complex thought which was not channeled with complete clarity. I wish to explain this a bit. The spirit body is this spark of the Divine. It is perfect. It needs nothing beyond itself, and yet it is just a spark. It is capable of infinite expansion. The divine essence of it does not change, but its power changes so that you move from that small spark of God into a brilliant sun. This essence of divinity within each of you is not separate from God, nor is it in itself God, but is a part of that infinite energy, light and love.

39: If you had a vast ocean, an infinite sea, and you took a drop of water from a dropper and dropped it into that sea, no matter that it was already infinite, it would expand. You add that drop to it. Each of you is involved in this process of expanding and enhancing your own energy and light, which does not belong personally to you, but in eighth-density experience moves back fully into the Eternal and thereby expands the Infinite, expands the light and love in the universe.

42: The ideas of love, compassion—what do these mean? If there was never any pain, it would be easy to feel love. You would never feel threatened. You would never close or build that wall. But what would this love mean? When you are offered the heavy catalysts that you are offered on this plane and can still forgive, still find compassion, still love, can you see that you are expanding that original spark? The light grows purer.

43: In effect, this small spark within you is fed by the fuel of earth's catalysts, and two responses are possible. One is that those catalysts feel so heavy that you shut the doors, thus enclosing that flame within and not allowing it to return itself to God. The second choice is that you watch the process of closing and opening, fear and love, and find compassion for the human who is experiencing this physical pain, this emotional pain. This growing compassion serves to add fuel to the spark so that it burns more and more brilliantly. The shadow falls away, and what is finally returned to God has become a sun in its own right.

44: So, you are in this illusion and yet being asked to relate to it openheartedly with balance, working with all the catalysts of the lower chakras, welcoming these catalysts, not preferring the upper-chakra energy, not preferring being angels to the experience of the earthsuit. This is your greatest challenge, because it is so painful to keep coming back to that earthsuit when the heart yearns to be free and back on that plane of light and love where there are no distortions of fear.

45: There must be constant awareness, a noticing of the beginnings of a dialogue with fear, a willingness not to get caught up in that fear and be reactive to it. Certainly there is so much pain that you experience that there is good reason to get caught up in the fear. All you can do is to remind yourself each time fear arises, "Trust. Trust even this fear. Can I allow myself to enter this illusion fully with as much love as I can bring to it?"

57: We take your silence and R's statement to be a sign that so far we have been intelligible. O ponderous pachyderms, proceed. Lumber on. Find a laugh in your heart. Smile at your beloved elephant that gives its life that you might learn better to be.

65: With great gentleness to yourselves, I would ask you to practice this through the evening and the early hours of tomorrow until we meet again. Each time there is closing and a wall being built, notice that it is happening. Give this small ego self that is feeling fear a hug. Let it know it is okay that fear is being experienced and consciously refocus on the light. No judgment about the arising of fear, no grasping at the light. You are not reaching for something that has fled, only allowing your focus to come back to what is always there, to this place of love, infinite wisdom and compassion

22.9 1993/02/28

4: This first pair, then, were immoderate, and the spiritual journey as well as physical, mental and emotional journeys of humankind may be seen to yield the greater fruits to those which seem immoderate. Examine, if you will, each his own story within this incarnation. The most productive of the choices made can be seen in retrospect to be immoderate, full of passion, and deeply, strongly felt. So our first point is that the essence of third density is dynamic balance between two extremes, and progress upon the seeker's path is aided by immoderate, full-hearted action moving towards choices which polarize the seeker's heart towards reaching out for the light and being a transparent conduit for that love and light that is the Creator.

17: We ask each to embrace an attitude that does not partake of any fear, and further ask that in each spiritual seeker the moderation employed in moving toward spiritual goals not be the result of any fear but rather be the embracing of freedom. As the prudent and enthusiastic course is chosen and the choices made never decide through fear, but, using the subjective knowledge of the self, choose by means of the illumination of spiritual principle and the confident application thereof in the activities of the loving and radiant life.

22.10 1993/03/07

3: As we approach the question we note that the wording of the question moves our reply towards a vector probably not intended by the questioner, for the juncture of three-dimensional illusion with reality is within the spiritual complex only, and it is that direct linkage through the shuttle of intelligent energy to intelligent infinity. To move to intelligent infinity is to enter reality, however, it is also to cease being aware of the self or anything whatsoever. Intelligent infinity is all that there is with no variation within the infinity. Though there is unlimited intelligence, there is only the one Thought, or Logos of love. All other states whatsoever are illusory.

8: We see that there are no queries at this time ripe for the vibration. We therefore thank each. May we say that although sometimes the questions seem to be working upon a subject which has little inspiration in it, it is our opinion that there is no subject which cannot be viewed with a feeling of reverence and love. When those who attempt to be healers come to the study of spiritual principles of healing, they often are trained to be very accurate in a scientific manner. The ways in which your culture's medicine work are detailed and mechanically and biochemically complex. There is the concept of exactitude and a tremendous respect is given to detail. When someone working from the spiritual consideration of life or eternity then turns to the consideration of spiritual healing, such an entity moves as a poet or a dancer, expressing in generalities of grace, rhythm and aesthetic beauty. These two approaches harmonize to become synthesized as one broad holistic way of viewing health concerns.

22.11 1993/03/14

4: Now, spiritual pride is focused upon both by your eastern religious systems and your western religious systems. For instance, the one known as the Buddha is said to have found all of the various items of doing such as serving as a prince or king and loving and being loved to fill him up not with the fullness which true worship brings but with the growing observation that all of each activity and way of expressing the self within the life pattern was prideful folly. In this mythical story the Buddha at last is cast as a ferry man rowing other seekers across a river from one side to another, a man content at last with the fullness of everlasting change.

7: Spiritual pride is about ascribing ownership about absolutely anything at all to anyone except the infinite Creator. Examine what there is in the universe. There is one great original Thought. This Thought is the love of the infinite Creator. This living thought of love is the Logos which, potentiated by free will, has created and is creating all that there is. This creation is made of the first fruit of the Logos, the first manifestation, which is light. Out of light love has created, is created, and will create forever the infinite unity of all that there is. If this be so, each seeker is of love, made of

love, made for love, made by love, made to love. To love is the infinity of a verb. So all entities may truly be seen not as nouns, not as persons or as objects, but as energetic words which activate and enable love to be expressed and received, from love to love for love's sake.

8: Indeed, the creation is made of mirrors, endlessly love reflecting love. Where, then, fits any individual expression? Each individual possesses its own subjective conscious awareness and is as that awareness gives it to be. Every gift, every talent, every seeming liability, every lucky and unlucky accident of fate that has shaped who you are is an occurrence drenched in love. Thusly, the way out of being caught in spiritual pride is not as one might think, to call upon humility, for humility is a kind of pride. If one is conscious of being humble it is because there has been a choice to tell oneself or to behave to others to tell them that you have the consciousness of humility. Rather, true humility is of the one who, without thinking either well or ill of the self has the impulse to serve under any conditions whatsoever. While another is seeking to be humble the truly humble entity has already found a way to be of service, perhaps by listening to the conversation of the one who is seeking to be humble. Humility, in its balanced state, simply moves with the occurrences which come before the vision in the passing moments of your day-to-day experience.

9: There is the challenge, then, to find a way off of the Ferris wheel or the merry-go-round of judging the self to be prideful or striving to be more humble. How, when one has felt one's prideful ownership of that which is the Creator's, does this seeker step off of the merry-go-round which rolls between the dynamics of pride and humility? It is a daring suggestion, but we do suggest that there is sometimes a need for the benign neglect of one's powers of inward perception. Thinking about being less prideful is merely an engraving mechanism for etching even deeper into the consciousness the concept of one's being prideful and seeking humility. Once one feels one has become humble that very statement is a prideful statement. Like all dynamic opposites of the spiritual life the way away from the dilemma is by turning from both extremes towards the infinite Creator's love, allowing the train of the mind to chug away into the far distance and be gone so that the silent inner countryside of the heart and the spirit may be full of the silence into which love comes. And from which the seeker may be transformed into that which love shines through.

10: This transparency to the infinite Creator is a product of one who continuously turns from too much examination and study to the mystery. In turning to the mystery seekers finally face their life as unknowable, as hidden within an unknowing which is absolute. Yes, much may be gained by the study of inspirational works, by listening to those whose spiritual seeking has produced fruits which can be communicated. Yet, no matter how many riches of knowledge and wisdom the seeker piles up, no final gain can be said to be produced in this way. Only in the silence of the listening and harnessing spirit is there the realization of the crystalline, shining, transparent self that is merely a sun-catcher, merely there to act within manifestation as a servant of love.

11: You ask what pitfalls there may be for individuals or groups. The first pitfall is to worry, to be overly concerned about such things as spiritual pride. This falls somewhat under the category of taking the spiritual temperature. The other pitfalls are those created by circumstance wherein there is the opportunity to communicate with others, not strictly attempting to voice thoughts of love but attempting in some way to defend or impress. The impulse to defend, when communicating, is that fear-driven impulse which is motivated by characteristics within such as pride. It is the desire to have another or even the self think well of who you are or what is being done by you. The desire to impress is a special kind of defense, an offensive defense shall we say, where one is moved to attempt to bedazzle or otherwise impress others with the qualities which you, yourself, consider impressive. Whether those qualities include humility or whether they are simply a list of degrees or achievements the impulse is the same and is prideful.

12: It is not ever necessary that others grasp who you are or what you are doing. It is acceptable, in our opinion, to be misunderstood, misvalued or misestimated. It is acceptable for others to think better of you than you think appropriate just as it is acceptable for others to think less. Release ownership of who you are. You cannot fly away from who you are, yet

ready joke or laugh. We speak rather of focusing into the true unique nature of you, this one seeker. For you, the joy that awaits at the end of each choice is an enlarged vision, not only of the self, but of the nature of service. You know in your open hearts that you love very, very deeply, to the core of your being, the one Source of all that there is, the one great Thought that initiated and continues creation. You wish all good things. This is always so.

20: As you evolve, the race which you are a part of evolves. You are all entities within your planetary sphere in that, as you evolve and are able reliably to be more of a clear, transparent channel for the infinite waters of love, so you shall be both less yourself and more yourself. You are attempting to move from the personal self to the magical or impersonal self, and these small voices within tell you of the pattern that you are just missing.

21: This is subtle work. Do not be discouraged, but move forward, and in forgiveness of self—not the forgiveness of one who may confer from the outside, but forgiveness of the universal self by the universal self. To serve love is truly freedom; yet, to perfect that freedom, you move into and through the large choices involved in opening the heart in non-judgmental compassion to the realization that beyond all these choices there is a universal nature which includes all things, and as all-self there is forgiveness of the forever incomplete all-self being perceived as becoming. The more you become, the more freely and gladly you will take on this subtle and essential task.

27: To each of you, more knowledge has meant more care, for as you become powerful, you attract attention. As you serve and create light and radiate love of the infinite One, you also cast an ever sharper shadow. You become harder upon yourself, setting yourself up for the forgiveness of the universal self. My beloved ones, know that this query is one asked by those who already love and are already upon the path. Know that you now are working with the discipline of your universal personality. You are beginning to set archetypal habits for yourself and building, ever more polarized, a channel for compassion.

28: As you do this work, we hope you have the light touch, the sense of humor, the ability to take yourself lightly, for attaining the keys to learning the correct and appropriate use of personal power is a long, long process. You have moved into an area that will be continued in your development for many, many incarnations, and through at least one more density. This situation of loving, serving and trying to become the forgiving universal self, and, therefore, the forgiven universal self, is a sacred and a monumental task, and you are working in the all too dim light of inner work.

29: You now plumb the depths and wait for the flashes, rare though they are, of perfect realization. May you have faith in this process. May you help each other to bear the burdens and to meet the testings of this process. And may you see always before you the love that surrounds you, the support of that infinite love, and the utter clarity that is possible to achieve when once you have freely forgiven, forgiven and forgiven.

37: This creature is one full of desire to know the truth, full of the energy of inspiration, full of the confusion of the illusion, and yet which moves valiantly forward, sideways, up, down and around in order that it might progress yet one step further. See the anguish, the confusion, the joys, the determination, all of the emotions that comprise the resources upon which you draw. See them moving with you as colors of the rainbow. Look at yourself upon this rainbow journey and remember that that which is of value is the love which you create in each moment and all else shall fall away, having little of impact in your future. As time progresses, only the love remains.

68: I am Q'uo, and am aware of your query, my sister. As you learn any skill, whether it be how to open the heart in unconditional love, how to juggle, or how to cook a certain meal, there will be those expressions of the skill which are better done, shall we say, than others. There will be the dropping of the ball for the juggler. Yet, if the juggler can accomplish a certain skill or procedure, the ability is present. And it is to the entity that has moved into the opening of the heart that we speak in relation to the seeking of truth and the serving as an instrument or vocal channel. If an entity has the ability to do this, called "loving without condition," it is not important that the entity is not always able to express this loving without conditions, but it is important that the entity has the

desire to do so and will examine its experience with that desire foremost in the mind.

21.22 1992/09/06

5: The first truth is that you inspire others; others inspire you. In your holy work called the Bible, the master known as Jesus spoke of sowing where one did not reap. There is no possible way to avoid taking others' fruit from their way. This is a central lesson of love. When love is given, it is given away. It seems quite often not to be returned. That is due to the illusions of time, space and personal identity.

6: The love coming to you can be thought of as the light of stars. The light of the nearby star which is your sun burns hotly from such a relatively close distance, and, perhaps, within the wisdom of this light, there seems also a danger. But the light from the distant stars is cool and moves through your time to shine upon your upturned face years after that star has disappeared.

7: The gift of love and light radiates to you from elsewhere and from other selves. You, in turn, radiate in essential being and in your thoughts and actions to serve as a channel for that light and love that inspires, comforts and soothes others. There is no way to keep an account ledger to be sure that what is given out is again received—not because there is no balance, but because love and light do not contain in themselves quantity but only quality. They are essences, not things to be measured: infinite qualities, rather than finite forces of a certain magnitude.

8: Each is personally aware of the many inspirations received from others. We would reassure each that as each attempts to be of service, the attempt fosters and encourages the essence of each self so that even when efforts to serve and love seem to fail, yet that desire, that will, that love is effectual. It not only moves others' hearts in ways you do not ever know, but adds to the planetary transparency, to the limitless light of the one infinite Creator.

10: This instrument has, at this point, asked us to move on as this instrument feels the energy would be better spent in a shorter transmission. Therefore, we shall move on to the second truth concerning inspiration, towards loving and serving in new and expanding, changing ways. The door to the deep self is fairly carefully closed when a spirit enters into manifested third-density incarnation. Vision fails, awareness recedes, finely tuned senses within are muffled with flesh, and the incarnation grows darker as the child grows to be the adult. Yet, the small being survives in the growing complexity of the personal universal awareness that is the self's awareness of a subjective universe.

16: The query ended by asking whether there was a recurring cycle of circular nature or a spiral of cyclical nature. We agree with each in this group that the lessons of a particular incarnation are largely of the spiraling variety. When a lesson has truly been learned in an incarnation, then it may not appear in that same form. However, the undertones and overtones or connotations of a lesson concerning how to love unreservedly are such that the layers of meaning are always capable of being added unto, and that original lesson seemingly learned moves into a challenging stance regarding the next seeming lesson. Look carefully, ask lovingly, for guidance. Listen to teachers and see yourself in the faces of others, and you will find that the learned lesson has become the jumping-off place for the present challenge.

18: So, we encourage each to rejoice in the faith gained. Some has been due first to the inspiration of others; some has been the product of patient courting of the resources within one's own heart. All are of the one infinite Creator and partake in Its nature, which is love. May you love one another and love the self just as much, for inspiration comes from both places and is still of one piece.

21.23 1992/09/13

5: Now move still farther away from this planet of your nativity until it disappears but the sun is still visible. Stop and reflect upon the particular essence of light and love that is the gift of your sun being. And now move, once again, away until the surrounding stars eclipse any one small star and the galaxy gradually becomes visibly conjoined; and further back, until you have no reference point. Stay there. You have

no reference point. This your mind can give you, this degree of removal from detail. This process is helpful to remember to use when reference points seem to be confusing. For fast, fast relief from the agony of unacceptable confusion, we may suggest this alternative to counting to ten, for it not only allows time to elapse, but also space.

17: It has often been said that contemplation, meditation, the listening to the still, small voice within, is the greatest asset to one who wishes to accelerate the process of spiritual evolution. Why is this force within—which one finds access to in meditation or prayer—called “still,” but that it is a descriptive term which applies to the source of aid and comfort which you find in the love and light of the one infinite Creator to which you have access through this technique. It is from infinite intelligence that the still, small voice broadcasts its silent message of harmony and peace.

18: We encourage each to refrain from judging the self as it moves off balance into fear or into unwise haste. These are illusory movements within an illusion, dreams within a dream. Allow this dream to remain fluid. Allow as much motion as you find optimal for comfort and desire. See the ideal of the balance, always. And take comfort, not in your judgments of your own progress, but in your focus upon observing and paying the infinite gift of loving attention to that which seems to be occurring with you.

19: In reality, nothing is occurring, but this fact gives the Creator no information. The Creator infinitely loves you and feels enlarged in its infinity by the burden of information that comes to It through the receptor of your unique consciousness. From the close point of view, lean into the wind of catalyst when you can freely and lovingly. When you cannot, remove yourself to the place where you can receive the most information, however distant that needs to be. But remember always that the gift you offer the infinite Creator is the still photograph of each moment.

23: ...only to observe it. Allow this observation to remain nonjudgmental. Allow yourself this fear that is. See it. Rest in it. Gather and collect your consciousness. And when you are moved by positive feelings to explore once again the unprotected consciousness beyond the cave of fear, allow that impact upon the senses to be felt. Is there fear now? If so, again honor it by paying attention to it, loving it in you. As you allow love to flow, you may find the need for fear to be less. Thus, you can observe and note more of your moment, and your tapestry of experience is thereby enriched. Little by little, you may lead yourself into the heart of right action, even as you become more and more aware that nothing is occurring, but all is.

24: You and we, my brothers, are alike: those who move and experience only by accepting illusion. This illusion is a brilliant and kindly way for that which is infinite to be reflected to itself in some finite, dream-like form. Welcome to a dream so beautiful, so brilliant, and so crystalline that we could sing praises forever and never express our awareness of the wonder, the excellence, and the beauty of the illusion. But we share this joy with you insofar as we can and welcome you to the tenuous, lovely dream of becoming.

41: We are those of Q’uo, and we find ourselves simply wishing to close the circle of love. Please know that as you find our opinions excellent, so we find your desire exquisite. We thank you for your single-mindedness, for your passion, and for your persistence. Merrily together, we move within stillness, we go forth within a circle, we exalt in illogical and infinite love of the fictional, yet all-important, road onward in our joint pilgrimage to light and love, and, ultimately, to the Source and Beginning of all that there is. Thank you for your companionship. May each of you be good, loving companions as you are at this moment. No more could be asked.

21.24 1992/09/20

4: We have chosen for a season to attempt communications with your peoples. The communication is of several levels, and these begin with the level of introductory material having to do with the infinite love and light of the one Creator being all that there is and the author of all that there is, concluding with the need for daily, regular and persistent meditation, contemplation or prayer. This is perhaps to be considered as the kind of instrument such as this instrument’s so-called telephone answering machine. When there is a request for this information which is below a certain vibratory

quality, the automatic information begins flowing. This is, shall we say, in place about your sphere and has been for some of your years. It is only when entities begin attempting to realize their universal self aspect that we begin to be able to communicate more advanced material, whether it be in thoughts or images.

6: The path of seeking moves each seeker through the trials of regularizing, crystallizing and clearing out the basic and central energies of self, self-love, love in relationships with others, and relationship with the society in groups and as a whole. The clearing of the heart and its opening is exceedingly important and usually much of a seeker’s time is continually spent in keeping this heart energy flowing and radiant. The work turns, then, from the obviously radiant to a more tightly focused radiance in the development of communication skills which are based upon a certain depth of personality or depth of a point of view, that is in the blue-ray center.

10: If, for instance, this instrument asked us if we came in the name of Christ but did not love the universal Christ as well as the specific entity Jesus the Christ, we could not use this instrument. An inner source could, however, use this instrument very well. For us to accept a call the necessity is for the instrument to be aware of the omnipresent, omnipotent Creator, ever invisible and ever mysterious. This instrument has this point of view at a strongly fundamental level, thusly the contact is stable and we have enjoyed the privilege of communicating through this instrument for some time.

12: In this regard we remind each of the request of the one known as Jesus the Christ, that if a man were to follow this entity it must hate its mother and father. This is what we speak of. The spirit of universal love and service speaks in silence, yet its urgings are strong and the time inevitably comes when the seeker must choose between personal preference and doing the will of the infinite One. This decision does not have exceptions for family, friends or convenience. It merely is offered without any tangible reward for turning one’s back upon sources of financial plenty, emotional comfort or other excellent mundane benefits. It offers only the impersonal satisfaction of being totally willing to do the will of the infinite Creator.

13: Not all entities aspire to this type or quality of service. It is especially frustrating to those who seek a feeling of truly being of service that there is no one service more beneficial or high than any other service; the service is completely within in the total loving dedication of heart, mind, soul and strength to carrying into manifestation the Creator.

19: I am Q’uo, and am again with this instrument in love and light. Perhaps the heart of this session’s query is a consideration of the nature of service to others. It is obvious that this instrument serves as it channels. It is not obvious that this instrument serves as it observes and reacts to sense impressions by creating mental formations which bless charitably those events observed and reacted to. In each entity’s life pattern there is the inevitable assumption that dramatic services are more important than non-dramatic services, that those who are healers or teachers are somehow more advanced than those whose service is to tend machines or to aid other entities in menial and mundane tasks. The truth is that what is most of service is the attitude of the heart. Each entity must work within its own self to create the holy of holies within, to become aware of that occasion within the self and to move gradually, a little at a time, the heart and the seat of the mundane self into the holy of holies that is being prepared within so that the life experience is mundane experience seen from a standpoint which is stably spiritual in its structures of perception.

20: As we have said, this is subtle work. We feel it is an appropriate direction, and encourage each to contemplate what true service is. Is there truly a necessity in order to be one’s very best? To be obviously a leader among humankind? Or does it feel more likely to you that true service is involved in the surrender of the self, moment by moment, to the inspiring energies of the universal self. The universal self is all of you, yet you are the universal self alone. You are holy and profane, you are as much a mystery as is the Creator. Your mystery and your service may be contained, convenient and finite, or you may choose the high road of attempting to universalize modes of perception so that you move more and more into an acceptance of that which the mind brings. Full and loving action in the face of circumstance is your path of service. Each is on that path. Sudden changes take place in

we say, in our opinion better made focusing upon the direct and simple situation which is the harvest of removing, one by one, those things of which you as a seeker do not have control. Only those things which are yours alone to control come under the provenance of your own decision-making process. 24: We thank you also, my brother, and can express only encouragement and our love as you seek to become more clear and more filled with the true freedom which is wholehearted service to the infinite One. If that service and that center are maintained the result will be a calm and steadfast heart in the end.

22.8 1993/02/14

1: And as an addition to the question on what the definition of life would be, in a form that we could understand here, we would also like some information on how the death and removal from this illusion of any one of us would affect the others that we have incarnated with who don’t remember the pre-incarnate plan; and who especially if, say, a child dies at a young age, the loved ones that are left behind may engage in some expression of grief as a result of the death, that would have effect on their karma. How does the life that we live affect other people, as we remove ourselves from this illusion through the death process?

4: We speak to your query about a definition of life. My friends, the subject, like all metaphysical subjects, defies the use of your words. However, if this be understood as a necessary limiting factor, then we may proceed in good humor, tripping over the nouns and verbs of your illusion. The most comprehensive definition of life is this life, is manifestation. To put this another way, life is movement. Because we do not feel that this basic a definition is helpful, we shall go further, but it is well to remember that all that is, is alive—that all was created by a thought which was the character and nature of the infinite Creator. This thought we call Love, for there is no appropriate designation. However, this Love is as terrible as it is filled with wonder, and loves as passionately destruction as it does creation, for the love that is the nature of the Father, shall we say, is a love that embraces the creation as a whole process, so that all phases of this movement are equally lovely.

9: I am Q’uo, and we see that this circle wishes us to proceed. We shall. As each rests within this illusion, the questions of, “What is life?” and, “How fully am I living?” seem bright and obvious and pointed. The life looks to be obvious. If a person moves and thinks and expresses, this person is alive. If this person is not breathing, not thinking, and not moving, this person is not alive; however, this is not the simple truth. The truth is simpler, though still a mystery to us, and that is that all which proceeded, is proceeding, and will proceed from the one great original Thought or Logos of Love, lives, and this life moves with an ever more characteristic energy pattern as it moves through sub-densities of incarnation and experience, moving into matter or space/time coordinates with time/space coordinates within, and by your science largely unexplored.

11: This is an enormous aid to the ongoing and eternal spirit, for by this conjoining of the inner illusions and the outer illusions, material may be refined and refined, again and again and again, until the mystery begins to be seen—that mystery which is beyond all definitions of life, and yet a mystery which gives all life and absorbs all spent life within itself, with no loss of coherence or energy, so that in no way, regardless of the passing pageantry of changing existence, is there any iota of beingness lost, no way of learning and loving and giving ceasing or at an end.

12: The tools which humankind has to work with during an incarnational experience are those which can limit one. The tools of the intellect—or to use a more neutral term, the intelligence—the intuition, the learning by experience, are all good, sound tools which will be faithful workers for the entity which, in seeking, remembers to focus first upon the mystery which is Love, so that the incarnational experience begins to be pointed towards allowing the living to become the being, and the being the living. Or, to put it in more emotional terms, to allow the manifestations—whatever they may seem to be within the illusion of which you as a seeker are conscious of within yourself—to become the living, so that you are not living “this and that” in life, but rather, you have become the purified, refined essence of the incarnational experience,

which, by faith and persistent request, have become more and more deeply grounded within the energy nexus of both physical self and spirit self.

15: That which you know as light comes from the Logos, and is the first manifestation of love of the infinite Creator. It draws its life from the center of love and moves into all of the vibratory quanta which comprise the arrangement of the universe which you behold; thusly, its frame of reference is not yours. To the metaphysical way of thinking and expressing Truth, this which you now experience is the final fruit of love’s traveling into manifestation. Thusly, as through a mirror you see a reflection, so your living, your experiencing, is by reflection; and all that you see, in a metaphysical sense, is, shall we say, upside down or backwards. You see, feel and think by reflection, not by direct perception.

23: You see, my friends, you are here to witness to the light and the love of the infinite One. Yes, there are more and less skillful ways to witness this love and this light. Those with a certain lack of metaphysical rhythm or harmony may well spend an entire incarnational experience off-guard, behind, and confused, and without any seeming learning taking place, but rather simply aimlessly buffeted about by catalyst. This person would be seen to be collecting much karma, for its acts towards itself and others might or might not be centered in love and compassion. However, this, as well as the wisest sage’s life, is full of witness.

24: Now, certainly such an entity asleep within the dream of living shall awaken, and see that it has accelerated itself in a non-cohesive manner and is scattered in its energies. In the next lifetime, then, this entity shall co-create with the higher self or infinite One, an incarnation which addresses the illusion in such a way as to go over the same material again. Entities do not run out of chances to learn a given lesson of love; further, when all that has been accelerated within has been grasped, the lesson taken, and the impetus of karma ceased, yet still, there is a—more correct this instrument—an irretrievable and permanent karma or acceleration which is the movement from source to source or from the Creator to the Creator.

25: Mistakes appear to be numberlessly numerous, endlessly occurring, and it seems most risky to enter into the veil of illusion, to live the life and attempt to learn the lessons of love with no true knowledge or remembrance of the agenda. However, there is a keel, a rudder within which knows surely its destination; and from whatever place any seeming imbalance or karma might take this entity, from that precise place lies a straight and sure path along the lines of the lessons desired to be learned within the incarnation, so that what matters, metaphysically speaking, is not whether one chooses more correctly or skillfully one’s actions; rather, what matters is the purity and genuine authenticity of the desire to express as a channel of the love and the light of the infinite One.

30: How delicate, how fleeting is your evanescent life within this beautiful illusion. Be of good cheer and merriment, my brothers, and share love with yourself and with each other, for that is your nature, and you simply are chipping away that which lies outside the radiant portion of your nature just as the gem is embedded in the living rock. Within the rock the gem lies whole, complete and fully functional. It simply is not seen. Then someone mines it, chips away what seems to be dross, facets the gem according to its makeup, and lo, it becomes obviously radiant. You are gems embedded in the rock of living flesh and bone, living thought and intellect of the body’s brain. Graciously, gracefully, as you feel the losses and limitations of life, know surely that dross is being melted away, and the gem within will be that much closer to being visibly radiant.

31: Know that this process takes many lifetimes. Know that you are as you are—perfect, entire, whole and invisible—most of all to yourself. You see the rock. Breathe in, breathe out love, and though your vision shall always be clouded as you view yourself, perhaps to the world, you shall more and more by your desire become a light that truly lightens the consciousness of your beloved planet and of all creation. May you rest in the peace of that knowledge, and forgive yourself for being born into rock with the gem tucked safely within forever.

ceives in spiritual journeying adds up to a miracle of learning to love; and in spite of every feeling of failure, and perhaps because of it as well, you find yourselves where you were not before then: more capable, more sensitive to seeing your own vulnerability and imperfection.

13: As we come to the end of this session and speak of compassion, we ask each of you to stop thinking, to accept the mystery that is in front of us as well as you, and then we ask you to join us in turning to face this mystery. Gaze at it. Feel the stunning glory and majesty of the infinite Mystery. There, in that awareness, lies the protection that embraces vulnerability. There, in the shadow of the Mystery, lies the infinite wealth of love which feeds even the you that suffers most, even at the darkest hour.

14: The compassion comes not from the words. It simply takes many words for the Logos, the Love that is without words, to be approached by the incarnational self. So use all our words that have aided and clarified your situations, your progress, and have helped to define the process of becoming independent within the symbiosis with the one infinite Creator. But then to find the compassion, let us turn to the tabernacle of the Most High, as this instrument would say, and invite the awareness of the union that already exists.

21: You have heard me say repeatedly that you are here to learn love, unconditional love, which cannot be learned perfectly in human form, but to which you may move as close as is possible for the human. You, as an integrated whole, are learning; but also the Higher Self/spiritual body is learning. It is easy for the spiritual body to know its perfection. If it never sees imperfection, what opportunity does it have to practice non-judgment and unconditional love? Thus, the spiritual body moves into this house of the physical, joins together with the emotional and mental bodies that it may practice non-judgment, practice unconditional love toward that which was previously judged and found wanting.

23: Is there anyone in this circle who has never felt hatred? Who has never felt greed? Can you see what a gift all of these discomforting emotions are? They are the constant catalyst which reminds you: Have mercy. This does not imply condoning unskillful and harmful acts and words which are reaction to emotion, but you can only find unconditional love and non-judgment through the repeated experience of working with the arising of that which has been judged in yourselves.

31: That compassion is the key to being undefended, allowing full connection between yourself and the people in situations of your life. As that level of compassion manifests itself in your own relationship to the self, it is easily transferred to others. Then, and only then, does the small ego self begin to dissolve. Then, another's fear is seen as no different from your own. There is nothing to protect because there is nothing that is not part of you, nothing that can really threaten you. Slowly, you learn to open your heart in that way to another: our fear, our pain, our compassion. At this point, the brain has stopped directing your choices, and the heart, with its deep wisdom and innate compassion, does the choosing with wisdom and with love. It is a most wonderful process, a process of which I stand in some awe.

37: You, my friends, are worthy to receive all good things; yet if you do not receive a good thing you are still worthy. It is only your feelings and emotions bruised and battered by rude experience that communicate unworthiness. This is a false communication. Do not accept this communication, but rather, know your worthiness, your loveliness, and feel compassion rising naturally within the portion of you that remains in the second story.

38: We can only thank and bless each soul within this circle. It has been such a privilege for us. We bid each farewell in the love and in the light of the one infinite Creator; and turn the microphone back to the one known as Aaron that this wise teacher may also make his farewells. We are of the principle known to you as Q'uo. Adonai. Adonai.

41: As a second step, notice that there is sometimes reluctance to do this work; that even when you have proved to yourself that you can let go of fear and stay open, at some level, sometimes there is a desire not to do so, a part of you that feels, "I am not ready to be that responsible. While I want to love and feel connection, I am not sure I am ready to do it this time. A part of me wants to blame, wants to continue this unskillful codependency rather than moving into that living and loving symbiosis."

43: I suggest and hope that you will practice with this, and hope you will share your findings with me when we next come

together. May I also ask you to keep in your minds the image that I offered yesterday? You are all spiritual warriors; and with every step that you take, every small step of growth upon this magnificent path, there are a great many loving beings on all planes that bow to your courage and strew flowers on your path. That is not said to inflate ego or make you feel that you, as an individual, are special. All beings are special, and there is nothing more valued in the entire universe than the increased opening into love of the individual spirit.

44: I thank you again for allowing me to share my thoughts with you. Please remember to take what is useful and discard the rest. My love is with you. That is all.

22.7 1993/02/07

0: [overview] Group question: The question today has to do with the balance one seeks to achieve between accepting what the universe or the life pattern of catalyst has given one in the way of experiences and people, and then balancing that with using these very same situations, the catalyst of a life experience, and manipulating them in such a way as to attempt at least to achieve the goals which we feel are important, the learning of lessons, the loving and acceptance of others and so forth. How do we balance accepting what the Creator and the life pattern has given us and using it to progress along the evolutionary path?

3: In speaking of the best way to enable your mind and heart to be satisfied with the balance between surrender and active change we find we need to move to a larger canvas and ask each if there is a serious question as to the wisdom or the charity inherent in the life pattern which is now being enjoyed more or less by each. This decision is critical, for if the seeker finds a faith and a trust in the overall plan and agenda, metaphysically speaking, for this particular incarnational experience, then much of the obfuscation which shadows the clear path may be taken out of the way, for if the incarnational plan or agenda is accepted as one which yields lessons in love and opportunities for service, then the outer picture from day to day has less ability to shake the basic steadfastness of attitude and temperament.

8: The third portion is to move back into the contemplative or meditational phase of mind energy and again allow this still, small voice its place. Its place is always with you, in you, and of you. You are not exterior to your situation. You offered this situation to yourself. Now you have received it. There is the often quoted phrase of which this instrument is aware, in the form of a short prayer. It is "God, grant me the ability to see the difference between that which I can change and that which I need to accept." Often, when all three portions of the decision-making process have been accomplished, it shall be very clear that one alternative will tend more towards the learning by the self of love and the opportunity to be of service to others in a way which is spiritual or metaphysical. In short, you are looking for the highest proportion of any opportunities to experience helpful catalyst and to offer these gifts and talents which are yours to offer on others' behalf.

12: I am Q'uo, and feel that sufficient amount of questioning has occurred for us to grasp your query, my brother. Perhaps in speaking to this point we may offer our opinion that either doing nothing and continuing with experience as it flows in the present moment, and making a change are viable and good options. The lessons of love which are yours to be exposed to shall be yours upon either path. Where skill can be learned is in the evaluation of the opportunities in each situation, based solely upon the feelings which come together in a moment during which the choice becomes perhaps not clear but distinct, in that whether you can explain it or not, you have found a peace, and this peace is the satisfactory validation of your end decision.

20: I am Q'uo. My brother, there is not a decision you can make which holds for any other person besides the self. When decisions are made they need to be considered upon the merits of the situation for the self and for maximizing the self's opportunity to learn love and to offer love in service to others. If there seems to be another or others involved in the decision then the decision has not yet the maturity to be ready for the decision-making process. Before one may seize, shall we say, the moment and act in a spiritually wholesome way one needs to focus upon the self and gaze at those things which in freedom of will are options to one. In other words, as each seeker is responsible for the self, decisions are, shall

such paths and the scenery changes. As long as the attention is kept upon the will of the infinite One whatever service lies before you will feel most blessed. It may also feel inconvenient, uncomfortable and not at all fun. The persistence and even stubbornness of entities as they move through paths of service which have encountered difficult terrain...

21.25 1992/09/27

11: The releasing of effort is difficult for humankind, for it seems as though the harder one worked, the more one would prosper. In our understanding, the deep bio-programming alterations necessary to enkindle and engage the pure love within are those things which are sensed as deeply threatening to the outer consciousness. The time, as you realize this illusion, needed to move in one's inner life into a choiceless, compassionate position which transparently radiates a fullness of available light is long in coming. When it arrives, it is a probability that the crystallized seeker will then find laid before it the manner of its service, which in great probability will be unexpected.

19: One last clue, as the one known as K would say, is this: light is the first manifested thing, moreover, light is all manifested things. However, the energy that creates the whim of manifestation is inadequately but best described as love. We regret the nearly useless term, but feel each grasps that the one original Thought, the Logos, is unmanifest and remains the sole receptor of truth. You may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities. When light is considered, consider also that it is [not an] artifact of time and space nor does it transcend the illusion in the way logically or intuitively available to the educated mind. We encourage the consideration of... We must pause.

21.26 1992/09/27

9: You have friends you are not using, dear ones. You have covered your half-empty cups because of the fear engendered by the realizations that you shall not manifest the vision or ideal that lies within your faithful, open hearts. Why do you have this darkening, closing fear? You have it because it is needed. Your mind, the mind of the body, has said "This and this must be if I am to be as I wish," and then the mind judges because of a perceived error or a falling short of the ideal exists. Could it be that the self takes the self too seriously, and the irreplaceable, infinite ideal too lightly? To love the highest truth is very, very well. To love the self as the perpetrator and controller of this unlimited truth is a judgment error. Thusly, hold to the ideal but not to the extent that there are forces of judgment within which take the self into the cave of fear and thereby stop further catalyst from occurring.

10: Now, let us return to the student coming from the cave. Into the sunlight comes the student, not perceiving any truth except the desire to avoid being beaten about the head. This is your situation. Into this situation come a great company of those who would aid, not far from you or unavailable during activity but as near as memory. You are required to ask for help. When help is requested, mentally, that help flows and the open heart receives it and feels its healing touch in every cell. As each knows, so to speak, it is not the vision that fails, not the love, the compassion, the ideals, but that self which cannot empty itself of the dregs of used up experience. Trust the plangent cords of memory to sustain the learning implicit in each and every perceived error and block. Then allow the self to open slowly, slowly, until the feeling of relaxation is such that you are not threatened by the act of will of uncovering the self within and allowing these dregs to be poured out. Visualize even if this helps that you are giving this distillation of disappointment, frustration, and other seemingly negative emotions into the all-healing Earth energy which is all about you.

11: Now, thirdly, empty and cleansed, having released the fears of failures, accept the love and compassion of those mystical beings, essences and energies of spirit that wish to support you to aid in filling the pot with new, living compassion, its liquid crystalline, sparkling beauty, soothing, invigorating and enlivening the small human self so that this self may take its place in the full identity that you are, for you are all of these manifestations, concerns, and thought patterns,

and you are pure consciousness as well. This help from guidance moves into the portions of the deeper mind, not the conscious mind, so that help from without, in your way of discernment, finds the appropriate nodal [resonance] point which is the receptacle for that particular guidance form.

13: This love created, this love destroys. All that is is within that which we must for lack of other words call love. This awesome and terrible love shall test and stretch each of you. That it does so with sure purpose is very hard to see. When you are emptied and the filling of your cup has begun, rest in the hollowness within, and allow the open heart to feel the peace of this one moment without fear. May you be sustained. As you are you shall be; transform the face of the Earth.

21.27 1992/10/03

0: [overview] My name is K, and my first question is as follows. In our previous session the advice to the entity known as K was terminated due to the discomfort of the instrument. Would you kindly continue from the point as follows: "... you may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities. When light is considered, consider also that it is [not an] artifact of time and space nor does it transcend the illusion in the way logically or intuitively available to the educated mind. We encourage the consideration of..." [Contact was terminated at this point in the last session.]

7: May we say that it is, in our humble opinion, the work of the inner discipline whose moment in your space/time and time/space has arrived and that these energies shall meet with representational mind capable of ethical usage of power, not at this juncture but in the fourth density or density of the love or compassion vibrations more harmoniously and predictably being in balance.

11: I am Yom. We answer in two portions. Firstly, the creation of the Father, as this instrument calls the second-density sphere and biota upon which you enjoy incarnation, is full and replete in undistorted love, therefore the Earth and its creatures are helpful whether or not the individual entity is aware of this aid. Secondly, to one whose spirit rejoices in the creation and the energies of this harmonious and beautiful creation these positive effects are many times magnified. We may note in this regard that the impulse to seek nature can be somewhat wayward when one finds oneself in a position athwart the forces of this natural, harmonious and sometimes inconvenient world of nature. Therefore, it is well consciously to pause in good weather and evil days alike, sun and rain, to give praise to the infinite One for this perfected manifestation, and to offer thanks for beholding Its face.

28: These words are as slippery as the stem of a water lily, and we grasp them as one would who believes that where there are lily stems there are also water lilies in bloom. Before, during and after all attempts to manifest truth lies a shining, loving, powerful and wise mind which is in each of you. We ask that more and more you learn to rejoice not because of any one thing but because the true nature of creative love is more nearly truly expressed in joy than in most other states of emotional mind.

21.28 1992/10/04

11: The danger here is that those who do not yet value or respect the incarnation may yearn so to be spirits that the emphasis upon finding holiness and worship within the physically bounded experience is lost or tossed away, and instead the entity simply wishes to escape the bounds of the physical body. We encourage each to contemplate the manifold opportunities within the confines of the physical vehicle to be a spirit, that the house of flesh involved does not limit the desire to experience as a spiritual entity, a magical entity, but rather offers to such spiritual questing the sharpness and substance of experience which cannot be had outside of the physical body. This incarnation which each now enjoys is a rare gift. We encourage each to respect and love this gift of intense time, of intensive actions, of deeply difficult choices made perforce in the darkness of illusion. To escape the bounds of body is also to deeply blunt the efficacy of precious incarnational time, space and time where the questing

spirit may make blind choices. This blindness, this darkness is precious, for choices made herein strike deeply into the infinite self.

21.29 1992/10/14

3: Once, as the saying goes, upon a time all of those things in heaven and Earth, as this instrument would say, were one, and yet all existed in chaos. Into this chaos came one great creative Thought: love or the logos. At this timeless time each of you and we were already created, the manifested universe no less than your manifested selves is the intimate abode created to house and offer an environment to the spirit that each of you is. For millennia your peoples have sought and sought to discover by what means they might find a comfortable, pleasant and productive existence, they have sought help from inspirational words and from the myths of their cultures, yet none who has awakened to a realization of the nature of evolution are very comfortable in this house of Earth created so carefully for spirits to dwell in and learn.

4: How could this extreme discomfort be a part of the plan whereby love itself created an abode for those infinite parts of itself which it wished to offer experience to? How could such an unimaginably pure love create such pain and suffering? Once upon a time there was a point in your planetary sphere's development when it became able to support third-density beings such as yourselves. The gift of self-consciousness was offered and accepted and the human animal form based upon instinct was sacrificed to the third-density consciousness. This consciousness is your infinite self. It does not work logically or sequentially but rather by deep feelings and the persistently held desires of a seeker. However, there are no outward signs which may tell you when your second-density instinctual brain is thinking and when your infinite consciousness is running the show, only by hindsight can a guess be made as to from what part of the complex being that you are this thought or action came from. The experience of loss, of overwhelming confusion may be received either by the brain which thinks in black and white and is forever subject to duality.

9: Each in this circle is already aware that he does not come from around here; that is, each is aware of being a wanderer. Into this particular experience come entities who must plunge into the darkness of illusion and live through an incarnation to be of service by the quality of consciousness. Each of you volunteered to be here. From the point of view beyond the third-density environment the suffering which each has gone through or now goes through seems to be a very small thing. Within the illusion it swells and seems to become overwhelming and as deadly as any disease of the body. We can only encourage each to turn from the questions of "why" long enough each day to spend a few moments or minutes with the infinite Creator. The answers are within and there is far more help than each here can imagine which is available to those who call upon loving positive discarnate energies.

10: We encourage this leaning upon the invisible company of those who would support you. As you ask within you will feel that sympathy in the depths of your heart and so will know that truly no one suffering suffers alone. The invisible company of those who love is there just as close as the breathing or the thinking.

11: Once upon a time two entities lived happily ever after. We know that few in the third density ever experience this fairytale, yet it is beyond all joy when such occurs. When one seeks hardest, on the other hand, for the fairytale romance then it comes that this is denied. This then places each, whether having loved truly or knowing no true love, in the position of wondering "Why?" May we remind each that it is well to seek the Creator's will and in that seeking there is guidance available. This guidance may be found in any of your planet's holy works. We would use this instrument's Christian bias to state that it is said that those whom the Creator loves best are those who are tested.

13: Once upon a time, there was to each seeking soul a moment. For each here this moment has come, the great incarnational decision has been made, the positive path will be striven for. Now that each is committed to love the source of all and to love the self and all other selves there now remains only acknowledgement of any emotional feelings, recognition and respect for the unique suffering of your own lives and the true peace which is not a comfortable peace, that peace

which is the knowledge that the path of your destiny is true and its aim is straight towards infinity.

16: I am Michael. In love and light I come to you to speak those words of comfort which we may offer. We would wish to share the acceptable to free will information that we can concerning the one known as R. This entity may now speak to some extent through this instrument...

21: I am Michael. We could not use this instrument further this day for inner planes work. We are sorry we had to cut the one known as R short of expressing the immense love and unity he feels. Yet he is well and the waiting will be only a few minutes, so he is happily awaiting the one known as S when her learning is done in this incarnation and together there will be a new experience, new lessons, and new suffering so that the Creator may learn and learn and learn.

29: ...to approach you in the dream state and to communicate there his love and unity with you. There are many such dreams which are not in your memory but in which you and he have moved as one. If it is possible for you to again open a channel in your heart of the love of this life and experience there will be an easier means by which the one known as R may make himself known to you.

33: I am Q'uo, and am aware of your query, my sister, and aware of the great pain and sorrow which are yours to bear at this time. We feel great sympathy for you, for the experience of love which you enjoyed with the one known as R seems at this time to have been cut short, when in the larger view of the lives which continue before and after this Earthly illusion there is but a moment's experience to complete within this life, though it may take what you call years to do so.

34: We may suggest that you re-examine those basic beliefs which you shared with the one known as R. We are aware that you have brought many of them into question as a result of the death of your beloved, but we would recommend that you look to that faith most especially that each of you shared, that lives do continue, that there is a purpose, however seemingly absurd in this life for this life, and that you, in general, begin to build again the foundation of attitude and ideals that were your foundation with the one known as R.

37: We know that a great deal of anguish has been your lot for this past year in your time measure and we cannot express enough our sympathy, for few within your illusion have had the harmonious, loving, honest relationship which you have been privileged to experience and to lose such is to lose a great, great deal. But we encourage you, my sister, to persevere beyond confusion, beyond doubt, in whatever way you can find to do so, realizing that you have chosen well the path you travel, though it moves at this time through a deep and dark valley. It is only the shadow of death that haunts you, whether it be yours or your beloved's. There is truly no death, there is only life and the experience in this illusion has the purpose of verifying and ratifying the unity of the one Creator that can withstand even the most difficult of challenges.

38: You are not alone, my sister. You move not only with your beloved in your heart and in your mind but with a great company of lighted souls that rejoice at your every determination to continue and who offer support when your determination flags and seems to fail.

42: I am Q'uo, and am aware of your query, my sister. To make decisions is the great experience of this illusion, to use each opportunity to choose the light, to choose the love of that which is before you. This we know is difficult in itself, even under what you would call the best of the conditions that are to be found in this illusion. When you find yourself as you have with great sorrow and confusion, the making of decisions is even more difficult, but with this increased difficulty comes also the opportunity to reap the greater meta-physical benefit from even attempting the decisions.

44: To approach each decision from the aspect of seeking to serve and seeking to love is that suggestion which we find is most appropriate at this time. As you look to those whom you love and under whose care they are awaiting, shall we say, these choices is to place the welfare of these entities in the greatest position of responsibility. We perceive some difficulty in interpretation and shall find additional words for this concept. Those entities which are yours to care for are those whose welfare we see is of primary importance in your life, as is your own life's journey and direction. Seek at each opportunity that presents itself to choose that opportunity which is most filled with love and service. This we find you are already attempting with a whole heart and we would reiterate our previous suggestion that if it is possible for you

separation from connection. With practice you learn to allow this wall to dissolve and begin to transcend the duality which is the product of delusion. Then you learn to be in this discomforting situation without struggling, skillfully looking to resolve it in the ways in which that is possible, but also allowing the experience. You watch with the wisdom of your Higher Self. You find the ability to smile at this ego that keeps re-emerging. In short, you find the ability to be with the whole span of your being, not to prefer the physical and its sought-after pleasures, not to prefer the spiritual form nor to seek the bliss of merging yourself in that oneness which is the spirit's foundation. Instead, there is a coming together of the whole, an integration.

19: As you relax the struggles with the incarnation and make the skillful decision to let go of some of the fear, as you allow yourself to experience this undefendedness, those seeds of deeper love and wisdom, of compassion and loving-kindness within your heart, begin to flower. So much of the frantic kicking and screaming—"What about me? Will I have time for what I want? Will attention be given to me? Will I be nurtured?"—so much of that frantic activity simply winds down. You begin to see from a higher perspective. Then, as Q'uo has suggested, you begin to embrace rather than condemn this human incarnation, this actor on the stage that is sometimes caught in the illusion.

20: I ask you to remember that the qualities of compassion and loving-kindness are natural to you. They are your natural state. When fear arises, it blocks the natural expression of love. It is neither useful to grasp at the love nor to attempt to get rid of the fear.

22: When fear arises, self-discipline and courage may lead you not to act on that fear and greed. Here, awareness may dissolve this wall so that the human with its fear and greed and the spirit with its high aspiration merge, so that you see the whole range of your behavior. This clear seeing allows a level of faith: "No matter how much I dislike the situation I am in, it is just where I need to be. I am safe. I can experience this discomfort without closing in my armor, without further protecting myself." You remind yourself over and over, "I am safe. I can allow the fullness of experience." The fear of the human combines with the deep sorrow and loving aspiration of the spirit, which sees its perfection but because of its human aspect cannot manifest that perfection. What deep sorrow is there. But the more you keep your heart open to all of it, the more struggle falls away.

24: I do not mean to imply that this work is simple. It is anything but simple. But, my friends, it is the work of all of your lifetimes, this steady progression from government by fear to response of love. Each small step you take on this, to use Q'uo's terminology, king's highway is wonderful. You, in your race, are only concentrating your attention on the road. If you would lift your head and look around you, you would see the cheering multitudes watching your every step, indeed, throwing rose petals on the road before you. They may not cover all the jagged rocks, but they are there. Can you open your eyes and begin to see yourselves as we see you?

31: The third way of cleared communication is that which takes place at all times and that to which you may become privy as you allow time, space and suffering to be what and as they are or seem to be. This does not mean withdrawing from experience; rather, it turns the order of things about. Instead of doing the various services of physical life and then having the time available in the remainder of your day to meditate, contemplate and pray, allow the mind and heart to be more and more aware that although the illusion is being visited, is useful, is vitally important and is interesting, your fundamental nature is at home and has never left. Communion is constant because there is identity. You are one with the infinite Creator. You are prayer without ceasing. It is not an activity; but rather, the praying without ceasing seems an activity until it is realized that praying without ceasing could well be your name. Your very nature is an unceasing hymn of love.

32: In the deepest sense, the key to moving from codependency to compassionate symbiosis in relationship is seeing yourself, both as a being in process and as a being beyond all time and space with nowhere to go except from love to love. In another way, this awareness allows you the luxury of placing neither great importance nor lack of respect upon the details of each moment's considerations. How can you find the way to have your needs met? The solution as usual is not present, but rather, is beyond the presence of illusion.

It lies in knowing that much occurs which seems unfair; yet each unfairness passes and the attention is drawn elsewhere. Rather than attempting over and over to break a pattern, then, think of the relief of seeing as an A to a B, "Here is the pattern again. Here it is." The reaction of B then determines the next clear communication. If B wishes to learn and act upon the lessons of the incarnation, then both can sit down together, knowing that this is the work that they have come to do together among other services, and share the sorrow and pain that seem to be A and B's, but are A/B's in the reality that is known in the less deep illusion within your incarnation, which is the feeling of the heart.

33: Now if B is not yet ready to work together with you as mate, then there is the generosity of spirit that is the harvest of A's nurturing of B that allows B to say whatever it can without feeling the need to justify, condemn or defend. If even this degree of communication between entities is not available, then there is the relaxation of the illusion in the mind and heart and the allowing of the nurturer to place one in a cradled, loving space within which it is safe to become aware of the entity within, which is eternally prayer without ceasing.

35: This takes a kind of courage born only of blind faith, the faith that communication is effectual. We hope you may nurture that faith, because it is in relationships that the most accelerated pace of learning and spiritual evolution is possible within this illusion you call living. We know you wish to advance your learning. It is in the fire of the forging process of relationship that your opportunity for learning is maximized. Thusly, we hope that you not be discouraged and turn from the difficult relationship. If each can feel good about expressing the ego self's feelings as they arise, there is so much of freshness that airs out and aids in the amelioration of that suffering entity that is you. Thusly, what seems to be the display of ego is actually a generous offering of clarity within confusion to the one who is learning to give and live. Do you see how this love twines and winds about, seemingly separate but always one heartbeat from showing the true nature of union within?

42: If it is acceptable to the group, I would like to lead you in a brief guided meditation, asking you to move beyond the limits of the perceived self, to open yourself to the energy of the others in this loving circle and, as you become undefended with others' energy, to notice the arising of fear and touch that arising fear with compassion—just that. Is there energy and interest in pursuing this? That is all.

55: Know that you may retreat. That is not a failure. There is no "should" here, only a desire to stay as open as possible, to feel undefended in this very loving circle of friends. And yet in that undefendedness to know that the excesses and stray thoughts that you condemn in yourself may be felt by others. Can you trust another's compassion for you as you move deeper into your own compassion for them?

57: I am with you in this circle, my friends. We are, none of us, perfect. The fear which leads you to seek to armor yourself is not a contemptible trait, but is simply the manifestation of human conditioned mind. In a sense, it is a by-product of the incarnation which may be released with your loving practice and effort.

63: I honor each of you for the courage, the sincerity and love that you bring to your seeking and your work. I thank you very much for inviting me to share my thoughts with you. I wish to return to Q'uo and Carla, who may wish to close this session. That is all.

22.6 1993/01/19

11: Indeed, we do feel that the one known as Aaron and we have covered a good deal of material. It is more than sufficient for much consideration. Words are most helpful, yet insofar as there are words, there is the distance or lack of immediate sensation of being in union with the Creator, Whose very name is Love. This Love is a name which has created power. Its nature has descended throughout all levels of manifestation and constitutes your pith, your very core; Love which has been turned, shaped, or, if you look with jaundiced eye, twisted and bent into each portion of thought and feeling which each of you experiences.

12: As you listen to our words, realize that we, as you, have no way to tell or to perform the act of pure centering. Somehow the failure after failure after failure which each per-

have already been learned is the source of so much suffering for you. You struggle and there is pain. Can you begin to see that all of the situations through which you move are part of the learning?

24: So, you are all embarked on this journey from fear to love, from the contracted heart to the open one. But it is an infinite path. I cannot speak about eighth density nor anything beyond that. I can only speak of those beings moving into seventh density by my own observation, so what I say here is conjecture; but my conjecture would be that perfect love is still being learned, even at those levels. It is not something you have to do today. Can you be a bit more patient and kind to yourselves? Can you simply remember: I do not have to perfect it today—not only do not have to, but cannot—only to improve it a bit, to understand it a bit more clearly, to take one more step.

25: My dear ones, on this journey of yours, this search, each step that brings you closer to unconditional love is a step taken in unknowingness. You are blind. When you believe you are not blind and think you are in control, you are walking in circles, you are not going anywhere. The next step to your growth always involves letting go of everything you thought you knew and moving out into the unknown. Can you begin to cherish yourselves for the courage and faith to keep letting go of that which is known, safe and controllable, and to launch yourselves into deeper exploration of the Infinite? 37: In loving, non-violent movement with another being there must be a willingness to suffer the anger of another and ask another to consider your viewpoint. The strength of the soul speaks its truth, be it a major issue or a very small one. It does not speak it in hostility to another, but with the deepest compassion for the pain of the other. Nevertheless, it says, “This cannot continue. Your actions cause pain to other people, be it lateness, drinking, helplessness or displays of rage with cursing or throwing.”

41: Perhaps A might even have brought it up the day before in saying, “I think this is an awkward situation that we need to move past and this is what I plan to do,” so as to give B warning. B may be threatened by that warning. And part of the next afternoon before the leaving, B may be hostile to A. Can A have compassion for that hostility it has provoked? This is part of that willingness to accept another's anger, to ask another to consider your viewpoint when you feel so strongly that your viewpoint is more skillful and love-based. It is the only way you can ask another to consider your viewpoint without doing violence to the other.

43: Is it disappointment, perhaps, which catches A? A may feel, “I really thought B could be clearer here, could be more mature. I feel saddened, I feel betrayed, because B is unable to meet my needs for a more mature partner.” What is the pain about? Again, more clarity, more honesty, are called forth. It is A's learning as much as B's, because A must be aware, “In what way am I feeling attacked here? What am I saying no to?” When B understands that it cannot pull A into its issues, that A is going to act lovingly, non-judgmentally but firmly, then and only then is B forced back into itself with loving support from A, without hatred or criticism but with awareness, “I need to clean this up in myself.”

45: This brings us back to the spiritual perspective. You are not B's teacher if you are A. You are each other's teachers. You are not in this situation solely to teach B something. B is also here to teach you. You have joined together because you recognize the possibility of mutual service to one another and, of course, the loving connection between you as well. You are always precisely where you need to be. If the situation is very uncomfortable and makes you squirm, stop and ask yourself, “How did I get here? What learning might there be for me in this situation? What seeds have I planted in the past which have helped to create this jungle that surrounds me now? How can I transform this jungle by my loving choice, by my awareness, back into a fruitful garden?”

46: There is always learning in it for you. Please remember that distortions are not “bad” but merely uncomfortable. They also may be the catalyst for learning. You may come to love even these distortions. If you find yourself in conflict and with hatred arising, with bitterness arising, then you are not paying attention. If you find yourself with frustration and fear arising, that is fine. Fear and frustration do not need to be catalysts for hatred. They can also be catalysts for deeper compassion. Fear can be a warning signal, a red light flashing that says, “Pay attention!” And as you pay closer attention and find compassion for the places in yourself that feel

threatened by these choices, then you move into deeper compassion for B and into intuitive wisdom of the open heart that knows how to say no to unwholesome demands.

52: We are working in this series to uncover ways of valuing and loving the self while harmoniously loving and living with others in a fully compassionate way. It is well to look to the intention of incarnation in general. There was no wickedness in each entity's choices of partners with whom to share learning and service. As each abrades the other by the dynamics between them, it helps to lean back against the sure awareness of a kindly and efficient incarnational plan. Then each can turn to a clearer effort at communication with the Creator, the self and the other self, B; for there are many Bs in every A's incarnational experience. In the next working we would share further upon the clearing of communication by means of seating oneself within a faithful awareness of the intention of the self as it came into incarnational manifestation.

53: We would end our portion of this working at this moment, thanking each and leaving each in the love and in the light of the one infinite Creator. We turn the microphone back to the one known as Aaron. We are Q'uo.

57: My love, blessings and gratitude to you all for this opportunity to share with this loving circle of beings. Either Carla or that of Q'uo had wished yesterday to end the session with a releasing of energy. If they would like to do that now, I offer the microphone back to them. If not, we will conclude here. That is all.

22.5 1993/01/18

4: Upon this highway you are neither old nor young, male or female, wealthy or impoverished. You are one who journeys as the prodigal son and daughter, having been flung far from your source of being. Now you move through illusion upon illusion in the twilight dream within a dream which is incarnational experience. As you sit here, each seeker has the sorrows of unfulfilled hopes, expectations and love. Each feels the pang of suffering. And yet, each is still attempting to find solutions to the suffering rather than finding space and time within to allow each portion of experience, including suffering, to have a hospitable room to dwell in while it visits you.

5: The illusion boldly states that you are here to find solutions to your problems and puzzles. It is our opinion that a more realistic view suggests that solutions are irrelevant to the process of journeying along the king's highway. What is much more important is that you ask better and clearer questions concerning this journey. This journey helps define your relationship with yourself by suggesting that there is a loving, nurturing home from which, at some point, you have departed in order to gain experience. The process of gaining this experience is, at its best, a messy one and one which persists in being contradictory, enigmatic and unsolvable. Your position as seeker, then, is one of remembrance of home and hope of return to this home. Between the beginning and the end of this journey, here each is.

7: You chose carefully the incarnational destiny you now are in the process of experiencing, adding to your curriculum those courses or lessons concerning love which you and the Creator felt were appropriate. Thusly, you have created for yourself a destiny, or rather a destination or series of destinations towards which you inevitably shall move. Free will is maintained within this general destiny because you have the choice at any time as to how you shall travel. For instance, from this place you can reach Indiana across a bridge in about half an hour; or you can visit the Greek Islands, stop over in the Orient and return over the pole to Chicago, driving thence south to Indiana. Your Indias are destined, but not the duration or complexity of your travel.

8: Knowing that your relationships are of one nature, whether they are with the Creator, discarnate entities, strangers, friends or your nearest and dearest ones, you may perhaps see that both within the illusion and within your own internal cosmology there exist many models for nurturing. When the moment of suffering occurs, your nurturing part can say within you, “I hold you with deepest love and rock you in the cradle of my love.” The parent does not only hold and comfort the quiet or good child, but offers nurturing and comfort in difficulty as well.

17: As you straddle this threshold, there seems to be a wall, an infinite wall, that divides day from night, fear from love,

to once again open your heart in even the smallest degree of love for the life that is yours to live, then it will be easier not only to feel the presence of the one known as R, but to feel the direction that is yours to take, for it is the symbiotic love of life relationship—your love of life and life's love for you—that will allow you to feel that your movement is guided and is appropriate.

45: We may suggest the taking of time in the beginning or end of your day or at any time when you can sit in an uninterrupted fashion, meditating upon the feeling within your heart and visualizing a channel of love opening there and feeling the connection with your life and the opportunities and challenges before you, opening so that you are able to move not just from the intellectual assessment of possibility, but more importantly are able to feel and move from the flowing of sensitivity of love from your heart and to your heart. If you can be regular in this meditative practice you can begin to build once again the feeling of connection to this life that has been severed by the death of the one known as R.

51: I am Q'uo, and I'm aware of your query, my sister. We are having some difficulty with this instrument but shall attempt a brief response. The one known as R spoke through your instrument in a manner which he felt would be of the greatest service to the one known as S, for the one known as R is of the awareness that the one known as S has great sorrow and suffering at this time and though he is well aware of those principles of love, light and unity which both shared during his incarnation, it was his opinion that the one known as S would be more comforted to know that he also felt a great splitting and loss when it came his time to depart the incarnation, for each of these entities had plans which did not include such an early departure, shall we say.

52: The one known as R resides within the green-ray body this time, that body that is imbued with love and compassion and great passionate emotion. This entity is busying itself with the refining of those lessons that it was able to learn and process within its incarnation and awaits, as the entity known as Michael mentioned, the movement of the one known as S from this incarnation and awaits this rejoining with great joy, knowing that should the incarnation of the one known as S last many, many years in your measure, it will be but a brief moment as time is reckoned within the illusion now enjoyed by the one known as R. This entity has fulfilled its purpose, yet wished, as most positively-orientated entities, to do far more and to be of even greater service and sorrows that this was not possible. Yet, this entity knows that all is truly well and offers its encouragement in its own way at this time and shall continue to do so.

56: I am Quo, and I'm aware of your query, my sister. We find that the ones known as R and Don are members of a great grouping of entities of light that serve this planet at this time in a manner which is likened to a group consciousness, though each remains individualized in intention and ability to express love and to serve in a unique fashion.

62: I am Q'uo. It has been our great privilege to offer our selves and our opinions at this circle of seeking. We are grateful to be asked to serve in this manner and we cannot express enough the joy that such opportunity gives us. We thank you, my friends, and we hope that some of the words spoken this day may bring comfort to each heart present. We can only remind each doughty seeker that this illusion will test each fiber of your being and will refine your desire to seek and to serve. That is what this illusion is constructed to do and though it seems that it is a long and torturous journey it is in your larger span of life but an eye-blink in eternity and you shall be most grateful to have had the opportunity to experience this illusion when the opportunity has gone and you have found yourself on the other side of this illusion, shall we say, rejoicing for what you have gained, rejoicing even more for what you have given, for as the one known as R was well aware of, the love that you take with you is the love that you make.

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5: What is it like to be that way? Each of you is approaching that more and more in your life so that now it is possible for five humans and two spirits to just hang out together, to enjoy each other's energy. The humans have reached a level of consciousness where, when there is some reactivity, it is noticed quickly and worked with, with love. I wonder what

inspiration that might give to those who walk this path and aspire to reach that point where they can share so openly with others without the heart closing, without the reactivity that may lead to pain to beings.

23: When you do this, you come back to your connection with the light. This is not something you have to grasp at or create in yourself. You are not, for example, naturally depressed or frightened. The lightness, the openness, the loving-kindness, the generosity and patience, the energy, the courage. Those are all qualities that are natural to you. They are small seeds within you. But if you take a small seed, put it in a pot and then put it in a dark closet, it cannot grow. It needs light.

24: Your mindfulness of your reactions to fear is a way of opening the closet door and inviting in light, a statement, “Fear is not who I am. I am experiencing fear at this moment, experiencing confusion, experiencing perhaps the out-growths of fear as anger or greed, but that is not who I am.” As you learn to do this, you start to see that each of those catalysts is in fact a gift offering you the chance to practice just what you most need to practice, which is how to be with a painful catalyst without pulling the closet door closed behind yourself, without needing to seek that protection; in essence, how to allow yourself to stay open and vulnerable. This is your deepest connection with the light, this deep knowing: “In essence, I am spirit. I am divine and connected with the Divine. The body may be vulnerable, but I cannot be harmed if my heart is open and loving.”

31: There is an excellent connection between the metaimind and the individual idiosyncratic mind, which you carry just for this incarnational experience. It, however, is a connection made deep within the roots of the first mind. This lies in the domain you call the subconscious. This connection has been characterized as the still, small voice. And still it is, silent to a profound level. Small it is, if it is evaluated by intellectual standards; for the metaprogramming, shall we say, of Love that is the Logos, is that which enfolds and becomes one with the listener to this blessed, silent communion.

36: We also have two kinds of mind as we have incarnations also. We share in the wonderment that all our seeming knowledge does not automatically become manifested in our thoughts and actions. It is, however, the more skillful use of the concern about dark-seeming situations to do something like that which we did to begin this session of working: We all sat and felt the spontaneous circulation of harmonizing and encouraging vibrations, each offering love to each, each feeling the love of each.

37: In times of ghastly turmoil there is the incarnational instinct to cringe, to back away or to explode into defensive action. Remembrance of an essential moment of flowing harmony moves the mind's eye to gaze and move toward that subconscious linkage into All-Mind, the spontaneous, essential feeling rather than intellectual thought processes which yields a true moment of the joy of Love itself, being placed like the light in the closet which gives you the courage to remain quietly observant, neither running away in the mind nor grasping the problem seen with such constrictive and fearing bonds.

42: This is Aaron. I wish to return to Q'uo's clear statement that your heart understands and your brain, the human incarnation, cannot follow. It is this precisely that gives you such grief, because in the wisdom of your heart you understand your connection, that this, what Q'uo has called, metaprogram is the reality and that the brain's frantic fear is illusion. And yet, you find yourself moving to the illusion. At that point anger often arises at the self. At some level there is a knowing: “I am responding to this mindless illusion. I am like a mouse on a treadmill and I cannot get off.” The only way to reconnect yourself with reality is to notice the judgment that is arising and return love to the self, to have love for this being that is running around on a fear-created treadmill so that it cannot hear the deeper wisdom, that small, still voice within.

45: As my brother/sister reminded you, you have two intelligences. Habit has dictated to you that you follow the human intelligence while in incarnation, and you become very unused to following the higher intelligence. The physical body has built up the catalysts of so many lifetimes into habitual, unskillful patterns. We talk about this fight-or-flight idea. As my brother/sister said, you cringe at it or strike back defensively. But that is not natural to you, not necessary to you. It is learned behavior. It is precisely that learned behavior that serves as the tool for learning. You cannot simply de-

cree, “I will not run in fear. I will not fight back.” Yes, you can develop a strong degree of self-control, but that does not change the harmony or lack of harmony in the experience. That does not bring in love.

49: By way of example, if you never knew fear—“My needs might not be met”—a fear that leads to greed, to hoarding and clinging, then what would connection and generosity mean? If you never had the sense, “I could be hurt. My needs might not be met,” then of course giving would be very easy. There would be no sense of self or other, so you would give and give and give. It would be very beautiful, but what have you learned? You are here to grow, so you are constantly handed those catalysts which you need for that growth. The illusion is the catalyst. That is why you have this “veil of forgetting” that separates you from clear seeing of your spiritual reality when you take birth. Otherwise, the incarnate state would be simply a matter of self-control: “How strong can I be in this situation? How determined?” But you are here to learn faith, not self-control; to learn love, not the expression of willpower.

52: Can you look at yourself with that same compassion, simply seeing the patterns of so many lifetimes and knowing that now you have reached a level of consciousness, a level of growth, where you no longer need to blindly follow those patterns? But the freedom from reactivity cannot grow out of the judgment of the self that has been reactive, only out of compassion to that self. Compassion allows the light in, allows the remembering of the deeper reality of the metaprogram of love. That is all.

54: I am Q’uo. As the teacher known as Aaron states, you are in incarnation to grow from the inside of the nearly always, somewhat dark interior of the mental and emotional closet. You may question the probability of achieving growth; however, you cannot avoid growing. The illusion works with mechanical force, call it friction, wearing away at the sensibility. All you need be concerned with in terms of growing is that you honor and respect that which is occurring, focusing more and more lucidly on the delineated structure of the present moment. You, in observing the present moment, are doing all you can with the incarnational mind. Once observed, the catalyst will grow acute. There need be no further action except to turn and bless the incarnation with all its meandering, winding destinies and unexpected occurrences. We ask you to cast a warm and loving attention on yourself in the incarnational closet of flesh and limitation of viewpoint.

55: Into this configuration open the inner memory to the light of companionship, the light of memories which contain joy and the use of affirmative imageries such as the light of the sun dancing upon the water. This is how the metaimind thinks. It cannot be termed logical. To this mind sunshine is a song, a poem, a dance, a zephyr of cool air on a hot day. So it is that many find sunshine in the midst of confusion and self-compassion in the midst of judgment by singing, as does this instrument, reading inspired writings, gazing at visual and tactile art created out of those moments of clear visionary sunlight shining through the artist to show what love is, and more, how terribly perfectly unified all is. As the plangent tones of a truly heard piece of music pierce the incarnational mind with sweetness, so can you use these non-logical images and practices to enhance and multiply the effect of silent meditation and communion.

56: You are light to others. Others are light to you. Beyond all else you are loved. It takes the breath away to, for even an instant, ponder the totality of this love; and it is love of All-Self by All-Self. It merely flows through you. You need not deserve it. You cannot own it. It is your real identity.

62: Then, of course, there are ways of bringing more awareness of light into yourself. One that I would suggest as a useful exercise for many people is to plant a garden in your mind, to think of all of those small sprouts: generosity, patience, loving-kindness, so many, many, many more ... Some of them are strong flowers in yourself already and some of them you see as small seeds. Choose one that you can watch in yourself.

63: Now, it is very hard to measure such a one as loving-kindness, so you might want to choose one that is more easily seen in its physical form, one such as patience or generosity. You notice how often you are impatient, how often you are frightened of giving. Do you notice how often you are patient and generous? I do not speak only of material generosity here, but generosity with your time, with your energy.

67: With this light filling you, bring to your heart and mind

the image of a being who is suffering. It may be someone you know or a stranger across the globe; not a whole world of suffering, just one person or one life-form of whatever sort you choose. Breathing in this time, allow that light and loving energy to move to the heart center; and then, breathing out, direct it to that being who is suffering. Breathe in light and love ... direct it out to the being who is suffering. Inhale light. Exhale to where it is most needed, just allowing that light and loving energy to channel through you ... allowing that being’s suffering to touch your heart with the wish, “You are suffering. May you find peace. May you find an end to your suffering. May you be healed,” allowing yourself to be a channel for that loving energy. Please try it for a moment on your own and then we will go on to the last step.

69: That being’s suffering is so heavy. You may begin to see it as a dark cloud of blackness—a heavy, sticky kind of blackness. Your good wishes are felt, but the darkness is so heavy that they can not fully penetrate. We expand the meditation now. Inhale love and light. Exhale, releasing it to that being who is suffering. Now, inhale that darkness that you see, letting that, too, run through your heart, but not holding it in you in any way. You are simply the channel for its release. Exhale and release it to God, to ground of Being, which is far more skilled and able to handle that heaviness than you are. Inhale love and light, and release it to the one who is suffering. Inhale the pain and release it to the Eternal. Inhale light. Direct it to where it is needed. Inhale that suffering in whatever form you envision it. Notice any resistance to letting it touch you, to letting it come into your heart, and soften around that and then release it.

70: As you practice this meditation, let it bring you back into your connection with all that is, let it remind you that you truly are a channel for love, for light, for healing, and that you are also a channel through which suffering may find its release, that those who are your brothers and sisters may not carry that weight unsupported. I am going to be quiet now for several minutes and ask you just to practice this on your own.

73: It has been a joy to share with all of you this evening and, as always, a deep gift to share energy and thought with my brother/sister of Q’uo. I thank you all for your joyous participation in this circle and for the light and love that each of you brings to your search. My love to you all. That is all.

21.31 1992/10/30

4: I once spoke to a group in another of your cities about the origins of the Earth as I had understood them and experienced them; that there were those on the immaterial planes who were stuck in some way and in need of greater catalyst for their learning; that it was understood that this must be a plane of love; that certainly negativity would enter, but that those who saw the need were willing and eager to give of themselves to lay the foundation of love. I will not speak of this in more depth here. I believe a written transcript is available.

5: My dear brothers and sisters, you have learned. This experiment that we have called Earth has been successful beyond our wildest imaginings. Of course, there is negativity on this plane. There would need to be. You understand that it is part of your catalyst for learning and that there is no duality, no difference between the positive and the negative in the long run and that, at the same time, negativity must be resisted with love because of the suffering that it creates.

6: What has occurred on this earth plane that has seemed so wonderful is that those of you of third density who are learning these lessons of faith and love graduate with far more depth, also, into the fourth- and fifth-density lessons of compassion and wisdom. Of course, there is no time pressure, so you may well ask, “What difference does it make if we learn the lessons ahead of our grade, so to speak?” The difference is that compassion and wisdom are not finite skills. The being who moves into fourth density already with deep compassion and wisdom expands those qualities far beyond what has come to be expected on other planes of learning. Our experience, then, is that those of you who move through this earth plane, working skillfully with the catalysts of this plane, have moved into an expanded sense of compassion and wisdom by the end of seventh density, and in that way expand the Infinite.

9: Love is a gift, but it also may become a distortion. One

37: When you care for a loved one with the sense, “When my work is done for this one, then and only then I can attend to myself,” this is delusion. This is seeing through the eyes of conventional reality. When you see that your service to your loved one is truly also meeting your needs, that your needs intermesh so perfectly, then you are seeing with clarity, with wisdom. This understanding of your fundamental connection with all that is, is essential to your growth.

38: We speak about love and fear. If you watch yourself carefully, you can see yourself drift in and out ... fear and separation ... love and connection ... Observe it in yourself as you tend to another’s needs. Are you looking at your watch? “How much more time need I give? When will I go and do what I want to do?” My dear ones, what did you come to do? To build this or that building? To drive to the market? To tackle this or that goal? Is that the purpose for which you incarnated? Even what would seem to be the lofty purpose—to write this book, to help that friend—are they the purpose of your incarnation? Yes, the book may be a gift to many or the conversation with your friend a gift to that one. The walk through the woods may bring joy to your heart. But you incarnated for one basic reason: to deepen your experience of faith and love; to move away from delusion of a separate self; to move into such deep awareness of your true nature that your acts, words and thoughts most consistently reflect that awareness.

39: Do you know what you need to do in order to best practice that clarity, faith and love? In a sense, the practice of faith deepens faith. First there must be clear seeing that you do not foster dependence to avoid your own fears. Once that is established and you are able to move from a space of clarity, much of your confusion will end. You will begin to see that what you most need to do in service to others is exactly what is most needed for the learning of the self.

41: What happens within the heart when you watch the arising of “I need”? What happens when you watch that arising and smile at that solid, separate self? What do you really need to grow beyond the delusion of this small ego self, to understand your true nature, to manifest your energy in service to all without differentiation of self and other? When you serve the divine energy, either in your divine manifestation or in human manifestation, without distinction of self and other, it is then and only then that the spirit finds true freedom. This freedom is the fruit of the practice of faith and love.

44: Can we learn to smile at that voice? As she cared for her baby’s voice of pain, can we offer compassion to our own voice of pain? Can we learn to hear it for what it is: ego making a last-ditch effort to assert itself? Then we may bask in the beauty of a deeper level of being, of the connection that grows out of actions and words that are clearly not for you, but for us. As you smile at the ego self that does not want to give up, you shift your perspective from fear to love, loving even that ego self and letting it be. Then the heart is free to connect into that deeper level of being, and the heart knows, “I have just done exactly what I needed to do.”

45: We spoke about faith. You all know that in third density your prime lessons are of faith and love. In our last joint session with Q’uo, the one known as Ariel spoke of the impetuosity with which older third-density incarnate beings sometimes prefer to overlook the learning of faith and love and move into the pathways of deepening compassion and wisdom. If faith and love are learned simultaneously with this deepening of compassion and wisdom, it works well. But when faith and love are overlooked, there is often distortion, even physical distortion of the body where the upper chakras are open and attention is not given to the blockage of the lower chakras.

48: Can you allow each arising of “What about me?” to become a reminder: “Can I observe this fear? Can I smile at the ego kicking and screaming and let go? Can I really trust that if something needs to be done there will be a way for it to be done?” No, that does not mean you can lie back and let someone else take care of it. Effort is required. But what is the doing about? Is it an assertion of ego, at least in some part, or does it take you closer to connection and deeper love?

56: This is Aaron. It seems redundant to add anything to that statement. My blessings and love to you all.

22.4 1993/01/18

2: Good morning and my love to you all. I am Aaron. In relation to this focus that Q’uo has offered, there are two areas I would like to bring to your consideration. One is as this instrument has just summarized and the other is to look practically at those places where you get stuck, to look with examples, real life examples, so that you may begin to pinpoint in each of you where distortion arises.

3: The arising of desire to serve another grows out of aspiration to be of loving service. There is a pureness and love to that aspiration, yet you find yourselves in a situation where others are making unskillful demands upon you. Perhaps they are releasing their anger to you or are asking you to do that which you know they could do for themselves.

4: Yesterday I spoke of the places where you allow their anger to be thrown on you or where you do for them rather than asking them to do for themselves, out of a place of fear in yourself. That is one segment of the confusion. A different segment grows out of the heart that truly wishes to serve but does not understand where that service lies. When you see another stumble, your instinct is to reach out and help; and that is a loving gesture. What of the one who stumbles, continually stumbles, because he does not want to walk on his own feet?

5: There is a desire to serve the other. If it was all one way or the other, if desire to serve was either 100%: Here is where compassion becomes distorted. There is deep compassion and desire to alleviate suffering. But there is more. When you see another stumble and feel you must move to end that being’s pain, to support them more than you already have, whose pain are you addressing? Look at this carefully in yourselves. What is the desire? Whether it is to barge in and fix their life for them or simply to lift and carry them a bit, where is that desire coming from? Is it too painful to you to watch their stumbling? Is it too close a reflection of your own stumbling? Then you see that reflection of yourself, you get just a glimpse of it, and you turn on yourself as if the very pure love and desire to alleviate suffering were nothing more than your own selfishness. So, you swing from one extreme to the other and find it so difficult to accept both are happening: “There is genuine compassion in me, a deep empathy for another. There is also fear in me.”

9: Codependence, in its unwholesome aspect as we have defined it, is not a problem. You’ve heard me say there are no problems, only situations that need your loving attention. This definition is the clue. When you pay loving attention, it allows that natural seed of compassion in your heart to sprout and blossom. With compassion there is no self or other. Loving attention allows you to see where self is brought in, where fear arises and leads you to inappropriate and unskillful choices, perhaps trying to fix another or mis-serve another so as to alleviate your own pain.

10: What I have done so far is merely to present the situation in which you all often find yourselves. I have really said nothing that you do not already know. Hopefully, I have presented it in a clear enough form that we may now begin to address the questions, “What do I do with the fear that leads me into unskillful choices? How do I (as Q’uo challenged you) learn to love myself, to laugh at the fears that arise and let them go, and move back into that joyful connection?”

17: When this first vision of the self as being natural in its seeming imperfection is fully seated within your mind and heart, then you may begin to unravel the tangled thread of compassionate clarity that has become caught and twisted by the attempts you have made to escape your nature. Yes, each of you is quite pure, innocent and untouched within the deepest portion of that which is you. Now you may focus on how the relationship you have with the Creator, with your Higher Self and with your incarnation can inform and guide you well towards the shining source of that thread of pure compassion which you wish to knit up into the fabric of your lives and relationships. This is a journey from head to heart, from fear to love, from meekness to an acceptance of the eternal untidiness of catalyst, perception and experience.

20: I am Aaron. My heartfelt thanks to my brother/sister energy of Q’uo for the wisdom with which it speaks. Yes, precisely, this is the journey from fear to love, from brain-oriented choice to heart-centered choice. But, my dear ones, you do not have to be perfect at it. You do not have to get it all at once. If you were already perfect, you would not be here in incarnation. You are learning. This sense that it should

love the remembrance that you are in tune with your own destiny is often enough of an attitudinal adjustment to allow you to accept and process new material without undue difficulty. However, when you are revisiting old tangles of emotion, you are attempting to let light, air and warmth into that which is dark, cold and closed. The very process of accepting the data is painful because it is recognized that this is difficult, that is, unlearned material and there is the feeling of “Oh no, here we go again!”

16: If you focus on events you are lost in meaningless detail. If you focus on your emotions, you see that when you have pain in the emotional body, you resist, tighten up and say “no” in a speechless, silent way. Now, step back from this knot of negation and see that the work of the attitude is concerned with holding, loving and forgiving that self that is in a knot of pain. The attitude is not relevant to the facts in the way you meant it. It is relevant to how you deal with the emotions which you feel as you move through this lesson. If you are angry, a good attitude cannot make you not angry. However, it can kick in like the afterburner and say, “I accept myself angry as well as calm.”

17: In this self-acceptance lies the compassion and love which the lesson was intended to teach. The events themselves do not teach, and one’s reactions to the events do not fully teach; but the way one deals with one’s unredeemed and lost emotions make a great difference. The attitude can be adjusted by daily, silent meditation. This is a good foundation upon which to build each day. However, much of the day is spent in a far more active and less contemplative mode. Within this active mode there seems little time for the re-seating of one’s consciousness into the center of a life lived in faith. However, one small word is enough to change the attitude, whether it be “Love,” or, as this instrument prays often, “Jesus,” or any other short expression of truth. This is enough to feed the flame of balance within.

18: This, shall we say, balanced fire can pilot one emotionally. The fire is the fire of love. This engine which moves the attitude is fueled by love. And this love comes into the painful emotional reactions and accepts that painful, twisted, knotted self. It also accepts just the same the times when you are not in pain but feel wonderful, and then the acceptance is that of the fond relative which sees the children playing on the grass on a summer day and glows with the joy of it. You can be pleased with yourself, this is a good attitude. Just let yourself be equally pleased when you are having unlovable and unpretty reactions. Let your compassion flow to yourself. This is the best attitude.

27: And we, my friends, thank you as you sit in the gently descending early darkness of winter in your pleasant domicile. We find ourselves, as always, reluctant to let go of this channel, yet we must. Please know, however, that although we have different concepts of time and space as our illusions are different, yet we are with you in your time and space in a faithful and stable way, a strength for you to call on. We are most happy that you do call upon us, for we can give one thing, and that is our unconditional love. And we do so enjoy being with those who call upon us not to share information, but just to be able to send the vibrations of love and support that are the other part of our service to you. We may speak to you of many things, but the vibratory connection between us is that carrier wave of love, and this is never away from you simply because we do not have a voice. No words are necessary. Love is experienced in love. We let you now go away from the quiet of meditation and into the world at large for some more helpings of catalytic experience. May your attitude be full of joy and compassion, and always, my friends, good humor. Be merry with each other.

22.2 1993/01/10

9: For work to be done in consciousness, the consciousness must have its attention upon doing the work. We might take a different tack in this matter of personal discrimination. Now, we are saying simply that each spiritual seeker, having its own universe, must and shall evaluate for itself all stimulus which comes into the sensory net of awareness. From the first impressions to the end of the most involved and recondite argument all that is processed by a spiritual student is accurate to that student, and the only authority is that student, for the infinite Creator Itself, while offering constant love and support, does not wish to influence the experiences

of any being. All beings are free to experience what and as each chooses. This is that which is the seeker’s gift to the infinite One.

10: No outer authority may be considered, in our opinion, a satisfactory substitute for an individual’s inwardly moved framework of opinion. So we encourage each student to think of itself as responsible in that the will of the infinite Creator is that there be love. Each is love, and each experiences love. This is that which is the truth insofar as we know it. Putting this truth into manifestation is a task whose characteristic is polarity or apparent difference. Without this, there can be no manifestation, for love experienced as love is an eternal tautology when considered as a way of knowing as opposed to the way we grasp being[ness].

12: The other way in which the serpent is wise is that when an enemy or possible enemy comes into hearing or sensory range the serpent removes itself cautiously. These both are good ways of being wise. When one considers the innocence of doves and asks how that can be applied to the judgment of information, we can only suggest that each entity knows of those individuals to whom all things are signs of disappointment, trouble and doom, while others with the same basic situation find much to make merry about and much to give thanks and praise for. The innocence, the purity, the untouched nature of the open and loving green-ray energy center—the open, loving, compassionate heart—can see beauty in almost any situation, for as it speaks to itself it hears the outer world.

15: The more compassionate way to deal with this existential fear is to realize and affirm the wonder and blessing of each present moment. If disaster or catastrophe is to be part of an entity’s destiny, it shall occur, regardless of planning attempts to protect the self from such a fate. If all is to be peaceful concerning a seeker’s last days in this illusion, so it shall be, although the seeker stands within a hundred which are slain. The attitude of gazing with a full and loving heart at whatever is occurring is the more compassionate and loving approach to the quandary of existence without answers. Appreciate and attempt to inhabit fully each moment, each minute and hour of each day of this experience, one at a time, and whatever the outer circumstances, the inner spiritual journey shall be as full of light and blessing as the experimenter can hold.

22.3 1993/01/17

0: [overview] Group question: Concerning codependency and compassion, “How do I live more lovingly for others and still live with respect for myself?” This question relates to the following statements from AARON

18: When you are very clear in yourselves that you need to do something a certain way and that your choice is not harmful to another, it is not hard to say no. It becomes hard when there is no clarity, because you do not know whether you want to say no and end the behavior or whether you want to allow the behavior to continue. So, some of you get to the point of saying no but your no is said in anger, which escalates the tension between you, rather than speaking with love.

26: Do you see, my friends, you are entities who wish to be of service to others? Therefore, just as we, so you need others in order to be of service. This flavor of need undoubtedly played a role in your choice of this partner as a co-Creator, and again within the illusion in manifestation. This other was chosen because this other needs you. Now, this works very well in bringing together entities, both of which have planned to work upon changing fear to free joy, for did not the other entity also choose you because the other needed to be needed also? Thusly, a loving symbiosis wherein each helps the other and each happily acknowledges the need for the other becomes cramped and crushed by the seeming demands of space and time, for those who need express desire which will take up all space and time.

36: I appreciate Q’uo’s distinction between living symbiosis and codependence. Symbiosis is alive, a flowering of the energy of each to each, where perhaps codependence has its emphasis on the fear and need of dependence. To be codependent on another there must be two. In fact, that is how you perceive yourselves. You are not your beloved friend or family member, you are not the water you drink ... That is conventional reality. But in terms of a deeper reality, there is no separation.

must learn how to balance that love with strength, with faith. I have said that the learning of wisdom and compassion on the earth plane has awed us, in a sense. And yet, great care must be taken that wisdom and compassion are not learned before faith and love, but simultaneously or after. Distorted compassion can lead to a distortion of wisdom which does not oppose negativity with love, but rather, feels need to hear it out; and in that way, negativity may play on that compassion and wisdom and manipulate the, as yet, immature faith and love.

12: Much of the work that your groups do is the deepening of wisdom and compassion. Do not neglect the deepening of love and faith. It is harder to talk about. You can suggest skills, as the ones who are known as Q’uo and Aaron suggested last night—strategies, in a sense—for working with the catalysts of your density. Do not forget the power of prayer, of connection to that light. I know I do not need to say this to this group, but there is nothing I have said today that you do not already know. I only hope to remind you of the importance of tempering your wisdom with faith and with love so that you do not become imbalanced and more susceptible to negative influence through the distortion of love that is not yet firmly understood.

15: This is Aaron. My love to you all. Barbara is still in a very deep trance. You cannot call her name to bring her out of it as she is deaf. I would ask that you direct your energy to her, simply calling her in your minds as I will also do. That is all. 22: What is faith? Can you catch it from another? Can you learn it as at school? We might suggest that it is by far the quicker entry into a faithful life to begin accepting what is precisely at that moment. If you at that moment when you decide to commit the self to faithful living are in the midst of traffic, then your first act of faith is to experience the beauty of all that is seen in the hustling, bustling street. By faith you suddenly experience sitting more lightly in your car, touching with love and reverence the steering wheel, the gears. It simply needs to be deeply accepted by the self. Then comes the long, long pilgrimage of deepening that faith of living, ever aware that faith, not words or manifestations, offer the truer suggestions and solutions to the very complex and often troublesome living environment of the incarnation. Only when the pilgrim is solidly and firmly devoted to a life in faith so that the open heart’s energies flow and flow and flow without stop or hindrance is it time to consider wisdom.

36: We may say that in learning of faith, your greatest strength is each other. We know you value each other and we encourage each to have a light and loving but utterly persistent devotion, each to each. In any relationship, each may teach, may learn, may hurt, may heal, may do together any thing which occurs, better and more efficiently than the solitary soul. Therefore, we encourage communication by your letters when there is distance between so that when all come together there is already the full and loving interplay of energies which potentiate each and, more than that, the growing Oversoul, if we may use that term, of the group by focusing upon the being as part of this or other groups. You form and reform small beginning attempts at the life of a social memory complex. You, at this juncture in space/time, are beginning to find the company of others more helpful. This is the natural progression towards your fourth-density experience. Welcome to the beginning of the New Age.

40: What I wish to point out is that you may grasp at understanding, and in a sense that is a grasping at control. It grows out of a place of fear. Love does not deal with concepts, but with penetrating all concepts and all appearances to get at the true nature of things. When a catalyst in your life creates pain or confusion and you strive to understand it, to deal with it in an intellectual way so that you may give yourself a program—“I could do this and that and that”—that takes you further from faith. When you can notice the fear arising in you, founded on those uncomfortable catalysts, when you can notice the desire to control that grows out of the fear, then you may move back to the open heart.

42: In this way, faith precedes wisdom. You do not need to know anything, just to follow the guidance of your open heart. When you follow that guidance, let go of all need to control and are simply present with whatever catalyst is there in that moment as lovingly as you can be, then the mind ceases thinking about, grasping at, planning, controlling. Then the mind is free to penetrate beyond thought and really understand at a level to which thought cannot take you.

43: If surrender is a manifestation of faith, then courage,

willpower, determination, energy, are all ingredients which make surrender possible. How much harder it is to face the unknown than the known fear. Surrender does not mean saying, “I give up,” and ceasing to express your energy. It means expressing your energy in a direction of love with no understanding of where you are going. You cannot foresee, in your human shells, where your path is taking you. You cannot know what it is that you or another needs to learn.

44: I would like to use an example here, a being that Barbara has seen as a past life, one that she has agonized over and for whom she has finally found real forgiveness and great love. This being was a Native American medicine man. He taught peace and organized a peace conference of sorts at the request of many others. Beings from many tribes and other races attended. There was one tribe that had great fear, and they came in and massacred the whole group. And then white soldiers on the hillside swept down and massacred those of that tribe, even the women and children.

47: Now this Native American, this being, sat there; and he did not have faith. He thought he knew what they needed to learn, which was peace. And he was right. That is what they needed to learn. But he thought he knew how they needed to learn it. You never know. You do not know what another needs to learn. You cannot take another’s lessons away from them. You can only clarify your own energy as much as you can and offer as much love as is possible in any situation and then surrender: “Truly, thy will be done. I do not know anything.” I Can you see how your efforts to understand conceptually, to pigeonhole it all and make logical explanations, offer an escape from the far harder task of having faith?

48: Compassion can also be misused in this way. I have spoken very, very often with people about compassion and codependence, that it is hard to have faith in a situation and give loving energy to that other being whose energy is distorted into unskillful patterns, but to say no to those unskillful patterns, that you will not aid them. Compassion becomes distorted into, “I want to help.” But as soon as you say, “I want to help,” you must ask yourself, “Why do I want to help? Is their pain too uncomfortable for me so I want to fix their pain? Can I trust the whole situation, come back to faith and to love, attend the fear in my own heart, seeing how my pain reflects their pain? What do I find when I get in touch with that fear in myself? Who is it that I want to fix—them or me? Do I want to fix them so I will not have to pay attention to the distortions within myself, because the mirror will have been removed that reminds me of those inner distortions? Can I have faith that this friend or loved one is in a painful situation, that I am in a painful situation, because there is something to learn? Can I truly say, ‘Thy will be done,’ and stop trying to make anything special happen, just be present with whatever is with as much love as I can?”

49: I said before, this does not mean no energy, no effort. But where is effort given: to fix, or to surrender and offer love? To let go of the need to control, to see the fear that it springs from and let go, is one of the hardest of human experiences. Yet it is only from that place of deep faith that distorted wisdom and compassion can develop, wisdom that penetrates into the depths of reality rather than thinking about reality, compassion that grows out of connection to all that is rather than the concept of compassion which puts a bandage over your own pain.

55: It is such joy to share the loving energy in this room. I thank you all for the opportunity to speak with you and offer my thoughts. And I offer thanks to my brother/sister of Q’uo for the opportunity to pass this back and forth, to learn and teach from and with each other.

21.32 1992/11/01

5: In this particular entity’s case the stopping place was offered more than once up to this point within incarnation. At the younger ages, twice, and as a more mature entity also twice. This is due to the preincarnated realization that each attainable goal or lesson of love to be brought into manifestation was adequate learning for one incarnation. Therefore, it is as though those who are spiritually hungry are like the cat with more than one life. Indeed, it is not unusual for entities eager to attack the plateful of incarnational fodder to generate the potentials for more than nine lifetimes of learning.

7: When an entity approaches the end of an incarnational lesson, if that entity has been exhausted by this learning it

will be given the opportunity either to embrace life with all of its confusions and distresses or to embrace the dropping of the physical body and the movement into whatever healing modes the learned lesson has created the need for. When this moment occurs the choice is freely offered in silence, and the love of life of the entity, or the disdain of life, create the potential for greater health within incarnation and a new lesson to be learned, or the gentle or rough path to the passage into larger life.

14: We ask you to consider the manner of being that you are. You seek to become aware of your basic nature, you seek to go beyond what can be known either by mind or heart. You are, shall we say, children of the one infinite Creator; no less than that are you. Shall a spark of fire choose the manner of its burning? See yourselves in relation to the infinite Creator, sense the back-pressure of the Creator's love of you. Can you know the Creator with either compassion or analysis, either intellectual thought or intuition? In no way shall you know the Creator. Through you the Creator knows Itself. You are precious for you are being that which the Creator experiences, you are experiencing the Creator being, both of these locutions being equally so. Sense your natures, give praise and thanks that this nature is, beyond all dynamics, unified.

21.33 1992/11/08

7: Now, let us move closer and gaze at the questions of using the dynamic balance betwixt male and female energies. One way in which it is possible to use the partnership of male and female is that both male and female remain deeply defended, shall we say, in the relationship against contamination from the dynamic other, be it male or female. In this type of dynamic there is very surely a true battle betwixt the sexes, for if the male is not interested in the strengths of the female mind and sees only the inconvenience of dealing with it, it will become more and more distant from the female energy, and less and less able to experience female energy in a positive, or fertile, way. Similarly, the more the female moves further into the intuition, and, shall we say, love for love or romance which marks the female energy, the less able the female will be to understand or experience the strengths of the archetypal male.

10: Thusly, neither the matriarchal nor the patriarchal model for societal balance is accurate. The appropriate model for third-density illusion, however, may be seen not to matter in society nearly as much as in the individual, for it is the individual which is now choosing how to express love in relationship to others. The reason this query about balance between male and female is central is that it is in wisely, compassionately using this balance that an entity, whether male or female, may wend its way more and more to the "golden mean," the middle of the path of truth wherein, by becoming more and more whole within, the path becomes more and more telling and interesting as well as more productive.

19: Often the true riches for inner balances are not seen by two within what seems to be the perfect match. Because, in the more extremely romantic relationships, it is quite often true that the dynamic betwixt the male and female has been so persuasive as to be seductive, turning the male ever more male, the female ever more female, and each being very archetypically splendid, yet each remaining distant from the other to the extent that the balancing strengths of the opposite polarity in sex are not loved, accepted, assimilated and used within the self.

22: We are known to you as those of Q'uo. The mystery remains a mystery, my brothers and sister. In seeking, in questioning, the great work of incarnation is accomplished. If the solutions subtly evade in a maddeningly long stream of half-learned lessons, do not let this apparent situation discourage or cut short the querying, the questing and the desiring, for it is in knowing your own desires and seeking clearly that the lessons of love shall find full sway for the outworking of circumstance in a commendable teaching situation.

21.34 1992/11/15

14: We suggest this reversal when a lack or limitation is perceived. If it is simply thought, it will not be very effective. If,

on the other hand, one who perceives a certain lack continuously decides to serve from a feeling of abundance of love within and finds a way to serve those who are alone or those who are very poor, the activity will be coming from a place of plenty where you have forsaken the thought of being alone, and instead asked, "How may I serve those who are alone?"

21.35 1992/11/22

4: Therefore, we first ask your attention be drawn to the situation whereby most of the feelings which run through the stream of consciousness are dealing with the surface of the passing experience and observations which enable you to use, to control, and to shape the passing experience in a manner which conforms to your preferences. However, like deep melodies which surface again and again, those deeper energies excited and born from the entrance into the conscious mind, of fated or destined persons or events, cause the experience being overtaken by these deep desires which then move into a position of dominance in the mind and which then color for a period of time the passing experience with the deep tapestries of emotions and desires which you have created for this incarnational experience in order to learn the lessons of love which can only be taught by moving through the catalyst of entities or events processing themselves through the day-to-day experience.

5: As had been discussed previous to this sitting, one of these portions of personal destiny is sometimes the relationship which seems to be over. Now, in this case the relationship is over in the framework of the conscious mind of the entity which lives and dies within the flesh and personality of this incarnation. However, the relationship is anything but over from the standpoint of learning the lessons of love, for which reason both entities within this relationship chose to meet, to exchange desires, and to part, thus only beginning and setting up the conditions under which the lesson may be learned in a way which creates a lasting bias in consciousness which will polarize the consciousness that is infinite within you towards the unity with the love and light which is the Source and Father of all that there is.

7: In the second exchange the teacher viewing its own mother pointed with name to a beloved friend and in a brief sentence realigned relationship away from accidents, shall we say, of birth and adjusted this relationship for a loving and compassionate opportunity for both mother and friend, as each then might comfort the other. From the sorrow of the apparent loss in both cases there may be seen to be an absence of fear, of self-pity, and an abundance and acceptance of the way destiny moves.

8: Let us move back onto the terra firma now, and gaze at the situation of lost love. Now the lover of the past is a memory. Were it a lesson learned, the memory would not come up to disquiet or sadden one. That it haunts one is a good indication that there is a deep and destined lesson of love to learn. There are three ways one might work upon this lesson. Firstly, there is the work of forgiveness. Most seekers are far more willing to forgive the other self in a relationship than to forgive the self, whether the self feels that it could have changed destiny by an action or feels that it could have changed destiny by eschewing an action. The case is that often the lack of forgiveness of the self stems from the belief that things ended wrongly. May we offer our opinion that there are no true accidents or mistakes in the metaphysical life, only opportunities. Therefore, the greater part of the work of acceptance and forgiveness is allowing the self to feel all right, that and no more, simply all right.

10: You see, the sorrows of the lost love are not a negative quality but rather a praiseworthy, hollowing out and deepening of the capacity to love without expectation of any return. The reason that the lost love haunts the everyday experience is that there is still much work to do in praising and seeing the treasure in the learning of how to love so deeply in the first place. Only in this kind of sorrow does the incarnate spirit become tempered and transparent to infinity. Only in the darkness of seemingly negative emotions of loss and limitation does the deep prayer, the soulful song of love take wing and sweep the incarnate being to a point of view where the breadth of love, once felt for one entity, may be turned at world dying and yearning for your deep love and compassion. Thusly, one does well not to turn from sorrow but to turn towards it, to merge with it, and to carry this loss as a

shining ornament which honors the infinite Creator.

12: It is not in any way easy to do that which we have suggested. The more intensive the desire has been to find love the more intensive the experience of love, the more the yearning for love, the more it will seem very, very difficult to so center the mind viewpoint that all these acceptances and forgivenesses and reorientations may have their just process. Therefore, we urge each to see that this is the work of not one but many incarnational experiences to deepen the source within during the incarnation. In a star-crossed, shall we say, relationship both entities, whatever the outcome in this experience, have been working with this balance for many incarnations. But allow the normalcy of day-to-day experience to move you until the next occasion when this haunting desire for a known or an unknown person or relationship looms so largely before the conscious mind that it colors all of one's thought. Then see this occasion as the treasure it is. Let the fears fall, let the heart speak all it wishes until its well of words and threnalogy of pain is fully expressed. Honor and respect the deep emotions and give them full expression. Rather than feeling them as an ending of a real life experience and only a memory allow the feelings to become living. Birth them with your awareness of the beauty of love. You have desired truly, you have loved truly. This you have experienced. It may now be separated from the constraint of belonging to one entity and the self and become that potential for love and for acceptance and compassion which may be universalized by being aware that this love is an energy unto itself.

13: You are able to accelerate the process of spiritual evolution whereby you are learning from the deep expressions of personal destiny and in all you do. To offer thanks and praise in any moment is your way of moving quickly, instantaneously to the mind or consciousness of unity wherein you may see that there is no loss, there is no lack, there is no separation, even in the case of a loved one which has died or been permanently separated. This love is an entity unto itself, a vortex which may pull forth either a bitterness of a judged loss or a smooth vine of a judged treasure. It is always your choice.

32: I am Q'uo. My sister, there is a respect which we have for your free will which inhibits us from describing to you those energies which you ask about. However, perhaps a more general statement might enable you to think further upon this. We would say that when there is, as in your case, a deep desire to serve as a channel, that this desire is true. The manner of manifestation of this desire is not fixed. Destiny does not say, "You shall do this and this," it says "You shall be put in this situation wherein you may attempt to learn of love and to be of service." We encourage you to move ahead with the learning while being extremely alert for indications from spirit as to the finer and finer choices which determine the direction of learning and service so that you may find your own unique way of serving and of loving.

38: My sister, may we share our great joy in speaking with you. It is a true pleasure, and we are full of love for you and for your devotion.

21.36 1992/12/13

9: Only in third density is the unity hidden. This is in order that each may make an all-important choice of how to proceed with the evolution of the spirit, for there are two paths to the one infinite Creator in general. One path is radiant, giving, loving and unifying, and is called service-to-others path or the positive path of seeking. The other path to the one infinite Creator is magnetic, attractive, charismatic, and may be called the path of service to self or the negative path. Each of these two paths is a valid path to follow and will bring the seeker to the growing awareness of the nature of the mystery of Creator and self. We are those of the positive path, as we find it to be the more efficient path, and in our opinion the more agreeable one to follow.

10: Therefore, as you approach the choice of which path to follow, nothing can be known for sure, for it is all important that this choice be made in faith and not because of any proof or fact, for only in faith, only in the mid-air of that leap of faith is the choice truly made to love. Once the pilgrim's soul has made the choice to learn to love by attempting the positive path of service to others then there shall be the unfolding of the destiny which you co-created. This does not mean that free will is abridged thereby; it is as though you have fur-

nished yourself with a place to begin a journey and a place where that journey ends.

15: My friends, you are loved so very much by the infinite One, you are so precious. You are unique. Your nexus of experiences and biases is irreplacable. Feel that jewel within yourself grow and glow and allow the Creator to move through each facet of this jewel of essence, and this shall be your rudder on the uncharted sea.

25: Indeed, almost no negatively oriented entity wishes to use such prejudicial language about its path. The language is more often couched in terms of affirming the self. This is not to be confused with the process of accepting the imperfect and universal self as a heart of preparation for loving others as you love yourself. Do you see this, my brother?

37: My brother, the fine joke of comfort and discomfort is that at the beginning of any learning there is tremendous feeling of discomfort while there is very little seeming work being done. The wheels, shall we say, are spinning, and even the slight bit of change which is occurring is causing tremendous amounts of emotional, mental or physical discomfort. As the lesson begins to sink in, usually the fourth or fifth time the genre of experience has come around again and the seeker is getting the hang of this particular lesson of love, the strides being made towards transformation are far greater, change is occurring at a far more deeply biased level, yet the experience of discomfort is somewhat less because comfort actually lies, as we said, in accepting one's place in the flow of change.

48: I am Q'uo, and yes, the query is clear. The physical vehicle which carries consciousness is not ever biased towards positive or negative evolution, for this is evolution of consciousness. This consciousness is infinite and eternal and uses physical vehicles in order to come into manifestation and experience the limitations which allow self-knowledge. This consciousness can use any vehicle. It is this consciousness which has the ability to choose, to learn, and to love the infinite Creator, either by loving others and serving them as the self or simply loving the self and serving the self.

22 1993

22.1 1993/01/03

4: Let us spend a bit of thought upon this before moving forward. You are already aware of so much in the field of metaphysics, having focused upon it intensively. However, sometimes the basic fundamental of a cosmological system such as the one we offer can seem fresh and new, because the material has not been dealt with in just this application. Such is the case with the plan which you as co-creators, with the aid of your higher self, set out to experience during this particular incarnation. There was a destiny, shall we call it, of kinds of human experience—that is, experience which can be had by humans or third-density creatures—that was the helping of food on the incarnational plate. These lessons of loving were meant only for your own learning and growth. There was not in your minds as you planned these lessons a mischievous or wicked impulse, but only the ambitions of the seeker who wishes to stretch and grow within while offering service in the name of the infinite One. Consequently, you gave to your future incarnational self a potential for incarnational experience that you yourself felt was the very best possible.

6: This having been said, we ask that you take some of your time when reflecting simply to put your being carefully within the awareness of yourself as an infinite and eternal being who wishes both to serve and to grow in the love of the infinite One. Into this arena where free will meets destiny and chooses its reaction comes that called the attitude. An attitude, we may note, is etymologically a word meaning "the way of leaning or tending." To take an attitude in the dance, for instance, is to turn the foot and leg sideways while raising it upwards instead of raising it straight. The attitude is the slant which you may put upon the straightforward march of life events. And, yes, the attitude one takes does have a great deal to do with how rough the incarnational experience seems as you progress through it.

8: So, we would look first at new lessons and then at the true culprit which you are after. In new, or novel to you lessons of

This is not something for which you can reach. You may sit in meditation for days and weeks and months and you will feel spiritual, but you will not necessarily be spiritual. For spirituality is in the being. It is in the self as you bring your self to the moment. It is in the attitude of self that, by faith alone, waits for that still, small voice, that intuition, that guidance that will tell you when to come in and what to say, that will enable you to look at a hopeless situation as far as harmonizing with another and say, "I reject the hopelessness of this situation. I will rest and wait for the rhythm to catch up. 16: In this endeavor you are crucial to each other, not simply mates, but everyone whom you pass on the street even, for you may in passing smile at someone who is hopeless and that realness may jolt that entity out of hopelessness into hope that bears much fruit. You do not know what you do. You cannot know the impact that you have as a being. [You may] not necessarily [seem to be] as those who are fruitful in the world. Some are. Some do not seem to be. And within the world this means much. Within the metaphysical world it means very little unless each thing that is a fruit is also one that was done with love, with a desire to help, with that stubborn naïveté that says that "I want to give the best that is in me, and I want to see the best that is in those around me." This encouragement of simple being cannot be overstated. May you have encouragement and support for each other, for you are acting upon yourself when you so do. And may you nurture and cuddle and hug that small self within that is so often hurt by a very bruising world. There is much unseen support for work in consciousness, for prayers, and for a life lived in faith. We ask you to lean into that support. This instrument would call it angelic support and say that there are angels everywhere. Other entities would describe this far differently, but the concept remains the same. There is guidance. There is help, for the Creator is constantly communicating to you using everything: nature, the environment, other people, coincidences. Be alert. Begin to see the spiritually interesting coincidences and you shall be much encouraged thereby.

27.10 1998/09/11

49: Thus, when you reenter incarnation, you have not only the original lesson to be learned but an additional severity to that lesson which is brought on by that pain that you have caused to those whom you have previously loved. Many times this type of karma is alleviated by the total forgiveness of those whom you have hurt. However, it is simply desirable to live until it is time for the lesson to be through, for your burdens to be laid down. It is a truism, we are aware, but we must repeat that you are not given those things which you cannot bear; thus, working through what is difficult.

50: When you finish with a lifetime, at its natural end, whether it be short or long, you can then go on and learn other, perhaps, more agreeable lessons in other, perhaps, more agreeable spheres of vibration. If you may think of your existence as having a natural rhythm and an ongoing purpose, perhaps it will be easier for you to understand that suicide, as you call it, is a stoppage of that rhythm in an arbitrary manner. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many blessings that are about you and letting the realization of love flow into you from the Father. If you can keep these realizations before you, your life, in this realm and all others, will be enjoyable and fruitful.

27.11 1998/09/20

10: Many of you have spoken this weekend concerning the desire to move out of that shell, to become a citizen of eternity and not a person with a body and a lifetime, a beginning and an ending. And yet this is your time within the shell. This world of shadow is your time of being unborn and developing that being which shall hatch upon the entrance to larger life which you call death. Within this shell is marshaled infinite power, wisdom and love. Within this shell lies the food that you shall need, those drinks of water that are guidance, inspiration and hope. And so we ask you to abide within that state of being in the learning situation of the unhatched egg. Unlike the little shell of the egg, your shell is large. You may move about. You may express yourself within the illusion in

many, many ways. However, you are constantly and infinitely protected. That physical vehicle that sustains life within this density, within this illusion, shall fail. Just as it had a beginning so shall it have an end. So each moment that you have within the time and space of this illusion is precious, for it can be given only the one time. There is no recapturing a second of experience, opportunity, challenge. And of course we urge you therefore to be alert, to be vigilant, to pay attention, for the winds of your thoughts are rich with useful concept. There is constantly coming to you from many sources guidance by sign, by metaphor, by physical experience. And as you use your intuition to notice coincidence and synchronicity and pattern, you may begin to find your environment more and more full of information and this is helpful to one who is attempting to live a life in faith.

11: For one who is looking for a job, looking for a way to make money, there is that feeling of panic. "Yes, I have faith, I have faith that the Creator loves me, I have faith that I am something more than my body and my mind, but I need a job." We encourage each who has concerns to voice them not to the self, but to the Creator. This instrument often argues with the Creator. The Creator doesn't mind. We would encourage each of you to have conversations with deity however you may envision that, at any length, at any time, with any emotional import whatsoever. With this conversation is more than any emotional colloquy. When talking with the Creator you are opening lines of energy within the deep mind that marshal and enable forces that are helpful to you. Let your faith be in something you can talk to. Let the deity have whatever face it has for you. Let the Creator be real to you. For, truly, as you move from this veil of forgetting, much will be restored to your knowledge, and you will marvel that you could ever doubt the eminence and reality of infinite intelligence, that great Logos that is love.

15: Each of you will move through your days and meet your eventual physical demise with a mixture of easy and difficult times. We encourage you to watch for the pattern, watch for those things within you that cause you to stop and contract and move into that worried state where the thoughts move in small circles. Watch for those, being aware that your earthly pilgrimage is a journey from the head to the heart, a journey from past and future to the present, a journey from dark and light to oneness, a journey from right and wrong to love. Focus upon your love that you can give, that you can receive. Honor and respect that, follow that, and for the rest having done all those logical things which one can do in a situation, then crawl into the hands of infinite intelligence and rest easy. We encourage you to strive. We encourage you to help your situation in any logical, rational way that you can. But when those things have been done and there is still concern we encourage you to walk upon the water, to jump into mid-air, to toss yourself into the sea of confusion in faith that the Creator will toss you where you are to go and will bring to you the fish you need to eat and the water you need to drink and the understanding you need to grow.

16: You have but a little while upon this Earth. May you use the time lovingly, sweetly, insofar as you are able. There is for the fool a peace, a peace that the world cannot know. It is the peace of absolute trust, that the one who watches the sparrow also watches you. That no matter what occurs, be it starvation or death, this too is acceptable, this too is part of pattern, a beginning, middle and ending. When once again this body that you now enjoy is dust, what you shall value about this incarnation is the suffering you have successfully undergone, the challenges that you have been able to take advantage of as opportunities to express faith.

20: ...in your faith, in your serenity, and as you go about this work to remain aware of those about you. For they too are moving through crises of faith, initiations that cause them to be up at night, to be concerned and disturbed. For each of you can be to others that bright light that remains faithful and steady, and remember the unknown stranger as well. Turn your mind to the crisis of faith of those many, many of your tribe of human that you know not, that you shall never know within incarnation and who are yet a part of you, and you them. And lend them your faith, let it wing where it will, where it is needed, for just in such a manner can you love and serve without leaving your chair, without moving a muscle, and serve right well, and in a very important way. You are not the only entity adrift on this sea of confusion. The archipelago is crowded, my dear brothers and sisters, with many frail barques, with many wandering souls, and each of

move into action and the self becomes conscious of receiving one hundred and one thousand times the blessing back upon those moving waters of life.

13: So, to become able to make the transformation from tolerating another to celebrating another—to use this instrument's phrase—the first step is to become detached from self-judgment and unattached to one's thoughts, words and deeds. In that you do them, think them as well as you can and then forget them and move onward to the next creative moment. Each entity vibrates within a certain range, this basic vibration is as a—we correct this instrument—each entity is an unique vibratory signature. It vibrates as it is, completely whole and completely clear no matter what muddle you may feel you are in. That basic vibration is completely identifiable as you and only you. This vibration, this basic signature is that which you are attempting to affect by the way you live your life and the lessons—we correct this instrument—the way you live your life and the way you concern yourself and deal with the lessons of love you encounter along the King's Highway, as this instrument would put it.

14: By choosing again and again to serve others, by choosing to seek the Creator in the self, in others, in creation, and in the center of the being, you attempt to affect the narrowing of the gap between your vibratory signature and the basic pure vibration which created all things, that infinite Creator's Thought or Logos of Love.

15: So you have a relative vibration, that is, relative to the Creator. A great many incarnations are consumed in the slow and inevitable progression and narrowing of that gap betwixt the self and the All Self. This vibration may be seen to be that which is of love and of fear, these are the two basic dynamics within the vibratory levels. To be simplistic we would say that there is always some ratio of fear to love, however the greater the love, the greater the life, the greater the fear, the greater the death, for that which is alive, creative and moving is of love, and that which is judging and defending and inwardly focusing beyond a certain point is of death.

16: When one attempts to learn tolerance of another one is attempting to be able to accept another in complete love and lack of judgment. To the extent that this is accomplished there is a great benefit to the self, to the other self, and to the Creator. When one finds that one must engage in judging, in defending against and so forth, then one is dealing with emotions which may be identified with the death, or the forces of death.

18: There is a great and intensive battle within for your attention from both your deeper self and from the energies which surround you. Constantly you move within a spiritual atmosphere which is flowing and continuous, which never stops in its movements, and which is greatly affected by desire and intention. It is within this intuitively perceived sea of being that you swim, shall we say, or sail, either towards the unity of love which is the Creator or towards that archipelago of perceived self and other selves which is the seascape of the service-to-self entity who perceives the self apart from all by choice, and controlling all for the best good.

20: When this has been perceived as a goal towards which to move, then it is that the self becomes able to extend this charity to other selves. We would offer the model of the way things are that the one known as Jesus offered when this entity described the situation where the sower sows a crop which another shall harvest. When this crop of love and positive desire is sown with a glad and merry heart it then becomes more and more possible to begin to see through the veil, to perceive for the first time the extent to which others sow for you to reap. How rich each is in the harvest given by others to the self, and how much richer shall the self be as it learns more and more to sow those seeds of love and virtue with a careless and generous hand, not waiting for the self to applaud but moving on, practicing the presence of love.

29: How we love you! How beautiful you are to us! We see you wanting so much to cherish each other. Cherish yourselves, and then turn the eyes towards the infinite One, and your instinct shall more and more be that which does celebrate others, that which does have charity and wisdom towards others. These are natural ways. You are simply relearning them. Never doubt that behind the veil of suffering and limitation lies a land where love is visible. But hold fast to that faith and let it be the rock upon which you stand, with arms open to receive love... and hearts open to give it. May you truly celebrate and enable each other as you walk along the King's Highway.

23.11 1994/05/22

6: Therefore, we greatly encourage all wanderers to take up the burden of a dual existence, for that is precisely why you have put yourselves to this task. As difficult and disagreeable as it sometimes is to live with this double vibratory pattern, this difficulty is worthwhile and one hundred times worthwhile, for the basic vocation of every wanderer is to bear witness to the light and the love of the one infinite Creator. Therefore, the life may be seen to be full of everyday matters, yet offer ample time and space for the spiritual vocation to which wanderers have called themselves, that of bearing witness.

9: We encourage each so to arrange the daily habits that the center of being is given respect and pride of place within the daily life. As always, we suggest a daily meditation, a turning in and out of season towards that infinity which is the inarticulated love of the one infinite Creator. The challenge for each wanderer is to be able to dwell in this particular illusion, to enter fully into the processes of becoming a transformation yet remain at the center of being, consciously turning again and again to love itself.

10: To those who feel somewhat dislocated and alienated by the outward environment but who have not yet decided for sure that they are wanderers we say to each that it is well to act as if you are a wanderer, for that which wanderers came here to do is that which all may help by attempting to do. For at heart, all are wanderers. We, as well as you. All have wandered from that inarticulated love which is the one infinite Creator. We have wandered through many, many creations and have experienced manifestation upon manifestation. Within each place we have found eventually the one infinite Creator, and as we have found the Creator we have felt that homecoming. Yet as soon as that is felt the new challenge arises, the new day dawns, a new lesson is to be learned, and once again the restless wandering begins within.

16: We once again thank each for gathering to seek within spirituality for that ultimate reality which beckons. How confusing it is to have chosen to become manifestations of love. At the point at which we all are it seems very strange that we as Creator chose to become co-creators, moving in and out of illusion after illusion. Yet that which is infinite calls for more and more and each carries that eternal stillness and the eternal fire will within. The combination creates that which is just and right and good. Yes, you shall suffer, but this suffering is infinitely worthwhile.

23.12 1994/05/29

3: The difficulty in speaking about spiritual healing and cleansing is the difficulty common to all attempts to put faith into words. Whereas physical and mental, emotional—we correct this instrument—emotional problems have a large vocabulary of closely fitting words to work with, the issues of spirit must depend upon words such as love and faith which have no objective referent that is at one's hand to pin down and to create as a fully meaningful term. Words like faith indeed do refer to a real thing, but that reality is at best approximately symbolized by language, for the level of this truth is beyond the reach of words created as tools in dealing with one's environment.

4: The entity who is attempting a life lived in faith is perhaps the closest one might come to a fully meaningful symbol of faith. A person who is attempting to love is perhaps the soulful expression of love itself. When that verb which is the seeker seeks to attain the objective of spiritual health, then, there is no set of words that can bring about healing, for the health of spirit is at once always within that entity seeking help, regardless of the outer appearance. However, this health is also most suggestible when there is attained within the seeker the releasing and balancing of all energies which can be felt, and then the simple willing belief of a believer who believes not in the words of faith, but who believes that faith is the appropriate energetic balance.

13: Simply to say, "All things are love and love casts out fear," is in almost all cases inadequate. Perhaps one entity might hear and understand in a moment of realization that truly love casts out fear, but to the ailing spirit, such encouragement usually is received as if it simply constituted another pressure which was painful, the feelings of inadequacy and

helplessness continuing and perhaps even growing. It is well to be humble and silent before or in the face of the temptation to overstate or speak too much. However, there are an infinite number of ways to create within the self of the healer that dynamic balance to forgiveness and love which may far better speak to the spiritually ill.

18: It is seemingly merely working with details to get down to basics to decide which chair to use or what time of day to make for prayer time, yet these down-to-earth details truly do aid in the formation of faith. Now, prayer could be said to be that tune which, though unheard, is the tune of hope. Prayer can be said to be that inner flower which bears the scent of love. Prayer can be talked about indirectly by speaking of the beauty of a poem or a rose. Prayer is a form of communication whose object is one with its subject. The prayer, in reaching to the infinite Creator, reaches within. The self talking to the greater Self, this is the structure which seen from the outside may be said to constitute the house of prayer. The actuality is that that seemingly far away source of unity which love itself is, lies within, so the journey of prayer is a journey from self to the greater Self within, then circling back to form the unending circle between prayer and prayer, that is between the one who prays and the object of prayer. 23: Thusly, it is well for the healer to speak some words concerning this practice of the infinite presence of that one great original Thought, that logos which is love and which is the One infinite Creator. In your Holy Bible it is written that the one known as Jesus states, "I am come that you may have life and have it more abundantly." This abundance of life is that which is the healthy spirit. When you have been able to, as healer, to place within the seeker's hands these basic concepts, then the healer's job is done insofar as communication with the seeker. From this point onward the healer may pray and know that presence within and offer this state of prayer to the infinite Creator on behalf of the patient, and the seeker who is the patient may begin to create for itself a life which is transformed. But this transformation shall come not visibly, not plainly, but rather from inside out.

32: Well, and also not just for the seeker, but if the healer wants to pray, is prayer just totally unique for each person, that that person would then feel the clearest contact with love? I mean, is basically what you are saying is whatever the person can do to express that faith in unity... like silence for some people might be the best prayer? I guess I am getting hung up on the word.

23.13 1994/06/12

14: It is always a temptation to be of service to others and consider such active and overt instances of service the superior or, indeed, the only type of service. However, there is a much deeper and much simpler avenue of service available to each and that is, as each is undoubtedly aware, the entering into the silence which contains the voice of the infinite Creator. This unheard voice, this unfelt footstep into our hearts is the silent witness of light and love. As each seeker moves into that silence which lies beyond all words it enters holy ground indeed. And each moment in which you are able to practice this silence will be a strengthening and informing moment.

17: I am Q'uo, and am with this instrument. As you enter into that silence which is beyond words you move into an area in which there are many benefits for your being and your efforts, for there is the rejuvenation of the being which occurs in the center of the heart and the time spent there is cleansed of those minor worries and details that tend to tie your feet and hands with the small knots of details during the day. In this silence you find again the center of self and its connection to the great Self. This practicing of the presence realigns your energy centers and meridians so that the universal love of the one Creator may move in a more harmonious pattern through your centers and become that energy that you expend in your efforts to learn and to serve.

18: As you experience the centering effect of the presence of the One you also will discover that this peace is that power which then begins to more and more find a place within your daily round of activities, having an effect that is of an harmonious nature; that is, allowing you to blend your vibrations with the intelligent energy and also allows you more the ability to blend your vibrations with that work and those entities that are within your daily reach of experience. We heartily

recommend daily practices of meditation in order that you may find a place that sustains you as you serve others. This place is truly holy ground and it is most sacred in that it is the temple within the physical experience. To this temple, then, retire frequently for there is great sustenance within that will aid your being within the experience of teaching, of learning, of serving, and accepting the love and light of the one infinite Creator.

27: We are Q'uo. So there comes to be a familiar rhythm to the centering process, the turning within to touch the awareness of the sacramental nature of the creation, then the turning outwards to a world which awaits that centered gaze. It is in the minds of most seekers to request of oneself the perfect offering of service, the perfect meditation, the perfected realized awareness. Yet we say to you that you are equally effective when you do not know whether you are centered, when you do not know how to serve, for the striving to know is in itself a holy business and the world recognizes love and compassion whether or not that compassion is couched in what you would consider to be your most skillful efforts.

28: Indeed, the living of a devotional life is the simplest thing in the world, shall we say, for love may be given every which way and it may be received in every which way. The most stumbling attempt is still love. The most error-filled attempt is still full of light. The mistakes are simply mistakes. They do not change the nature of your gift. In your holy works the prophet known to this instrument as Isaiah cried out to his Lord, "How can I go forth for you? I am a person of unclean lips and my people are a people of unclean lips." But the Creator speaks to this entity and to each by saying, "I need a witness."

38: We are those of Q'uo. You are correct in assuming that you may be of maximum help in offering energy to the circle. When every hair is pointed to receive the next glorious word which we may endeavor to get through this channel, perhaps you may see from our sarcasm that we feel that the true service is not in being the perfect circle participant, but it continues to reside rather in your being most truly and authentically yourself, with all your dirt, with all the imperfections of attention and composition of attitudes. Demands come upon you within the illusion from all directions to conform, to move hither and yon by appropriate means. The culture has many demands. Love has but one. All you can give is acceptable.

39: It is well, then, to strive to be your best, but far better, when you feel you have not given your absolute best, to realize the value of that which you have given and to take any thought which may be self-critical and turn it so that the other side of that thought shows, that side wherein you take to yourself the self within which feels imperfect and allow the love of the infinite Creator to flow through you into this spiritual child, for each of you within this illusion is a spiritual infant.

40: The awakened spirit makes many cries, yet it needs so much given to it, like any infant. Is the infant's job, then, to be wise? We suggest rather that it is your job as the caretaker of your own consciousness always to offer mercy, kindness and unconditional love as you perceive it in all conditions and situations, as best as you can. The imperfection you perceive is literally true, yet it hides the infinite perfection which lies beyond appearance.

46: Thank you for being my friend for all these years. How can I help others that I love better?

48: Picture, if you will, the star-studded sky with its unimaginable numbers of points of love and light which shine infinitely forth, and know that the brothers and sisters of sorrow are as these stars. And each entity is as a star. When the desire to serve is felt within and a channel is opened to the infinite Creator by means of praise and thanksgiving to that infinite One then it is that this infinite mystery may flow through you, and as a star shines out into the infinite reaches of the one infinite and unified Creation there is no time or space. There is no size of large or small. Each speck of consciousness contains the Creator. Therefore, the wish to serve followed by the dedication to the mystery which is the one great original Thought, that Creator whose name is Love, know and take comfort in this truth as we understand it: you are effective. As you desire to serve, so do you serve. That soul whom you touch may never know you, may never be on the same continent as you, yet that universal love which you channel forth in that silent witnessing finds its target, for it is called and it goes where it is called. You have only to sit and know the truth that all is love.

simply the day-to-day working pattern of self expressing. The other choice is service to others, and the one who chooses this way of expressing love is intending to, at the expense of the self, put others first. The service-to-self polarity and the service-to-others polarity is like the north and south poles of a magnet. In third density each begins somewhere in the middle in a kind of well of inertia. There is no positive charge or negative charge when experience begins to be accumulated by the awakened soul within incarnation. It is little choices, like whether to share your peanut butter sandwich with the other kids in fifth grade, whether to go sit with the kid with a broken leg in second grade, whether to help the parent who seems to need it. These seemingly small and everyday decisions are those in which one either decides to attract to the self that which is needed or to give away the love that is within one for the benefit of others.

8: We are those who seek to be of service to others for we feel that others and ourselves are one, even though it is not something that we can see and certainly not something that you can see. You cannot see that your hands do not stop at the ends of your fingers and that the other person's hands next to you similarly do not end there but that each is touching each. Each energy field is moving to find comfort and [harmonization] with each other entity within this dwelling place and, in general, this has a tendency to occur, people finding ways to make each other more comfortable and to smooth and oil the social machinery that helps each person to feel better about whatever situation is occurring. These are not small choices when viewed in the context of the basic purpose of third density, for in a nutshell, the way you graduate from this third density to the density of love and understanding is by making decision after decision after decision based, not upon evidence, but upon faith. Faith that the love and the hope and the charity and the good feelings that you experience within your heart are real and are not foolish or naive. Faith that things are well and that things will be well and that you do have comfort to give to yourself and to others.

10: So when we say that this sea of confusion is given on purpose and not in a cruel or unthinking way we are simply referring to our feeling that it is only when there is no way to prove belief, hope and love that the choosing of those values and the manifesting of those values in a life experience has metaphysical weight. And, indeed, each choice that you make polarizes you a little bit more to the service-to-others polarity. We are assuming that each within this dwelling is a service-to-others oriented entity, as are we. We do not wish to say anything negative about those who seek in service to self, for we are aware that this too is a valid path as far as it goes. It does not take one as far as the path of service to others, and it must be abandoned, not in the next density, or the next after that even, but in the sixth density. For the fourth density, the one to which you hope to graduate at the end of this incarnation, is the density of love. The density after that is the density of wisdom, and the sixth density is the density in which love and wisdom are balanced. It is at this point that negatively oriented entities must switch polarity, that they discover at this point that they are unbalanced and that they can go no further because the deepest [choice] of all is towards evolution. Eventually each negatively oriented seeker chooses to become positive and to move onward towards the Source.

11: So the situation for each is a walk in semi-darkness, metaphorically speaking. The light is that of the moon, and there are many shadows, and the comfort of companions along the way cannot be overestimated. Naturally, each entity is drawn to the birds of a feather, as this instrument would say, those of like mind, those of like nature with whom they feel more comfortable, and the mating of men and women is a constant force towards the activation of catalyst that will teach the seeking soul to love. And the best of catalyst is gained with those with whom one is in contact with continuously. Those whom we see from time to time are those with whom we can plan to be our Sunday selves. We may wish to show all of our dazzling good points at once, or we may give them out one by one. But as long as it is the occasional friend that we are seeing we can offer the best of ourselves to that entity in each and every occasion upon which we meet. But for mates this is virtually impossible, and thank heavens for that impossibility, for it is necessary to work, it is necessary that we have catalyst to work with. And since we all came here to work on whatever density we are experiencing life,

this seeming catalyst of pain and suffering and not understanding and wondering—this is the friction that we need to move us towards learning. And as we learn, we begin to realize that in each case we are looking not just at a situation but at an opportunity to find the love in that situation and to express that love. Consequently, often the catalyst itself becomes less painful to us because we are able to work upon our response to that catalyst; rather than simply being overwhelmed by the catalyst itself.

12: You asked what do entities fear when they are working on relationships, and perhaps we would say that the greatest fear is the loss of love or trust and the betrayal of security in whatever distorted way that security is felt by the self and by the other self. Many issues have their heart in this emotional security. The surface of an issue may be money, or health, or where to live. It may be almost anything in which two people have a different view, but whatever the seeming issue there is a deeper issue, a singular issue involved and that is not necessarily a doing issue but a being issue. It is the way of being or an attitude that we would like to encourage each to explore. The one known as Ra has offered the question, "Where is the love in this moment?" and it is this instrument's favorite way of centering the self in times of confusion. For each of you is love. Each of you is a projection into manifestation of the infinite love of an infinite and divine intelligence that has created all that there is and is all that there is. Of course, each entity in manifestation is distorted from the original vibration of the Logos. Without this distortion, without this mismatch, shall we say, in space and time, there would be no universe filled with light. There would be no way that the Creator could know Itself. And yet, simply being in manifestation posits that there be illusion. As long as each of us is a being, an entity, apart from Love Itself, each is dwelling in some degree of illusion. However, in this illusion each is the Creator to each, and in relationship, especially the mated relationship, this awareness is a healing balm that may help and prove a resource to those who are in pain because they feel abandoned or rejected or misunderstood.

13: What people fear is being betrayed: offering trust and having it betrayed. There is within each the dancer that would fly and soar and leap in joy. And yet when we let that self out we are as foolish as little lambs playing in the pasture, and we can be easily squashed. And so it is a scary thing to surrender to those feelings of love and joy and enthusiasms that are in our very heart, for are we all not love?

14: One of the big illusions is time itself. And as this instrument was thinking earlier, considering the various things that had been said around the circle, many times it is just that waiting that is so difficult. And what is it that mates or anyone in relationship would wait for when there is confusion between two people? We would say that it is as though there were a dance that all of nature and all of humankind is engaged in in third density. It is a dance with meter, rhythm, harmonization of movement, and the plants and animals are aware of that. And the moon and the sun and the stars dance also, and within each of us there is that completely aware dancer also. And to that completely aware part of ourselves which we may touch from time to time, there is no such thing as waiting but merely pausing and resting until it is time to move into the next step of the dance. But to the human heart lost in confusion, anxious to put things right, there does not seem to be much rhythm or harmony. There does not seem to be a clear cue as to when to enter the stage or when to change one's step or even in what line to say. And as entities repeat lifetimes working upon one dynamic or another of loving and being loved it is as though you were in a situation comedy, or shall we say, a karmic book, and the jokes sometimes go right past you because there is too much sorrow, too much suffering, and too much angst. And you feel like a living "Dear Abby" letter in search of the impossible solution to a complex knot of problems.

15: We encourage each to love that part of you that does not get it. You cannot wake up out of this illusion. That is not why you came here. You came here to be buffeted and pummeled by suffering and pain and limitation until finally, finally you surrender your intellect. You give up your logic and you move from head to heart. My friends, it is in the heart that the Creator is waiting for you, whole, complete and loving you with an intensity and utter compassion that is so real and so vital that there is no response but to love the Creator in return. This is not something for which you must reach.

Creator already dwells in full glory and strength; from before time began until there is no more time, this is so. Before you were, before the world was, before all things, the Creator rested in Its universe. And as you are part of this universe of love so that love incarnate dwells within you. See yourself as a pilgrim walking up to the door of that inner sanctum, inserting the key of silence, walking in and sitting, not with other human beings, however worthy they may be, but with the infinite Creator. This communion awaits you constantly. It is not that the Creator is not with you, for the Creator is your companion from the instant of your beginning until the last fell knoll of life's bells. It is the self within incarnation that does not remember where to go to tabernacle with the infinite One. We would encourage each who wishes to move into the heart to attempt daily to sit in silence and allow the Creator within to make Itself known to you with no words, with no dramatic fanfare but that still, small voice whose message is far beyond concept but whose surety is absolute.

7: The eventual goal of those who wish to be and to move from that flowing beingness is to gradually replace expectation with curiosity. The ways of the mind and of expectations and so forth involve energies which seem to grasp and hold and stop the flow of rhythm and attempt to control that rhythm. Frequently, it seems that such manipulation works. And usually entities can convince themselves that they are in control. However, in the spiritual sense the only control is in how to surrender the small will and the small self to an infinite One whose wish for all is to give and to receive love. Each time, then, that you find yourself having imaginary conversations, moving into circles of concern and worry, and, in general, finding oneself knocking up against the corners of life, find ways to stop the momentum of that relationship with what is. Stop and remember that you are a child of the Creator, a child of eternity, and a child of love itself. You need do nothing but welcome the rhythmic and rightful destiny that awaits. And we are not saying that there is one fate for each entity, for it is our understanding that each has free will and that each must, of her own free will, choose service to others or service to self. Rather, it is a question of whether you wish to go a straight route or a roundabout route. If there is control attempted in a working pattern, that will change the pattern. The more faith that one is able to express in the moment to moment rhythm, the more gently one may meet the unfolding of your particular story. And the shorter will be that moment of centering the self within that identity of being.

8: Issues of this magnitude are not done with during an incarnation. They will revolve again and again into your experience, into your stream of living. What you learn at this time you shall see again. It may be at another level. It may be somewhat different, but the issues shall be the same: to offer the self with no expectation of return. Each of you came into this incarnation wishing to sacrifice the self for love, wishing to brave the forgetting of all the spiritual principles that were known and held so dear, daring to come into a world most illusory and seemingly far from the Garden of Eden, as this instrument would call it. Yet in faith and in hope you took on this lifetime, for you wished to love the Earth and its people. You wished to serve, and this is your opportunity. In truth, it matters not what is occurring upon the surface of your life as long as you are attempting to be an instrument of love, a harbinger of peace. Practice being. Practice at odd moments, allowing the self simply to be aware, and resting in that deep peace that is awareness of the Creator. You shall certainly get lost in the sea of confusion again and again. But that too is illusion. Trust that heart within, and as you are given the grace to do so, work with those concepts of being and doing until you begin to have a lucid idea of what it is to be yourself. This is an art of profound moment and we encourage each of you to take it up. In your hopes and in your prayers, surrender all to the Creator and know, in confidence and in quiet, that that which is needed for you to learn and for you to serve will come to you. May you see all things with the eyes of love.

25: I am Q'uo, and am aware of your query, my sister. Each seeker that moves along the path of seeking the truth, of seeking the love and the light and the unity of the one Creator has a unique way of moving upon this journey. Many there are who feel similarly to others and who gather together with them to worship as you say, in a community of seekers, and in this community they take comfort, joy, inspiration and find a great meaning. This is well for each seeker, to find a path

which speaks to its heart, whether there be a great company with it or a small company of one. To look upon the journey with the heart that desires to travel and the mind that seeks answers, the passion of the desire is that which is most important for each seeker. For though one seeker may find fruits upon the journey and wish to share the nourishment of them with others it is difficult to do unless those others with whom one wishes to share have the similar desire, for each has the lessons of love to learn. And the greatest sharing that each seeker can make with others is to travel his or her own journey with a full heart, with alive compassion, and with the sincere desire to know that which you call the truth. The radiance that comes from within for each seeker so traveling is as a beacon, a light to others that, when they wish to inquire as to the nature of the journey, it is most appropriate to share with them that which you have found.

27.9 1998/05/24

3: Your question this day focuses on that which is at the heart of your third-density experience for which you took incarnation at this time, for relationships are the basis for much learning within your illusion. Your entire makeup as a physical, mental, emotional and spiritual being in this environment calls you to be with each other. It is obvious that, physically speaking, the male and female call to each other to perpetuate the species. And this, indeed, is the beginning of many, many relationships. Yet there are others that have just as much use with companions, friends, teachers. Perhaps even those who have not met face-to-face but have meant a good deal, those with whom you feel the intimate relationship that comes from the reading of deep truths shared. This hunger for society, society that fits with your own nature, is a powerful force, an instinct within you. Naturally, it propels the seeker into confusion and chaos quite often, for that is one of the intentions of relationship. It is in learning how to love a mate, a companion or friend, family member, or lover; that we learn by reflection how to love ourselves and how to love the creation of the Father.

4: Each density has its basic learning. That of first density is the simple beginning of awareness, the beginning of being in a manifested environment. The elements earth, air, wind and fire are of first density. Rock and ocean is of first density and they are learning, not self-consciousness but manifestation. And, as in your holy works, it describes the light separating from the day and the earth from the water, the fire from the air. Such is the learning of first density. The becoming of one element or another. The beginning of the long road from the Source to the Source. In second density the learning turns towards that of movement, of being drawn towards the light and the love of the one infinite Creator. The flower turns to the sun. The greenery breathes that oxygen which animals need, and animals breathe that carbon dioxide which plants need. There is the instinctual sharing of environment, the instinctual harmonizing of each thing finding its place as all things reach towards light and love. And yet there is not a self-awareness. That is the gift of third density. It is the first density in which the spirit within may begin to find conscious expression. For although plants and animals experience harmony and love and a feeling of rightness, they are not conscious of so doing.

5: When that step into third density comes, there is a veil drawn across that deep knowledge that all is well, for it is within this third density that the newly awakened soul within begins to work through the body, the mind, and the emotions to render them instinctual again through decisions that you make in each and every day. The spiritual work of third density has sometimes been seen as a single decision following one particular religious system, and for some, this is the experience that occurs. However, for many the awakening of the spirit within comes slowly, step by step. And yet small decisions create evolution of spirit, and there is no matter that is too small to become filled with the love which you as a person of faith put into the response that you offer to that which is in the moment before you.

7: The choice in service is of service to self or service to others. Those who choose service to self basically feel that the Creator is them and they are the Creator. The environment about them is that which may be controlled or manipulated in order to best make the self happy, comfortable and so forth. This is not a consciously negative attitude in many cases but

23.14 1994/06/19

0: [overview] One way of progressing on the service-to-others path is by biasing our balance and then balancing our biases. These biases are brought to our attention by our perception of events and offer catalyst for processing. Eventually one profits by seeing the Creator in all and radiating love and acceptance in that reality. It appears that the construct of the mind is of such a nature that processing painful catalysts are engraved in the subconscious in a much firmer and more definite fashion than those learned by experiencing joy or happiness. Why did a loving Creator allow the constructs that learn more effectively with pain rather than with joy?

6: The Creator—that creative principle of Love in which all reside—rests within the infinite intelligence of unpotentiated love. However, each individualized spark of this love experiences time, space, and within your density, choices, whereas the truth rests always in peace. The seeker of truth, time and space-bound within the physical incarnation, must place one foot ahead of the other, moment by moment, day by day, revolving about that truth which lies imminent within each moment, constantly having the opportunity to gaze into the present moment in such a way that sense perceptions are reprioritized in order to maximize the effectiveness [of] the choices available in that moment.

8: It is not that sorrow, loss and limitation are the only [effective] means of learning the lessons of love and polarizing towards the infinite Creator's vibration, but, rather, that few indeed are the entities which are willing, in the absence of pain, to do the intensive work which is needed to attain an acceleration of the polarization process using joy as catalyst.

13: Where are the teachers of the path of joy? Why is this path [not] more used? There is a simple answer; that being that the path of joy is the path of the adept and to the adept all things are loss, except the infinite Creator and serving that love which is the Creator. All things whatever may be counted as loss except that service. It is for this that each has come into this incarnation, to learn this path. This shining goal waits for each and becomes the path of fourth density. But third density still is being processed by each. This joy is still to be experienced fully except in many moments for each seeker where there is the click of sliding into that presence which is electric, which is the Creator within.

23.15 1994/06/26

5: The first self, of course, is the great Self which is the one original Thought, love itself, that infinite and creative principle from whose riches all who are self-aware have drawn not only the outer trappings of Creatorhood, but indeed the inmost essence of the infinite Creator. This great Self has no way to communicate Its essence. Consequently, in the fullness of free will, there comes that time of creativity wherein an octave of creation is begun with the sending forth of that which is one, that it might take upon itself the partnership with manifestation which is the very fabric of space and time.

8: Each incarnation, then, is not only an opportunity to learn lessons of love, it is further an opportunity to emphasize those biases found within the self which are considered by the self to be positive or helpful. The self also has the opportunity to look again at each and every distortion which is preincarnative, which seems to have sprung from birth, rather than from incarnational experience, and to decide differently, thus loosening the framework of thinking and ideation, and reshaping it in small or large degree.

23.16 1994/09/11

10: We have a simple message and we repeat it endlessly. The goal of the seeker is, shall we say, a vibration or a state of being which is the vibration of the Creator Itself, the one great original Thought or Logos which is Love. Each seeker attempts to form that vibration of self more and more like that vibration which is infinite love. Each movement towards that primal vibration of being is a step out of the sea of confusion which the everyday illusion offers. And as each seeker attempts to correct the many, many distortions of its own vibratory patterns, the greatest gifts that the Creator has to give are those paintings on the path which intend service to the infinite Creator and to all of those upon the planet within

which you dwell.

15: This instrument, for instance, has worked in a school where the bell marks the changing of the period, and when that bell sounded the instrument's effort was, for one split instant, remembered. Each of you has within the day certain repeated experiences, the ringing of the bell, the ringing of the telephone, the marking of the hour by a chiming clock. Whatever it is that you find within the environment to use as a key or trigger, we suggest that the seeker target this and train the self to use these found moments to turn once again to the infinite perfection of the mystery that is love.

17: Those who come to third density plunge from innocence into confusion. Within the brightly colored illusion which time and space have given, the seeker moves to find that infinite love which is at its heart, moving always within utter chaos and confusion. The seeker must choose its own way. We urge each to hold out the hand more and more to life as it is on the surface, to embrace the multiplicity of the tales, the boisterous comings and goings which seem to distract and fritter away the time. For it is not that the time has sped up, rather it is that the nature that beholds that time at this moment in the ending of an old age and the beginning of a new one is more transparent to catalyst and stimuli. Each begins to see the vainness and emptiness of surface life, and each becomes more and more willing to let go of the demands to be such and such a way.

21: Each of you is so courageous, my children. Gazing at illusion, stubbornly you know that there is an infinite love. Oh, you who are of this stubborn faith, we bless and embrace each. As you attempt more and more to practice the presence of the infinite One use these tools as they help you. Use each other and grasp that that is appropriate. Joyfully seize those moments that you can turn for even an instant to contemplation. Rejoice in and encourage each other, for each shall show the Creator. The only question is what aspect of that Creator shall you choose to give as gift to the infinite spirits all about you? And when the time comes when the emotions and nerves are tired and worn by suffering, rest back in the strength of heart that lies within one who has suffered and affirm the perfection that shall never be sensed by the self for the self, but which is the higher truth for each.

23.17 1994/09/18

0: [overview] The question today has to do with the concepts of anger and sorrow since they seem to be so common to our experience. We're wondering if there's any good way of opening ourselves and allowing the processes of anger and sorrow to pass through, to be broken by the experience and to be healed so that afterwards, we are stronger or wiser or more loving or will somehow benefit from having had this experience. Could you talk to us about anger and sorrow?

5: In this environment both the positive and the negative of polarization shall naturally seem more extreme and so it is that within your culture at this time there are many whose seeking of the truth is outstanding and whose efforts to learn the lessons of love are substantial and persistent. At the same time, those involved in seeking negative polarization are attempting in a marked manner to create negatively-polarizing situations, which may express the utmost in negative orientation. Consequently, there are legions of those who think nothing of stealing, or killing, some for a holy reason, supposedly, but many for no reason except the attraction of power.

6: It is against this backdrop in your history that the seeking for truth now goes on upon your sphere. The rules, shall we say, have not changed but the experience is more intense for all upon your sphere. We, therefore, have the ability to speak to this circle and say that each within this circle has won through to the present incarnation by virtue of much labors of love, shall we say, done prior to the present incarnational experience. Therefore, each feels fairly strongly that the seeking of the spirit, the seeking of the heart, the seeking for a greater understanding of love, is properly the center of the incarnation. Each is attempting to live according to the positive path and attempting to polarize positively. Therefore, we do not have to coax any to do the work necessary to continue working on that polarization. Each has some grasp of why he or she is here—to learn the lessons love has to teach.

9: Perhaps you already have the answer. You came here be-

cause you wished a challenge and because you wished to serve. The challenge for each is unique to each and was set by you before this incarnational experience. Each entity wished to take particular courses over again in the school of life, as this instrument would call it. Each wished to drive home one way of learning to love.

12: The knowledge that you, yourself, judged these lessons possible to be learned can be a cheerful knowledge to recall. Not only would the Creator not offer you more than you could bear, also neither would you, yourself, before this experience place yourself in that kind of situation. Therefore, if you are to be overwhelmed by these negative experiences, we encourage the allowing of this being overwhelmed. If there are the tears, cry them—cry them all and respect each drop, respect and love those mute expressions of grief, anger, sorrow and rage. Accept the excesses of feeling that shake and seemingly hurt you. Know that these feelings are justified, that these feelings are protected, that there is time for these feelings to express. And work with the self to encourage the eventual completion of expression of the feelings involved.

15: The second tool, which may be used when these feelings are seen, is the turning to the one infinite Creator, for these feelings are taking place in an infinite creation. Within this infinite creation there is one thing that is true. That thing is love. Love expressing as truth, as beauty, as goodness, love expressing as mystery. It is not necessary, you see, to remain in the sea of confusion, paddling about in the frail barque of flesh that is your own upon this infinite voyage. Once the reality within the illusion is addressed, once the sorrow and anger have been owned, accepted, respected and the entity within all that feeling nurtured, then is there wisdom in turning to praise and thanksgiving of the one infinite Creator, to turning once again to love.

34: The process of growth is one in which all entities participate. Whether one experiences the anger of another or of the self, the experience is of anger and the spontaneous response instead of, shall we say, the studied response is most helpful to all concerned as this process continues, for the spontaneous response is that which is nearest to matching the ability of an entity to give or receive [the] love in a particular moment.

35: Whether there is difficulty or ease in this process will depend upon the entity's previous experience at learning to give and receive the love of the moment and of the heart. Thus, as you mirror each other's emotions you mirror that which is within yourself as well, for not only are you all seekers of the same truth, you are seekers who experience much the same catalyst of pain and of sorrow in making the great journey which you call seeking the truth.

23.18 1994/09/23

8: There are innumerable planes, both material and non-material. In some planes you have only spirit and mental body. In other planes there may also be emotional and, if it is a material plane, physical body. The earth plane is the only present material plane that has a foundation of positive energy and love, and in which all four bodies are brought together. As such, it is a very powerful experience.

19: There are some planes where third-density experience is minimal. The lessons for each plane remain the same. The foundations of faith and love support the learning of wisdom and compassion in fourth and fifth density, but they are not necessary to that learning. The process can be reversed. Some of you, for example, at some period evolved on a non-material plane in which there was essentially an open classroom: third, fourth, fifth grade. The material was learned in whatever order one was ready to learn. There is no upper limit to how much faith, how much love, wisdom or compassion can be learned. This school offers these lessons; that school offers those lessons. If you wish to study music and your school has no orchestra, you join the band or choir. You may still wish to go somewhere else to learn to play the violin.

20: Thus, some of you evolved on planes where you moved into deeper lessons of wisdom and compassion before fully penetrating the lessons of faith and love. You learned much that could be gift to the earth plane, each with your own special skills. Feeling stuck in some way, you made the decision to more fully enter the illusion through human incarnation. Another way to phrase this is that your karma drew you here.

Because you learned to play in a band and sing in a choir does not put you ahead of your neighbor. You learning the violin, you simply have a different background. You have highly refined certain skills and understandings. There is still much that you need to learn or you would not be here. There are very few beings in the history of the Earth's evolution who have incarnated only to serve; and even those few, of course, have also learned. The difference—I think of such a one as Jesus here—is that this teacher did not need to come to the earth plane for its own evolution. Being here, of course he learned.

23: Those that come as wanderers are most likely to be of third or fifth density. Fourth density is occupied with its group learning experiences and less likely to move back into incarnation, although it may occasionally choose to do so. Most wanderers are third and fifth density. The lower sixth-density wanderer has shed the emotional body but it may still have some attachment to the mental body. This being will be helped to release this attachment through its incarnate experience. Only the upper sixth-density energy is completely free of the illusion of ownership of the mental body, and makes the skillful and loving decision to incarnate solely as servant. As I said above, it will also learn.

31: This instrument knows a song, I Wonder As I Wander 2, and each of you has wandered into this precise situation, wondering, seeking, hoping, yearning for love, for truth, for beauty, for peace. We, too, have wandered. We seek with fervent hope the truth receding before us always, infinitely.

36: We thank this instrument and this group for asking for our service. We look forward to working with your queries throughout this series of sessions. We salute our brother Aaron, and once again bless each of you. How we love you, you who are in the fog, in the mist, wondering, "Is any of this worthwhile? What is this for?" Thank you most heartily for your attention.

39: I am Aaron. It would help this instrument if the fabric which covers the monitor would be placed over the monitor. Thank you. I will be brief. Time is an illusion but your energy is not. The spiritual energy and love that you bring to this session is very high, but the physical bodies are tired. I wish only to offer a metaphor suggested by Q'uo's speaking of the mist that clouds your journey.

45: I echo here Q'uo's statement: I am not infallible. What I offer you comes from my heart, and I offer it in loving service. If it in any way is not harmonious with your own deepest truth, please put it aside. My deepest love to each of you, and my gratitude that you have joined together for this teaching, learning and sharing.

23.19 1994/09/24

9: As our esteemed and beloved brother Aaron and we speak concerning various aspects of the experience of discomfort and alienation, isolation and hunger, yet always keep within the heart our reassurance that you truly are at home within. The road to infinity, to greater reality, to opened awareness of love—these are the gifts within each being. To them you shall always come at the end of the day's sorrow and struggle. There is joy. There is comfort. There, within, may each tear be dried. And from that hearth of home and love and wisdom you may wake refreshed to move into the dance of divine play which you experience as life.

12: I am Aaron. My love to each of you.

14: Picture a child's drawing of a sun: a round disk, glowing and gold. The child puts assorted triangles on that disk. That is its drawing of sunbeams. One may say that the sunbeam projects from the sun. Take that sunbeam with its pointed tip and push it inward. Is there anything there which is not of the same nature as the sun? Wanderer or non-wanderer, once you discover your true nature is divine and never separate from all that is, then you are ready to live on any plane with love and wisdom, with compassion. The earth plane offers all beings the opportunity to discover their true nature. 24: I wish to return you here to Q'uo. Thank you for your loving presence and attention. That is all.

28: Each gaze within now. Look at the energies of what this instrument calls chakras: red, orange, yellow, green, blue, indigo, violet. Can you feel the difference in these energies' balance within your being from the configuration that they were in when each arrived at this gathering? Perhaps each may see that the accepted presence of each to each has been

4: So when we gaze at the distortion of a particular personality shell, at the systems of energy blockage and bafflement which causes what seem to others as an unbalanced or distorted personality, we gaze upon distortions of distortions of distortions. We gaze upon systems of energy, all of which are distortions of the one great original Thought which is Love. To us, then, that a person is distorted in such and such a way, in the context of an incarnation, is not a bad, a wrong, or an incorrect thing. For we are aware that each entity before incarnation selects the personality shell which contains those gifts and those physical, mental, emotional and spiritual limitations which will create biases or distortions, which will then set up both the personal learning for that entity for that incarnation and the path of service or paths of service that become available to the entity during incarnation, given that various systems of distortion do indeed prove to stand the test of incarnational time.

36: H and I were talking about how I could help myself with diet. I feel that I am living on faith and nerve pretty much after a lot of experience with diet. Why would I give myself such a bankrupt system? Why would I not react to food which I so love to see growing and that I so love to cook for other people? I have no logical anything to illuminate that feeling. It's just an intuition.

27.7 1998/04/19

6: The clay from which you have been formed expresses that love but is not that love. There is no thing about each of you that one can pick up and say, "This is the essence of this person." No, the essence of you is much closer to you than your body, is much more a part of you than your breathing or your heartbeat or the rush of blood through your veins. You are love. It is this identity that is the only explanation for praise and thanksgiving, for positive or negative expression of any kind. When one can realize, even momentarily, that deep identity within, that congruency with the Logos Itself, the seeker then has his feet on solid ground and may say to the self, and in response to the world however it comes to him, "I am love. I am in a state of utter confusion. But I am love. This is my nature. I take this on faith." When one can begin with this much confidence then one is able to move into that attitude which this instrument would call the positive path or the path of service to others. If one thinks to oneself, "I am responsible. I did these things," or "These and these things have been done unto me," then one has become willing to begin, not from that place of love, but, rather, from a place where masks have been put on and a stage play is being acted. Once one has moved into that level of interaction and the various responses to each other's catalyst that characterize relationships one no longer has a quick or short route to that positive place of rest within which knows, "I am love, and the I am that is me is the I am that is you."

7: Without this feeling of self as love, one simply begins to see oneself as positioned in such and such a way and aiming to get positioned in such and such a way. Then the self has a story that is not being created in rhythm and according to destiny's often slow pace, but rather the self is creating the self with masks at a level which does not fill the heart. The conversation before this meditation several times touched upon the many ways in which that feeling of humble thankfulness comes to one as a blessing and a special visitation much like the spring rain feeding the young plants. We encourage each of you to be willing, when thinking upon this subject of identity, to see the self as a deeply impersonal, a deeply true, entity. For truly each of you is that which is beyond personality, and if the spirit can rest in that most basic and profound identity there stems from time and attention spent here a strength and flexibility of emotional responses that is part of the rhythm of faith.

8: We are often aware of the degree of suffering among your peoples. The sorrow of your peoples is great, the yearning for that which is remembered is great. There is a hunger for heavenly things, as this instrument would call it, a thirst for that meat and drink that feeds the soul, and yet in so many ways the restless heart cannot find quiet enough to connect with that great heart of Love Itself, which is the source and ending of each and every spark of light within the infinite creation.

11: Look at the gratitude in all of these people. The father grateful because he has regained the son whom he loves. The

Prodigal Son who is grateful simply to be accepted back as a slave, much less as a younger son. And look at the hard heart, the pain of the older brother who does not feel his father's love since he has never done anything wrong for which his father has had to forgive him.

12: Each of you is a prodigal. Each of you has squandered precious things. Each of you greatly and humbly seeks to return to the house of the Father, to that place of love that is undefiled and pure. For in that state gratitude is natural and flows effortlessly and this is a great truth [for] each of you, that you are loved deeply, that you are welcomed in spite of any and all failures, and that the Creator does give great thanks for you. Truly, it takes the movement of thought from the little self experienced in every day to that self that each knows is a truer and deeper self. Gazing at life from the standpoint of the everyday self there is hardly ever a completely trouble-free or worry-free experience. There is hardly ever a reason to feel completely or profoundly grateful. And yet if one can move back into that prodigal self that is coming home, you may see that all of experience is such that the only response is thankfulness and praise.

15: May you learn to express this faith by an increasing stubbornness in holding to that attitude that has its source in the spark of love itself. For the attitude which you bring to your experience shall make a great deal of difference in that experience, and every moment that you spend attempting to center the self and balance the self, turning always again to that center of love within, each moment is an experience of truth. We realize that this is a concept difficult to work with words, for the emotional content of thankfulness is far greater than words can express. The power of a thankful heart is truly infinite. May your heart have that great benefit of your protection of it, of your nurturing of that spiritual self within that more and more years to dance the dance of incarnation with rhythm, grace and beauty.

27.8 1998/05/03

3: We are aware that each of you has a vision, a basic concept of how a spiritually oriented being behaves. It is indeed true that orientation as a spiritual being is a primary importance in allowing the spirit to transform Earthly life into that Garden of Eden, that heaven that does lie closer than breathing, nearer than your hands or your feet. What each of you seeks is fairly clear within the mind. And your question is simply how to move from the situation where the mind grasps the concept to the point where the being lives the concept. And this is indeed a challenge. It is the challenge for which you took flesh and came into a world of shadow. For each of you seeks in this incarnation both to learn and to serve. Each of you to whom we speak, we can say with authority insofar as we are able, is one who has earned her place upon the stage of your Earth world at this time, for many more spirits than there are bodies for have wished to incarnate at this particular time. In your Earth plane's development as a planetary spiritual being those who have made it are those who are very close to having learned those primary lessons of love which involve making that choice to follow only the good, only the true, only the beautiful and to attempt to allow the love and the light of the Creator a place to flow through into the Earth plane. For this is, among other things, what you are. You are, as it says in your holy works, a lamp upon a hill. It is not your light that lights the lamp. It is the Creator's. What you are able to do as you work with your mind and your heart is, little by little, to clean the panes of your lamp so that they are transparent and so that the infinite light may shine through, each of you, though you deem yourself unworthy. For you cannot give love to the world. You shall shortly run out in your persona as a human being, as a time-bound entity. Everything is finite, and it is as though you are in a cage of flesh and illusion. There is that within you which remembers paradise, which knows a better way, which is at peace and at rest. But that part of the self is very difficult to find access to. Until the day comes when, as the one known as R said, the journey from head to heart is made.

6: The tools to help you with this work are several. The very first and always the central one, in our opinion, is time spent with the Creator, time being with the Creator. The eyes that see the world see a human being sitting. The heart within knows a different reality. In that world within the self is a pilgrim seeking entrance to an inner sanctum in which the

Creator? And then the Creator dreams again and a universe is born, and the sparks are sent out again to learn more. And so you are all on a journey that the Creator is fascinated with. You cannot do anything that will turn the Creator against you, for the Creator loves all that It has made with an unimaginable fervor and absolute tenacity and embraces each spark with a love so profound and so great that it cannot be expressed.

19: The next time that you experience the catalyst of feeling that you are yet an incomplete spiritual being, remember the truth of subtracting, of dropping away that which is not. And as you experience those realizations that enable you to drop a part of the ego away, rejoice. You cannot make it happen. You cannot rush it. But there come moments and you perceive that you no longer have that pride or that particular fear. And of that you may be proud and happy, and if that is a distortion also, then so be it. For you are not here to go beyond distortion but to live within distortion by faith, to express within this confusion a trust in the plan that placed you here, a trust in the destiny that is absolutely yours. A feeling that cannot come from proof or words that all that is yours will come to you and that you do not need to reach but only ask "Thy will for me today. What is it? And I will try my best." That is all that you must do. So do not give up upon the self because it continues to have distortions and confusions. That is all right. You are not supposed to be without illusion. Ah, precious incarnation. If we could but share with you the opportunity that is now yours. If we could share that perception with you fully you would jump for joy. You would rejoice most fully and heartily, for here is the place where you choose by faith alone, and this choice, this expression of faith, however imperfect, creates within that permanent self which is beyond space and time tremendous changes in consciousness which you cannot achieve outside of this third density of yours. For in other densities the veil of knowing is lifted and what virtue is it then to realize that you are your brother and that all those things your brother has are you? There is no virtue in perceiving the color red if your eyes are open. But, ah, with the eyes closed, here you are in a world of color with your eyes closed. For you are in the equivalent of a black and white movie. You are up there on the screen watching yourself. The pigment of the movie screen is grainy, and some of the voices are distorted, and it's kind of a corny story, and it's over too soon. But, ah, when you come out of the theater into the light and you look back on that black and white movie and you see the hope and the faith and the caring and the love and the compassion that you truly have had, with no reason for it but just that constant desire for love, to know love, to know the truth, to express that love. Each of you is a gallant, gallant soul and we both envy you and honor you, for you do much that you do not know; even as you suffer, you heal worlds.

27.5 1998/03/15

8: This is part of the creation. This, too, is to be embraced, this death, this pain, this limitation, this very pain is to be embraced somehow. The self does not see any possibility of becoming able naturally to embrace suffering. Here is where the heart may become an ever more helpful and useful resource, for while the mind is an excellent tool for the outer world of decisions within the outer world, it is within the heart and the deeper emotions that spiritual change shall take place. And, therefore, it is to the heart that the seeker may reliably and trustfully come; sometimes for comfort, sometimes for encouragement, and sometimes simply for a place to be held and comforted and loved. Whereas the mind must think itself sacred, the innermost heart is already holy ground, and awaiting there is the Creator, that intelligent infinity that so curiously loves every spark from which It is learning about Itself. As you sit within this temple and remember the Creator and feel that holiness within, the self may find surcease from pain just for that moment. And, oh, what a relief that moment is!

14: In many ways you also may take upon yourself the sorrow of the world, and this is a spiritual practice that many have pursued. We ask you to gaze with a cold eye upon the suffering involved in transformation, for this attitude is a balanced one in our humble opinion. It is to the person who is able to gaze upon the Dark Night of the Soul, which this instrument spoke of, with an indifferent eye but a full and willing heart,

that this process may begin to come easier. By releasing and yielding to your suffering, by welcoming that which must be suffered as a brother and as a sister; by offering the hospitality of your life, your body, your mind, your strength, and your will to this process, the heart is opened as if by magic, and you find that no matter how intensely you hurt, it does not kill but, rather, cleanses, empties, renews and readies that instrument to be an ever clearer, purer and brighter channel for the light that must come through into the world or the love that must come through into the world, not from you but through you.

15: As you embrace this process those emotions of release and humility, humbleness and nothingness, become an offering to be lifted up unto the Creator as "all that I have." "This is all that I have and this I give to you. Do with me what you will. I am a boat. Life is the ocean. Toss me somewhere. I shall attempt to sail." This kind of abandon, this action of the Fool is powerful. And as you become ridiculous, as you embrace this darkness, you embrace also the light that follows. For truly in the Dark Night of the Soul there is a moon setting and a sun rising. And that sun is a glory beyond all space and time signifying a Love that created all that there is. We would encourage that moment of abandon within each of you where you not only say but feel, "Not my will, but Thine." For, you see, there is a cyclic nature to manifestation of any kind. As the Creator's heart beats, creations are born and die. The one thing that remains, whether it is perceived or not, is that intelligent infinity that we can only call Love in your language, this vibration which is the one great original Thought or Logos is what you are, with no past or future but simply a moment of being that is infinite.

16: Move back into this awareness when you have done your work with the mind, with the emotions, always you are the branches reaching down to the roots of the vine, for your roots are those of perfect Love. And as you spiral ever upward, you shall be light and dark and light again and again and again. And that which has become a burden will be sloughed off again and again and again, for you shall mature, not by adding things unto your self, but by allowing them to fall away from the self. In fear, you see, you collect and armor and harden. As love is able to touch those difficulties that have crystallized within, they are subtracted from the already whole, already perfect being that is your reality.

17: We realize that what we have offered may be slim comfort to those to whom this present moment is a vale of tears, and we would remind each of you that the Creator's love can only be expressed, that support can only be given, by the hands that are of flesh. You are the Creator to those about you. Your support is the only way the Creator can support within the incarnation, within the illusion. Your hands. Your voice. Your smile. Your eyes. These things are your gifts to your brothers and sisters. Sorrow is essential to this experience that you call third-density life. But your attitude towards this sorrowing, grieving and changing process can create for you a peace that surpasses all understanding. We encourage each of you to see that heaven, even if it is from afar, to know that the angels and ministers that have always loved you, love you now and are here to help you, though unseen they hover, waiting to comfort, looking for ways to confirm any glimmer of hope within. You are never alone in this process. This is a guarded and protected process, and the heaven does abide. May each of you help each other to find your way home.

27.6 1998/04/04

3: Your query this evening concerns distortion, the distortion seen in personality. And in order to discuss this we must move back to examine that concept of distortion. This is the way that we use the word distortion. To our way of thinking, all that there is in the manifested world is distortion. The lack of distortion, when absolute, describes intelligent infinity, the Creator Itself, in its unpotentiated state. The first distortion which approaches the unmanifest intelligent infinity is free will. This produces that manifestation of the Logos which is known to this instrument as intelligent energy and known to your scientists as the photon, or light. When we come to you in the love and in the light of the infinite Creator we are coming to you in those distortions, for were we to come to you as undistorted Creator we would have no being in a manifested universe. We would be unable to act in any way, for all would be one in an absolute sense.

the support necessary to come into a new and more harmonized configuration of energies; not merely the higher centers, not only those gifts of heart, of communication and of work in consciousness, but also and equally those energies of survival, of self-to-self and of relationships one to another. Rejoice, then, in that golden net which grows daily upon your planet's surface as those seeking to lighten the consciousness of the planet called Earth reach out to new entities, forming networks of networks which, in turn, may reach out to find more and more threads of this wonderful net to weave together until all of the sphere upon which you enjoy life is wrapped and sheathed in an embrace of love and acceptance.

34: I am Aaron. Q'uo just spoke of the evolution of a planetary consciousness as primary vocation to all seekers. This does not mean that the evolution of planetary consciousness is more important than the evolution of individual consciousness, but they are a part of each other. This earth was created with highly positive vibrational frequency. Its foundation—the foundation of the earth, the soil itself, this first-density energy—is permeated with love.

37: The beginning of a fourth-density Earth does not mean there will be no more fear. You are still going to have emotional bodies. You are still going to need to work with fear; rather, there will be a spaciousness around fear, a sense of compassion that allows fear to be touched with loving-kindness rather than judgment which would seek to shut it out.

38: You are learning at many levels. This one I spoke of before was not only finding ways for the more primitive culture to bring water to its fields. At another level it was learning and teaching respect for the environment, and full communication with and participation in the environment as partnership. Those of you who are come to Earth with some technical skill to share—and healing skills, deep wisdom, deep loving-kindness—that is what you may share on one level. On a deeper level, you bring this energy which helps all beings to lower their boundaries, to come to the direct experience of God within each, animate or inanimate, and to live in loving reverence of the God in all that is.

39: The force that will be generated on an earth that has moved to this degree of highly positively polarized energy will exert tremendous influence throughout the entire universe—a source of immense energy, of love. While you ask yourself, then, "How can I be a better healer or teacher, a better mechanic, a better friend?" do not neglect to ask yourself, "How does the learning of these skills help me learn more fully to love? If I keep myself separate in any way from the incarnation, in what ways is that a disservice to this deepest aspiration to bring love and light where there has previously been fear and darkness?" When you ask the right questions, my friends, you will find the answers appear in your heart and the strength to act upon those answers, the clarity of your path.

23.20 1994/09/24

3: I am Aaron. Regardless of where you came from, many of your reasons for being incarnate are the same: to learn deeper compassion, deeper love; to move beyond judgment; to move beyond attachment to your opinions and to the small ego self and come more fully into the group consciousness; and as one mentioned earlier today, to learn forgiveness. The learning of these things takes you into working with the many catalysts of your life: with loss, with relationships, with work. Q'uo and I would like to know how much you would like us to go into these questions.

8: You ask, "How do I do the work I came to do?" and, "What differentiates the work of the wanderer from another?" Each of you has come with different work, but related. And there is one area of work that is true for all beings: You are here to learn to love more fully; you are here to move beyond judgment and beyond the illusion of your limits and of separation into self and other.

12: The wise gardener does not cut away the dead growth from its garden and throw it in the garbage, but turns it into the soil and uses it as nutrient for new growth. You do not want to throw away your emotions but to make space for them, that you may move deeper into love and into compassion. This work, of course, is true for all beings of third density. The question is, "How do I work with judgment and the various emotions carried by fear?" Here is where there is a

distinction, not only for the wanderer but for any "old soul"; but it is experienced certainly differently by the wanderer.

13: Many of you suffer from what I call old-soul syndrome. When you are a young soul, you excuse yourself for treading on others' toes. You shrug and say, "Well, everybody does it." As an older soul, you so deeply aspire to oneness with God, so deeply are motivated by the desire to come home. You have the erroneous idea that to do so means you must be perfect. Every arising that does not manifest itself as loving-kindness must be demolished; and so you become more and more judgmental to yourselves, more perfectionist, more judgmental to others.

14: As with every catalyst on the earth plane, this increasing judgment and push toward self-perfectionism is both painful and useful. When there is minor discomfort, you squirm a little. When you begin to feel yourself bashed by that proverbial "four by four," you finally need to pay attention. The very pain of your self-and-other judgment pushes you to pay attention. It is only then that you become truly ready to see that what you have viewed as imperfection is another side of the perfection of your being. This does not mean that you practice greed, reactivity, anger toward others; but when these arise within you, you begin to treat them differently—not with that hard-heartedness which would drive them out so that you can be perfect, but with a kind acknowledgment, "Here is human fear manifesting itself again. I offer it my love." It is this constant practice of offering love to that which you have judged negative which frees you.

15: I said that this old-soul syndrome creates more discomfort for wanderers. This is because many of you have memories of being largely free of the emotional body. It was not there so you could not use it as a tool for learning, but you also did not have to worry about it. Some part of you wants to deny this emotional body of yours: "Let's throw it in the garbage and go back where we came from!" The beauty of the incarnate experience is that you cannot do that. You must attend to it and you must learn to attend to it with love. The being who has moved solely through the earth plane has memories of being on the astral plane between lifetimes, but still with an attendant emotional body. It may suffer this old-soul syndrome, heeding its judgments, striving ever for more and more perfection, and finding itself feeling deeply unworthy because it cannot express that perfection that it wishes to express. But it is not haunted by memories of being free of the emotional body.

16: This is not a problem for you as wanderers. There are no problems, only situations that ask your loving attention. For those who have aversion to the emotional body and to the arisings of the emotional body, and have attachment to being free of that so you can feel more "perfect," I ask you simply this: Can you begin to offer some mercy to this spirit essence that you are, which has so courageously entered into an illusion of form and emotion so as to learn? Instead of saying, "It's too hard. When I saw the ground I didn't realize it was going to get muddy when it rained. Now I'm knee deep in mud. I want to go home where there is no mud." Instead, can you just know, "Yes, here there is mud. That means I'm going to be muddy. Can I allow that to be okay? My deepest truth is not expressed by being clean of mud, but by the deeply loving and courageous ways that I work with the mud I am given."

49: Dear ones, you came to be servants of Earth. You came to lay all aside and give yourself fully to the cause of love. You came to suffer and to manifest throughout your suffering your faith and persistent devotion concerning the Creator and those other selves which you know are the Creator. Your biggest stumbling block is that veil of forgetting which causes you to repine at these discomforts rather than rolling up the sleeves and pitching in to a very unsanitary, untidy, but wholly natural process of growth.

50: No natural function is tidy or clean. Think of the act of love: sperm lubricant, strange postures ... Was there ever a less dignified, more earthy way to create the opportunity for a human soul to come into this sacred earth? How could it have been made more low, more basic, more messy? Think of birth: the open, yawning gate of the womb; the spread legs; the pain; the blood; the water; the worrisome, mumbling medical personnel. Where is there dignity, cleanliness or neatness in birth? Consider death if you can—the getting old, the failing health, the vomit, the urine, the excrement—all going wrong until you praise the Lord for a good dump and thrill at relative ill health because you are still

alive. This is the world you came to change. You cannot do it if you think you are doing it. Your only hope of being of service, as you meant so wholeheartedly to be, is to embrace this messy, untidy life with each and every portion taken in, accepted and known.

51: You are servants. This will weigh heavily upon you, for you feel as those somewhat superior, for you have faith in better things, you can see further. Give these gifts away ... learn humility ... ask for suffering ... ask to be the last one served ... go hungry ... cry ... Allow the pain of living to be real, acceptable, even lovely. Get dirty with this boisterous, bubbling, infinitely energetic process of breathing in and breathing out, seeking always to serve love within situations, truth within falsity and people, regardless of how they present themselves. Await the order, the command, from those you came to be slaves unto. Bow before these commands and lean your shoulders to the work.

53: We have such love for each of you. How noble are your aspirations. Know that we are here for you, that our presence is ready to support, to comfort and to accompany any who call upon us. We will not speak words, we will not attempt to be obviously there. But lean into the silence and the solitude when you have called upon us, and feel our love, our total and complete support; for each of you is the infinite One, experiencing and harvesting for the Mystery which created us all. Harvesters of Earth, brothers and sisters of sorrow, place the crown upon your head, then throw it and you into the dirt and do your best. That is perfection.

67: To use a simple example, if you wake up and your stomach hurts, you notice that experience of discomfort; but when you awaken pain free, you fail to notice the natural space of no pain. Similarly, you do not notice when you rest in Pure Awareness, which is the natural state of your being. You notice when you are shunted off into a separate self, because it is painful. The practice, then, involves paying attention to these arisings of Pure Awareness and connectedness. As you more frequently recognize this space of total connection, you begin to allow that experience to stabilize. You come to a deeper, ongoing awareness of who you are. When you are not busy being somebody else—being the doer, the observer, the wanderer, the friend or lover—who are you?

90: There is a good partnership in most entities betwixt the inevitable lessons of time and those lessons learned about love which are special to just you. This great gift of self is most easily seen when the fire of ambition has been quenched by achievement, when the unbalance of ambition has been balanced by inevitable loss, so that each choice—in season or out—is, in a sense, precisely equal to all other configurations of thought or priority. The genius of all seasons is the inner awareness that this, too, is the Creator. May we answer further, my brother?

135: Catalyst is both joyful and painful. Embrace both the joy and the pain. My conjecture is that there will be far more joy than pain in your presence with one another, but that others' questions and issues may raise some pain in yourselves. Embrace this opportunity for deeper learning. With this in mind, much later this evening I would like to offer a brief ten- or fifteen-minute guided meditation before bedtime for any who would like to participate. It may be a loving-kindness or forgiveness meditation. It may be one of letting go of boundaries. I will wait through the evening to feel the energy I am receiving from you and note what would be of most use. If none of you choose to participate that is fine. Any who would like to are welcome.

140: ...the movement of love that has brought you to this gathering and enabled you to participate; and my deepest joy, that—the sharing between Q'uo and myself and all of you. That is all.

143: I am Aaron. I have been reading your energy tonight. I have the idea of two distinctly different kinds of meditation. One, to generate a deeper sense of loving-kindness toward yourself and all beings. The other, to work with the boundaries that arise within you. While I see the value of either to most of you, I think we will work with the falling away of boundaries, as it is more directly relevant to what we have talked about today.

144: Visualize yourself walking through lovely woods. You come to a small clearing where there are wildflowers growing, and just beyond the clearing, a stream. To the opposite side from the clearing there is a rocky wall, a cliffside of ten or twelve feet. As you contemplate the beauty of this scene, suddenly someone across the stream starts throwing rocks

at you. The first whacks you on the shoulder and you turn and look to see a large, menacing person. You have noticed there is a cave in this cliffside, so you retreat into it. This is an unusual cave, more like a bowl—a soft, lined container. It is very dimly lit, enough so it is not total darkness, but not what you would consider light. It is shaped like a large balloon. The mouth has the quality that when you push it aside, it remains as open as you desire it to be until you take your touch away; and then it contracts, closing completely—a magic cave. Allow yourself to enter. Feel its softness. Feel the sense of safety within. You can hear the rocks still bouncing off the walls, but nothing can harm you. After some time, the rocks stop. Minutes, hours, years, centuries, pass.

146: Acknowledging any fear or resistance, ask yourself if you can open this doorway just a bit further and come out into the light and the fresh air, not moving out of your safe spot but allowing an opening big enough that you can truly look out. Here is the meadow, just as you remembered it, filled with wildflowers. There is the bubbling stream with small waterfalls over rocks and lovely pools where one could sit. The trees sway in the breeze and are alive with songbirds and their own whispered melody of the wind. You are safe. Open the armor just a bit more.

155: May all beings everywhere come to know their infinite nature and their limitlessness. May all beings everywhere emerge from their self-made prisons and find the true freedom of their connection with all that is. May that knowledge of your freedom and infinite perfection bring you home. I love you all and bid you a good night. That is all.

156: [footnote start]For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, www.deepspring.org, 3003 Washtenaw Ave, Suite 2, Ann Arbor, MI, 48104.[footnote end][footnote start]Clarification of context is pending, with regard to rejoicing in using such portions of being as catalyst for loving thought and action. It may also be helpful to reference Aaron's second address in Session 20, dated September 25, 1993, concerning the question, "How do I know when I'm following a path of love or a path of fear?" and including the statement, "Your fear is not a burden given you for combat. It is the fertile soil upon which you may build compassion. It is the garbage that you turn into compost."[footnote end]

23.21 1994/09/25

7: Now, to each entity there have come the new faces, the new personalities. There has been the opening to that first meeting of the mind and heart. In the natural way of third-density beings there has been the instinctual movement toward groupings, these groupings shifting and further harmonization taking place as each spirit deepens the lines of communication with the various other entities so that over the period of these few rich hours of companionship and heartfelt love, a community supporting each has evolved, complete with stories to tell of laughter and of tears. For wanderers, this gathering of like souls is especially poignant because of the extended spiritual families or clans which make up the chosen groupings of entities into community in higher densities. When each departs this crystallized, new entity of light, each may carry within the memory of the heart, this supporting and enabling group ethos or spirit.

8: You wish to know how to use this incalculable, priceless gift. Firstly, we ask each to gaze often into this memory, for there is comfort and validation in this group, each for the others. This simple remembering is potent and is one occasion which maximizes the development of faith; for each has the faith for the others, each falls down in faith when the gaze turns inward. Therefore, this community of seeking, devotion and faith that has been born here may withstand the plangent, painful doubts and fears that will come to each. Further, when this memory is seen as that crystallized gem of offered and accepted love which it is, that gem may be scribed as the seer's glass; and within its light the Creator it-self lives, accessible in that intimate, personal way in which family members all have the same remembrance of loving parents, loving father, loving mother. So, each may see the memory both as invaluable in itself and as a clear glass in which each may become transparent to the one great original Thought, which is Love.

9: Now, each has its own network of friends who also walk upon a path of faith, attempting to live a life of devotion to

guidance. No one way of thinking is wrong. Each is an attempt, by finite intellect, to describe processes that are infinite and that take place outside of the bounds of time and space. Consequently, there are as many ways to think about guides and guidance as there are systems of thought. To this instrument the mind goes to angels because this instrument has been steeped in the Christian faith. To other entities familiar with and finding comfort in other systems' doctrine there are other kinds of beings configured a bit differently, moving perhaps from a different inner plane, and these are all genuine. For what is happening is beyond all of the systems of thought. It is energy relating to energy, love reflected in love. That is what guidance truly is, love reflected in love. 16: In third density a great veil drops and one cannot see into the metaphysical universe, or to put it in terms of the mind, into the subconscious mind. One is not supposed to see into this mind for the reason that it is this density's lesson to learn to live by faith, by those qualities of love, faith, patience and trust that defy the limitations of personality and confusion. Within each of you there is a stubborn and sure conviction that this little life is not all that there is, and when you have thought this for the first time it is as if you have become awake in the land of the slumbering. We can only say to you who wish to become more aware of the guidance sought that it is all about you, that there are ways of thinking about guidance and methods of guidance that you may consider and choose between, but know this: beyond all of your choices the information that you need comes to you again and again and again. If you miss it this time, there will be another time. Your work, indeed, can be very simple if you choose to make it so. If you choose to be a simple and unintellectual seeker you may simply sit in the inner silence expecting nothing, desiring nothing but communion with love, and that desire you may encourage and feed with the fodder of your thoughts, the branches and the trunks of your emotions.

17: There is a yearning within each seeker for home. And when the angel, or the guardian, or the guide, or guidance itself, is sought there is that hope of a letter from home, of a pat on the back, or a hint of what the situation is from an older and wiser relative. Whatever the way you choose, you are seeking that home when you seek guidance. You are sensing that you are on a journey, and you are asking for some information closer to the source and ending of that journey. Be aware that you may be someone else's guide. Be aware when questions are asked of you, for that which is love may speak through you if you are empty enough and clear enough. Be aware that others may be your guide for a moment without any conscious intention, or with conscious intention. It makes no difference. For what is happening is that vibration is harmonizing with vibration, or not. And connections are being made, or not. Thusly, if with patience you attend to the present moment and desire as purely as possible to know the love of the one Creator, that which is yours to do and that which is yours to be shall rhythmically come to you and express to you. And when you feel resistance, stop. Wait. Be aware. There is something that you need to know. Make space for that knowledge. Go into the silence and ask. Then be prepared to wait for that moment when the heart knows, and there is no more doubt.

27.4 1998/03/01

8: We changed from pride to fear because the one known as J was asking which was the ultimate catalyst to be dealt with within third density. And we would respond in general that the only catalyst dealt with in third density is fear and love. The entity begins its babyhood wrapped in love, love known throughout its system, and it learns to close itself, to become apart, and to become defended because it seems fairly obvious that there are things to fear. There are entities and objects out there that can harm and hurt. So the spiritual life within third density may be described as either a learning how to love or a learning how to release fear, for fear is that distortion of love that posits a separation betwixt beings and things, thus occasioning the necessity of having some sort of response to these persons or things that will tend to increase safety and comfort.

9: We are not saying that these contents are incorrect, for the entity's fears are real. There is that which is feared. It is an illusion. However, the illusion cannot be brutally penetrated and torn away, for that would also do harm to the developing

self. Indeed, when one is working with one's fears, attempting to see the love behind the apparent separation, the most nearly correct attitude is simply the slowing down of self, quieting the mind, stilling the emotion, until you are able to sit with whatever fear that is, not removing it harshly, but perhaps moving away strands from that tapestry in front of you, gradually making an opening through which you can see the light beyond.

12: Within this instrument's spiritual system, pride, like envy, greed, lust, sloth, is considered more of a vice than an actual sin, a kind of excess of a good thing. It is good to be humble, and yet one can justly be proud of one's good works, one's good habits, one's ethics, one's conduct. When one is attempting to do everything that one can to live a good and holy life, one is peculiarly apt to feel some pride in oneself. Now can you see how that feeling is a separator between the self and the world about the self? It is based upon the assumption, which is an illusion, that one is responsible for the self and at the base of the self, one is oneself. This is a sticky, sticky point and we would ask you to look closely at this matter of identity, for as long as there is self there will be pride in self or a feeling about self that does separate one from other. If one is still thinking that one is still living one's own life, one is not yet beyond spiritual pride. This instrument is aware that she is not beyond spiritual pride and has often said that this is the one vice that she cannot find a way to remove from her personality, for even though she attempts to work on her humility she has a pride of self that thinks self is right. There is a righteousness there. There is an inherent lack of eagerness to taste other souls' flavors. There is a desire to retain some boundaries, some uniqueness of self, which is completely understandable in an illusion where there is no way to discover in any way that can be proven that one is not separate, that one is not, at base, oneself. And yet we say to you that as far as we know, at base there is only the one great Self, that Love which is reflected in each of the Creator's children, which each of you is.

14: What we are trying to say is that it is not a terrible thing to be working with pride or in general to be working with one's fear. This is part of what one is doing in this illusion. This is what you are supposed to be doing. This is your subject matter: fear and love. Boundaries and unity. Each time this instrument tunes she repeats a prayer that we would like to repeat at this time. "Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. Oh, divine Master, teach us to seek not so much to be loved, as to love. Not so much to be consoled, as to console." And this instrument often says, "Not so much to be controlling, but to allow control. For it is in pardoning that we are pardoned. It is in giving that we receive. It is in dying that we rise to eternal life." Do you see the imagery of this prayer? The darkness that separates. The light that joins. The hatred that separates. The love that unites. This Prayer of St. Francis is the outcry of the soul who wishes to be free of self and subsumed into the service of the infinite mystery that it worships and adores.

16: You are attempting to set yourself free of an illusion, and yet within you there lies the self that is completely free, and often this instrument will recommend to people that instead of working intellectually upon some perceived problem that the person simply visualize a perfect state that is the actual truth of the situation. In truth, all is love. In truth, all is perfect now, this instant, just as it is. For there is no time or space. This is an illusion. This is the stuff of the illusion. And each of us upon our journey are illusions also. And yet unique and wonderful beings, beloved of the Creator and persisting through octaves and octaves of creation to infinity, as those very sparks that learn again and again more and more as the creation's heartbeat pulses and universes live and die and other universes are born.

17: It is easy to think of the spiritual life as a kind of school out of which one shall one day graduate, and certainly within the illusion of time life is graduated by larger life. There is a periodicity to things. Then for that universe in the fullness of that system of illusions, all the sparks of the Creator will have completed their journey and lost themselves within the Creator again. And all comes together in that universe at that time in an unimaginable ending of illusion into nothingness. For when there is no one to perceive, what is there but the

not within this illusion! It is far better that you stay within the illusion. When you come out of that illusion and have those moments, this is wonderful. This delicious. This is dessert. But the meat of living is in the ordinary and the often ignored daily affairs. Your mind is infinite. If you could only see into the self, the roots of mind come through the life of one self into the life of many, into the greater and greater groups, and finally into the All. And each of the steps and ramifications is a universe unto itself, and this infinite repository and resource indwells each of you. You have all the material that you will ever consciously pursue and adore resting comfortably and in fullness within your being. A portion of that infinite Self that begins with your personality shell knows this fire. But for you within this density at this time, embrace the confusion. Do your best to live consciously, aware of the issues of free will, love and service. But do not be upset or discouraged with the self or with getting lost within the illusion. You are supposed to be lost most of the time. This is how you learn. And this pattern of the discovery of your self, it will show you to yourself, and that self that it shows you, ah, what an infinite thing you find!

24: I am Q'uo, and am aware of your query, my brother. We spoke at the beginning of our response to the primary query for the day by saying that if we had the necessity to choose between these two ways of being we would choose the confusion of your third-density illusion over the feeling of atonement and peace that each seeks within this heavy, physical illusion. Our choice would be thus for it is within this confusion that one can learn a great deal more than is possible to learn in a more harmonious environment. Indeed, this is the reason that this third-density illusion is such an intense place for growth and such a valued experience for each spirit which seeks incarnation here. The learning that is possible when there is mystery and darkness all about carries far more weight in the total beingness of an entity than does the learning which is inevitable and obvious in the harmonious realms of existence. We also recommended, my brother, that when these opportunities [are present] for feeling atonement and the presence of the one Creator in all His or Her perfection, that one enjoy and luxuriate in them, for they are the frosting on the cake. However, as we spoke earlier, the meat of this incarnation is to find love and light in the confusion of the daily round of existence. To find those gems of inspiration embedded in the muck and mire of everyday experience is far more valuable.

28: I am Q'uo, and we would make an addition to our response. When one finds oneself at the cusp of choice and is confused as to how to respond, perhaps with another entity, an argument, a disagreement, a miscommunication, one has at one's disposal the entire previous store of experience from the incarnation to [use in creating] a response to the situation. One has a range of emotions that the choice may be embedded within. One has a range of reactions from the one with whom one speaks and interacts. All of these are bits of information, opportunities to learn, to learn the power of the love of the one Creator to transform, for instance, when one is able to tap into this resource. To learn regret that one has caused injury, to learn the determination that one shall not do so again, to learn a vast array of possible responses. Indeed, the experience offers an example of the infinity of the moment. In this moment one may learn how to give love in a way that is much quicker, intense and efficient than this learning could be accomplished where harmony, oneness and the power of love and light are obvious and the proper response is given without thought, without effort, and the entire mind/body/spirit of the entity is affected but little. Whereas in the intense moment of third-density confusion the love and light that you find there carries a great deal more value and weight in your total beingness and moves your mind/body/spirit further along the line of evolution than is possible in the same amount of experience within the higher realms of harmony and oneness.

32: I am Q'uo, and am aware of your query, my sister. As one has gathered about one all the various confusions, experiences, communications and so forth one draws certain tentative conclusions about how best to respond within the incarnation in order to determine how to find and share those qualities of love, of light, of harmony, of service, and so forth. Within the meditative state these tentative conclusions and experiences may seat themselves in a manner which allows their influence to have its sway within the total being. One is able to more clearly make sense of one's experiences by

allowing a certain kind of settling out to occur, and for the allowing of inspiration to make its natural response as one considers the events of the day, allows them to have their weight and go their way, and then finds the sitting and the listening to the one Creator to produce an inspiration, a motivation, or simply a recognition. It is in meditation that the confusion and distraction begin to fall away and the foundation of one's being begins to be revealed and becomes more accessible to the entity in the daily round of activities when found in meditation.

27.2 1998/01/18

10: Let us look again at this question of mind, for we feel that it is always the razor's edge to work with the mind within incarnation. Upon the one hand, if you use no mind you cannot communicate with others or share your observations with others. You may be a wonderful light, but you cannot teach except by your being. On the other hand, any use of the intellect tends to pull one away from that seat of joy and delight that is present in the one infinite Creator. The heart that dwells in this opened love, or the heart that is open to this love and willing to allow it to run through that heart and into the world of manifestation, has done healing work for the planetary energy, the local energy, and the energy of self. In a normal decision-making the programs that are used are those run by logic. As the one known as R says, "The pros the cons, for and against," and one can indeed line up all of the pros and cons. They do not add up to a tidy sum, for nothing is simply that surface appearance. Things have the necessity of being more real than that, more subject to free will, more uncatchable than that.

29: No, you have not confused me. I do believe what you have said. Another thought is that I feel a lot of gratitude for these sessions. I feel some love flowing that generates the response and oftentimes I have no questions but just feel like I want to say, "Thank you for speaking to us."

27.3 1998/02/15

8: Most within your culture are aware that heat is a vibration, light is a vibration. Most entities are not aware that all things are vibrations, and certainly it is not a common thought within your Earth plane that qualities, consciousness, essences and energies are vibrations. Indeed, if one could choose one term to describe the manifested world it would be vibration. The first vibration is that infinite Love of the one Creator, and each of you is a system of distortions of that vibration. Very simply put, the goal of the seeker is to become more and more congruent with the undistorted vibration of Love, infinite, universal Love. The Love that creates. The Love that destroys. The Love that is the "I" of you. This Love is not a manifested vibration. The first manifestation of vibration within the outer world which you now experience is light, which this instrument has learned to call the photon. And it is from this building block of light that all collections of vibrations and systems of rotation spring, [as well as] all your elements that you have learned to go into the making of the various things that you can touch and see. All of these things are systems of vibration.

10: Within your Western philosophy, although many spiritual teachers are greatly revered, esteemed, and loved, they are not worshipped as incarnations of the Creator. Consequently, their beingness within the inner planes is quite different and, generally speaking, will move more into the vibratory levels wherein one is contacting a consciousness field of a certain vibration. For those who simply wish by whatever means to surrender to the will of the infinite One there is the feeling of the way, the tentative moving towards an orientation with one's own energies, with one's own essences, with one's connections into the deeper and deeper portions of the self. It is not necessary in order to be guided that you have any particular vision of your guide. However, as this instrument has often said, it is helpful to choose a mythical system such as Christianity, Buddhism or any other spiritual or religious system of thinking and realizing the cosmos that you feel, personally, the most kinship to. This is a matter not necessarily of the mind but, rather, of the emotions and of the spirit.

14: Each kind of myth creates ways of thinking about this

the Creator. Thusly, each may link this group with others. In this way, that golden net of which we have spoken is more and more finished, the strands covering more and more of the globe's inner spheres. This is a time of beginnings, the dawning of a new millennium. In this new day, your riches shall be each other. How much you have to give each other, my friends! Yourself, you cannot save; another must reach the hand. Yet, what you are not able to do for yourself, trust and know that you—imperfect, broken and sorrowing—yes, you, just you, only you, can do great service for others. Just, merely, only you, as you are, are of infinite, infinite value to each other. This is the way of salvation for all peoples: love reflected in love until your entire environment moves as though to one great music, even the flowers and trees swaying to that dawning, enhanced consciousness which is coming gradually even now to each questing spirit.

10: We would at this time, turn the microphone to our beloved brother, the one known as Aaron. We are those of Q'uo.

30: We are Q'uo. My brothers and sisters of sorrow, long ago as you measure time, we and others came among you. When we left, we had salted the way within your planet's inner worlds the fair fruit of our peoples, those who loved so deeply and heard the cries of Earth so clearly that they were willing to sacrifice present pleasantness for the difficult and painful, challenging and worthwhile mission, if you will, of sowing within your peoples' awareness those seeds of harmonic understanding or awareness that might hopefully assist those of your sphere and the sphere itself, your beloved planet Earth, to weather the crossing of that channel of birth that looked as though it would be a difficult earth. Now the time ripens, the fields of the Earth's spirits are white with harvest. Now the harvest of Earth begins.

34: You have sacrificed much for this opportunity to serve. Take, seize, grasp this opportunity, not to rush forward with it but to sit embracing it, asking it: "Change me as I must alter to do the will of the infinite One. Humble me; comfort me; give me companions along my way. Give me persistence, stubbornness and courage. Let me love insult and misunderstanding. Let me embrace criticism and shame. Let me become empty." These are the prayers of the brothers and sisters of sorrow. These are prayers of tears and joy beyond all knowing.

43: People ask me: "Is this really going to happen? What about the arising negativity I see on the earth plane?" My dear ones, if you fear and hate that negativity, you simply add to it, and it will become the source of your own stagnation. This is much as a child learns lessons in school and asks, "Am I ready to go on?" If he or she does not study for an examination and does not pass the test, he may not go on. The focus is not on progression but on understanding. The work must be reviewed until it is understood. There is no time pressure. If you continue to return fear to fear and hatred to hatred, you have not understood and the work will be repeated until it is understood. The Earth will continue to offer you catalyst. When enough of you understand the lessons and can return kindness and love to fear, can allow fear to become a catalyst for compassion rather than hate, then you will be ready to shed the illusion and move into fourth density.

44: Many of you will continue on fourth-density Earth. Others will move back to non-material planes from which you came and find whatever other ways you may choose to serve and to learn. The radiant fruit that you have become will find its next place in the universe, its next place to serve, to grow and to love. I would like here to pass the microphone back to Q'uo. That is all.

53: I thank each of you for calling us to speak with you this weekend. I thank each of you for the beautiful being that you are. Each of you I see as a rose opening into the sunshine, with each new day or each new incarnation of your being more fully expressing your glory. Please know how deeply you are loved by beings of all planes and that you are never alone, but are surrounded by loving energy which would assist and nourish you on your path. That is all.

55: I want every single one of you to know how privileged we are to have had you this weekend. It is such a blessing to us that you are here. This is what we are here for and it really feels wonderful. If there are times in the future when you need to come back, don't think twice, just give us a call to let us know you're coming. We know you will bring your healing with you when you come; and we are always here to welcome you and answer any questions we can about the mechanics

of living, while you have the healing that you came to have. We hope you shall keep in touch with us, whatever happens to you, because we love every one of you very much. Thanks for your company. It's wonderful to suffer with such great people. Perhaps Barbara would like to say a word or two.

23.22 1994/09/25

4: This instrument asked for tears. They are that which the heart feels when the seeker opens itself completely to those about it. It is painful, my friends, to feel with a whole heart in your illusion for there is much that seems dangerous and threatening and yet, when the seeker looks within its own heart and finds that there is love there that is a gift of the one Creator, the seeker is filled with joy to give that which has been found if but the fear to open can be overcome. There is much in your illusion, my friends, which causes you to believe that it is well to remain closed to those emotions which are available to those who live a full and open life and who are willing to share the essence of their being with their brothers and their sisters about them.

16: Each entity, then, seeks to break through this veneer by discovering what exists behind it. In the search for the self, the seeker finds this self in all others about it when it is able to open its heart and break through that veneer to the love which is the self. By opening more and more to those about it the seeker discovers that the self within is full of variety, the creative energy of love expressing itself in myriad ways, each of which is a glorification of the one Creator.

17: Thus, as the attempt to break through this veneer and to seek the heart of love is carried on by more and more of the seekers within your planetary influence, the difficulties faced by these seekers rises as a crescendo of pain from the heart that wishes to beat freely and this pain is a call that is heard throughout all creation. There are those who hear such calls and who wish to serve, realizing that as they give that love of their own being to another in service to that other, do they also find more of that love within their own being. Thus, they move to the source of the call for assistance and offer themselves with a whole heart.

26: Thus, it is only natural that other portions of this same Self would hear the call for assistance in this process of discovery, this journey onto the uncertain seas. Those that you have called wanderers, then, are those which have moved far enough along this journey of discovery to understand that the call for assistance is a call from another portion of itself. Thus, the answer is automatic. The wanderer journeys forth and enters into the illusion from which the call has emanated, taking upon itself the cloak of third-density humanity, and walking with uncertain feet within your dusty illusion, with only the desire to offer the self to the Creator seen in all other selves, walking as does any other entity within your illusion, walking as does each seeker which attempts to learn the lessons of love.

27: So often, my friends, as you know well, these lessons of love contain much which does not seem loving, for in this way is the seeker given the opportunity to strengthen its ability to love, for what value is there in loving that which is lovable? Do not all do so? No, my friends, you will be given those opportunities which are filled with uncertainty, with pain, with confusion, with doubt, and if you can love here, then, have you done something that will make its mark within your soul being.

28: This is the challenge of each seeker, this is the challenge of the wanderer: to love that which is painful, confusing, fearful—that which is difficult in every way that you can imagine and in many that you cannot.

31: We are those of Q'uo. Within that glowing sense of spiritual self does lie a divine love. Its first and hardest choice of entities to love is the Earth-bound personality of self, that second-density creature that carries consciousness about for you, your body and that mind that was furnished with that body, the biocomputer, if you will, which thinks in either/or terms, yes or no, hot or cold, good or bad, right or wrong. Consciousness has little to say to this self, this surface of self, for there is the strong feeling within, quixotic as it may be, that this is not the correct solution, that there is more to the creation than either/or, that the creation is both/and rather than either/or.

32: It is the journey of a lifetime for the spiritual self within to take as it seeks love and seeks to give love, failing at first

almost always to be able to have love for the obviously imperfect surface self. The spiritual self within looks for companionship, someone who is more bright, more illumined, more spiritual, someone to relate to upon that journey which is inevitable once taken, that it be a lifetime walk with destiny. And it attempts to embrace first one, then another entity as friend or mate or working partner and each time the entity finds one to love and one who loves it, all is thought to be well, for that surface self is so easily convinced that the outer appearance is satisfactory and enough, yet always the spiritual self will begin to see the cracks in the surface—the wrinkles that Aaron talked about—and one after another, other people disappoint. One feels let down, abandoned, unsatisfied, betrayed and looks further and moves through that dance once again. For the mirror insists upon reflecting the self and each other entity whom the wanderer meets is the wanderer itself, precisely angled to catch and reflect the light to offer a better image, a clearer reflection of self.

33: The mind is finally overcome; it knows at last it cannot understand and at this point, at this point finally, when it lets go, when it gives up, when it walks into mid-air, then, and only then, do the scales fall from the eyes, and for a little while, the pressure of that decision, the release of that drop into the abyss of unknowing, forces open the heart's knowing eyes and the air is suddenly filled with angels, love bursting from each beaming countenance, hands beneath and around, supporting, loving, holding, keeping safe, yes, in mid-air, keeping safe.

34: Nothing is as it seems. To be wise, it is most wise to be foolish for love.

41: This process of seeking which we have described in our previous words is one which is universal for all third-density entities which live within the illusion of the separation of conscious and sub-conscious mind. To penetrate the veil of forgetting enough to love without expectation of return is a process which has steps, or as you know them, the archetypical images, that reflect the seeker's journey.

43: Thus, the image of the Fool is well suited to your illusion and is given as that motto by which each might look for inspiration and illumination of the heart. We speak of the heart for there the love of the Creator may be found and experienced for the self and for all other selves as the self which is the seeker continues to place itself in positions similar to the walking from the cliff, willing to be vulnerable and to give without expectation of return.

48: Yes, Q'uo. I have considered the archetype of the two lovers, also one imbued with this idea of choosing the two paths, and would like to ask your comments on its difference from the twenty-second archetype and its similarities, as I have had little success in commenting on that to myself.

50: The archetype known as The Lovers is the archetype which, as you have correctly surmised, best illustrates the choice of your illusion: the path of radiance, which shines the love and light of the one Creator freely to all, or the path of the magnetic attraction that seeks the love of others to use for the self. When this choice has been made, then we see the twenty-second archetype, the Fool, being fully invoked, the seeker, then, having made its choice, becoming available for the opening of the self to love in the complete sense—that is, to give love as a response to all catalyst.

51: Thus, the Two Lovers present the choice; the Fool journeys on, having made that choice.

58: I am Q'uo, and we feel that we have exhausted this group with information this day and we apologize, in one sense, for overloading the seekers of truth with too much of a good thing. We are most grateful to have been able to join this group this weekend and this session of seeking. It has been, as it always is, a great privilege and joy for us to work with your hearts and your desires and your great seeking for light and love. We are most pleased to be with your group on its journey.

23.23 1994/10/02

7: How painful it is to see that dark side of self, yet when this is seen, should the heart not rejoice, for this is a portion of a perfection. That perfection is shrouded in mystery. Why it is perfection to have both the virtue and the vice is a question forever unanswered except by internalized experience. It is difficult, indeed, to accept the whole self, to love and nurture that very self none other, none better, or wiser, or sweeter,

but that self at that moment. The acceptance of self by self is perhaps the most difficult, and yet the most fundamental work in consciousness one can do, and you shall do it time and time again for there is no lack of opportunity to gaze into the mirror of other selves and see the criminal mind at work. 8: Forgiving the self, accepting that self, in its imperfection and error as perceived by the self, is difficult precisely because the self knows what it is thinking at all times. The public speech often does not reflect the inner thoughts, yet these thoughts are, metaphysically speaking, real, valid and, as this instrument would say, "out there." Simply because they are not spoken, much is preserved of harmony for other entities. However, within the self, there is much work to do to humble that self that does not want to have a dark side to the point that in all humility the self may say, "Dear, dear self, I do accept you and I want to nurture you and love you and comfort you." This acceptance of self by self is absolutely fundamental to work in consciousness and you shall be working on this one always, for the truth recedes infinitely directly in front of the gaze of the seeker.

14: For, dear ones, beyond the perceived experiences of the energy of the self there lies beyond perception the infinite Creator expressing through the self. The ground of being, which the energy system informs, is fed by time spent with the infinite One, whether in meditation or in the rush of everyday life. Know yourself to be whole, to be complete, and to be unified beyond all harmonization. This knowledge, this faith of wholeness creates the atmosphere within which the evolution of the spirit is accelerated. The result of this meditation, or prayer, or contemplation, may manifest in many ways: healing, loving, a channeling such as this instrument. There are so many gifts, most of them quite unappreciated, such as the mothering, the parenting in general, the chores, the cooking, the cleaning, the driving. Each activity done by the whole self becomes a devotion, and the practicing of the presence of the infinite Creator becomes constant.

15: To this end do those within this density of the flesh seek to come. To this end, to this choice, to love and serve were each born. This very incarnation is the one into which each was born to seek the infinite Creator. All is ready for the present moment. May each open the heart and say, "Yes," in whatever way is most true to the self.

48: I am Q'uo, and we feel that we have exhausted the queries for the nonce, and we would at this time take this opportunity to once again thank each present for the great honor of being invited to join your circle of seeking. We are always overjoyed with this opportunity for we are allowed at these times to move more closely with you upon your journeys and to experience that which you experience through your questions, your comments, your concerns. This allows us to see the action of the one Creator knowing Itself through Its many portions in a way which we are not usually privy to. It is a valiant effort that you make in accomplishing your daily round of activities, remembering the one Creator as you move each foot in front of the other. We know, my brothers and sisters, that this is not an easy task, for the illusion in which you move has been so constructed to obscure the unity and love which binds all things and which is an easy reminder for those such as ourselves. We realize that this experience of the third-density illusion is one which is most confusion—we correct this instrument—most confusing to many of your peoples, for it works so well, does it not, my friends, to hide the one Creator where one would not think of looking—into the eyes of a friend, a stranger, a situation which seems most out of harmony. Yet, there the Creator also resides, my friends, waiting for your seeking, waiting to reach a hand as you reach yours, waiting to respond to each moment, to each breath. We commend your persistence and take courage from your efforts.

23.24 1994/10/16

10: We find that there is a true desire within each to relate the self back into the society in a way that produces more love, more compassion, more understanding, to make the world a better place. While this is certainly a good attitude, the center or middle way that this entity spoke of earlier must move back into that place where the self is seen as a servant and the question is, "Not my will here, but Thine needs to be known. So Creator, what is Your will for me?" Then if the impulse or inspiration moves to small or great success,

is great harmony within this intricate and infinite moving energy individually expressing as each personality. If you can be and allow the harmony and the love and the light of the one Creator to shine through your being in your words, in your thoughts, in your actions, then you have offered that is which most helpful to offer. An incarnation, an illusion, and all those about you, as you move through your incarnation within this illusion it is your free will choice what you shall do with your being, but first be, my friends. Then that which is appropriate for you to do will present itself as clearly as the sun shines on a clear summer day.

26.19 1997/12/29

3: So we ask you to listen and take what you will, leaving the rest behind. We do not come as those in authority, but rather as those who also seek the truth. We share the mystery to which we are called, for which we hunger, and upon whose end we all gaze with awe and worship, for each entity is as a spark of love that is precisely like love itself, that great original Thought for which there is no better word than love.

5: So you are here specifically to be confused. And to undertake to follow the desires of your heart. It is easy to gaze upon the world about you as a thing, a geographical location, an island in space. The heard music of language and culture, of buildings and ways of relating, all those things that make up the environment and habit have prepared you to attempt to make sense of this illusion. In many ways you have succeeded in carving out each for yourself that identity that you are pleased to wear as the mask of self, that face that you wear to meet those whom you meet. Yet each mask that you see is the Creator and you yourself are also that love divine, which is the Creator.

10: Focusing upon the difficulties having to do with magnetic shift may reward one with some meager harvest of information. However, we would suggest that a more appropriate response to that feeling that the fields are ripe with harvest is to dedicate the self more and more to being a spiritual entity first, and an actor who functions and does things second. If indeed there were a planetary disaster, a chance at survival would not in any case avail. Indeed, when one sees difficulty and disaster, there is a choice to be made as to what you will think about. Many things enter the senses of your vehicle, far too many things for you to be able to acknowledge and think about them all. The way one prioritizes the incoming data, therefore, is quite important. And we would encourage each when faced with thoughts of difficulty or disaster to consciously and eagerly to move into that tabernacle within, for the Creator Itself sits in light and in perfect love.

14: Know as deeply as you can, and as often as you can, who you are, where you are going, and for the rest, trust destiny. For as the one known as M and the one known as L have both said, one is led to the work that has been prepared for you to do. But the greatest work of all, and the work that will harvest this planet in safety, is being who you most deeply are, a child of the Creator; a miniature of the love that is so powerful that It has created all that there is.

20: I am Q'uo, and am aware of your query, my sister. To this query there are many components that comprise the answer. There are indeed new and more available, shall we say, energies in the portion of time and space through which this planet now moves. There is also the effect of the planetary entity realigning itself because of previous distortions offered by the third-density population in the way of the deleterious effects upon the planet. There are those entities in your circles of government who have sought to influence the patterns of weather. All these together may be seen as potential influences that have caused the patterns of weather to become somewhat more erratic. However, each of these potential sources may, as we have said, be affected by the love that emanates from the open heart of each seeker within your illusion. Thus, each may offer healing to this planetary entity and to all other entities, as well, each time the heart is open in compassion, forgiveness, understanding, mercy and tolerance.

27: I am Q'uo, and am aware of your query, my brother. You are correct in your assumption that the illusion is that which is more than it appears to be, for each does appear to be separate from each other entity and from your environment itself. The unity of all things is the underlying truth in this matter. The illusion of separation exists so that each portion of the

one Creator, the personalities who each of you are, may have the opportunity to explore within the one Creator's boundless field, the opportunities for discovering love and service for each other, though these may not seem to be the primary reasons for which each was incarnated. The illusion offers many other alternate answers for why each is here: to gather wealth, to be powerful, to do this or that great thing. All of these are but means by which each entity may find the heart of love and unity within itself. Each uses the artifacts of the illusion to travel the spiritual journey, though all around one the material world is given ascendancy.

28: This is the illusion so finely created by each portion of the one Creator for the purpose of finding the one Creator's love and light in each heart and also providing that one Creator within the opportunity to know Itself in ways that would not be possible were this illusion and your choices within it not creative.

35: I am Q'uo, and am aware of your query, my sister. This is indeed true, and is a most salient observation. The nature of the illusion may be described in many, many ways. And in your pursuit of the explanation of particles of creation that you call physics, there is the discovery by more and more of those who pursue this field that indeed, what each sees is most mysterious. There are a variety of ways that explanation is offered, and yet, none satisfy completely unless one sees the entire creation of many-ness as a unified concept of the one Creator's expression of love and light.

41: I had a guy write in from Turkey and he was very upset over people being born retarded, and otherwise handicapped or born starving, and what was that all about. I just wrote him back and said that it was part of the mystery, that we all did suffer, those that obviously suffered and those that don't look like they suffer at all. Everybody suffers. I wondered, do you have any comment on that? I'd love to be able to answer better.

42: I am Q'uo and am are of your query, my sister. To love and to find love is an easy thing when there is no barrier to perceiving love. Within your illusion, there is a great deal of darkness, shall we say, spiritually speaking. So that it carries far more weight [int the] mind/body/spirit totality that you call the spirit or soul to find love and light in an incarnation in which there is great difficulty, great darkness, great challenge. Each entity which incarnates within this illusion enters into the undertaking of this challenge and will gain in the spiritual awareness and power, shall we say, by being able to accomplish the discovery of love where it is most difficult to find.

27 1998

27.1 1998/01/11

0: [overview] We would like to ask about the two ways that we experience ourselves: being caught up in the illusion, wandering about from thing to thing without being in the flow, of being there, and of enjoying the love and the light of the harmony of the moment. The other is being in the flow, which is the goal which most of us have. We are wondering if Q'uo could give us a description of how work in the metaphysical sense is being done both when we are not in the flow and when we are.

8: There is, of course, much to be said for the entity who has been able to so live the life so that a rhythm has been caught and that marvelous beating heart of all that there is informs, enables and blesses all experience. It is a joy indeed to find the self in that holiday delight, that thrill of knowing that all is as it should be. These moments, however discovered or achieved, are wonderful, true and lovely. We encourage each, when those moments of delight occur, to mark them down in the heart, to look at the significant self, for these are moments of truth when the illusion falls away and all is real. It is not the reason that you are in the Earth world. Nevertheless, such moments are most blessed.

16: And so it is that in yielding to it and cooperating with it in trust, hope and faith, that you maximize the transparency of your self and your personality. When you are suffering, when you are confused, when you are lost in the illusion, know that you are working, that you are on the journey from head to heart. Of course you are not within the heart all of the time,

steps you can to do these things that will restore love to your heart and to the heart of any others about you. Make this a portion of your daily round of activities, for, during most of your days, you are active: you think, you do, you speak. There needs be a balance, a time during which all of this activity and the possibility of learning that depends therefrom needs be seated within your being that it might be used for further learning or growth into love and into the unity with those about you.

124: To meditate each day for a short period is a simple thing to do, yet it is a means by which you may reconnect yourself, your consciousness to the infinite Creator, to receive the eternal, life-giving waters that nourish one's very soul. Look there, my brother, for love and share this love then with those about you.

26.17 1997/11/16

4: It is said in your Holy Bible that the fields are white with harvest and yet there are so few harvesters. We might suggest to each of you that you do exist at this time as a harvester to the extent that you embrace and attempt to live that inner focus of self as a vessel and a channel for that Love that is the One Great Original Thought. For the harvest of souls that lie among those deeply slumbering upon your Earth plane appear as do other sleepers, yet they are sleeping but lightly. It is not to the one who is aggressive as a light-bringer but to the one who simply allows light to flow through the instrument that he, shall we say, the coincidences fall to bring sleepers whose time has come to awaken into that circle, that (gambit?) which includes one who is functioning as a light-bringer.

5: Each of you may profitably think about the concept discussed within the question of being a spiritual warrior. The term is not exact, for the term, "warrior", suggests an enemy, and yet the enemy of the spiritual warrior is the spiritual warrior herself, just as the ally of the spiritual warrior is herself. To the spiritual warrior all of those outside of the spiritual warrior are reflections of the spiritual warrior. The work which the spiritual warrior does is upon the self, and as the warrior disciplines her personality and finds ways to step out of the way of the One Original Thought, that entity becomes more and more a bearer of light, a channel through which light may come into the Earth plane. And this light, rather than the warrior herself, is the alarm clock which each of you carries and which each of you has as an offering to give to those about you. For each of you has her environment and as you move through the routines and duties of everyday living, you come within the purview of many entities. It does not matter what you think of these entities or what they think of you in terms of doing spiritual work or of being of spiritual service. For the great service which the spiritual warrior offers is that emptiness of self which allows love to flow freely through the heart chakra and out into the world to bless, to heal, and to awaken deep memories within those whose time has come.

6: We feel that you have a fair grasp of the logic involved in the great evidence of negativity as well as positivity upon the Earth scene at this time. The concept of incarnation by seniority by vibration is very helpful when it comes to grasping just how precious the opportunity to be incarnate at this particular time is, for as the one known as Jim was saying, there is a waiting list, shall we say, of entities who wish to enter the Earth plane at this time to be of service and to learn spiritual lessons having to do with faith and love which can only be worked upon within the illusion which completely hides the unity and truth of oneness that underlies your illusion. For there must be confusion in order for choices to be valid. There must be no way to understand spiritual choice, but rather there must be that growing awakening within to the voice of spirit that tells in concepts greater than words within the silence of the heart the story of love, free will, and the Creator's world.

7: Your Earth scene shall continue to be chaotic and the energies of many somewhat dissimilar cultures, all striving alike for balance, may well create more and more confusion in the physical and societal sense. Yet the spiritual warrior sees each day alike, as an opportunity to meet the moment, to give that moment the honor and respect which creates a depth and resonance to that moment. Indeed, you may think of your entire existence as taking place within the twinkling

of an eye, for as the Creator breathes creations are born and die. Infinite and everlasting intelligence broods upon itself in unending love and again and again it chooses a dance that tells of self to self, and again and again the Creator sends forth those sparks of self that were created before any world was and will be created after all have gone. And each of you is that spark; each of you part and parcel of the Creator, and your moment is now.

14: That entities are willing to make rooms in their hearts and in their minds for the teachings of the one known as Jesus is an helpful thing, for it is the heart of this entity's teachings that each seeker seeks and that is love. The one known as Jesus was steeped in the great energy of the One Creator, the creative energy which has made all things and which each entity instinctually seeks out within this third-density illusion, for even at the level of each cell in each body there is the knowledge of love. There is the desire for love. There is the pull towards love. Whether or not a channel is channeling the one known as Jesus each entity which claims to be channeling this entity is helping in one respect seekers to come into a greater relationship with love. For it is well known that the one known as Jesus replaced all the laws of Moses with the two great commandments which revolved about the concept of love: to love the Creator with every fiber of the being and to love the neighbor as the self.

15: Thus this entity has its influence to this day in a most harmonious way upon each seeker and we would encourage each seeker who reveres the one known as Jesus to seek within the life pattern where love rests, where love remains, where love may be found. Is there any other way that we may speak to this query?

26.18 1997/11/19

5: Far beyond the apparent nature of the self, with its temptations and duties and positive and negative thoughts about many things, there is a deeper self, a self that may ultimately be identified as the great original Thought, which is love. This Logos is complete and utterly within and it, love itself, is the nature which you may come to know in the most trustworthy way. For love is love. Love created all that there is. There is no sham, no falsity to divine Logic love. And this is the vibration, this is the essence which each is beneath the personality shell.

7: It is this vocation for which you took flesh. Primarily, this is why you came. You came here to be yourself, to offer yourself sacrificially to a world greatly in need, a relatively unbiased vibration of love. The sacrifice is life itself. Not that which is within the life. It costs something for each to come here. You have paid that price. We encourage each then, to relax, to trust, and to surrender to that destiny which is a gift carefully chosen by yourself before incarnation. You have prepared ways to serve in the outer world. It is not terribly important whether or not this or that which was prepared is taken up and manifested. However, it is from this standpoint, and from this context that we would prefer to deal with the question of the use of gifts.

13: We are those of Q'uo, and we must apologize... we are those of Q'uo. [Laughs] This instrument almost went to sleep on us and we are sorry, and the instrument is sorry, and we must regroup. We were saying that each within the creation of the Father has an infinite rightness for each is a citizen of the time, each is a spark of the infinite Creator and from creation to creation, the sparks shall fly out, become homesick, and return. And you are flying and wishing for home—and you shall return—only to be sent out again by an ever inquisitive Creator to see just what love can be, what it can do.

19: I am Q'uo, and we are grateful that we have been able to provide the information that has set your mind in motion. We are always hopeful that we are able to speak in some way to the heart of the concerns which are offered to us in the form of queries. We are aware that much within your illusion is confusing and difficult. There is the need for the ray of light, shall we say, within each daily experience of each seeker to shine the way for the seeker and to inspire the dedication to service. And to give the seeker the knowledge that to be is the greatest service that any can offer. For to be is to reproduce the nature of the Creator in the individual incarnation. For the Creator exists in a fashion in which the creation is much like your computer program, running in such and such a fashion with infinite participation and possibilities. There

neither matters, for the attempt given in wholehearted and single-minded effort is the total and sum of that which meta-physically matters.

11: To bleach the pride from this attempt to strive towards perfection, simply remove the editor and judge of the self from the picture so that you are free to do your best and then let that be good and sufficient. The pride will take you back many times looking for how the perfection could have been more closely approached. These deliberations are seldom fruitful, for the self shall not build a stairway to heaven by any good works or appropriate attitudes or systems of knowledge and understanding, but, rather, all that you shall judge of yourself after this experience will be held within that basic vibration or thought which is yourself. No works shall you take with you, nor thought, nor attitude, nor behavior, but that vibration that is you, integrated, unified, harmonious and whole. You cannot, by any knowledge or work, no matter how good, affect this vibration. You can only empty the self as often as you can, hoping always to become as the window through which all may see the Creator and all may feel its love.

13: We encourage each to take up the dance of life, dancing around judgment, moving away from vanity and glory and pride, seeking to serve, seeking to be servant. For every entity whom you meet is love itself, and, if you speak always to angels unawares, let your heart be humble, your hands be empty, your heart at rest that you may seek to love, and reach the hand to touch, and lift the heart to share love.

23.25 1994/10/23

7: Contrariwise, the mind of the body has instincts towards anger which exist because they are needed, or so that animal within is certain. The instincts, those instantaneous responses, ungoverned by logical, reasonable awareness, work usually quite well, landing the seeking pilgrim repeatedly off the beaten track of devotion and lovely thoughts, taking that awareness and flinging it aside in the rush to defend territory. For that animal which you are, which carries your awareness about, is territorial. It measures and sifts. "This is good." "This is mine." "That is bad." "That is not mine." "That should be mine." "That will be mine because I deserve it."

8: There the anger comes in—the hunger for possession, the hunger for safety, the desire to defend. The search for peace, dear ones, is a search for true identity. Who are you? Are you that limited mind that must protect against unseen danger with the same gusto that was used to defend the self from a predator? Or are you that awareness that gazes unblinking on the human scene, knowing all things as love?

10: Each path will have to deal with this issue of suffering. In dealing with the self and the self's anger we encourage each seeker to be patient and to realize and re-seat within the deep mind, over and over again, the dichotomy betwixt the temporal and the eternal. Have mercy upon yourselves for your anger, for indeed that which you see is the mirror, the anger directed at you is within you, like the werewolf baying at the moon that only comes out when the moon is full. Know and accept this part of the dark side of self. There is a price to life. That price often is that one wishes to prolong life, and, therefore, attempts to control all elements so that life is safe, secure and protected. See this within the self. Love this self which has so little time to live, and when it is seen in another, attempt that same degree of understanding. See the fear, the true desire to protect, in the negative emotions of others, for however distorted these emotions are, they are distortions of love.

11: The energy within anger is so close to the positive extreme of freeing the self that it actually tends to feel good to be angry, for it is in this kind of fire that life is created. The creative principle of love is also the destroying principle of death. Passion has its inevitable counterpoint in tragedy. Life and death go together as concepts. Anger is the other side of the coin of love within limitation.

12: Let us, then, move back in concept, moving away from the particular, seeing the fear, the suffering, all the negative emotions. See them within the context of life abundant, yielding its harvest of wisdom and compassion to those who simply persist at gazing at that which goes before the eye, comes before the ear, arrives at the nose or the skin. For the creature that you are is most special. We encourage each again and again to touch into this space where love may be

felt in the silence, where comfort moves deeply within, opening the heart, relaxing the grip of circumstance. Move away from the particular often within your days and nights, moving in mind to the more profound ground of your being, that eternal, undying awareness beyond all distortions. It is love. You are love. This is the deeper truth.

18: I am Q'uo, and am aware of your query, my sister. It is not an easy task to move within your illusion of third density and to be able to love under the circumstances which one finds here with so much mystery surrounding the basic qualities of your life patterns and interactions betwixt peoples. Yet, one may look at this illusion as one would look at a school which has many grades and many course offerings, all with the purpose of enhancing the student's abilities to give and to receive this most precious quality of love.

19: Each entity, before the incarnation, will set about reviewing those lessons which have been learned and those which await the learning according to previous incarnational experiences. As each entity is unique, and as the interrelationships enhance this uniqueness, it is difficult to generalize in every situation and yet be accurate. But we can assure you that each entity which incarnates has some, what you would call, a disability—that is, a difficulty or blockage in the free flowing experience of love.

20: Many have blockages that are from previous incarnational experiences and are expressed in the present incarnational experience and are expressed as a distortion of one kind or another. Each distortion, whether it be of the physical, the mental, the emotional or the spiritual complex has as its purpose the allowing of the learning of love. When love has been absent in some facet of the entity's life pattern the opportunity for adding it to the reservoir of information is usually programmed as a, shall we say, a difficulty or blockage, a distortion in some facet of the being that serves much as the sand for the oyster which will eventually produce the pearl, yet with some irritation in the process, shall we say.

21: The process of learning to love is one which will often-times be experienced in a difficult manner, a traumatic manner, a manner which is intense and rich with opportunity for growth. Only when this type of intensity has been experienced can that which has been learned from it carry a weight in the totality of the being that will enhance that being's total nature. Thus, to learn is to experience a kind of pain, for one is enlarging a portion of the self in a manner much like giving birth for your entities within this illusion. The process of the birth is filled with pain, yet the joy which comes from the birth of a new entity is great; so it is with each entity within your illusion as each continually gives birth to a new portion of the self.

22: In order for this entire process to make its mark, shall we say, upon the soul, upon the total being, there needs to be the exertion of great effort. Those with what you have called a disability of a physical, mental, emotional, and in some cases, a spiritual nature have increased the degree of difficulty, shall we say, for that learning process. This increased degree of difficulty has as its reward an increased level of learning to love and of allowing others to learn to give love to the self.

23: Thus, if you look at this illusion as the laboratory in which the student seeks to put to the test those ideals which it holds dear prior to the incarnation one may then see all that occurs within the incarnation as the conducting of the experiment to see if love can be found in this situation, in that situation, in even that situation. For there is an infinity of possibility and opportunity that awaits each entity within the mystery of this particular illusion, for as you seem so separated from each other, from the Creator, from the environment, from those principles of love, truth and beauty and all other principles that are valuable to you, feel yourself isolated, alone and perhaps at times unable to make sense of all that is about you and much that is within you, yet just this dilemma, just this confusion, doubt, anguish and pain is that quality of angst that shall push, provoke and prod you further. These are the ways that the soul has to remind itself in the incarnation that there is yet more to do, and each portion of the incarnation offers the opportunity to give and to receive this precious quality of love, and each circumstance that one finds one's self with is yet another opportunity to give or to receive or perhaps to give and to receive love.

31: The various qualities that compose each entity are always available for utilization of this process of growth. One may see the self and all other selves as being what we have

heard described as the 360 degree entity, that is, with all potential, all abilities latently available. As an entity pursues an incarnation with a certain set of lessons revolving about the central quality of love it is possible for an entity to focus upon any set of abilities or even to focus upon one particular quality in preference to all others and for the time of that focus to seem as though it has no other dimensions. This is an intensive form of practice for an entity and will aid an entity in balancing an area which has perhaps been less than fully utilized in its previous experiences.

42: ...Only if the expression of your anger has the possibility of injuring another person would we recommend that you damp it down, shall we say. Far better is it to experience the emotions as they occur and then to work with them later in your meditative times, balancing the anger with the love that naturally replaces it when one sees the object of the anger as the other self and as the Creator as well.

44: The efforts to rectify difficult situations can oftentimes lead to breakthrough experiences with the other self as hearts open honestly to each other. That this does not occur often makes the desire for it all the greater in those who wish to give and to receive love within your illusion. The constant desire and effort made in this direction is that which builds within you the metaphysical or spiritual power which is much like the power of any battery which stores energy. As you increase the positive polarization the battery has the ability to do more work.

45: This is so in conscious[ness] as you intend, and intend, and intend and work without stint to attempt to find love within the self, within others, and within the situations that you share. That you shall feel that you fail most of the time is not of central importance. Of central importance is that you continue to try.

23.26 1994/10/30

6: Now, the way in which the seeker attempts to grow may be seen in one way to be simply a matter of the seeker looking at the vibratory complex which is the Creator or intelligent infinity brought into manifestation, so that the goal of each seeker is to so act and think that the vibratory complex which is the truth of that seeker becomes more and more like the vibration of love, the Logos, the great original Thought Itself. The spirit within seeks and yearns for deity, unity and rest. This completely natural process of spiritual evolution moves on instinct within the life of the seeker so that there is a ground of being within which becomes slowly, gradually awakened as that attempt to move closer to the love and wisdom of the infinite One is followed persistently.

12: In sum, we would encourage each to seek within always that Creator's perfect original Thought, to seek that state of being which is deity, and to find within that relationship the energy which moves one to seek more, to hope more, to offer the self with less reserve to the work which is prepared by the infinite One for each day of the incarnation. Moving upon that plumb line of connection with the Creator, the seeker finds it increasingly easy to be persistent in practice, in seeking the good, the true, the beautiful, in seeking to express love. As the seeker becomes more loving it may find it must work upon receiving love, and then when an entity such as you have spoken of comes to you to share its suffering with you, you might not need to pull away from this distortion, for you have not the fear that blinds you from seeing this suffering spirit.

13: In your heart hug this suffering soul and bless it as it moves along its life path, for much sorrow and suffering shall be for that entity, and by its choices it is more and more isolated. Let your heart become softer and softer, more and more open and willing to love when the surface picture is no longer beautiful, good or true, for just as within the self who attempts to make the impression, the surface is gleaming but the interior may not be. With the unhappy soul who screams and abuses, even that surface has become marred, yet within there lies in perfection the one infinite Creator, and the truth of this entity remains deity. As you love, as you serve, look always to that infinite, original Thought which is love and see the life fall into place.

14: May you love each other in good and in evil times. May you redeem each other by forgiving, and may you allow suffering to occur with your sympathy, for these are the sorrows of one who is growing and learning, and from these mean

beginnings shall come great heights of learning and service. Nothing is truly as that which it seems, for there is one truth beyond all appearance and that truth which unifies all can be seen by none in fullness. Yet, as you seek and seek again, over and over and over, so shall you become free.

23.27 1994/11/06

4: A healing, on the other hand, is a state of balance within the entity. Illnesses and conditions are sometimes evidence of imbalance, blockage or weakness. At other times that illness or condition which is not cured is, on the other hand, balanced. This is true of those who carry an illness or condition in order to learn a lesson concerning love, and many there are who do choose some indisposing condition, not for the joy of it, but for the precise kind of suffering which shall ensue.

7: The forces of finity and limitation are here for very good purposes, but they work upon the consciousness of a being that is eternal and unlimited, either by space or by time. This consciousness and awareness which each has in common is that which endures as though there were no space or time, but only infinity and eternity. This being which each seeker is is a being of pure love, that primal and original energy which created all that there is. When this awareness, which is the deepest portion of your identity, is first housed within the physical vehicle which carries you about, the limitation and frustration of being in that heavy chemical vehicle is immense.

9: So, if the physical vehicle has the aches, the pains, then we suggest and encourage giving this situation respect and attention. This attention may be simply seeing the physical vehicle as the perfect mechanism, which it is. It may be sending light to those portions of the physical body which are perceived as hurting or ill. Each seeker may find its own way of coming more and more into loving relationship with the physical body, but it is work which will aid in the balance or health of the body, mind and spirit together.

13: The energies within the physical, mental, emotional and spiritual bodies are infinitely, carefully, lovingly arranged so as to express a central vibration which is the essential self manifesting at this space and time. The higher healings, then, will more and more pinpoint that essence, that essential vibration, and find ways of increasing the harmony with which that vibration may move. The best of the techniques for opening this essential nature and clarifying it remain meditation, contemplation, prayer, and as this group was speaking before, the remembering of that context of sacredness within which all of what is known as life and all that is known as death involve. All is sacred. That which your feet rest upon this moment is holy ground.

20: I am Q'uo, and am aware of your query, my sister. Many times in the history of this particular planetary sphere have those of Confederation origin asked that same query, for there have been many, many instances where there were groupings of your peoples who were much in need of healing, yet we were not asked by them to offer healing. Thus, we have found in our own experience that to send these entities love and light and the wishes for the regaining of the whole balance is the most that we can do without infringing upon an entity's free will, for in order to be of service to an entity in an overt manner one must be invited by that entity to attempt to serve.

21: To attempt to serve without invitation is not a service, in our humble opinion. Thus, even though the desire may be great to reach out the hand in service to another, without the invitation it is only possible to send these entities love and light for the use that they may have for it, whatever that use may be.

23.28 1994/11/13

9: The key phrase that addresses the whole ray of questions concerning right use of time, energy and talent, is that which the teacher known to you as Jesus stated: "Not my will, but thine." You see, you and your consciousness are as the tip of a great iceberg. Your self, that profound and illimitable self that you truly are, has only a small amount of selfhood showing. That selfhood is wrapped within your personality, or your ego, if you will. It is not supposed to show, for indeed

that outer heart that sees the light of day to the inner place that only you can go. There is nothing in this holy of holies except you and the Creator and the perfection of that shared vibration that is love itself. Whatever trouble, whatever the illness of mind, emotion, body or spirit, this love wants to share, wants to embrace, desires nothing more than to tabernacle with you. There is no judgment there. There is no test to pass. There is only absolute love.

6: When your center of self dwells within that shrine the sea of confusion continues all about you and you swim and do many things and go many places and see many people, and yet as long as there is that awareness of perfect love you do not drown in the sea. You do not become lost of heart when relationships do not seem to be availing either with learning or with peace. We are aware that it would not be desirable in terms of incarnational learning for an entity to spend all of her time in that secret tabernacle, and we do not suggest that the life pattern be changed so that the indwelling spirit may be beheld and enjoyed full time. We are aware that none of you wishes to come into incarnation and then dwell in the shadows of that incarnation. Rather, each has an urgent and profound feeling or sense of purpose. Each of you wishes to accomplish that true vocation that each feels within has been made or prepared for each. And we feel that this is a true and authentic sense or feeling, the feeling of having a purpose that is spiritual in nature.

9: You are in an illusion full of things and you want to see things accomplished. You want to see where you have been, yet in terms of being you cannot see where you are, or where you have been, or where you are going, for the value of being is in its unforced spontaneity. What evolves for the seeker, then, is the challenge of learning how to take away from the self extraneous material and enlarge that freedom of movement of the spirit vibrating without thought, for there is a native vibration that is as the signature of each entity. We know each spirit within this circle not by the name but by the music that each heart is singing, that complex of tones and harmonies that is each person, each spark, and each is uniquely lovely. There is no repetition. There is no possibility of boredom, listening and joining in with the songs of each person and each two people in relationship, and then each within the group creating that song of the group.

12: We have come to a place where we feel it would be helpful for questions to be asked. And at this time would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q'uo.

20: Healing, then, is that balancing of distortions so that that which is perceived more closely approaches love, compassion, understanding, tolerance and so forth rather than the distorted perceptions that come when love is not seen.

26.16 1997/08/03

5: We suggest to each the effort to remember who you are, to remember why you came to this difficult illusion. What was important enough to pull you into the great illusion of the Earth plane? As far as we ourselves know, that reason in each case has been the wish, the genuine wish to serve the infinite One. Each has worked hard to gain the right to incarnate at this especially critical time within your present cycle of learning. Each was able to come here because of the seniority of vibration of each, that is there being fewer physical vehicles than souls who wish to use them. The vehicles have been given to those whose vibrations more nearly accommodate the fourth-density love and light of the one infinite Creator.

8: So we suggest and encourage each to take the time daily to center the self within the heart, to spend that moment of knowing that you are loved and that you can channel infinite love to a world that is starving for that vibration that is unconditional love; for this you came into this incarnation. Whatever your manifested excellences and achievements, they shall always fall far short of the service that you are doing by being who you are and by meeting the moment with the maximum amount of love which you may find yourself able to open to within your heart.

13: The reason for reincarnation is that previous octaves of creation gradually discover the need for periods of learning followed by periods of rest, recuperation, healing and planning. The goal of the entity throughout all incarnations remains singular, that being the effort to more and more ap-

proximate the vibratory complex of love itself, for each of you has within you that perfect and unconditional love that created all that there is.

14: It is a matter of the untaught self being as the rock from which the elephant is carved. In each incarnation, the seeker chips away at that which is not an elephant. Imagine how many strokes of the tools of sculpting it takes to create—we correct this instrument—or, shall we say, recover the articulated statue. So each of you gazes at the self before incarnation, ripples the pages of previous incarnative experiences and comes to conclusions concerning what facet of love, loving and being loved needs the most study, for each entity is unique, each entity has its own path.

15: Thusly, each of you in the present incarnation has a plan, has made sure that there are ways for you to be presented with the circumstances in which you may choose to enlarge your ability to give and to receive unconditional love. There are many angles to coming to this realization of love itself and so each of you will find at times that there are few to talk to about your particular task. Nevertheless, trust your inner guidance and the perseverance in following that guidance, for this is the precious opportunity. This is, as this instrument has said previously, the opportunity to offer love by faith alone, knowing nothing, sensing everything.

31: Yes. Once we attain and realize our inner unconditional love, what then should we seek?

32: I am Q'uo, and am aware of your query, my brother. The great quest for this "pearl of great price" is that quest which, for most, encompasses the entire life, for to open the heart in unconditional love to those about one is a task difficult enough that it eludes and confuses most. For it is far, far too easy and tempting to take offense, to give offense, to be confused, and to move through the incarnation on unsteady metaphysical feet. However, when one has been privileged to taste that unconditional love moving to and from one's own heart, then the blessings of this experience tend to open for one the next step and the next and the next so that the opportunity to share this love is ever present.

33: This love has a power unto itself that is like no other. It draws to one who expresses it those experiences and those entities which are in need of the service of unconditional love. Worry not, my brother, about what you shall do, for it is set before you, and it shall be yours.

42: Thus, the consciousness that each possesses is the dynamic rules by which each may co-create the illusion in which you move, that each may co-create the experience of giving and receiving love. These experiences are many, through many incarnations and many densities, for this creation is rich and varied and offers to each seeker the full reach of the one infinite Creator.

88: I am Q'uo, and am aware of your query, my brother. We would look first at the term, "victim," and suggest that each entity in every situation has chosen at some level of his being to participate in the experience whatever its nature, for all experience is of the one Creator, and all experience teaches some portion of love, light or power that is in relation to the one Creator.

89: The second point which we would investigate is the term, "retard." We would suggest that some learn [more] than others, as in all studies and in all students. However, all shall learn the lessons of love, for there is as much time as is needed for each entity to proceed through this illusion at whatever pace is comfortable to that entity, for indeed each entity partakes within an infinite creation and will find those lessons most pertinent to it at its own pace.

120: I want to ask one question. Are there any techniques, physical or spiritual techniques, that we can use to help stimulate our awareness of reality and the truth and help us to grow in our quest toward the goal that we should be directed in and assurance of which way we should, what our ultimate goal of becoming loving beings is, things that we can use, tools that we can use to help ourselves?

121: I am Q'uo, and am aware of your query, my brother. We always recommend one great tool for each seeker of truth, for it has shown its value to us throughout our experience in the processing of experience and the learning of the ways of love and wisdom, and this tool is that of meditation. Retire within, my friends, to that quiet room in which you go to be in communion with the one Creator. Shut there the door and on a diurnal period each day retire there to listen with the heart, with the being to the voice of the One.

123: Resolve in this place and at that time to take whatever

26.13 1997/04/26

3: Each of you is as a starry messenger that has become tangled in flesh. There is that portion of yourself that is eternal and infinite. That eternal and infinite being is steeped in unknowing—truly a mystery of mysteries. Each entity is as deep a mystery as the mystery of the Creator; for each, truly, is one face of the Creator. And in each manifested illusion, each entity is the face of the Creator and each face shall be unique. But to all these sparks of love sent forth upon the winds of free will there is given the knowledge of home and the desire to be moving in the direction that home lies.

11: We encourage each of you to seek within the self for that heart, to look for and to bless the purity within that has values and ideals that are completely impractical and unearthly. We encourage each to dream the highest dreams, love the deepest beauty, and know the deepest truth, and embrace, as this instrument said earlier, the deepest and most authentic passion. And if that purity calls forth the testing and the trial, we hope that each shall be able to know that the fire that burns does not burn away the heart of self but only the dross of flesh. Fear not that fire, and if that which is called the ego by your peoples loses a bit of a chip here and there, is that any great loss? For that which replaces that small self, though far more impersonal, is that which marries peace and ecstasy, quietude and joy.

26.14 1997/05/18

3: This day you wish to consider that choice that is the hallmark of the third-density world which you now enjoy. And certainly the density is one of endless choice, but let us look first at the first choice and that was the choice of the Creator to know Itself. In choosing to know Itself the Creator flung from Itself innumerable and infinite sparks of love which coalesced into each awareness that dwells within the infinite awareness. Each of those sparks of awareness is the Creator, and yet, because the Creator chose free will in the manifesting of sparks of self, each spark is unique and has been unique since before time began. Each of you is eternal and in many ways immutable, a citizen of infinite nature, worth and value. Each one a holograph of the Creator and yet each one different.

7: We are aware that each is quite familiar with the choice of service to self or service to others that is the foundation choice of this particular density. In addition to this choice of service there is a component which has to do with the purity or extremity of service. We have often called this aspect of the choice polarity, for something can be chosen with a wide range of urgency, a wide spectrum of intensity of desire. There has been the puzzlement expressed in the conversation preceding our remarks concerning how one can truly be of service. The paradox is that when one is of service to others one is automatically serving the self, for that which is offered is returned a hundredfold. It seems clear that each other person is also the self, is also the Creator, and so serving others is serving self. Further, before one can be free to serve another, one must come into relationship with the self, and the process of arriving at a love and acceptance of the self may seem very selfish and egotistical.

11: In the parables of the one known as Jesus this entity frequently said at the end of a story, “Let him who has ears to hear, hear.” And this is the quest of each seeker, to develop ears that hear ever more accurately the song of love that rushes through each moment of experience. Third density, your Earth plane, is a world of great solitude and sorrow, with each entity shut up from each other entity in ways that do not occur before this density or after it. This is a density of metaphysical darkness lit only by that pale moon of hope and faith. And yet in this dim light there lies a depth of truth that shall never be touched again, for only in this density has the Creator given Itself the luxury of not knowing. Thusly, as each experiences himself, the Creator experiences Itself in an unspoiled and untouched way, totally spontaneous and totally free, and if that entity that is you finds that heart of love that is the deepest truth, that finding is completely real for it is not at the surface of things that this truth is obvious. It is not obvious that all is one. It is not clear at all that each entity is a creature and a child of love. Indeed, it is only by blind faith that we can begin to apprehend that which we do not know and yet that which we do know, love itself.

12: So when the seeker comes to those moments of startling lucidity, when that knowing which is beyond unknowing lights the sky of consciousness with that fullness of light which is true self-knowledge, there is a degree of joy that cannot be attained by those who already know the score. Around this habitation we are able to see each flower and plant and tree moving rhythmically in the joy of perfect knowledge. The second-density world embraces itself without self-knowledge but with full knowledge of love. There is no doubt. There is no argument. There is no confusion in the growing of seed into bud and bud into flower, in the dying down of that which is born and in the rising again from seed. All is felt in that cyclic rhythm that is perfect, and all harmonizes, each serving each in infinite detail.

14: And so what is the choice, precisely? Although we cannot speak precisely, although the choice is always veiled in mystery, we would point in the direction of the will which is as the verb in a sentence in which the nouns are made of faith, hope, love and charity. What is the right use of will? The one known as Jesus spoke very clearly when it said, “Not my will but Thine.” For you see, the choice truly is to surrender. The choice of the Fool is to leap into mid-air, knowing absolutely nothing about what lies at the bottom of the chasm of unknowing. One chooses either to have complete faith and thus to remain calm in the midst of this sea of confusion which is the Earth world. This is not an obviously good choice. The choice to believe blindly seems quite foolish and may we say that it is foolish. Upon the surface of events such a choice as pure faith shall only rarely be obviously validated by experience and yet the energy that is released when a seeker chooses to live by faith is tremendous. It certainly flies in the face of logic. Logic dictates that one maintain control in order to better serve.

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

26.15 1997/05/25

3: We have an almost giddy sense of “What shall we talk about first?” because of your broad range of topics and the possibilities of relationships between various portions of those things which are upon your minds at this time. And yet perhaps it is best to move back to a place within the mind, within the heart, within those halls of eternity where your citizenship truly exists, to sound once again the glad bell of union and love, for beneath all of the illusions that tease and delight and frustrate mind, all—with no exceptions—are deceiving, and beyond all of the illusion and chimera there lies the One, that Thought which is love in its creative and fiery sense. Not the love of mates or friends or family, not the affection, or the agape, or any of the myriad of words which exist in your language, but a love that is beyond any word, a love with the power to create and to destroy. It is this stuff that you are made of, this and none other. It is the mating of this thought of love with light that has builded the entire universe. It has made all of the interpenetrating illusions of inner planes and outer planes throughout the infinite creation. It is that love of which each of you is made.

4: And if love can be said to have the body then that body is that spark that is without weight, without form, but most specifically is within the heart of each, in its perfection, undistorted, undilute, a perfect spark of that love which created and sent each forth to gather experience, to ripen, to become heavy with the fruit of learning and loving and being loved. How loved each of you is by this love that made you and that awaits your return. Yet at the same time you are already home, for there is that spark of perfect love within, for there is a secret tabernacle within each, that soul’s shrine wherein one may lay down the sorry carcasses, burned to gutting, of the day’s efforts, the day’s emptiness, and all the concerns within the sea of confusion within which your illusion dwells.

5: That shrine can be forgotten. That shrine can be closed and become dusty. One waits there whose love is beyond all telling. This instrument would call this consciousness Jesus. However, the one known as Jesus would be happy for us to call this energy perfect love. But this perfect love is for you, unique to you, awaiting no one but you. Patiently. Silently. This energy, this essence of love, waits for you to put your hand upon the door, to turn the knob, and walk through, from

that true self is to you a goal towards which you strive in consciousness, for when your consciousness is awakened fully, then you shall see that you have held the truth safely within your deep mind all of your existence. Moreover, this silent wisdom, that spark of love within, moves into and transforms pain, suffering, misunderstanding and each and every negative emotion. It is as though the seeker dug within the earth of selfhood, making the garden of self broken [up] into smaller and smaller clumps of self, until the self has become broken up completely and lies ready and fallow for the seeds of new transformation.

18: Indeed, we find that it is more nearly the common case for clans or groups of like-minded entities to move together through the third-density illusion and those which follow it. Oftentimes these groupings will enlarge themselves as further contact is made with other entities that will enhance this process for each grouping. It is well for those entities comprising the groupings to be able to rely upon fellow travelers, shall we say, to provide the appropriate assistance, catalyst, challenges and support for this process of discovering the heart of love within each entity and to enhance the expression of this love in each succeeding incarnation.

30: The reason that surrender has far more value to the seeker than does control is that in surrender to the spontaneity of the heart one may get a truer reading, shall we say, as to the true nature of that portion of the self that one is attempting to balance. As one allows the spontaneity and love within to express itself outwardly to others, one is able to feel and experience a fuller and truer representation of one’s position, shall we say, upon any particular point that might be of any importance to the self, this being the greater self or the soul which inserts a personality into each illusion and experience.

23.29 1994/11/20

25: I am Q’uo, and we appreciate your words and your heartfelt gratitude, and are on our equivalent of the little rock as we begin to say our farewells to this group. We realize that there is an energy deficit at this time, for there has been the expenditure of much energy this past—what you would call—week, as many have given the experiences and efforts towards making one from a distance feel at home and feel nurtured. This is a good effort, my friends, and we can recommend to you that you always see each other as the dear friend from afar that appreciates the love and support of its close friends and family.

26: Each of you is a portion of a greater family that moves within the illusion at this time, helping those that need help, inspiring those that are weary, and lending assistance to those who walk with difficulty. This is a grand illusion and a grand journey that you are upon, my friends. There are many adventures that await you and many moments that may disappoint you, but you may always take comfort in knowing that the love of the one Creator resides in full in each and but requires the smallest of need or inspiration to be kindled into flame.

27: We can tell you from our own experience that there is no greater joy than to share the flame of love of the one Creator with those kindred souls that walk with you upon this dusty path. We take great pleasure and feel a great privilege to be some of those who walk with you. There are many, my friends. There are many.

23.30 1994/11/27

6: From this circle each shall again move into what seems to be the ocean without direction. Love creates, love is, and each is that love. Yet, you are that love clothed in flesh. Your heavy, chemical, physical vehicle ensheaths that which is light, created of love in such a way that you may walk about within the illusion that is your third density. You gaze about at your second-density friends—the trees, the birds, the grass—and you can see in these simple things clear and lucid examples of love. The trees offer to the seeker the oxygen which aids that seeker. The seeker itself is offering carbon dioxide to the trees, a food they need to eat. All within this second density tends towards the perfect order. Not that it is neat or tidy, but that it is in balance.

8: And if you are creatures of love and light, then what shall

you do to fulfill the truth of your being? This instrument has worked for the last several of your years to bring itself into the physical condition necessary that it may do physical work within this incarnation. The hunger within, that desire which controls, was that which it was taught, that which the culture teaches: to become worthy is to work. Many among your peoples are moved into the situation of labor not simply for that which is salary, but also to fulfill the desire to seem to be worthy, busy and productive. We have been glad to see this instrument moving towards a more natural attitude towards right vocation.

9: Each within this circle searches for that right vocation, but we say to you, and we know this is not at all original, that the first vocation of each of you, by your very nature, is the vocation of living a life of devotion and faith. In this way, the deepest portion of your true nature is also the basic portion of the outer experience. When this attitude of mind, this bias or prejudice, shall we say, is realized within as a true desire, that which is within you of love has, for the first time, a voice. That voice is a voice which speaks in silence.

14: You each have chosen to be seeking within this incarnation. A destiny awaits you. Your choice of how to fulfill it is always your own, and upon that fathomless, directionless sea of consciousness there remains much confusion. Yet, the love within others shines to light your way, and the light which moves through you from the infinite One is a lighthouse to others. Your being, your essential self, is your main service to the one Creator and to all of those upon your planet.

15: As you enter this silence again and again, as you seek and seek again, you hollow out within yourself an ever smoother channel for light, for love, for the Creator, so that what is seen is not you but the Creator which shines through, and when those moments occur in which the self realizes that it has been that lighthouse, then indeed does that entity finally feel the joy of right vocation.

23.31 1994/12/11

3: We have only one truth to offer, one thought. All the rest is embellishment and various ways of discussing that thought and its implications. This thought is that which is a Logos, a Thought so creative and so primary that it forms that which is both Creator and created. That one great original Thought is Love. Within the system of organized religion that you call Christianity there are the words, “In the beginning was the Word.” This is the Word of which we speak. That word that created all was and is and shall be love, yet love as you understand it is its most pale and weak compared to that vital love which both creates and destroys.

4: Within this love are all things visible and invisible. Each consciousness listening to these words is a complex which is love and which manifests in various forms of love. Many are the distortions of that love, yet the energy within them, no matter how great the distortion, is that of love. Often in the attempts to progress either emotionally, mentally, physically or spiritually various things are attempted, tested and tried to see whether they be resources or be found wanting. And so as the seeking soul moves through the moment by moment living out of that love which is all that there is, many structures are tried within which the experience of living makes more sense.

5: The query this evening concerns one such structure. Within this structure which is not original to us but [is] an amiable portion of the perennial philosophy [that] that which meets the physical senses is to be seen as the reflection of self, your medical doctors consider that various people are seen by the self to be, as the one known as Jim said in his query, projecting onto others that which is actually within. This can be taken too far quite handily, and we would suggest a tempering of the ease with which generalities are made, for indeed all possible actions, motives and ideas whatsoever are a portion of each consciousness which hears these words. All things are one. The self seems to be separate and seems to have a certain personality. This is largely an illusion, the illusion having been created so that the consciousnesses within it could do work and thereby progress spiritually. Within this illusion other entities shall almost always seem to be other, for it is only within the intimacy of intense catalyst, the love-making or the shared creative experience or the laughter that ends in tears, that hearts become so close as to perceive their actual unity, one with the other.

11: We show this instrument a bright and shining hall. The aspect of this hall is grand and mirrors line both sides and both ends. Into this stage in the dress of the costume ball walk ladies and gentlemen in their finery. The conversation is brilliant. The lights glitter, and images repeat themselves endlessly, depending upon this location within this hall of mirrors upon which one stands. Where lies the truth in this gathering? In the flat images within the mirror? In the conversation? In the clothing so grand and lovely? We suggest a turning from all mirrors that seem to reflect and let the discrimination within you choose that time in which you shall invoke the simile or the parable of the mirror.

13: When you can be silent enough to enter that heart, there lies the truth that can only be expressed by the living. Let that journey begin each time the effort is made to look at the self in the mirror of a projected opinion. Yet, always, turn at the end of such logical discourse to that which is underlying and overarching all logical considerations: the infinite love of the one infinite Creator. Intelligent infinity calls each locus of consciousness to live vividly, to open the heart and to choose the manner of living to begin to seek to be of service. We ask each to be gentle with the self while attempting to seek the truth within, to be gentle with others as they mirror to you some portion of the universal self out of which pot all soup is drawn, that is, each variety which comes in the physical can you call the body.

23.32 1994/12/25

3: Much of the discussion previous to this session of working contained the joy and sorrow of each, and in that shared breath of conversation there is the immediate presence of the one infinite Creator, working always as the spirit of love to harmonize, realign and reposition this or that aspect of the mind, body or spirit in its complex form and with its interrelating energy fields. Perhaps you may have even felt tension released as concerns perhaps not even your own were discussed in a sympathetic and supportive atmosphere. Whatever the interactions between any two entities, the sweetness within the stream of moment by moment living is dependent greatly upon the selves' ability to open the heart both to giving and to the receiving of information, communications and shared emotions such as affection, love or appreciation.

4: It may seem, indeed, that some things never need to be said. Yet, if there is a kindly opinion, a good thought, or that which occurs in the impulse of the moment which seems fair and loving to be shared, let that be shared, for when the breath is expanded in speech concerning the desire to love, to understand, to support, or to strengthen another, that energy is as the healing that moves between the words, between the lines, between the thought, conceptions and intellectualizations of the rational mind.

12: Each has treasures within that cannot be seen by the inner or outer eyes. These gifts open to the pilgrim who sets itself to watch and pray and trust in that which it does not understand, yet recognizes as spiritual food and drink. When such a moment comes, then the possibilities multiply, and in that heady experience of light or love there is the opportunity to sow for the future self those seeds of desire which shall best aid that seeker in its long, indeed, its endless journey.

24 1995

24.1 1995/01/15

9: Whatever the language, the student of truth is basically looking for ways to stop thinking, and instead allow the nakedness of pure attention. Feel for a moment that incredibly powerful love that is the Creator. Sense this love within you as the sun warming the heart, radiating throughout the physical vehicle. Within the curtain of flesh lies deity, and that vessel that you are is being hollowed out to receive ever more fully that love which is all that there is, which wraps up eternity and infinity in a tiny ball, and, throwing it, creates the universe.

24.2 1995/01/22

4: The first portion of the discussion will revolve about the basic spirit or what you would call soul. Each spirit is in essence the same, for each spirit is a mobilized, potentiated phase of infinity, or an infinite nature, or self. This basic self is one, and this is true across lines of race, nation, planet, galaxy and creation. Each seeming monad or unit or spirit or soul is an holographic representation of one original unified Thought, Logos or Force. That we have given the name of Love. Each is Love. Each was always Love. Each shall always be Love.

5: The creation began and shall end. Your galaxy began and shall sooner end. Your star system began and yet sooner shall end. Your planets began and shall end. And each entity began its manifestation and shall shed it ere soon. That which seems different and unique is an illusion. It is easier to speak this unity than to communicate that unity. However, we shall pause for a moment that each may sink into love, and we shall attempt to aid in that feeling that you may in some small wise find this feeling within that is unity. We are those of Q'uo.

8: Imagine that you, spirit just born, sprung from the Creator's fertile love, sailed through many, many universes and saw many, many beautiful stars, constellations, vibrations of beingness and through many, many densities, many, many experiences you moved that infant soul until there was a choice, a preference, a bias. This star, this constellation, this planet. And one day you were water, or earth, or rock, or rain, or wind, or sand. And your incarnations had begun. Was this unity then forgotten? Not in the deep mind. This essential unity remains that truth which for all, moving through the densities, cannot be denied, for it is felt within as a heart's truth. It is not that you are like others—rather, you are all that there is. This is your foundation. This is that plinth upon which you build that creation which turns stone to statue and form to life. This is the rock upon which you may stand. You are one.

11: Thusly, there is, to some extent, the experiencing of like calling like that expresses within the conscious mind as a feeling of comfort and of being at home with certain people; that is, with certain national groups of people or certain religious or spiritual groups of entities. Within these large divisions those within the same body of influences begin the work of learning what love truly is. And in doing this together, over many lifetimes, ways are created, and over more and more time, embellished upon and strengthened so that each culture, shall we call it, with its characteristic ways of dealing with ever eternal situations common to all of humankind, become more and more handy to the mind and useful to the commonsense, everyday spirit.

14: Thirdly, the thrust of the question, we believe, centers about whether there is a spiritual value of one culture against or relative to the spiritual value of another. And so we must ask you to, again, wipe the mind clear. Now, each of you within this circle has experienced incarnation with a substantial percentage of incarnations upon one third-density planet, and within that planetary influence one nation, spiritual, or other group of that kind. However, in the fullness of time, as entities grow, as they wake up, spiritually speaking, and discover that there is much more to know about love than has been understood, shall we say, by any one group these entities naturally choose to begin the process of gleaning from other cultures, other nations, and other spiritual groups those subtleties of insight, those inner structures that lie behind the spoken word and conceived thought, each of which educates and trains the mind in certain patterns. Each pattern has its place and is its equally valuable teacher. Just as the physical entity which you now experience yourself as wishes to travel and broaden the understanding of what humankind is, so the soul or spirit chooses again and again to travel in other shoes, other bodies, other races, creeds and color, for each has something to offer.

16: As the harvest approaches, you well may find yourself within a family which cuts across all lines, for, again, like calls like. Certainly those who are wanderers are one such group. Those who have wandered from different planets to this one may seem obviously different from each other as they have incarnated in various races and so forth. Yet that bond of shared experience, shared hunger and the biases that lie beneath words create spiritually oriented families which are service oriented and offer service instinctively, not only to each other but always there is the desire, however well or ill

dwelling within vehicles of light, whatever they may be, for entities come together for many, many reasons and yet in that all groups consist of the one infinite Creator and in that all entities are made of the very stuff of love, all community is, if healthy, possessed of a spiritual aspect.

6: So community is as the natural state of third density. The reason for the nature of the illusion as each sees it is that this configuration of awareness and perception offers the richest potential for entities to learn about love and about polarity.

7: Now, love itself is infinite and without polarity. It is the unlimited infinite and eternal light that is the manifestation of the love of the one infinite Creator. Each who incarnates into third density does so with the expressed purpose of interacting with the society, the community, the neighborhood into which she has been placed by birth, by circumstance, and by that personality shell which has been chosen for the most efficient use of the hoped for processing of catalyst, especially at this time as the sphere upon which you enjoy your incarnation enters into a new area of space and time, and the vibrations are moving through that birthing process. Each entity that achieves incarnation has won her place because of seniority of vibration. That is, those who have most hope of achieving harvest, that illusive fifty-one per cent service to others, have been allowed to come at this particular time. 9: The very word, density, is misleading, for it would somehow suggest that each succeeding density is more pallid or frail. The opposite, however, is true in that [in] each density further than the last there is a higher density of light. There is no emotion involved in moving from density to density by graduation. There is simply the ability to enjoy light. As entities reach the light at which they feel most comfortable they simply stop. If it happens to be in the fourth density then that is the future for that entity. If that entity stops on the third-density side of this division of quanta we call density, then that entity shall enjoy more of the third-density light, and work for another period upon those lessons of love and polarity which he came to ponder.

12: Now let us look at spiritual community. When this instrument says the words, "spiritual community," she immediately thinks of her church, that Christian edifice of stone into which she pours, and has poured for many years, great devotion and love. And those feelings which this instrument has about that spiritual community are characteristics that each tends to seek. This instrument is not different from those who cannot find community within the traditional church in what she craves but rather in finding a way to deal with the many irregularities which have crept into that institutionalized church over many centuries of history. She moves into that environment in order to worship, in order to be taken out of the self, in order to spend time and attention upon the divine, upon the blessed, upon the sanctified and holy things which she hungers for.

14: The center of that church is manifest only by symbol, and yet there is deity in that wafer and that sip of blessed and holy food. That service brings Christ consciousness not simply to that place but to each member of that place, and then it sends each into the world to love and serve. This is the essence of spiritual community. A spiritual community is a place that has moved through the sacrifices necessary to allow it to offer spiritual food to those who would wish to share such food. The center of a spiritual community is not the people. It is that ideal that is worshipped and loved and believed in by those who gather to remember the one infinite Creator, to spend time and attention in community with and in worship of the divine that is so hungered and thirsted for. 18: Each intended to remember his own nature. Each felt fully confident that she would be able to break through that veil of forgetting. And each of you has indeed become more aware. The community, as this instrument said before this contact began, has that function of being the focus point which acts as a spiritual or metaphorical anchor or point of stability or leverage. The desire to serve is greatly enhanced by those who have banded together in order to support each other in service. So the community feeds entities and at the same time entities feed into community by their participation in the activities seen and unseen, by their sharing with others that which they have thought and talked about in community. It is as though there were a net being made of golden thread, and each time one awakened wanderer links up with another and establishes a spiritual community another piece of the net is woven, and eventually that net will cover your orb like a golden seine and the Earth shall be completely surrounded

in unified love. We see this occurring at this time. It is moving towards fuller manifestation rather quickly as more and more entities awaken and establish connections and share with others their own focal points or spiritual communities so that more and more entities may feel secure and stable and part of something that is higher and bigger than the everyday concerns of living, for truly these concerns are constant throughout third-density experience. It is completely up to each seeker as to how she wishes to express the self and the love of the infinite One in each person of the daily round.

26.12 1997/04/20

5: Blocked from this human being in third density is that knowledge that is beyond telling, of the perfection of one's place in the flowing dance of life and rejoicing. It is not for the human to know beyond doubt, beyond awareness, that all is perfection and that there is nothing but love and the rhythmic echoes of love answering to love. The great gift of self-awareness walks hand in hand with the startling reality of free will and places the third-density seeker into a dilemma to which there is no final answer, at least not within the incarnation.

6: Thusly, there is the meeting of the instinctual biological entity that is the vehicle of awareness that meets the one great original Thought that is pure and creative consciousness. This consciousness has no personality, has no limits or characteristics that can be directly described. Efforts to characterize love inevitably fail, for no matter how fulsome the praise of love or how painstakingly accurate of the observation of its passing, love itself remains that creator and destroyer that is beyond all telling and cloaked forever in mystery.

7: The animal within is dumb. It does not speak. Consciousness is also silent and has no words. And so consciousness has no way to express itself to that biological entity that carries you about. And so before you, as a spirit, undertook to enter into that great ordeal known as incarnation you and that self that is the heart of your self, your higher self, thought long in choosing from the full Self that exists beyond space and time those characteristics of the self so far explored that you felt would be useful in bringing you as a self-aware entity into certain configurations of mind and ability and energy that seems to you promising in that these gifts and blockages and characteristics of all kinds would color and characterize and particularize that limitless light of love so that manifestation and learning might take place.

8: The self that chose the personality shell was not a self that hoped for a popularly lived or easily enjoyed incarnation. Rather, it was designed to make the incarnative self uncomfortable in this or that situation so that the self was caught on the hook of this or that characteristic of personality. You did not hope for an harmonious and pleasant existence. Rather, you hoped for the self to be able to confront, examine and process those learnings about love and loving and being loved that you felt still needed more work. And in this regard and to this end you artistically and creatively crafted the combination of strong points and weak points that would bring you again and again into face-to-face meetings with the self that hopes to choose ever more purely and deeply the love of the one infinite Creator.

18: I am Q'uo, and am aware of your query, my brother. We were speaking with that phrase and the thought about it that the entities that exist within the third-density illusion, the human beings that live upon your planetary sphere, are not those who are able to appreciate the fullness, in some cases even the existence, that has created all, the love that is the energizing force within each entity's incarnation, for within this heavy chemical illusion there is the covering and hiding of almost all of the jewels, shall we say, that the Creator has bestowed upon each of the entities that inhabit this sphere. The reason for this is, of course, the choice-making ability and responsibility that each entity within this illusion partakes of. The love that is so magnificently formed into each portion of this illusion is, though ever present, ever hidden from the entities that move in their daily round of activities and pursue the myriad of goals, some having to do with this love, others not. Yet always is this love available for inspiration, support and the connection of all things one to another.

distortion surrounding reactions to the confusion not withstanding, living moment by moment with the heart open to love is enough purpose and mission to cram a lifetime so full that it radiates life.

21: Certainly some entities are offered careers or callings which are obviously helpful, and for those people there is the siren call of, "Look at what I am doing. I can be proud." You see, this is a secondary or indirect way of serving. It only seems direct because of the way the manifestation seems. The actual direct and common career of each seeker first of all is to live and be an entity of loving and being loved, an entity of the open heart.

26.9 1997/03/30

3: We find in this instrument's mind choruses and violins and tunes and harmonies of a feast day that is much beloved and blessed to this instrument, that day whereon that love that came into the world and was slain by the world was freed from the grasp of death. When it is Christmas time we speak of the seeker resembling the infant Jesus, born brand new into a spiritual identity previously unknown, the child within that is the spiritual infant that has the language of spirit to learn and the ways of spirit to become comfortable with and used to. When it is this time that you call Easter we tend to suggest to the seeker that she see herself both in the sacrifice of love for the world and in that resurrection from the death of the body that is the birthright of every seeker who has become aware of his spiritual identity. We encourage each of you to contemplate the sacrifices that each of you has made to come to this particular moment, not simply to this particular house or to this particular group but certainly involving that momentary situation that is shared by all of you at this time.

4: It is a measure, a clumsy one, but a yardstick of sorts, when looking at the self and its travail and difficulty in walking the spiritual path to reflect upon the amount of love, the amount of, shall we say, even surrender that is brought by the self to the chances and changes of mortal existence. For, truly, it is not so much a question of what one does to be of service as it is a question of how much love was brought to offering the service. A common misperception of those that walk the spiritual path is that there is something specific, some vocational career, that someone is supposed to be doing. There is this urgency of feeling that it is time to serve. "It is time to move on with the mission for which I came to this place," and as we have said before through this instrument, it is our feeling that that idea of a career is a chimera unless that career is seen to be a vocation of being. There is that within each of you that is perfect. Each of you is a hologram of the one great original Thought, and this is carried in an undistorted form in every cell of your physical body and all of the subtler bodies which make up your mind and body and spirit in its complexity.

5: You cannot take a breath that is closer to you than the Creator in all of its perfection. Therefore, as each seeks to be of service and to know what is next, what is the pattern, what is the rhythm, no matter how many tools and resources the seeker finds in other people in the way they live, in what they teach, in what they have written, and so forth, yet within the self, in those caverns and labyrinths of self within the mind the help that is hungered for lies waiting to be touched by the spirit willing to plunge ever deeper into that system of roots of mind that bring one from the present moment through all of time and space and all the ways of humankind, shall we say, to that ocean of oneness within which each of the sparks of love that you are is swimming in, as the dolphins swim in the waters of your planet. Within you is the creature that knows and loves the ocean of consciousness within. And yet within the illusion, you walk upon the dry land and can only carry that ocean within. And upon the dry land there is dust and time and sorrow, and the heart grows weary and the spirit lags. And yet within each cell of your body there is rejoicing and gladness in fullness. Oh, to be able to touch the realization that lies waiting.

7: We have also suggested many times the light touch, for as the seeker grows more persistent there is the need for balance so that each time that there is a rededication of self then so there should be a reacquisition of the awareness of the self as the Fool. For it is that which inspires and draws on which is to be greatly loved and greatly taken seriously, whereas the

self with its many distortions and illusions indeed often plays the Fool. So the seeker is in the position either of attempting to rationalize foolishness or simply recognize, accept and love that Fool that truly desires the highest and best of truth and beauty.

12: We have talked of the open heart and we are aware that many times when the heart is open it will be hurt. We encourage each to remain vulnerable to hurt, to allow the self to be made uncomfortable when it seems the appropriate situation or space to be dwelling in at that time. Many times a fear of being destroyed or being brought completely low may keep one in a protected or defensive stance. When this is necessary we encourage it, but whenever possible we do encourage that continuing willingness to offer the sacrifice of time and attention and feeling to that Creator that has created all things in love and given each iota in creation one request and that is to love.

26.10 1997/04/06

12: As each entity opens to that dual existence and finds it easier and easier to slip between the two back and forth, each will find the experience of living more rhythmic and more able to flow. There are many, many ways to see the spiritual path. Almost always it is envisioned as a circular journey and we might even suggest that it is the journey of no movement whatsoever, for if all things are one where is there to go, for one is always within the creation, and the creation is kept like a precious gem within the heart of each which seeks the ways of love. So we encourage each to be able to flow through the water, to dive deep, to enjoy the ocean and to find ways new every day, for this is very true: that each moment is unique and each is born new through each sleeping and awakening again.

20: The sending of love, whether by phone or by heart, is felt and does its work, for there is nothing in your illusion but love. The one known as P could at this time testify that this love has many disguises and there are a multitude of the forms of love that offer the challenge to the spiritual seeker. When one is challenged as is the one known as P and can find no easy or obvious remedy or way out of the difficulty, then it is that the inner strength is tested. Then it is that the earth within one's being is being plowed, shall we say, being made ready for a seeding that will, in its time, produce the flowers, the weeds, and the grasses that are being produced now by your springtime weather and the turning of this planet on its axis.

36: I am Q'uo, and as it appears that we have exhausted the queries from those present we would take this opportunity to thank each again for inviting us to join your circle this day. We are aware that the season of spring indeed fills every portion of air. We hear through this instrument the wind that moves pollen through the air, the sound of the cutting of your new spring grass, the movement of entities to and fro in your world, and we are also aware that the seasons of your world greatly affect each entity upon your planet, and we hope that with this new season of growth that each will find within its heart a new spring bursting forth with love and joy in full bloom, for in your springtime there is much of joy that can be rekindled in every heart that feels any opening at all—just a crack will do.

26.11 1997/04/13

3: Each of you dwells in a very heavy illusion, but each has penetrated that illusion to the extent that each has seen the illusion as illusion and love itself as a truth that is higher than the seeming truth of fact, figure and measurement. We, too, have our illusion. We, too, move towards a mystery which we cannot plumb. Our illusion is sheerer, yet the work of evolving is far slower. So, we do not feel that we are in any way your superiors, but, rather, companions, very, very honored and privileged to have the chance to speak with you, especially upon a subject which is dear to our own hearts in that we find spiritual community the infinitely appropriate way of looking at all that occurs between that spark of Creator that is one and that spark that is another.

4: For what is it to commune? The very first syllable of that word means "with." Further, we have the prejudice or bias that the spiritual community is the preferable form of

nurtured, to reach the hand of service to any other who may be served. It is in these often unusually varied groups such as your own that the heart of the lessons of love may begin again to become unified, as each soul now has sufficient experience in seeking the truth of self and the way of service to find commonalities that move beyond race, religion, nation and culture, and instead find residence in a common foundation of self within which that deep mind which is the archetypal mind of self has had sufficient experience in combining self with other selves across all boundaries that the unity beneath all distortions is dimly sensed.

17: Yet even the dimmest of inklings of this underlying unity act like the explosion or the fireworks, tossing the entity experiencing this unity into a kind of excitement that only the experience of love itself can engender. And once this underlying unity is sensed personally the days of the personality that you now think yourself to be are numbered. The soul which has awakened to the truths that lie beyond the archetypes now has the energy to work through those rich sources within of wisdom and of truth, now has the sufficient reason to attempt to penetrate each and every archetype, becoming one who can assume characteristics which are archetypal in a cleanly pure way, finding within these time-worn structures not only the elegance of internal logic within these systems but also the doors which shall open when one comes at last to the realization that is at the end of each and every archetype or leitmotif.

19: Is there a spiritual connotation, then, to races? All races have great spiritual treasures to share, both what you would call positively and negatively. In all things, however, the spirit of each remains equal, and thus all cultures, all nations, all groups are equal. All contain the same love. You shall experience that which you choose to until nothing calls you into flesh.

25: Yes, I would like to ask a question which was put to me by another person. The question is about a situation where a person feels very strongly what we may call love or a certain attraction to another entity but that person doesn't have the same feelings. Could you shed some insight about that situation, what it may mean how the two entities help each other to reach a certain level of harmony?

27: If entities have a desire to experience love to the best of their understanding of this concept then the desire will be to give love without expectation of return, for that which is love is that which gives rather than that which takes, though it is true that love, when fully experienced, is that which both gives and receives. However, the concept which you have spoken of here is that which is felt by one and not another, and in this case there is the participation in what is felt to be love by one and not the other. Therefore, the one who feels the love, if it be love indeed, then this entity would desire to give to the other that which the other wished and this entity would seek, then, to know the desires of the other, and, once having ascertained what these desires were, would bend every effort to satisfy these desires.

28: For entities to truly know love it is necessary to surrender whatever idea the self may have as regards the nature of love and then to be moved by the power of love. In most cases, in our opinion, upon your planet at this time entities perceive only portions of love, those portions which are more to their own desires and definitions, those aspects of love which are more likely to feed their self-identified needs, and, therefore, the experience of love is only partial. If one wishes to truly be of service to another by loving another one must determine what service is desired by the one loved.

34: I would like to follow it just a little further. If the person who doesn't love wishes to serve the person who loves, the surface impulse is to say that the way to serve that person is to allow that person to love you, allow that person to fulfill his desire. Now, practically, I feel this is a wrong answer, but I don't know how to untangle free will and service and just how to put it clearly. Could you comment in a way that clarifies?

35: I am Q'uo, and though we are aware of your query, my sister, we also agree that in the situation in which you are describing there is some complexity and lack of clarity which makes a clear and definite answer difficult, for there are circumstances within your culture which require certain behaviors and commitments that put a kind of boundary on love so that love may be experienced more purely by those who are entered into the mated relationship that you call marriage. Thus, love is not freely given to all, but finds the need to be

given in such and such a manner within boundaries which entities have agreed to.

36: Thus, in a mated relationship when an entity moves beyond the boundary to share what is perceived as love with a person other than the mate, then it is that the difficulties and confusions arise, for it is not the accepted practice within most of your cultures for entities to share the full ramifications of love with any but the mate. So it is a situation in which each entity must use the personal and most profound, shall we say, moral standard to judge what is acceptable to be shared of love with one who is not the mate.

37: We find that the purest form of love which requires no return or action of any kind may be shared with all, for this is the love of the Creator within the heart of each for every other portion of the Creator that is recognized. However, when entities find a need to make conditions and requirements and desire certain returns from their expression of love to another that is not within the mated relationship then we have the confusions of which we spoke. In this instance we cannot give direct advice, for this is, in our opinion, an infringement upon free will. But we can suggest that entities that are in a relationship with another look deep within the heart to see where love resides for another and find within the self the small voice that is speaking the known truth, shall we say, for each entity knows beyond all rationalization what is love, what is its truest expression within each situation. And, while recognizing all cultural boundaries, will be able to affect this true loving, even if the true loving is to reject a portion of that which is offered from another.

43: Thank you. The way it feels to me reminds me of when Don was asking Ra how he could serve our fifth-density negative friend. He wanted to find some way to be of service to this friend who wanted to stop our communications with Ra, and Ra couldn't get through to him that the very essence of the service that he wanted was to stop the contact. Besides stopping the contact there was no other service from Don that he actually wanted. It just feels like this situation is one where what the teacher wants infringes on P's free will and is a desire for an object rather than the love of a person, because in getting what he would want he is walking all over the truth and asking P to be untrue to the feelings within her which say this is not the one. I just don't know any good way to line it out in a simple way, but it feels like the same kind of situation. If you would comment on that to any extent I think that's the end of my thoughts on the subject. Thank you.

44: I am Q'uo, and we would agree that this subject is one which requires a good deal of thought. Indeed, this is our recommendation that the meditative state is the means by which the true voice of each may be heard and the most appropriate expression of love experienced. We realize that there is a certain purity to the naïveté that the one known as Don expressed in the queries to Ra concerning serving the negatively oriented entity, and there is a certain purity and naïveté in the situation in which you speak, if the one known as P would receive the offerings of love from the entity that is in question. However, there is also the need to respond to the cultural practices that we have mentioned and the need to seek within for the deepest form of service, for all services are not equal.

45: This was the point that those of Ra were attempting to make to the one known as Don. What is the deepest service? To simply open the self to receiving love from any entity that would offer it in any form that the entity would offer it, or is there the need to consider other ramifications? Is the highest form of service to allow an entity to break its word to another? Is the highest form of service to simply reject another entity? Is there the need to find another means by which love may be expressed? These are queries which we know each has considered this day, and these are queries which we may not answer for you, for there is value in finding answers for yourself that we would not take from you.

24.3 1995/01/29

0: [overview] The question this week comes from N and has to do with the concepts of service and love. It is his observation that the basis of all creation is to serve, one portion of the Creator serving another, and that the substance of the creation is love, everything is made out of love, the creative energy of the Creator. Now, N feels in our daily lives that service is more obvious and instinctual. We are able to rec-

ognize our opportunities to serve as they come about. We just see what needs to be done and do it. Love, however, seems to be of the nature of that which needs to be worked on. It takes will or an effort to do it and we are never really sure of how well we are doing it. Whereas with service we are aware of what we have done and can at least be sure that something was accomplished. In loving, it is not so obvious, and we would like Q'uo's comments upon N's observations.

3: We are called to your group by your musings upon love and service. We thank you for this call, this opportunity to share our humble thoughts with you. As always, we encourage each to use his discrimination at all times and with each thought we may offer you, for we would never wish to put a stumbling block in your path. Therefore, discard those thoughts which do not shine with a kind of recognition within your perceptions.

4: Discussing love is our favorite occupation. No subject rings with the purity of that primary Logos, that mystery, the great original thought of Love. Here the mystery begins and here there shall be its embrace when all distortions cease. Love the beginning, and Love the doom, or ending. Before we embark upon words which shall surely fail to create full truth we pause to worship that mystery. We are those of Q'uo.

7: It can certainly be seen to be evident and true that service is easier to attempt than love. True, also, is it that the boundaries between qualities pertaining to the divine shall always be weak, for love is, and is all that there is. Thusly, service is the visible manifestation of the invisible and primal love. Let us work first, then, with service.

9: Or there is often that entity who asks for service but for whom such service may well not be good to give. Those sensitive to this dynamic wherein service finds its nature in truth have a goodly work to do, for what is the service of an entity but that gift of love which has been his to give?

10: The one known as Paul the Apostle suggested that in terms of service one might well think of the body which has many members: the stomach aids by being a stomach, the ears by being ears, and so forth. So each entity has his gifts to share. Yet, if each offers a different gift how infinite must the body of love be! Then, is service visible love? Is the service of an entity to share its gifts? Indeed, that is so, but there is the level beyond this wherein the seeker realizes that the purest service is the realized or illumined being, that joyful self that has been nurtured and allowed to bloom in the light of faith. This is love. This is service, to be. Then, the entity may share each gift, yet knowing that the breath that fills the service with meaning and value is love.

11: Now let us return to love. We agree with you, my brother, that the ways of love are ways of mystery. This mystery is the nature of all manifestation driven to its point of entrance into manifestation. Examined physical phenomena end in mystery. Metaphysical concepts may be followed far, but always end in mystery. Unknowing is the sigil motto of the spiritual warrior. Yet love feels a certain way, touches and transforms each entity in ways which tell that entity of the overwhelming and primary strength and force of that invisible quality. 12: Within your density true love has no voice, yet there are many voices which strive to express love. Each seeker is that which is love, yet which is creating sound and motion constantly striving to discover that which it is.

13: Turn the gaze inward, and gaze steadfastly at that which the one known as William Yeats called the "rag and bone shop of the heart," one of this instrument's favorite lines of poetry. Gaze at that illusion, that imperfection perceived, that undeniable self. You look at love. Continue always to seek love, how to express love, and how to be of service. Know these efforts as the often subtle arts that they are. Respect right use of power in being of service, in attempting to manifest love, and develop always little by little, step by step that place within which is engraved with the print of your feet, that place wherein holy things reside. Know this sanctuary daily. No moment of visiting this holy of holies is in vain. To all who are weary we extend the encouragement of the fellow traveler. Within the suffering does always lie perfect blooming and fresh the one infinite Creator whose nature and being is love.

24.4 1995/02/05

3: To speak concerning catalyst, it is well to gaze first at the way in which the physical, mental and emotional relation-

ships of persons to others or to themselves are designed, for there is a logic to the moving forces of destiny which lies far beneath that literal logic which distills questions to a proof of an answer. The truths of the seeker are not usually clear, for the mystery that is at the base of all systems inevitably becomes the view in front of the face of one who gazes deeply enough into that which is occurring at any given time and space. This arrangement of logical alternatives cannot be pinned down because each incarnation has a basic plan in terms of areas of learning to love or learning to accept love, and these goals are fairly clear to the seeker who has persisted in inner work for any length of time.

9: For suffering and pain, while being necessary concomitants to learning the lessons of love, do not need to be clung to or held within the mind, emotion, body or spirit. A child playing upon the seashore goes through many instances of temporary discomfort. The sun is too hot. The pail is washed out to sea. The shovel gets broken. The child swallows salt water. To the child these events mean very little, for this young spirit is still being surprised by life itself. That spirit of newness, that allowing of catalyst to move you as if it were the first experience, is a key to finding your own balance within the processes of change and transformation.

12: The hungry man has a sore stomach and when the seeker awakens to the call to walk the path of pilgrimage there is that overriding hunger and the spiritual appetite is keen. Treasure this discomfort. Allow it to continue. Allow the self to see the self with a bit of distance and let that editor or critic of the self reassure and remind the everyday mentality that when one is following the spirit surprises often occur, and the one thing to keep watch on is where the attention is placed, for there is that place within, that inner sanctum sanctorum, wherein that which is holy rests. Moving into this space is that which is the wisest of all resources to choose, for in the end all the catalyst can do is offer you opportunities to learn your own nature and to begin, just begin, to grasp infinite love, eternal life, beingness forever.

13: And we encourage each to find the light touch, to share the laughter and the silliness of such idealistic and spiritual goals. There is rich humor in every fiber of your density. The less you blink, the less you are overcome by the seriousness of situations, the more humor you shall find, for the Creator is most playful. So allow that spirit within to romp and play, and, above all things, to reach out to others as they ask, as you can serve. For the love you bear each other is that fruit which the other cannot create and love is the great gift, the inner and deeper truth of all being and all relationship.

24.5 1995/02/12

10: This instrument was reading this morning concerning those who chose not to suffer less but to increase suffering in order to pay homage and worship to the one infinite Creator, for these ascetic individuals, often called saints among your peoples, felt such great love of the one infinite Creator that the desire was to ignore any and all impulses of the body which kept the soul from thinking on the one infinite Creator. We do not say that these saints are correct in the lengths to which they take an embracing of suffering. This was their path. It worked for them. We do not suggest it for any except those for whom it is desirable.

17: The Creator does not need your suffering. The Creator wishes your experience, and if suffering is involved the Creator may gladly take that also, for that is your truth. It is accepted without judgment. It is loved. It is blessed. It is not desired. All that is desired is that the unique spark which is yourself do as it pleases to find out to the deepest level possible what that essence of self is. The journey of discovery lies within and it is a long voyage.

26: As we move through this pattern of expression of the one Creator we do so in a way which is a function of our unique choices, a way which is a function of memory and experience. The archetypal mind is not affected or changed in any way whatsoever by memory or by experience of any entity moving within its patterns and opportunities. Thus, each entity provides an—we search for the correct word—interpretation of this journey which is relative to all other entity's choices. Yet the architecture of the Logos, that source of Love, is absolute. In truth, there is one great Absolute as far as we are aware and that is the unity of all things and all entities, for even the archetypal mind is that which is expressed by an

step, nor can we say that it is an easy or simple thing, for the self must first be plumbed and seen, not in great detail, perhaps, but in the sense of facing that ravening wild beast that dwells within each and that has the power of the vampire, pulling on the energy of self when it is not loved. Each of you has forgiven others tremendous things, but have you forgiven yourself for the small things, much less for the things that you consider large? How difficult it is to turn and see self. Many never achieve knowledge and must project all that occurs with them in their life upon other entities, and this is one of the things that other entities are here to offer. Indeed, each of you has played that part for others, being the mirror that reflects and offers catalyst. Each of you has experienced that great feeling of seeing self for the first time because someone else was a good mirror. But the first mirror we suggest you hold up to yourself.

10: The one known to you as Jesus was reared in a climate of what this instrument calls the Old Testament, the Ten Commandments, the Law of Orthodoxy. This teaching was tempered by much mysticism, but when this entity began to teach others it suggested that all of the law and all that the prophets had said could be replaced by loving the Creator and loving others as one loved oneself. One cannot become able to love others unconditionally until one has forgiven the self. We encourage each to press on towards self-acceptance, self-forgiveness and that feeling that each day is a new one, each moment is a clean and untouched thing.

13: Before we go to questions and answers we would ask you to rest in that beingness and experience yourself as we experience you. How precious you are. How beautiful. Touch into this beauty, this grace. Feel that light as you move into the place of love within self. Feel the radiance beginning. And know that it is not from you that that radiance comes. All you can do is prepare the channel for the infinite love and light of the one Creator to flow through you into the world of manifestation. The suffering, the questioning, the doubting, the pain, and the suffering and agony of all that you experience is for one thing: to hollow you and to focus that emptiness so that it is ready to receive. For those upon the service-to-others path, those to whom we wish to speak, what is being received is infinite love and as it flows through you into a channel that you have cleared it radiates into all of your Earth world. It is for this that you came: to live a life filled with many sacrifices as things fall away and you begin to know what is valuable, what is beautiful, what is true. You are a witness, and yet you are what you witness in that wonderful paradox that is the signal of the metaphysical world. It will always baffle the mind and it hopes to so baffle it that you will make the trip from head to heart.

15: So we simply urge you to love. Love the Creator. Love yourself. Love each other any way you know how to. Any which way. You cannot err. You can seem to fail again and again. Yet you truly make no mistakes. For you are, at all times, secure, safe and centered. You will learn to experience more and more how to allow yourself to feel that center that is already there.

26.8 1997/03/23

7: And in this confusion each has set the stage for the choice between reasoning based upon fear and reasoning, if you would call it that, based upon love. For faith is the active application of love to situations that astound, confuse or befuddle you. This instrument once at a time near death placed a motto above the bed in which she lay. That motto was, "Faith, the final frontier." And for each of you this faith is as the Grail that is desired, that is sought after, that is hoped for, but how actually to attain this spiritual attitude?

8: There are many ways to help awaken that faculty of faith, but we feel that in the mix of things needed to pursue faith paramount is a willingness to jump off into the unknown, and to believe that all is well for no reason except faith alone, for no reason except that deep feeling that there is order, that there is purpose, and that there is a rhythmic way to progress. The more jangled events and voices and tempers become, the more the intellect is locked—this instrument would say grid-locked—with the nonsensical nature of such occurrences. The spirit of Love hopes that such times of crisis will trigger within the seeker the realization that this is another crux at which faith may be invoked.

9: Faith can begin with very small things. Faith that you shall

wake up when you go to sleep. Faith that you are who you think you are. Faith that the sun will rise, that the birds will sing, that the seasons will progress to a time of blooming, when things look grim and dark. It is like a muscle that must be used and not when it is convenient alone, but when it is inconvenient especially. Many are the signs and wonders offered to the illusion by energies and essences within spirit. Many are the visions of those who seek visions. Many are the miracles of healing, prayer and love. Many are the occasions to note and marvel at the faith of others. Many are the stories whose burden is that faith and faith alone has pulled the seeker through.

10: This instrument recalls an instance when a missionary couple were fighting not only the ignorance and poor conditions of an aboriginal tribe but also a terrible outbreak of illness. No matter how hard they worked they could not keep up, and they were becoming more and more weary. Being people of rare faith they chose to meet the situation by arising even an hour earlier and praying in silence and in peace, knowing that all was well, knowing that there was enough. And as these affirmations spiraled heavenward this couple found peace. And they were able to meet the impossible demand of the situation with humor and dignity. They did not hold their burdens, you see, but made a point of giving them to the Creator, of taking every burden, worry and care and placing all as if giving a present in the capable hands of love. For truly the Creator broods over each of you, so in love with each of you. We cannot express the intensity of that love that we have perceived coming to us and to all from the infinite One. We are His heart's darlings. We are the children of creation, and this describes our nature beyond all illusion.

11: When this has begun to become a part of who the seeker is, when this feeling of being so loved and so precious has sunk in and taken root in a subtle and ever-changing way, the life begins to be transformed because the self finally accepts the Creator's opinion of self and can begin to see by faith alone that whatever is upon the surface, the self is the Creator's own from its very origins upwards. This is the native land. This is the home. This is the safety of each, not the power, security or any manifested part of how the world thinks about itself, but, rather, the safety and security lie in remembering whose child you truly are, whose service you truly wish to join, whose love you truly wish to channel through yourself and into the world.

14: What we have to offer to you is a very simple thing. We are here to speak of love because love is truly all that there is. The energy of love, when touched by free will, has created the manifested world, but all things that are in this world still vibrate with the one great original Thought, and you are those on their first voyage as self-aware entities that are citizens not just of time and space but of eternity, and within incarnation you are attempting to sail the ship of flesh and at the same time realize that there is a deeper ocean of spirit, and that the deeper identity is the one launched upon a shake-down cruise upon a metaphysical sea which cannot be seen or felt or heard or touched but which is dearer in the heart than any manifested things to the seeker. So you are dual citizens, and to combine the spiritual and the earthly is sometimes an interesting challenge.

15: We encourage each in two ways: firstly, we encourage [you] to, as this instrument would say, validate the self, to stand up for the self, to feel good about the self, to take care mentally, spiritually, physically to love the self. And we encourage you to release fear as it feels safe to you to do so and to replace that quite understandable emotion with faith. Simply to live by faith is to bring an end to paradox and confusion, for to faith all things are acceptable. All experiences are those of love and the distortions of love. Faith is, shall we say, a code word suggesting a vibration that is more like the vibration of love itself. So wherever you are when you suddenly feel challenged, turn inward for the remembrance of your real and overriding nature. You are not simply a person caught between birth and death in a dance of no meaning. You are also a citizen of eternity, a child of the Creator and a dweller in light.

20: However, it is our opinion that the mission and the purpose for which each of you took incarnation was simply to live, to offer your vibrations to the planetary consciousness. It may seem that this offering of self to lighten the planetary web of consciousness is a small thing, perhaps a useless thing, for seekers generally do not feel that they are operating at a high vibration. Yet with all the confusion and all the

cottonwood, grand creatures that dip their toes in the deep springs and overhang the quiet water. Here in the shade it is warm, not hot, and you may lie down and close the eyes and rest, and as you rest you fall asleep and you dream that you are actually living in Louisville, Kentucky, sitting in a living room, and working on the spiritual journey.

29: ...finally to penetrate your winter heart and know that that which you can imagine is real. Come back now, if you have not already, into your body, into your circumstances, into the patterns with which you now work and feel the sun within. Know that that sun is love, both as it shines upon you within the illusion and as it flows and warms you within your heart.

26.6 1997/02/23

14: Take a look at the self and you can see that as the roots of self move through the threshold of consciousness down into the roots of mind there are passageways that are crystalline and regular in shape and function. Each ritual aid that opens those passageways, especially within the emotional body, is helpful in regularizing and enlarging that ability to channel light and love through the deep mind into the roots of mind, securing the self, rooting the self again and again in the deepest truth possible, the deepest truth that is seen, or felt, or sensed by that individual. The deeper mind has a desire to be used, a desire to open, a desire to yield its contents. One could, in terms of computers which have many qualities in common with the mind, one could see these deeper structures of mind as programs that are hidden and are only accessed from within other programs and are never directly accessed. Ritual is a tool which does eventually connect the self more and more with one's deeper and more accurate programs. The knowledge, shall we say, or inarticulate wisdom of the deep mind which lies beyond word and even beyond concept can be triggered by ritual. Therefore, ritual can be a great aid in becoming more the person that one truly is, for each is well aware of the number and the subtlety of the masks that each has worn within the lifetime. The heart yearns for that which lies behind that mask. And certainly ritual is a resource that aids in revealing the self to the self.

19: We are those of Q'uo, and we feel that it is not frequently that the channel will fall asleep. There is within this instrument significant distortion towards weariness and discomfort, and it is the energy of this circle that gives this instrument relief from this discomfort. Therefore, we do not see the outcome of losing contact as a bad thing but merely an inconvenience in the context of the group energy waiting for the finish of our thoughts. We cannot think of any particular thing that would guarantee that this instrument would be able to erase weariness. However, my brother, we can assure you that the laying on of hands, the discussion, the social converse, these are things which affect this instrument in a positive way. The sharing between all of love and the gifts that each brings to this circle are what feed this instrument and, indeed, what feed all within the circle. Perhaps it is well to think of that energy as the unity of the group and realize that our communication is coming through the group first and this instrument second, so that the special gift that the one known as B has of having the healing touch, this can be helpful before or after the session. But, in general, the greatest gift is the comfortable and natural flow of love through the group.

27: If that entity finds it has become able to graduate from the density now experienced then the guide takes it to what may be seen as a stairway of light, each stair being fuller of that one great original Thought of Love than the one before. The entity moves up the stairway until the intensity of light becomes uncomfortable. If that stair step is in fourth-density light, the entity goes on to lessons within that density. If the entity stops short of that demarcation and is remaining within third density then the self and its guidance develop a plan for the next incarnation. There is then that time taken to chose the parents, the friends, the mated relationships, and other important and central figures for the life to come. The lessons then are set up, depending most often upon the relationships and where those interactions lead the self.

32: We are those of Q'uo, and, my sister, it is often the case that one cannot infringe upon the free will of another. The key to await is the asking. If an entity asks you for your views or in some other mode of questioning indicates a desire [of]

an alternate view, then certainly you may jump in and do your best to share your own vision. However, when an entity has a determined and anchored view, the only level of help available to one who wishes to observe the Law of Free Will is prayer. One may pray that the loved entity may be set free from limiting confusion. One may visualize the entity awakening to a higher way. And in this way one may place about that entity the angelic aid and that such prayer alerts. And again, prayer is a kind of ritual, and when prayer is given from the heart it does alert what this instrument would call the angelic host so that when this entity moves through the veil of death there is more angelic light or love around the entity and more opportunity to sense a fuller truth during this transition. We would say, my sister, that it is not a great difficulty in terms of the experience after incarnation for the expectation to be deliberate, codified and incorrect, for the entity has an infinite amount of time to travel back to its source, so time considerations which seem drastic within incarnation become considerably less impressive when seen from the viewpoint of eternity.

44: We are those of Q'uo, and we thank you also, my sister. Each has such a power of love within. Each has such beauty to share. Each is so powerful to give assistance or to withhold it. We urge each to love each other, to care for each other, and to take the hand and give it the squeeze that says, "I am with you."

26.7 1997/03/16

5: And those who are joined with us on this particular day all have native homes in densities that are sweeter and more open and closer to the original vibration of unconditional love. Beneath the masks and roles that are appropriate for each to play in your dance on the sea of confusion you are who you are and it is that essence that is your gift and your main service. As you breathe in and as you breathe out, you breathe the world, you breathe illusion, and you are love. As you have breath so shall you be mortal, and this mortality clothes one in a flesh that creates a lack of memory, a lack of contact with those things that pertain to your infinite self. This does not disturb your essence. You can lessen the ease with which your native vibrations can ripple out. You can be blessed, expressive of essence. You can be more true to that underlying and encircling essence, but you shall, without fail, perform your service and complete your mission because your basic mission is to live a life amongst those people with whom you find yourself, having a heart that is consciously open as is possible on a stable basis.

6: When one worries and strives and struggles it may seem that the night falls and nothing can be seen, yet always the self lies waiting for you to allow its depths to rise up into conscious awareness. There is a spring inside each in that sanctum of the heart, and it bubbles forever with the clear water of light and love. The Creator has placed His tent within this inner sanctum and patiently, lovingly and personally waits for your touch upon the door, for your step upon the stairs, hoping that you shall come in and sit with It. And there is no greater joy that the Creator has than that joy of being joined in communion within the heart. The Creator has enormous infinite love for you. There is a personality, a personhood to that quality of love. It is not impersonal. It is not general or vague. The Creator finds each vibratory complex beautiful and loves each just as it is.

7: For those in third density and within incarnation such unconditional love is not particularly easy to find access to. And we are aware that you hope to find more resources to help you become a better servant. Certainly our first suggestion to each would be to enter into a deepening and more comprehensive awareness of the self, especially those parts of the self this instrument would call the dark side, for this complete and total self encompasses all that there is. Each of you has made repeated choices in this incarnation, and those choices have been to emphasize, for the most part, the positive qualities. However, your culture does not teach you to deal with the other path of the self with the appropriate kindness. And so each has faced that self that murders and steals and blasphemes and envies and lusts. And each has turned a hard heart to the self and said, "I judge this part unworthy."

9: However, we can assure you that there are ways to be of service to others besides simply being. It is just that it all begins with loving yourself. We cannot overemphasize this

infinite number of logoi throughout the one creation.

24.6 1995/02/19

9: Therefore, sitting down and taking the pen and writing upon paper those things known about the self, and those things logically assumed and attempting to infer identity in some mental way—this process is not useful, for the self is not built with the logic of the mind. That self which is the deepest self is a distortion of love and the heart as it opens simply becomes more and more able to resonate to the pure emotions which are that unique distortion of love which is each entity. Thusly, one better feels and intuitively one's way towards a deeper understanding of the identity of the self than work with the logic and the mind can ever produce.

11: When the entity that each comes into incarnation it is aware ahead of that time that it will lose its way; it will not remember that way; and it will need to wake up in the life in order to begin that journey of self-discovery. Those such as this circle now present were awakened by the call of that nature which as each grew it uncovered within itself. So each has gone through several generations of thought concerning self-identity and has discarded many self-identities, finding them too limited and not enough evocative of self-perceived spiritual advancement or evolution. It is good to have started this searching, this pilgrimage, for as entities seek the light, as they are drawn to love, they are also seeking their identity.

13: It is a prerequisite, shall we say, of incarnation or the continuance of incarnation that the person be working to discover truth, the truth of self, the truth of love—the truth, however that entity describes or phrases it. When school is out the Creator simply allows that entity to move on. So the one sure thing about entities within incarnation upon your planet at this time is that they are imperfectly known to themselves. This, then, being a prerequisite for life as you know it may be counted a good thing by some although one would not expect a universal "yes."

16: So that it is very fruitful to move back into inner work gazing at those things which grab the attention throughout each day, and working with that harvest of daily knowledge of self by observing and contemplating what has been observed. Much healing might be done by the entity who goes back into those early experiences which biased the program, discovering those centers of pain, anger, disappointment or whatever negative complex of emotions caused that crystallization which distorted the programming in the first place. And we encourage those efforts to know the self by working with the memory and with the dreams which may offer memories which have been forgotten. However, it is equally helpful to surrender all knowledge of self as being utterly irrelevant to the self that wishes to become one with the one infinite Creator, who wishes only to lose itself in that presence, who seeks to tabernacle with the infinite love that is the one Creator.

18: Theoretically, then, if one took no thought at any time and simply stayed comfortable when in incarnation and avoided worry it might be possible never to be concerned with self-knowledge, simply choosing to love the Creator. No entity has as yet taken this shortcut, however, since the physical senses in any density are such as to give the individual clear subjective proof of existence and self-awareness.

24.7 1995/02/26

8: No longer does the seeker of information need to spend large amounts of time physically moving from place to place, searching out materials to study. More and more those who wish information simply turn on their computers and access the information desired either through the internet or through what this instrument would call software which may be placed upon the memory of the computer, especially as those completely familiar with computers become able to use them with skill. The model of the computer with its global connections certainly is a promising and substantial metaphor for the golden net of love which the social memory complex is.

13: What we see occurring is a two-way dynamic in which environment entities have constant stimulation which may lead

to awakening. The desire of entities to conform and to be distracted moves as a negative influence which tends to break down the process of reaching out and making fearless connections with those about one. Insofar as the mass media of your culture focuses upon the portion of human activity, shall we say, that carries a heavy, negative emotional charge—such as the war, the murder, the rape, and so forth—there is that which builds fear and raises walls betwixt entities. However, the same mass media also contains much that is yeasty with hope for those who are hoping to find some place to belong, some place that does not feel alien. And with the greatly enhanced capacities of entities to make connections with one another that the age of information—as this instrument calls it—brings, these same mass media are gratefully applauded harbingers of the capacity of entities to make these connections, to strengthen that golden netting of love manifested in light that will become internalized in time. And, therefore, that are the parents in a real way of the social memory complex.

19: We encourage each to continue making those connections that each is already consciously attempting to make. Your culture is really speeding up. We encourage each to enjoy this often uncomfortable process of transformation and to remain open to the connections that are destined to be offered to each. See each with the eyes of love and the connections shall be true.

32: There are many who are changing in ways which are fundamental to consciousness in the groupings of entities within various cultures, subcultures and movements of thoughts which explore regions of experience that are breakthrough areas, shall we say. Thus, there is no reliable way of determining the progression of this change. Only the movement of love within each heart has any hope of indicating to entities the nature of this change.

24.8 1995/03/12

3: As we sense through this instrument's physical senses the warmth of the afternoon sun, the feeling that the sun brings is very nostalgic for us. We remember, with pleasure, our own third-density experience and our feelings of joy when the season which you would call summer approached, that wonderful feeling of life stirring and moving out from the winter's sleep into the fulfilling of the destiny that lies within each seed. Each of you, also, is a seed which has lain within the dark ground and the winter cold of times contracted and forlorn, times when there was darkness and within that darkness the chill of solitude. Each of you is a seed of infinite love and infinite light, yet your blossoming shall be a long one in coming, and you shall have many bodies and move through many densities before that blossom is finally perfect and in that perfection is lost into the All.

13: Those who seek the answer of the riddle of human nature by moving amongst humans may make any number of conclusions and offer any number of fascinating and learned narratives, yet these shall not tell the self of the self with the same depth and relevance as the self turning within and opening the heart, for there is within the heart the awareness of that seed which is the one infinite Creator. You see, you bloom not for mankind but for the one infinite Creator. As the sun shines upon you know that your greatest relationship, your central dynamic is that between the self which is individualized in you and that great Self which is the one original Thought, Love.

16: As each entity awakens at last from winter's sleep and knows itself once more to be a seed that shall grow, as each decides finally to disagree with the self rather than with others and to work that out in the interior safety of the self, then person by person by person consciousness shall be raised and the group that is waiting to form shall more and more begin connecting in a golden net of commonality, connection, and communion. Once the desire to disagree within the self has been accepted, grasped and loved then shall that self be ready to turn outward without fear and, little by little, shall your people take down those bricks which have built such high walls. Peace within your world must start within each heart.

17: There is great freedom, my friends, that awaits you. Freedom to know and to harmonize and to share the gift of life and consciousness with those other sparks of that same love which, like all seeds, are unique, each one adding a

slightly different flavor to an ever-growing self. This is your destiny. We encourage each to use those resources and tools which help each in its own path towards inner unity and inner peace, for this instinct for mischief is indeed a portion of free will, and you may indulge it for as long as you wish, for as many lifetimes and as many cycles as it seems fair to do so. There is all the time in the world, yet when the self does wake up, oh, much joy awaits, and fullness of heart.

18: You are lovely blossoms, even as seeds. Your nature is written clearly within and you have but to free yourself to grow.

24.9 1995/03/19

5: The first level, that of apparent reality, is the level which those within this room would call consensus reality or life as it is. This manifestation, as intricate and rich as it is in texture, is but the onion skin skimming the surface of an infinite well of being. As each opens the eyes upon that common or consensus environment one finds the match of senses and objects; the creation into which humankind is born is that one which has been made relevant to humans. The creation of the Father, that second-density creation of love, in third density becomes a co-creation between Creator and yourselves. And as humankind has worn the round trail in walking many cycles of experience those many, many footsteps of manifestation again and again have worn certain biases smooth with age that they seem more real, more deeply relevant than other common experiences of humankind.

11: Now, the one who seeks upon the onion skin of perceived reality and the one who seeks delving deeply into infinity and eternity have in common that they are dealing with illusion. We also deal with illusion. It is our limited and perhaps faulty understanding that all is illusion except the one great original Thought which is Love. If there is a “you” which is seeking, that collection of energies which is “you” is an illusion. If there is no illusion and only reality, that reality does not know itself, for It is One. Ironically enough, then, free will dictates that anyone who seeks, by virtue of being an entity seeking is seeking an illusion. Each sees illusion, but, further, each is illusion. The manifestation that is each is an illusion. The personality that seems so deep and strong is an illusion. The photon itself that builds out of light all of the physical universe is illusion. We are illusion. All that can speak is illusion and distortion.

12: What we believe occurs is that through the densities more and more of the whole or entirety of all that is becomes known and the seeking soul familiarizes itself with progressively denser illusions; that is, illusions more filled with light and more articulate of truth. Yet at the point where the entity has balanced love and wisdom and integrated those blessings to become one, then it is finally that such entities turn away from manifestation and release all personality in order that they may become again the Truth, not that a seeker may know it, but that it may be it.

19: We cannot advise any as to whether to choose the deep, deep delving for self and then truth being found or that process of seeking which this instrument often experiences which is the seeing of the sacramental in the ordinary and everyday. What is important in each seeking is the validity and the purity of the choice made whenever there is an issue involving service to others versus service to self. So we do not feel that one view of reality will intrinsically place one in a better position to know truth than another. It is the usual way for entities in third density to do the seeking and the delving into the depths of self and it is at the same time quite valuable and a valid path to follow the ordinary and to find within it all that there is: the Love that is the one great original Thought.

20: Let your personality and your preferences [guide] you, for it is, as we said, not important that you go this way or that but only that the choices made are made with a full heart and a love in the doing. And always, when dealing with these relative matters, we encourage the glance away. The more serious and caught up that one gets in pursuit of the perfect ideal or the absolute truth the more knots that one is likely to tie in one's own mind and thinking. Therefore, let your intensity be balanced by what this instrument calls the light touch. And always we encourage each to respect the paths of others.

24: And that point is this one. The creation or world into

which you came, this very one, with its apparent differences, is the environment within which you shall find the truth. This world and no other. This illusory dream world, this twilight is the absolute best environment possible for creating the opportunities for entities within third density to learn what it is to be aware and to learn what it is to love and be loved. Graduation from this density occurs when the entities have chosen how to love, how to relate to loving and being loved, and that is something which may be arrived at, as we have said, through the mystical appreciation of the ordinary and/or through the deep delving into those regions of the mind which are more profound than the conscious state of mind.

25: So, as always, the Creator offers a palate of many, many different colors and ways to arrive at the point of love and, breathless with it, to find that the self is loved, has always been loved, always shall be loved by Love Itself, and in that perceived love each pilgrim soul may more and more dare to love wholeheartedly, indiscriminately, and gloriously. The deepest truth that we know is love. The Creator is love. You are love that has become visible and you are able to express within the medium of your world that love which you have found within. Love each other. Care for each other. And in that giving and taking each shall know the truth.

38: Thus, we say to each seeker, value that which you have experienced, build upon it as best as you can, and seek always the heart of love within each entity and experience, knowing that you shall, even with the best and greatest of efforts, misperceive greatly and frequently. This is why we say that the qualities of faith that there is a greater reality, and will to persevere in sifting through the lesser experiences of reality, are those qualities which shall be of most aid along the path of the seeker of truth.

24.10 1995/04/02

9: And this Creator is not confined or retained within an image or form but, rather, is an infinite intelligence, what many among your peoples have called the Logos and what we have often called Love. This great original Thought or Logos which is Love is then perhaps our closest suggestion to a concept which approaches that which you have suggested as the mind of God in that it contains within its concept all unmanifest and manifest creation. However, it is well to note that within the illusions which you call the densities each of you is the mind of God in potentiation and the work done within the densities is in great part clearing away the various levels of confusion for each seeker, and in third density this clearing away is the clearing away of each seeker's self-definitions so that each may find within itself more and more the willingness and the instinct to take upon the self the role of that Love, that Logos, which is the original Thought, realizing that within the illusions the only manifestation of this Logos shall come from your words and your hands.

69: I am Q'uo, and am aware of your query, my sister. We hope that you realize that this is the topic which can fill volumes, my sister, for it is that which encompasses all that is. The illusion which you inhabit at this time is a reality which is constructed of the energy of love with many forms or personalities moving through the interaction and interplay of the Creator. Within this experience or classroom, shall we say, the emphasis of the Creator is upon the experience that is possible to be gained from those who momentarily create a situation in which they forget the basic truths of being and set for themselves the task with space/time of rediscovering these truths within the veil of forgetting, thus adding great weight of meaningfulness of such discoveries.

83: I am Q'uo, and believe that we grasp your query, my sister. It is not necessary for third-density entities to be able to move consciously within the subconscious realms of their own minds or the time/space realms of their local creation in order to be able to be graduated from this third-density illusion to the fourth. What is necessary for such a graduation is that the entity be desirous of serving others in a loving and compassionate manner, more in a percentage, shall we say, than it desires to serve itself.

inal Thought. You are doing nothing more and nothing less than vibrating in the original vibration that is your true nature. The rest is details. May you enjoy the details of your life. Knowing them to be temporary does not make one less fond and appreciative of the opportunity to live and love and seek in a world in which by faith alone can one find one's way. May you love as you are loved. May you love each other, care for each other, pray for each other, carry each other's burdens, tell the truth to each other, and bring each other's home.

25: The ability to discriminate between spirits is also an exercise which is well undertaken by all who would serve as instruments, for it is indeed a crowded universe and many are those spirits who would seek access to those instruments that they might speak and do as they will with or without regard to the welfare of the instrument or the group to which they speak. Thus, one wishing to serve as instrument finds that quality within the self that is the foundation stone upon which they stand in the discrimination between contacts. It is well for the one serving as instrument to find that quality for which it lives and for which it would die if necessary, and in the name of that quality, or entity, or concept, challenge those contacts which wish to speak through it; that they ask if they come in the name of—for this instrument in particular—the Christ consciousness, for others, perhaps, Jesus the Christ, for others, perhaps, the quality of love, of service to others, and so forth. When those who wish to serve as instruments have mastered the ability to tune the self and to challenge those entities who wish to speak through their instrument, then we feel that the one who wishes to serve as instrument has prepared itself well and is then able to enter into this service in a fashion which can be sustained and in a fashion which may truly be of service to others.

45: I would bet that P would love to have a message from you. I am pretty sure that she is scraping the ground in low spirits right now.

47: We are aware that this entity and others as well suffers its own form of anguish in its current experience. To all those who feel the suffering and the difficult circumstances we would ask that each take a time during the daily round of activities each day and sit in meditation, releasing all the fears, the doubts, the worries of the day, letting these fall aside for this moment, and within this moment seek the presence of the one infinite Creator. Rest therein for as long as one is able and feel the unity once again with all that is. Feel the center once again to the self. Feel the feet upon firm metaphysical ground. Feel again the hand of the one Creator moving within the life pattern. Feel the love and light of this one Creator coursing through one's being. Feel those special touches of heart to heart that are available in these times of seeking the One. Rest in this nourishing flow of experience, and when it feels appropriate move once again into your third-density illusion. Feel the quiet and peace of the meditative state moving with you and ever available as a resource within as one moves in this daily round of activities that brings the challenges, the catalyst, the opportunity to use that which one knows in the heart, the opportunities to love where it does not seem that love would go, to bring light to those who move in darkness, to become as a beacon, one who gives the love and light of the one Creator to all those about one. In such situations, many are the doubts, shadows and fears that will fall by the wayside as one continues to seek the inspiration of the one Creator in daily meditation.

48: We would remind each that all that lies before you you have placed there for a purpose that is of a service-to-others orientation. There is light in each doubtful situation. There is love in each fear-filled heart that can erase the fear and remove the doubt. It is not an easy journey, nor would you wish it so, for there is much to be gained by bringing love and light where there is darkness and doubt. We wish each seeker a good journey through this illusion, for there are many side roads that can distract, confuse and fill [one] with fear. But there is always love and light from the one Creator available to each within one's own heart. Never could it be closer. There seek to find the nourishment that will carry each of you that await on your journey of seeking the one Creator.

26.5 1997/02/09

5: We are aware that there are several concerns within your minds at this particular time, and we are very glad to work with what this instrument calls potluck, just as we are equally glad to take the group question or to go from question to question. To us, the format is not important, because to us that which we truly are offering lies beneath the words that are channeled through this instrument, because what it is that carries these words is the energy that in sharing becomes our service. We offer thoughts but our value lies in our being with you and allowing our energy to mingle and merge with your own. The wonderful dance of harmonization is beautiful to us, and as we move through the group energies and the individual fields of consciousness the love that is offered to us and the love that is very deep in our hearts for you becomes that truth that is greater than any words, and, indeed, we suspect that in the end we shall find that one cannot know the truth ever, but one can become the truth. That for us lies ahead. We have not found the key that unlocks that last door, but we are patient and we find joy in contemplating the mystery that lies always before us, always riveting and always unknowable.

7: Earlier, the one known as R was speaking of the way that the truth seems so often right there, and this is so. Not just in that which you put quotes around as spiritual. “Love,” “truth,” “beauty,” these words reflect an awareness of the divine. And we would turn your eyes to the divinity of the ordinary, to the majestic and marvelous beauty of the everyday, of each and every mote and iota of manifestation within the illusion. For as the one known as R said, “Is not everything made of this perfect love?” Therefore, is not the Creator literally in everything? These are words of great wisdom. If we could but share with you our perceptions of our environment and its amazing beauty we would love to set you awash in awe and wonder.

14: We are those of Q'uo, and, my brother, we have thoughts on almost anything... which we are glad to share. To the best of our limited knowledge there is nothing but illusion. The only thing that is without illusion is unpotentiated Love, which has no awareness of itself. By the play of free will the Creator is able to seek to know itself, but the act of manifesting love is in itself an illusion, a distortion, certainly a primal distortion, but distortion nevertheless, so that no matter what density of experience or length of study that describes one's situation, one is experiencing an illusion and one is distorting the truth. There is nothing but a steady progression of more and more light-filled densities which offer a more and more pleasant light-filled way of distorting the one original Thought.

24: Open now to the subtler levels of life. Become aware of the millions of entities that dwell within the Earth in spirit without their physical vehicle, those whom you have called angels, fairies, devas. Sense into that liveness that fills the air with the sound of wings, and rest back upon that band of angels that is with you and let it carry you back down into the Earth's sphere and come to rest in a more equable clime. You stand at the base of a mountainous area, on the shore of an ocean. The sun is golden and seems closer than it is possible to be. So warm, so toasty, so comfortable. The physical vehicle loves that feeling of sun, responds as does a flower to the warmth of life. Here in this private beach the Creator may walk with unshod feet. Breathe in that warmth and that presence that the sun is. Breathe in that love which fills the air. Feel how cherished you are as you rest there upon the sand with the ocean beating its surruration at your feet, wave upon wave of clear aquamarine water. Get up, lazy bones. Go for a walk. Sink your feet into the sand. Look out over the expanse of water. See the curve of Earth. That is the end of the eyeshot. How can the eyes see all the way to the curve of the Earth? What hundreds and thousands of miles of water does the eye take in in order to see to the curvature of the Earth? Standing here looking out, one must face the fact that there is a mystery that cannot be resolved. It lies just beneath every event of circumstance.

25: Let us walk far away from the beach and up into the warm shady foothills, walking the worn dirt path, finding the way from one valley to another until you have come to that waterfall and lagoon that lies at the heart of this mountainous island. Come now over the ridge of that hill into a place where that lagoon lies, that spring of fresh water that feeds it, and gaze around you. The trees so love the water. Willow,

contact.

40: We are those of Q'uo, and yes, my brother, this makes sense. Remember always, that in the spiritual sense all is already perfect. All is as it should be. It just looks weird. So in order to get at the heart that lies beneath the often uneven surface of ordinary happenings one simply looks with eyes of love. And each time that you find yourself looking upon a world with eyes of love you will know it, for a world seen with love is a place of surpassing beauty.

44: We are those of Q'uo, and yes, my brother, that is the usual way. The excitement of that which is new, over time, fades and the work that is not obvious at first blush begins to take the center of the stage. Actually, my brother, in this instrument's way of measuring time we can say that your fidelity to seeking is unusual, for many who have come to these sessions through the years there was a place perhaps five or six months into the experience of these meetings [where] there was no longer the will to attempt to live the message that was heard, and when the attempt to continue fails, then it is that we must repeat and repeat. And then those entities who did not wish to hear of work the first time wish even less the second and the third, and so there is that natural parting of the ways, and that entity has gained all that it can. Therefore, we commend you for your faithfulness and note that it is the big flashy beginning that looks so wonderful, but in truth it is the quiet, persevering heart that continues quietly but persistently to love that is the true star, the true flash, the true victory.

26.4 1997/02/02

3: There is heart to the truth. And that center and that heart is love. Love is a pale and useless word, almost, because your peoples have used it in so many, many ways. We use it in the sense of unconditional and freely given love, the loving that persists when there is no return, when there is no obvious reason to continue to love. This is the love in whose vibration we come and in whose vibration you each have also come into incarnation because all that there is, is love. The raw material of your universe is love interacting with light in order to produce energy fields. Each of you is an energy nexus, a complex of vibrations and fields of energy. And this complex of vibrations is as your name or your signature. We do not need to know the names that you are called by in order to recognize each soul, for as you come to us, as you sit in meditation, you are as the song that is sung, or the painting that is before the eye, every detail, every nuance so beautifully collected. We are aware of how rattled and how chaotic you find your own selves. The heavy illusion in which you now enjoy living is specifically designed to promote confusion and being lost and at sea and unable to order the universe by means of your intellect. This is what your illusion is supposed to do, to pull you off that intellectually safe balance point from which you may carefully judge and logically grade all incoming sensory data, thereby insuring that your universe shall continue to be as you have set it up to be.

4: The Creator, wishing to aid in developing each spark of love in each unique way, is delighted to offer each entity those confusions and difficulties and losses and limitations which shall involve the seeker in learning those lessons to do with love and loving for which you took incarnation, for each of you here has personal work to do. Each of you came to incarnation carefully choosing your relationships, your gifts of personality and character, and aiming that self within incarnation at the kind of life and the kind of learning which you and your higher self felt would be the most helpful use of your incarnation, for this time within physical incarnation is rare and valuable. The opportunity to live by faith alone is given only to the density in which you are now enjoying the experience of living.

5: So as you ask the question about dealing with those entities which come into the experience with seeming negative service to offer, our first comment, shall we say, is to move back to that beginning [of] all things which is love, the one original Thought, that Logos that is Love Itself, that Love that is the All-Self, the Creator. It is well to move back always to one's basis for being, to be sure the feet are standing upon solid metaphysical ground. Starting with unconditional love is always correct and accurate as a mental or logical beginning. Now, as sparks of that original love, each of you has, through many incarnations, distorted in various ways this

original vibration. And each of you basically yearns to more and more closely approach the original vibration which is unconditional love. So in that sense each of you is seeking to become the Creator, seeking to be lost completely in unconditional love. This thirst and hunger that you have to be closer to the source and the ending of all things is that thirst and hunger that the awakened spirit feels.

8: The great temptation for one who is seeking to serve is to forget that all other entities in your creation are identical to you, in that both of you are of the one great original Thought. No matter how deep the imperfections of that entity may seem, the basic nature of that entity is congruent with your own, for each is perfect. The distortions are apparent in the illusion. All those who go through incarnation in third density distort the vibration of infinite love. The one you know as Jesus distorted this love. It is impossible to live and experience a lifetime in third density without distorting appreciably that original vibration. It is for developing these distortions that you came to this experience.

9: From the level of soul to soul, then, whether you are gazing at someone whom you feel is acting in a petty way, or you find someone being critical in a small way, or you find someone being righteously indignant, or you find someone willing to massacre thousands, no matter how widely distributed along apparent diversity the souls you meet are, each of them is an image of you. Each of them tells you something about who you are, including that dark side entities may not wish to explore. And so, from that soul level, the question of what to do with this entity becomes less than difficult in that from that level each entity is to be loved as you love yourself. To love the Creator, to love the self, and to love others as the self; these are very simple suggestions, and from that soul level they are fairly comprehensive instructions.

14: In truth, we do not feel that there is one way for all people to treat all people, for if each entity were perfectly in harmony with each other entity this would not be third density. Before the matter is investigated it would seem obvious that the better that each entity treats each other entity the more harmonious and beautiful the experience of living. And yet the collisions that occur when intimacy is sought either with the self or with others are not harmonious and from the standpoint of each individual within the illusion of mortality and space and time it simply seems impossible that one will ever know enough. And one comes to the conclusion that one does not know much at all. And when one comes to this realization it is a great gift because the great mistakes are made by those who think they know exactly what to do. And there is great healing in the awareness that not only do you not know but that you are not supposed to know, and you are not here to know the right thing. But rather you are here to experience and to learn and to share the essence of yourself with the planet that you came to love and serve. And this is not that which is spoken. This is not that which begins with working with another entity. This is that which begins with breathing in and breathing out. Here is your vocation, in the living, in being, in the breathing, in being where you are with your senses alert and your heart open, paying attention to that moment that is the only such moment that you ever shall have.

15: So, again and again, one comes back to the fact that in the illusion you must follow your gifts, know yourself as well as possible, and then share the self as honestly, as lovingly, and as much in accordance with those gifts that you have as possible. In this you shall again and again fail. You shall find that you have said what you would not say. You shall find that you shall allow moments to go by when you wished you had said something but could not find the courage. See all of this, if you can and when you can, as nothing more than the grist for the mill, as the one known as Ram Dass has said. And when you perceive negativity, see yourself and say to yourself, "I am that also." For each has that dark side that is so shiningly mirrored for you. And if you see this again and again then that gives one pause for thought. "Why have I invited this? Why did I feel that [I] needed this rasp roughing up the surface of my life? What does this image of myself tell me that I need to know?" For you are that self and the appropriate emotion is always love.

18: Each within the group has had experiences with negative energy, had run-ins and painful times with disharmonious entities, and each has that sense of wishing to make it all better. And you may do precisely that at any moment that you choose by stepping back into the remembrance of the one great orig-

24.11 1995/04/09

15: Female energy potentiating male energy equals subconscious energy run through conscious channels. So, each becomes a channel for the one great original Thought which is love. And in the sexual mating betwixt two who grasp the profundity and centrality of the energies of lovemaking, there is the possibility of touching intelligent energy, and in this fusion, the two truly are one. And from this rise male and female, blessed, balanced and healed.

16: We ask each to consider the archetype known as "The Lovers." In this figure, a male stands with a female on each side; to one side, the virginal; upon the other side, the worldly and prostituted female energy. It is the first choice, the most obvious choice, for the male who comes into possession of that sexuality which shall be its catalyst for a lifetime, to reach for that sexuality in the female which is obvious; and, indeed, there is that portion of any male energy which shall always be attracted to the prostituted and the shallow. This is natural. Yet, to the man who seeks until he finds that female which he feels he can work with in all humility, to this entity is given a great deal of aid. For, if male and female wish equally to work together at this energy level, then there is for both a constant supply of transferred energy—to the male, the inspiration, to the female, that vital energy—each giving what each has in abundance and receiving what each has not enough of.

24.12 1995/04/16

10: The key to using the light is forgiveness, mercy, charity, love. One may walk into the light and yet not see light. If one has confusion and puzzlement upon the mind, one can move through an entire beautiful day and see no light. And just so within. One can walk into one's own season of blossom and yet blossom not, nor see the sun, nor take food and drink from it. If one has closed one's heart, the light cannot survive and will simply be reflected and used elsewhere. Think of the darkness of winter and feel the contraction that occurs as the roots of being curl down into the earth, seeking water and nutriment. So are the roots of the self contracted and turned and curled inward, seeking and not finding nutriment. And then light comes, and the decision is made to let go of all things, save the reaching toward that light. There is expansion of self, there is the opening of the heart with these magic words: "I forgive."

16: For we ourselves are illusions. We are developed and articulated and our experience is vast, for we have been since the beginning and we shall always be, and yet we are illusion. For all that can be spoken, all that can be self-realized is by definition illusion, fields of energy, that come and go, while the Creator is in the one momentary now, that eternity in actuality is. Yet, the journey made each time the Creator flings out of Its vast and infinite potentiality those sparks of being that have become each of you, It receives in the end of that journey such a gift of whole and integrated consciousness that to the infinite riches of creation are added infinite richness more. The gift of that journey to the one infinite Creator is a perfect gift, a gift of love, that which has been reflected from love reflects at last to love and becomes One again in that sweetness of unity in which all sense is lost. 17: We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks and in love and light. We are those of that principle known to you as Q'uo.

24.13 1995/04/21

6: And as one says goodbye to times in one's life, to things which one has loved, to relationships that have changed beyond recognition, we encourage each to find strength and courage to praise and give thanks for each and every experience that has created within perhaps much pain and suffering. In the process of transformation there is almost always a great deal of sorrow and feelings of loss, for when change is going to occur naturally it simply takes one as destiny will and almost never is it a completely smooth road from that one way which was to that other way which has yet to be worked out. And yet we encourage you to have the faith to praise that which is past and to open the heart to that which

is, was and shall be.

8: We do not need to tell you how difficult a practice it is to maintain the silent and listening receptivity to destiny in a world in which intangibles and invisible things are often given no worth or value at all. Yet, this practice is most productive of peace of mind and is very efficient in its own way at keeping the seeker upon the path chosen before the incarnative experience. It is not that your life was predestined, but, rather, that certain things were chosen by you. Certain patterns were chosen by you in order to focus on certain lessons concerning love. The energy that has moved you through various stages of life has been an energy which feels natural impulses towards some lessons and complete indifference towards others. No one else has your path. No one else has your lessons. You need no one else's lessons, so each pilgrim that is walking upon this highway is walking alone in a very deep sense.

9: Yet we say to you that after meditation the most important resource upon the spiritual path is the company of those who are also seeking, for one person cannot give to itself the truth. Yet the truth is in all, and entities may be instruments through which truth may travel to others. Thusly, even though you cannot offer yourself enlightenment, you can become a channel which is transparent and through which love itself may shine for others to see and to be inspired by. Your own poor opinion for yourself—for you are so into self-judgment among your peoples—has no bearing upon how other seekers may perceive the light that comes through you.

11: There is a time for each energy within your breast—for the dark side as well as the light side. There is a time in which it is good to experience even the darkest of emotions, even the most sad failures, self-perceived, of virtue. And, likewise, there are times so lit with the golden essence of love that it seems that time and space stop, stunned by the wonder of the present moment. Such a time can occur upon a very large scale, and, indeed, your entire planet is now transforming little by little by little into a fourth-density positive environment. This shall be several centuries in the making, but the process has begun, and little by little, both positive and negative that are ready to move on are moving on. And those children being born at this time upon your planet include both Wanderers who have come to aid in this crossroads in this new beginning and those who have come from other third-density harvests to begin their fourth-density experience early on. Many of your children have both third and fourth-density vehicles of the physical kind activated.

12: As people feel that their children are more and more remarkable we remind each that there are many beautiful souls who seek life upon your planet at this crucial time, for all wish to aid in the birthing of the fourth density of your planet, and many have come to help, and you among them. So we ask that you continue to meditate and listen to the silence. We ask that you encourage your own faith and your own spirit of strength and joy and that you remain transparent to a destiny which is full of the grace of perfect rhythm. And if you feel, now and again, that you are moving too fast or that you are moving in the wrong direction, stop, take a deep, deep breath and say to yourself, "There are no mistakes. My lessons will come no matter what I do. My service will come no matter what I do." Say it and know it, and then let your hearts be merry and full of praise and thanksgiving, and let your arms reach out to the pilgrims that come your way upon this highway of love.

18: I am Q'uo, and we are aware of your query, my brother. [You are] all one in truth. The seasons of your planet at this time are changing over the entire surface as is the case at all times, yet there are cycles which begin and flourish and wane and end. And as you find yourself one portion of this great planetary consciousness you are moved much as the seasons move your flowers and trees and birds and seeds, moving into yet another expression, not only of the Creator or planet or area in which you reside but you are moved also as a portion of the one Creator which seeks knowledge of Itself in a manner which is likened to the rhythm of your music. The movement of energies occurs most naturally in pulses or rhythms, harmonic blending of vibrations which in an upward-spiraling fashion match light and love emanations of the Logos of this portion of the creation. Thus, you respond to light, to its intensity, its duration, its permutations as it is formed into one field of energy after another. So you also within your own being are moved by these pulses of energy which seek their source.

29: I am Q'uo, and am aware of your query, my sister. We find that you are, in the central portion of your being, aware that this is so at this time, for you and the entity which served as your father upon this planet are portions of a family or, shall we say, a clan which has chosen to work in consciousness upon this plane in service to others, and this work is that which is accomplished in a manner which is difficult to describe but which is shared by many such groupings or families of entities. There is a support at the most basic level of love, shall we say, that continues between the times of incarnation as well as during the incarnation that ties each together in a manner which is most harmonious and which allows the offering of services which are not usual in that they are often intangible, of the emotions, of the intuition, of the subconscious mind. These pathways of energy which tie each are always intact so that when the heart speaks a feeling or the mind speaks a thought there is an instantaneous communication as though one portion of a body was speaking to another portion of the same body.

56: The mysterious nature of all the various kinds of lessons that aid in the overall increasing of the ability to give and receive love have mystery as their salient feature in order that there be an effort necessary to penetrate to the essence the main foundation of each lesson. Thus, the effort that is necessary to deal with mystery involves many other kinds or qualities of being such as patience, perseverance, humor, joy, acceptance and so forth.

24.14 1995/05/14

7: Now, why would the Creator choose this illusion as a way to express the love that is the Creator? When one is within the illusion it does not seem remarkable that entities are born, that they gather experiences, develop and change and then die. It seems perfectly natural, if undesirable in the end, for who wishes to die? Yet, there is hidden treasure in this being born and this dying. It is the nature of manifestation that it can only be seen in illusion. Yet in this dim illusion rivers of beauty flow. To the Creator they shine like gold. Each sorrow in each heart is felt. Each joy is shared. Each bitterness and woe is riveting to the one infinite Creator. What the Creator sees, we cannot know. But we believe, that included in that eyeshot is enormous and unending compassion for the hopelessness of manifestation ever to become correct, full or perfect.

8: Yet, the senses, the emotions of those who have indeed purified their personalities express truth in ways that seems beautiful to the Creator. And therefore the Creator loves most greatly each pilgrim's spirit, regardless of its circumstances, whether they be physical, mental, emotional or spiritual, for each entity is authentic in itself. Each entity expressing a unique distortion of unmanifest truth in the imperfection of manifestation. This paradox is one which can fascinate those which love riddles, for there is a deep riddle here: the riddle of manifestation itself. Yet love, that great original Thought, must use its free will, must create and so must love.

9: Now, within incarnation the seeker experiences itself as a good person under certain circumstances, which usually includes traits or actions or thoughts which are considered to be positive. One becomes happy at oneself if one feels that one's nature has become sweeter. When the dark side reveals itself, when there is behavior coming from mind or lips or actions that do not seem kind, that seem bitter and unlovely, the seeker naturally tends to condemn the self. And yet, each is expressing in the light and in the dark the nature of the one infinite Creator; the universal being.

10: Now, you do not have to like your dark side. We do not encourage that. What we do encourage is a continuing desire to know the truth and a constant willingness to separate, when thinking of the self or another self, the beingness of that dark impulse from the choices made in the expression of that darker emotion. The Creator loves to the point of no return. Entities within incarnation find that sort of love impossible to sustain. Yet, you are your first and hardest target. Loving yourself is a central and entirely difficult goal to reach, for you know those thoughts that crowd your heart, those impulses which somehow you do not act upon.

11: And while the world may smile upon you, yet you frown and glower at yourself for being a universal creature. Ask yourself instead: "How shall I choose to express these emo-

tions?" For each entity has them all, no matter how pervasive may be the effort to repress and deny one or another of the traits of human nature, shall we say. And so we encourage each to refine and refine again that which you do, that which you make manifest and real within the illusion which you now share. Inwardly, we encourage each to forgive and forget, taking only the learning and leaving behind that husk of self that was shed in the learning. And as the self becomes smaller, the inner power of the self shall grow, for with each name which you cease to call yourself, more love may move through that lighter being. Beyond all punishment and debt lies a forgiveness in which all debts are paid.

12: This entity moves within a mythical system which is called Christianity and central to this system of thought is the concept that sacrifice is a sign of great love. And we say to you, you have made that sacrifice: you will die. You are dust and as dust you are indeed unworthy, you are indeed imperfect. You are indeed the good and the bad and the light and the dark. And you will surely die. And between the birth and the death you shall plumb the depth of every sorrow of which you fear. And you will experience those few things left beyond the touch of fear as the mountain tops of life.

13: The dark side, when it comes up, when it shows its head to you, is saying how would you like to change, how would you like to try to learn this lesson. That dark side is meant to get the attention of the consciousness which lies within quite beyond all duality. For you do have enough of that infinite self at your disposal at all times in order to be able to process these feelings, these thoughts and these impulses which come to you, as you receive sensory input and process it and by your choices of priority distort that incoming stream of love in this way and in that, in a beautiful dance which is spontaneous and instinctive, so that when the seeker allows itself the time to learn the rhythms of the present dance, incarnational life begins to wake up within that illusion. And the life within pokes its little head out, like a tiny chick emerging from the shell and says, "Remember me, I am you and I have lived forever and I will forever live and I am everything, every emotion, every state of mind and all of these things are love."

14: So we encourage each in forgiveness of self and at the same time in asking great things of the self, in asking that the self turn to the Creator and say, "Here am I, show me my destiny and I will say yes." For you planned this with the Creator before you came and it is a matter of trust and faith to take each thing as it comes and attempt to find within yourself that response which expresses love. My friends, we have a very simple message. It is always the same. Each of you is love. Each of you has a core vibration of absolute pure love. That which is consciousness is love. That which is love expresses itself in consciousness. Each of you also has heavy overlays of distortion, chosen by each over a long period. Each is rich in distortion. And these distortions are also beautiful to the Creator, each one perfect in itself. And as you mix and mingle with yourself and your various roles and with each other in the delicious and bewildering array of humankind, the love that you can share with those you meet, beginning with yourself, is the fruit and the blossom that is truth.

15: So, love any way that you can and praise the love that you see, and know that in loving one is never foolish, one is never wrong, one is never too naive, for all things are beautiful and lovely in the core which is the truth. And each time that you claim that truth, you claim, yes, you claim an illusion. Yet, the illusion that you claim is indescribably more accurate in its representation of the actual truth than that expression which does not include love.

16: Love is often seen by your people to be a pallid emotion that contrasts to earthly love, which is not romantic, not possessive, and so forth. Yet, we say to you that love is a beautiful and terrible thing. Out of love the Creator manifested this illusion. And out of love this illusion must end. Out of love one of your young is conceived, and in great pain oftentimes is given the chance to breathe and die. But within that theater of incarnational life lies the opportunity in every breath to know the truth and to be free to turn to the one infinite Creator and to become one with that love and that light which is divine.

17: Love is not a nice or a pretty thing. Love is an anguished dream, a yearning, an expression that shall surely fade and fail as the rose dies, as each being has its season only to vanish. Yet in that temporal, evanescent environment comes an

can be learned and that there is not much of value in the learning. However, we do suggest that the earnest seeker needs a rest and deserves compassion from itself, and will find the learning is much easier to accomplish with the light touch, with the sense of humor that sees a sense of proportion in the life pattern of the self and in the greater pattern of events and entities about it. For all are individualized portion of the one infinite Creator. You do not deal with anyone else, ever, within the incarnation. It is only the Creator and you. Speak kindly and lovingly to each Creator that you see, including the one in the mirror.

26.3 1997/01/19

5: What you hoped to do as you attempt to work with your own consciousness in order to accelerate the rate of evolution of your own spirit is to be enough consistent in opening and radiating love that the pendulum begins to move more and more towards the extreme. The more polarized the reactions, the more obvious it will be to you when you make an error. And this means that it can be very poor judgment to become involved in gauging one's polarity or assessing one's progress. You have heard that a watched pot is slow to boil, and the over-concern with how one is doing in polarizing will actually be a brake upon the very activity that you had hoped to emphasize.

7: There is within your earthly condition a great array of choices which face you every day, every hour even. And it is easy to begin to look at the things that occur and to think these things have no spiritual nature. "These things are of the world and do not need my attention but only my activity." And yet we say to you that all things are full of the Creator and by this we mean every stone, every bit of earth, every iota of the wind that blows, and the rains that fall, every diaper changed, every dish washed, every chore, every onerous task, all of these things are instinct with the magical, utter life and that life is love. And the life within you is love also.

9: And we have noted before that the energy that comes into your being is infinite, but that there are ways in which each of you, by the choices that you make, contract and narrow and limit the amount of energy that can come into the body and move up the spine. The first center—we will simply summarize—has to do with issues of life and death, breathing, eating, the sexual polarity. These are the concerns of red ray. The concerns of the next ray, the orange ray, are those that the person has with himself or herself, and the person in relationship with one other person, the dynamics betwixt self and self, and self and other self, without reference to groups, but just one person and another. These are the concerns of orange ray. The concerns of yellow ray, this being a yellow-ray density, take on a good deal of centrality of importance. This is the heart, shall we say, of third density—the relating of self to groups, the opening of self that will in fourth density become the social memory complex when thoughts are shared, private thoughts simply skirted about, seen, appreciated, respected and left alone. There will be other lessons to learn in fourth density, but this lesson that you now work upon, of opening the self without fear, this one you will work upon until you are able to feel that contact with other selves as an identity of one to one, heart to heart, and love to love.

11: May we say that the conversation preceding this message was, we felt, most enlightened, for each was speaking of the being as opposed to the doing. You see, it is the love with which you do things that radiates; it is not the things that you do. Among your peoples this has been much misunderstood, for people look to see if there is some service that can be their spiritual gift to the world. They are looking for a dramatic role to play, to teach or to heal or to prophesy. And yet these things are forever secondary to the primary mission of each of you upon this particular planet in this particular density at this time. The mission before each of you is simply to address all of that which comes to you with an open heart, just that. And yet just that is the work of lifetime upon lifetime, for how can a person in a heavy illusion such as you now enjoy be fearless? It is not within the physical body to be fearless. It is not within the earthly brain, that choice-maker, to be fearless. Indeed, only the foolish are fearless, and yet the teacher known to you as Jesus the Christ has said that it is only to the foolish that the wisdom comes. It is only to those who live as little children that the kingdom is inherited.

13: Each of you has the issues of all the world within you.

This instrument is concerned for the peace of the world and prays for it often, and yet if this instrument prayed for peace within itself, it would be the same prayer. Indeed, it is our humble opinion that the most efficient way to bring the world to peace is to learn peace within the self, for as you think, as you are, so your universe in toto is also, for your consciousness is as a field and each bit of fear that you are able to let drop, each time that you find your heart expanding, the consciousness of your planet is being lightened. There is no lag time between the open heart of self and service to the planet, that lightening of the consciousness of planet Earth. You came among these entities of flesh and bone. You took that flesh upon yourself and buried yourself in a world of shadows because you wished to make a difference. You heard the sorrow of those who dwell with you now. And you wished to stand among them as a witness and as one who was a channel for love. This is your great chance. These are the days you hoped and prepared for, and now the time is upon you, and how quickly, my friends, it is going. Is it not?

14: You have sped through childhood and adolescence and adulthood, and each is thinking to the self that, "Well, it's all downhill from here." And yet we say to you that as the physical vehicle hews less and less to the electrical body's blueprint, so the heart, so much more experienced [than] when new to the planet, has its time to open and flower and blossom. You see about you so many entities who have maturity but without joy. Who have wisdom but without love. Who have become bitter rather than sweet, and tart rather than mellow. Learn from these people how not to be, for these are the entities who are forever attempting to move out of the gravity well of neither service to self nor service to others but just back and forth, good days and bad days. You are hoping through your life to bear witness to a love that loved you first. You are hoping to be as the keepers of lighthouses, that your love, that love that flows through you, not from you, may shine upon that sea of confusion in which all are swimming and might warn entities of those rocks of despair, and anguish, and hopelessness.

15: There is suffering involved in each door you open in life, wherever you look, in whatever land, in whatever subject you find that those who would be true servants have made tremendous sacrifices, even unto giving up the life for others. You find people in each situation whose heart has remained open regardless of the circumstances. And you feel the strength of inspiration from those entities, those people who make the news for a day or two because they have leapt into the water and saved five people before they drowned or went into a prison and released the prisoners, paying with their lives. And these stories touch deeply within your being and let you know of the depth and profundity of love that you have within you and [that] resonates and exalts and expresses the light and joy for knowing the beauty of those spirits and their great gifts.

16: But we say to you that there are many, many millions more whose sacrifices and suffering you never see, for they suffer emotionally, and mentally, and spiritually, bearing witness to love, being givers of light regardless of the circumstances that would fell a lesser being. And each of you has opportunity after opportunity to meet situations without fear, to open to any catalyst whether it seems positive or painful. The faith to remain steady is to be prized for there is in steadiness a vision, clear sight, and in persistence of openness, healing and forgiveness. And these do not come from you, for from you can come very little until you run completely out.

21: Each opportunity that we have to speak is unique. And we ask you never to fear that we are weary of your concerns. This is why we have come among your people in the inner planes of this planet. This is why we have placed ourselves here, simply to talk with those who would find what we have to say possibly useful. This we do with an open and loving heart, and we assure you that we shall not tire of speaking about love.

36: [I am Q'uo.] That which is love within your density may be described also as desire. The desire that brings each to this circle of seeking is the desire to know and to share love. That hunger, that thirst for righteousness, as this instrument would say, that desire to be a positive in the balance of life, that hope that there is a greater meaning behind the suffering that seems inevitable. These are the desires and hungers that call us to you. And as the desire is sharpened and the appetite is whetted for more, then that contact with us becomes stronger. And the keener the desire, the better the

desire for the higher way, for the loving way, for the truthful way, for that quality of life which turns the everyday into an object of beauty and truth. We feel these desires within you and praise them. As you move in response to them you are accelerating the rate of your spiritual evolution and beginning to live a life larger than yourself in that as you attempt to live from moment to moment, fastening upon those things of greater importance, the vibration of your being lightens, and as it lightens the planetary consciousness lightens also. It is as though with your being, with that essential you that breathes in and breathes out and yet remains beyond all breathing, you have the power to change the world. And indeed, quite literally, each of you is changing the world to the full extent of your choices in respect to how to serve.

17: There is perhaps nothing greater that we could say than to love one another as you have come to love yourself, and if you have not learned to love yourself, that task is your first one. For it is difficult to do work in consciousness until one has become at peace with one's being, in its full nature, with all its shadows and its dark side. So we ask you to love, to find ways to love the self, and to nurture that self and appreciate and respect the sacrifice of that second-density great ape being which has given you the opportunity to walk upon the earth and to make a dent in it and to live and to choose. This is a very precious thing, this incarnation. Each is aware of how quickly it is going. We wish you every blessing and shall be with you at any time that you request our presence, not to speak but simply to sit in meditation with you.

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26.1 1997/01/05

16: This is the work, as we have said, of lifetimes. It is slow work. However, we think that each of you as seekers will find this work enjoyable. It is not an intellectual process but rather a sensing or feeling or intuitive process to find the heart of emotion, and we would simply suggest that each of you, as it feels right to do so, begin to sense into the emotions that spontaneously arise, loving, supporting and respecting them as they come to you and, at the same time, allowing the heart within to search for the heart within that particular emotion, for the purification of emotion is very central to the process of working with your consciousness to achieve the discipline of the personality.

32: I am Q'uo, and am aware of your query, my sister. The entity which seeks to discipline the personality, to become a metaphysical being, to exercise the way of the magician in attempting to arrive at changes in consciousness, these things are done primarily through those qualities which you have spoken of when you spoke of faith and love.

33: The entity which seeks to become a metaphysical being and to exercise the expression of its personality finds in the positive polarity that the ability to love comes forth from the primary faith that the entity has been able to nourish and to cause to grow within the self. All of these elements of the personality and the ingredients that make up the multifaceted being that each is find the necessity to give and receive love the primary building block and energy of all creation with each portion of the life experience.

34: Thus, the entity who wishes to be a metaphysical personality stakes its internal furnace with faith, and the energy which is output is likened unto love, the means by which it is done, the many facets of the personality that has been disciplined and is available as a resource, that one may [write the tone poem] of life with an unique and distinctive flourish, that gives a glorification to the one Creator in that it is a means by which a metaphysical entity begins to express its nature as the Creator.

43: To state this in another way, the entity with the lack of compassion for the self would do well to look upon that self as a child within one's care and attempt to give it that love and support that any child would need when learning new lessons, realizing failures will occur and are most valuable, for they teach much about what is workable and what is not, what is helpful and what is not. Thus, if one would take under one's wing that semblance of self that has such small value, such lack of worth and love from self, there could begin to be...

26.2 1997/01/12

7: Going a little deeper, we find the roles that each has played: student, teacher, brother or sister, mate, friend, lover of this or that hobby or interest, the froth upon the waves of being. That also is you. Now let us move further into that interior of being. Let thoughts of body go. Let thoughts of roles go. What remains? Allow the mind to ask this question. What remains? And as naturally as waves beat upon the shore the truth comes—love, love. That is your truth, your deepest truth of being is that you are a creature of love called into being by love, chosen by love to manifest that the Creator Itself may experience the illusion of a dream. If you have thought recently that life sometimes has a dreamlike quality, we say that you are very much in tune with the way we feel that things are. For even that which lies at the heart of the manifested universe is still an illusion, and the only thing that is not illusion is unknowable, for in the dualism of known and knower the truth has already been abandoned in its pure state.

11: But it is valuable to be aware of the space and of vast distances with the self. Literally, on a microscopic level, you are a creation with billions of star systems. Even the physical illusion that builds the chair upon which you sit and the body which sits in that chair is largely, if not altogether, empty. What is there is light, and that is what manifests all things. And that which calls light into being is the love that you are. 12: We have walked you about the universe with these foolish thoughts of ours, and yet always we bring you back to the heart that rests within, within which the Creator resides in glory and holiness and in utter truth. All of the reaching outward ends within the realization that you already have and already are the truth. That truth is always and ever the same. All that there is is love. You are love. And because you are a spark of manifested love you have the opportunity to become one who deals lovingly. It is as though to those who seek and simply go about their day there is a woodenness, a deadness. It is that quiet of one who sleeps. And to each who sleeps there is an alarm clock set, and when it is time that entity, each entity, shall awaken, so it is not a concern of any to bring another to wakefulness. But only to know the self as having awakened to a life that does not begin with birth and end with death but is eternal, infinite, unitary.

13: As you breathe in this depth of union, this oneness, it is a life-giving intake. Each of you hungers and thirsts for the truth of your being, and yet the end of all your journeys of seeking shall be your own heart, and you will learn to warm yourself at the fire of creative love which dwells within you. A tremendous hearth, a blazing fire of being rests in that holy place within where love resides. There is no cold within the illusion that the warmth of that fire cannot thaw, for the worst that the world can do is render lifeless the body that limits you to time and place. This is a realization that enables the weary seeker to laugh and relax and take the self lightly.

21: So, as always, we recommend to each seeker that perseverance can become one's greatest ally when seeking tolerance and acceptance of the self. Continue, my friends, for one never knows when that moment will come that will offer the turning point of the incarnation, the opening of new vistas, the filling of a heart that felt empty, and the movement of a point of view to a wider perspective that sees and experiences more and more compassion, love and acceptance from and for others, from and for the self, especially the self, my friends. Do not neglect to have compassion for yourself. May we assure you that each of you does indeed deserve it, and when you, yourself, are able to give it then you will find a new and risen being within your midst.

26: I am Q'uo, and we would take this opportunity to suggest that each of you is like the small creature that calls for love and protection. This second-density creature does not know not to call and not to ask for that which it needs, for its perceptions are quite clear and simple. Each of you can become as clear and simple in the perceptions.

30: I am Q'uo, and at this time would thank each of you for offering us the inspiration of the incarnation that each of you lives, for to live within the seeming darkness of your illusion is a valiant undertaking, and we are aware of the difficulties within this illusion. Do try, with all your might, to take the self more lightly every now and then, if only as an exercise. Perhaps, as with meditation, you will find that there is a value in so doing and will wish to engage in this activity upon a daily basis. We do not mean to suggest that there is not much that

opportunity to believe that which is not seen and to follow the leadings of the heart, which are never logical and often resist interpretation or analysis. What wondrous love lies within each. How infinite is the richness of each and every connection that can be made between those who seek to serve. Let yourself be imperfect and focus upon the loving and the seeking of how to love better. This is our opinion, and we share it with you. For all else will die, but love is infinite, for it is all that there is. When you are engaged in seeking, you are engaged in asking how to love. It is not an easy thing. But you can help each other. You can reflect to each other honestly. You can simply be with another as that entity faces its dark side. And where that entity might not find forgiveness, you can, for you see clearly when the self is another. And the other may see clearly when you cannot see.

21: We know that we have raised more questions than we have answered. Yet, that is inevitable for the very character of spiritual seeking is two impossible things at once, that somehow are possible. Paradoxes abound. Riddles are the very stuff of spirituality, for each is the enigma that love is. And we do praise that divine mystery that lies in the consciousness that we all share in the selfhood that we together make up.

60: I am Q'uo, and am aware of your query, my sister. These contacts with intelligent infinity do indeed occur for those upon the negatively or service-to-self oriented path. However, the experience is one which moves past the green-ray energy center from yellow to blue, then to indigo, in order that the negatively oriented entity, who sees compassion and love for all as folly, may experience a contact with the one Creator that is in accord with its chosen path, that which sees the power, the control, and the setting in order of those about it as its duty and as that which is most desired.

24.15 1995/05/21

11: We are aware that much value has been given throughout your experience in third density to achievement, to the achievements of far-seeing men and women who have seemed to achieve their ideals, to experience and express excellence. Nor do we deny that there is value in seeing with the eyes of the world, but we ask you to consider whether or not that value is as fundamental as the turning to the present moment, to the one infinite Creator, to love, for love is the overarching truth. And if the emotional self can turn to that love and bask in it for one moment, that moment of truth shall cry, "Peace, peace," to the self-judgments of the one who wishes to run the straight race.

12: This instrument knows a poem that goes: "Run the straight race with God's good grace. Lift up thine eyes and seek His face. Lay hold on life and it shall be thy joy and crown eternally." My friends, we feel there is wisdom in those lines. Lift up your eyes and seek His face. That face is love. It is personified within this instrument's religious system as the one known as Jesus. This entity knew that its life was symbolic and conformed himself to that symbology. There are many other faces of that love. We encourage each to seek the face of that which most centrally symbolizes to the self that present love, that overarching compassion, that resounding cosmic "yes."

14: The spiritual journey is a simple thing, yet it confounds intellectual examination, for it is, among many other things, the yielding up of that pride of self which manifests as the excellent worker, the hard-striving soul. There is an inevitability about the fall of each and every hoped for ideal, and all of this mental and emotional suffering has as its condign purpose the pulling of the energies towards the heart in order that the heart may open. Open to the present moment and to the love that is all that there is.

15: Honor your ideals. Honor yourself as you continue to seek to come as close as possible to those values set for the self. Yet know and allow yourself to truly to know that the actual virtue lies in doing what the Creator has called you to do, that which is in front of your face, with gladness, with a single mind and with a light heart. That lightness of heart is a gem of immense value. When you feel the sunshine pour into the heart, when you feel the heart straightening up, no longer bent under a heavy load, then you feel and know truth. The deepest truth of your human nature is love.

16: My friends, move in the great race. Do your best, and be glad as you fail, for there is joy in accomplishing one more

step of the journey from the head to the heart. Open the hand of your compassion. Release that fluttering bird that seeks the light and the love of the one infinite Creator, that bird within the heart that your poet, Emily Dickinson, saw as hope. To hope, to trust, to abide in faith and in peace; these are the characteristics of one who has seen through judgment and pride and has released the self into that present moment. May you open that door into the present again and again.

36: We are motes that dance in the sunlight, but we love you with our whole heart. Ask for help. Serve each other. And the light generated shall be beautiful indeed. As you suffer, as you experience loss and limitation, all is well. Turn often to the perfection, to the integrity, and to the healing health of praise and thanksgiving within the present moment, for all that you see and know and do is done upon holy ground. That is the floor beneath the scenery.

24.16 1995/05/28

10: This creates a kind of chatter betwixt subconscious and conscious mind, and a good deal of that which is not useful in the dreaming is the conversation which the physical vehicle's mind is carrying on with itself concerning things that do not make sense, things which do not resolve into a clear choice, things that defy logic. Now, while all this activity is going on there is at the same time and using the same physical vehicle a consciousness which was not assigned the job of making choices but rather the job of being. This consciousness is an absolute. It is eternal. It is infinite. It is all that there is. And it resides and rests in all that is. Your consciousness is a microcosm of the creation. And a macrocosm in relation to love, that still point that defies all emotion and into which all that moves yearns to go.

17: We feel that we have given enough information for one lecture, shall we say, and would at this time open the meeting to further questions. We would, however, like to transfer this contact from this instrument to the one known as Jim that we may also exercise this instrument. Thusly, we transfer now to the one known as Jim, in love and light.

22: I am Q'uo, and am aware of your query, my sister. The mind is that portion of the complex of an entity which affects its evolution and adds to it through the process of learning and remembering; that is, to reconstruct from the memory experiences previously had. The consciousness of a race of beings has also within it the given, shall we say, that is from the Logos that makes a race of beings what it is to begin this third-density experience. For the case of most third-density plants, there is the graduation from second density of a group of entities that has learned to give and to receive love in sufficient degree to become enough individualized that the mind complex is able to take upon itself much of the weight of the responsibility for directing the continued evolution of this group of entities which shall become a race or a kind of being that inhabits the third-density experience. Thus, each racial mind has within it that which is given as its own kind of consciousness from the Logos and continues to develop as individualized portions of a grouping that which affects the evolution in a conscious and intelligent manner.

24.17 1995/07/06

2: We find the consciousness of those present this evening to be much aware of the day you celebrate in what you call your nation as the birth date of your nation's independence and each his own personal freedom. We find the phrase, "All men are created equal," to be written large upon your hearts and your pride at this time. Thus we would speak to you about how love, and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth.

7: Many difficult relationships are the results of previous unfinished beginnings, and the difficulty of the relationship is much like the difficulty of a person that receives that which seems to be fresh from the grocery but which when taken home, though sweet and fresh to every physical sense, yet seems still somehow aging and putrefying. There is something ancient, something one cannot put one's finger upon, something which smacks sometimes of déjà vu. This is that with which you deal as lovingly, compassionately, and may

we say, dispassionately with in this life experience in order to finish that which has been begun, that all may be balanced with that particular relationship, or in regard to that particular point, that the entity has been attempting to learn and has yet not completely gotten, shall we say, under the belt.

8: As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously in that each entity give such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge.

10: However, there is a balancing influence and [that] is the influence of finding that which has least been sought. Each of you will repeatedly during your incarnation have a new experience, [an] experience to which you come as a virgin comes to her first love. You will have no previous experience to guide you within the incarnation or within your memory, for what is occurring is a balancing process. If you have sought and sought and sought again that which is good and perfect, it is a just balance, and one with which the Creator is generous, that that which is painful shall occur to you, not because you deserve it, but because the way to transformation is the way of balancing. And for every familiar line of thought which you work upon in order to progress spiritually, there will be a brand new circumstance which has been not called for which shall occur to you also and for which you have no previously molded personal tools. This offers you the chance of assimilating new catalyst without incurring what you would call karmic responsibility or debt.

13: Therefore, be meticulous in acknowledging each gift, in seeing the balance which is internal to your own development and no one else's. Thus shall you use the illusion which makes you seem unequal, one to another. We encourage you to rejoice in this seeming inequality, for the Creator so rejoices. You are the glory which the Creator could only realize by reflection, you are the manifest of that which is and always shall be unmanifest. And while you are manifest, you are not only Creator and co-Creator, but also creation, and the Creator finds you lovely.

40: I am Q'uo, and we thank you for the opportunity to speak upon this topic, for it is one which is central to the lessons and purposes which each entity upon your planet's surface has incarnated to learn and to offer. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love. There is no better word in your language, yet it falls short. This lesson, as it makes itself apparent to those attempting to learn it, manifests in differing degrees and through various stages that one may liken to the growth of the tree which produces a fruit, and may also be likened within each human entity to the movement of light to higher and higher centers of energy within the mind/body/spirit complex.

41: Thus, there is a season when the gardener, shall we say, may do its work and a season when the natural evolution of the tree may take its course. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality.

48: As the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as love or compassion begins to be activated within the individual and group consciousness, the ideals of liberty and equality then become paramount in a form which begins in a distorted fashion, for those who have long labored under the bonds of some form of slavery or have found themselves in a service to others [which] was not chosen but which was, shall we say, dictated to them, the desire for freedom and equality bursts forth in a fashion which first is quite gross and unrefined in its nature, thus the various tendencies towards retribution in the form of revolution begin to develop, and within this framework of transformational change that is somewhat of a chaotic nature, then those gardener, or shepherds, shall we say, that you have called the wanderers move in order to lend their assistance in a fashion which does not infringe upon the free will of those whom they have come to serve.

55: I'll ask one more and then shut up. What is the nature

of infatuation compared especially with love? And what is its function?

56: I am Q'uo. We find that this concept which you have called infatuation is the mental and emotional analog to the natural attraction of oppositely polarized biological sexes. This may be likened unto the magnet and the iron filing. There is no thinking required to bring the two together, thus when an entity notices an attraction to one of the opposite biological sexual nature, the entity may seek further contact in order that the attraction may be explored. When further contact reinforces the initial attraction, then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand.

60: The portion of the question left unanswered, perhaps deliberately, was, "What is its relationship emotionally to the human emotion that we call love?" although I understand that the creative principle, love, is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary—that's the emotion that I'm talking about.

61: I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation, it is a pure form of love, for it accepts totally another without condition. The other, at this point in the relationship, is so desirable that the one feeling the infatuation will, shall we way, go to any length to please the one with whom the infatuation is felt. All of the self and the attention of the self is given without reservation in order that the feeling of infatuation may continue. Thus, in this sense, the period of infatuation is a pure form of love, pure, however, in the sense that it has not been tested. It, as yet, lacks the depth of experience.

62: When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance for the other and will need to find within the self the ability to accept that which was previously not acceptable; to forgive that within self and other self that which was unforgivable; to have compassion for that which held little interest or perhaps even dislike.

63: Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love, and thus does the relationship do likewise, and thus is love strengthened by testing through catalyst that each brings to the relationship. Thus, the love which results is a love which has greater strength and depth and variety of experience, shall we say.

69: Yes. You've basically covered this, so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion, as I understand that as acceptance of people and situations and self as they are, allowing them room to grow in their own way. So for an entity who is attempting to develop love as we know it, probably the most expeditious way for them to do this would be for them to work on acceptance of others and themselves, and this is—I know this is something that I believe I know, but a simple yes or no would suffice.

70: I am Q'uo. This is basically correct, my brother, for within your illusion of seeming separateness and limitation there is much which offers the challenge to be accepted, much which seems traumatic, tragic and filled with sorrow, distaste horror, anger, jealousy and so forth. Yet, each entity and event is the Creator, knowing Itself in a way mysterious to most. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship, then the relationship has served as the means by which the continuing ability to expand the point of view and the acceptance, the love and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution.

79: (Lovely vocal healing melody channeled by Carla from Nona.)

may move for months or years, sensing into and cooperating with the outpouring of one's destiny. But inevitably for some entities there comes the desert experience where the air may be full of night, the heart is blind and the fear is joined by doubting. At that time when the seeker feels most alone, when guidance seems gone, the act of love is simply to persist in faith in that memory of how it is to live with guidance. In those times when spirit seems silent, we suggest persistent attention to the subject coincidences and synchronicities of the moment-by-moment experience; for all of the creation is alive and is connected with you, and your hopes and desires.

100: The human experience seems to be about doing things well. But you are not here to do things. Primarily you are here to develop an attitude, a core vibration of being, shall we say, that is as close as possible to the original vibration of love. As you live through confusion, the way to maximize the proximity of your vibration to that of love itself is to surrender any holding on to the web of support and in allowing it to seem to fail without becoming upset. You then have the chance to express a shining faith that says, "Whoops. I know nothing. I haven't a clue. But all is well and all will be well. And embracing that health that demands that I am whole, I have no clue at the moment, but I still know that I am precisely where I am, and it is good." To view the mess that sometimes occurs and to dance in the tatters and in the cleaning up, and to joy in all of it—that is faith.

107: My observation is that as we experience this equanimity, we can have joy despite turmoil. Guides that work with us provide a short cut, and part of their gift is quiet—letting us learn patience and love at a deep level. I really have no question, just my observation of what has been shared these past few days.

115: I am Aaron. I would also thank you for the great gifts that your seeking brings to all beings, and the gifts of your sincerity and loving hearts.

which will allow a certain kind of feeling to be transmitted, perhaps through music, movement or some game of chance, shall we say, the falling of cards, the ball through the basket, the technique dependent upon the individual's selection firstly, and secondly and most importantly upon the individual's continued utilization of this technique on a regular basis so that a channel is set up that may be utilized again and again

25.28 1996/12/22

6: To most entities it is very difficult to move from the choice-making, comfort-seeking mindset into that consciousness which has no characteristic of time or space or momentum but rather which exists in the eternal, in the infinite, in the unknowable. All that is unknown in spiritual discernment does indeed lie safely, most deeply within the heart, within that great center within which you may visualize as a tent of meeting, the tabernacle, the holy of holies in which resides the Creator, that great original Thought, unconditional Love. That power that is the Logos is absolute.

7: When there is that golden moment and the self somehow moves into that space where one is tabernacled with the infinite One, one is in the light, and one becomes the love. When those moments occur we suggest that you write them down in your memory and know that you have gleaned a precious gem from that field which you are digging in. Or know that one of the characters upon that stage has come to life because somewhere in that theater that little bit of truth was found. Those moments are absolute. They cannot be transferred to another, but for the self they are tremendously important, for very often, while in the physical illusion, the seeker must run on faith and hope alone. And when this is the case, it is memory that feeds faith and sparks hope. Memory of the self is a blessed gift of the moment, and another and another, and as the years of your incarnation roll by there is a growing collection of precious, precious gems of moments in the light, moments when love and the self were not bounded or separate.

8: This instrument has often attempted to write of these moments of ecstasy in a way that would spark others to find the fullness of joy in the Creator, and yet there is no communication that can transfer this kind of moment of pure awareness. So the seeker, as always, is upon a unique path. There are no two sparks of love, no two souls, shall we say, that have the same path, though many may say, "Oh, I have a Christian path," or, "I have a Buddhist path," or whatever path is named. Yet one path is not equal to another. Each is unique. The difficulties of sharing and helping each other when discernment is being searched [for] is monumental because one path is not just like another, regardless of how two people use words to describe that path.

14: If the seeker is able it is very helpful in pursuing truth to work with those entities with which you come into contact, for as long as you are thinking internally and turning the gaze inward, the mirrors which others offer to you are not used. It is very difficult for one within the tangle of life that each entity creates in his incarnation to see that tangle in a balanced and helpful way. However, those others with whom you share your environment have the happy faculty of being mirrors without effort, for you shall catch off of their mirroring only those images that provoke reaction within you, and as you react to those entities seemingly outside of yourself you may know that you are now working in an area where there is something to work on. Your interest has been awakened, perhaps rudely. Perhaps you do not like what you see. Perhaps you love what you see. Either way, you as a seeker have been served by the mere being of the other, who without any effort whatsoever is able to show you the truth that is hidden within you. When you have the untoward or the negative reaction, take that gift and look it over, for it has much to tell you. Perhaps in the end, when speaking of spiritual awareness, we must admit that in terms of final things we as yet do not know anything. The mystery continues to recede before our eyes in an infinite and spacious way.

15: And this seems to us to be satisfactory. We are content at this point in our own evolution to serve according to that which we value and that is why we thank you for allowing us to speak to you. For to us, the cries of those upon your Earth for understanding, illumination and peace are gripping and make us feel much sympathy. We feel the sorrow and the

against chaos, pain and disorder. You are never going to create perfect order; you are not here to do that. You are here to find equanimity and love.

39: When you feel in this way, in connection with all that is, then the loving heart can respond with an intuitive awareness: "If I offer love here, it will shift that current so beings are not drowning in it. If I offer kindness there, it will gentle the push of that wind so beings are not blown off their feet." Then that movement comes from a place of deep love, which trusts the ways of the universe, which does not need to fight a war with the universe but offers its deepest love as co-Creator of the universe. Offering that loving force, which the universe may draw into itself and use in the best ways, you are no longer saying, "This has got to be fixed." You are saying, "Here is love, which can apply itself as it is needed." 40: This is the greatest skill you can master. You master it first by observation, by seeing how fear serves as a giant pusher, how your energy field armors itself and wants to push back. As these pushes keep coming fiercely within this realm of chaos, you learn to dance with the energy. It pushes and you yield a bit and observe it; as the pushing stops, you let the energy flow back. There is no longer anyone who yields or pushes, only the play of the unconditioned, the play of God. It is a dance of love, not fear. It is a very masterable skill. In order to learn it, you must first of all be present. You must observe the way that the physical world of material objects and thoughts pushes at you. You must observe the discomfort with that push and the small ego self that wants to be safe, wants the others it holds dear to be safe. You observe the one who wants to fix the push or fight it.

41: As you observe the flow of these movements in yourself, increasingly you will see how much choice you have. The heart of love opens! You will cease to need to attack the voice of fear in yourself, but instead will offer compassion to it. This is the second phase after presence—a nurturing of the deepest truth and resolve to live that truth until each moment of the mind and body cannot help but reflect truth. Thus, the lessons offered you by that arising fear will be mastered, because fear will become increasingly a catalyst for compassion. And you will become a force in the world which is centered and offers love. Not less important, you will ready yourself for fourth-density experience.

42: Each of you has some kind of mindfulness or meditation practice. It is very useful to use this time of practice, at least in part, as a way of observing your relationship to the aspects of life which push at you and at fear's reaction to fight back. To all of this you offer love, both to that which wants to fight back and to the catalyst itself. The more you practice this, the easier it becomes, and the more freedom you have to live with great joy and peace within this chaos that we call third-density experience.

47: We are those of Q'uo, and would offer to you last thoughts before the question period. To know yourself as human, as the featherless biped, may seem a great restriction, a great inconvenience. But no, know and trust that the moonlight is glamorous and deceiving, and that your wandering steps are all perfectly as they need to be. Take yourself lightly. Take love with profoundest dedication. Know that your greatest treasure, your central purpose and your patience are all wrapped up in the everyday life lived devotionally. In the world of the Father, all things are featured. Persist in your attention to the daily; for each task, each tale, each silly piece of paper in the paper mountain of your culture is full of learning for the one with ears to hear and heart to understand. Know that as you touch others, you meet yourself. The one known to you as Jesus offered two rules of life: to love the infinite Creator and to love the other self as the self. These suggestions encompass all you need for your journey.

61: At one time she took a walk in the woods, in a lovely wooded park. Since her last visit, the trails had been changed. She knew from prior walks that there was a short-cut that led to the beach. She walked down a path that seemed to go in the right direction, but it became narrower and narrower. Then ahead she saw what seemed to be a dirt-covered clearing—a patch of dirt, not quite as big as this room.

68: Were those first few hours wasted? She could not have come to the readiness to crawl and thereby find her way out via deer trails until she had explored the human paths. I find this a perfect metaphor. Perhaps as you become more wise and experienced, you cease so strongly to be reactive to the voice of fear and begin to hear the voice of love ear-

lier. Maybe then you only have to walk the unnecessary but once before wisdom steps in and says, "Settle down and listen." Part of being human is not only learning how to listen, but how to listen through the voice of fear when it is going to set you walking in "meaningless" circles for awhile.

70: Again, you practice the same thing: It is very easy to hear love when fear is not shouting. When fear is shouting, you must quiet yourself enough to hear the whisper of love beyond the shout of fear. As Q'uo just said, no time has been wasted. You are learning to hear better.

73: Aaron just said that we come to the same lesson again and again. This is the lesson of love? And the teacher is always fear? A question: Is the teacher always fear?

75: I am Aaron. Fear is nothing but a distortion of love. Please do not think of the teacher as fear. Think of it as love in one of its many guises. I pause.

80: In accordance and full agreement with Q'uo, it is impossible to waste time. It is not wasted time. You are learning; and yet when you do not pay attention because of the force of your fear, your learning takes longer. This is not to be viewed as wasted time. It is what you needed. Yes, your learning can be less painful and more in accord with the paths of love. With that aspiration in mind, yes, you certainly may ask for help.

84: Clarity is only one goal. Learning, growth and the expansion of the path of love are equal goals integrated into the whole tapestry. To grasp at clarity is to negate the other goals. I hesitate to use the word goals. I think a better word would be fruits—clarity is just one fruit. To grasp at clarity is to turn your back on the other fruits. At what cost, then, is that clarity attained?

86: To ask is to acknowledge your confusion. It is to state your highest purpose, which is to enhance love and harmony. But what is the primary motivation for asking? Is there still desire to control and fix? Asking cannot be fruitful if it comes from a place which merely seeks avoidance of pain. To ask is not to request clarity about the path itself but to seek equanimity with the discomfort of the confusion. You open your heart to that discomfort. When the heart stays present, then as you just suggested, you open the heart and pray for guidance. It is not that the time would have been wasted otherwise. It is simply that you are now ready and expressing that readiness through your prayer. So the answer you requested becomes more available to you. Do you see how it works? I pause.

92: Can you see how you are clinging to what you believe must happen, looking for a specific result? You are not being a co-Creator with the universe, you are trying to direct the entirety. Instead, you may offer your intention that you and all beings may benefit by this situation as much as is possible. You must acknowledge that there is also motivation to be the "good servant" and fear that you will fall short—even motivation, if such exists, to be helper to others or win approval. Noting all the motivations and that love is primary, you may enter into the situation with an attitude of surrender of control, without expectation that something special is going to happen for you or anybody. You take these multiple motivations and with loving and earnest heart offer the entire confusion to God while reaffirming the primary motivation. Then, whatever happens can be taken as learning. I pause.

94: I have the same question. Is there guidance? I see that it is okay to go ahead with it. What I am asking for is, are there wisdom and guidance around in making such choices? No fear, just love. Is that available?

97: Of a certain, guidance is about you and about all at all times. The world of spirit greatly desires to support and strengthen each beloved spark of the infinite One. It is indeed a skillful and loving thing to ask for guidance. This instrument has a short phrase which it uses constantly within itself: "Lord, show me thy ways." It prays daily, "Lord, in all we do today, help us to serve you." This passionate embracing of guidance does not in any way fail. However, sometimes the answer from guidance is a silence and a lack of further information. Sometimes the answer is even, "No."

98: One who passionately embraces equanimity is upheld from moment to moment, and of this you have been the witness many times. However, when the guidance is negative or simply silence, then it is that the human must move forward without that feeling of being supported. The support is there; but at that crux, the guidance and support is opening by its silence the opportunity for moving in confusion. One

24.18 1995/09/10

40: The incoming spirit chooses its unique moment to enter. It may be very early in the pregnancy. It may be almost identical to the moment of birth. Some life paths need to begin with catalyst within the womb and some therefore choose to dwell within that environment and experience suffering. Others may choose to come in early because there is a tremendous attraction between mother and child. And such a child experiences great communion and unconditional love during this time so that an entity begins life perhaps already burdened with sorrow or with unreasoning optimism and joy. These are very individual choices and there is not one selected moment for all but, rather, each chooses for the self.

48: We are those of Q'uo. To the entity coming into incarnation the world is at first a disorienting place. It picks up and takes as its own any strong emotion or state which is the mother's. If the mother's life is that which creates a deep unhappiness this has a tremendous effect upon the child within. Similarly, the child will drink in joy and peace and love to the fullest extent, finding this gift as natural as the mother's blood which flows through its veins. As the physical fetus develops the child begins to have independent feelings, but this is not marked until after the birth.

24.19 1995/09/17

16: This is a stunning universe. This is an amazing mystery. We cannot express our excitement and our joy at the simple contemplation of the Creator. And beyond all seeking for light and knowledge there lies the golden, living, powerful and ever-penetrating fact of love. Your form is spun of light, your nature of love.

32: I am Q'uo, and am aware of your query. The one known as Chocolate Bar, as all things in this illusion, has utilized its catalyst well and now approaches the removing of the garment of this incarnational experience, the physical vehicle which begins to deteriorate and to indicate to all who observe the ending of the incarnation. The giving of love to this entity and the rejoicing in its presence is that which is always most helpful, whether the entity chooses to remain or to go further upon its path.

36: I am Q'uo, and we are aware of your query, my sister, and may speak in the affirmative in that this entity has through its many years of devotion to those about it been able to gain that ability, to give and to receive love in a manner which will allow it to choose whether it shall go forward into the third-density experience or whether it shall return once again as a second-density being so that it might dwell with those with whom it now shares its incarnational experience.

24.20 1995/09/24

2: Ra speaks of balancing distortions or desires, so that you allow them their spontaneous action; you do everything that is a natural part of the situation, and then later on, without imposing anything on the situation, you attempt to balance the situation so that you have a full range of experience. Many of the Confederation have said over the years that is a good idea to accept that which is, to accept those failings in ourselves and others and the world around us and to attempt to give love, compassion and forgiveness and mercy instead. Yet, if we continue to accept everything that is we would be accepting what would seem to be a lot of injustices and difficulties that are putting people at a disadvantage... disease, and a lot of difficulty.

3: So, we would like for Q'uo to comment about this entire range of dropping desire, reducing the dedication to an outcome, or loving, accepting and yet working for a change so that we continue to strive for an ideal, and to improve, to grow in mind, body and spirit... and if that's too long Q'uo, you can just pick any question you want.

11: This is subtle work, but as each desire comes forward the mind may entertain it, gazing at it to find those places where prideful will has puffed up the importance of obtaining that which one desires. To desire to be in the presence of the one infinite Creator is in our opinion the most basic and true of desires. Nor would we suggest that any discourages the hunger and thirst for the life-giving presence of love. We

would not suggest that any relinquish the desire to be of service, for the purity of that desire is what works to accentuate the polarity of the seeker and that which will give the seeker continuing and helpful catalyst which acts to feed back support into that desire to be united with the infinite One. 13: The skin, for example, is cleansed and the lotion placed on it to alleviate dryness; the desire for friends and companionship is refined and subjected to enough examination and to the journey towards finding the ways to refine that need for company so that the desire is not for the company that feeds the self but rather the desire becomes purely the hope to serve a beloved other self. To the increasingly quiet mind from which pride is systematically being discouraged, little by little the pride becomes easier to spot. The emotions associated with impure desire become more transparent to the eye and to the ear and to the heart.

14: It is very likely, we feel, that which you call desire is implicit within the process which the Creator is engaged in this present moment. That sensing of the self which is the Creator's relationship with all of its parts is a relationship full of desire. The desire to know the self is that which launched the universe in all of its infinity. Without this freely chosen desire on the part of the Creator there would be all that there is but there would be no awareness of it. The Creator Itself, then, is expressing desire—else we, you, and all would not exist. Every tiny mote of consciousness in the infinite creation is loved, desired and manifested because of that desire.

17: Now let us step back and gaze at the unity of creation and know the sweetness of perfect harmony, harmony that is not still but which carries desire in its arms, but in a rhythmic and graceful fashion. To desire love and light is an instinct in the human blooming just as it is instinct which turns flower to the sun. There are words that aid in the gradual working away at that pride which says "I know better." Words such as "surrender," "allow," "accept." These are words of health when used carefully. We suggest that a great tool to use in working with pride is kindness towards the self. You are within an illusion which insists that you begin with impure and cluttered emotions.

18: All the wisdom and passion that there is lies within, yet because the spiritual child is young it is clumsy and awkward. It feels so much love and yearning and wishes so much to be more comfortable, more light and spirit-filled. Yet we say to you that the path that is appropriate for each, no matter how wise, who comes into incarnation is the path of impure and confusing desires and it is within this puzzling atmosphere of emotion and thought within which each is intended to do the work and find the learning within the incarnation. The Creator to be found is found here, within that sea of confusion and prideful desire that mask the rightful and pure emotion that is hunger and thirst for truth, love, and for beauty.

19: This is not an easy topic to discuss, for as you pointed out in your discussion earlier, even the desire not to have desires is a desire. So we say to you—desire! Go ahead with that emotion but subject that emotion to self-examination, seeking always to prick the puffed up pride of self that insists it is the holder of the keys to righteousness. And meanwhile, expend time comforting and supporting that spiritual child within, whose yearnings are the breath of life itself for the evolving spirit. Comfort, succor and cherish this being within that is stirring and growing and beginning to see within this illusion through your eyes, that spiritual self, the one child each shall have regardless of the sex or the age. Love and support that evolving self and look for ways to purify the emotions that drive and teach and give opportunity for learning within this life, this incarnational experience which you now so briefly enjoy. There is peace in purified emotion, there is comfort at least, and the home within the clear and lucid desire.

26: It is a difficult situation for those who wish to serve to see that there are others whose desire to serve may be as strong and yet these may find that their desires are overlaid by personal concerns and the details of the day that are seen as paramount at the moment. We can only recommend that you hew to the higher road, if you will, and maintain the desire to serve the Creator as the first and strongest desire within you. Seek to the best of your ability to give love and understanding to those who demonstrate the need for such in their own difficulties and wrangling. It is often the case that work of an important nature can be done in such situations where one who seeks to serve gives of the self without knowing any particular outcome, casts the self-bread upon the water, as

it is stated in your holy works, knowing that the heart is full of love and gives this love freely...

61: I am Q'uo, and we are aware of your query, my sister. We shall comment in the following way. We would suggest that it is well not to plan or scheme in a manner in which one would hope would be successful in winning over the approval and support of those who you call your parents or friends but to speak that which is true for you and to speak it with a strength that is built upon love, to give freely of your thoughts and your self in a manner which speaks as close to the heart of this experience as you can. If you build upon truth and love then your foundation is strong and it will be apparent to those about you.

67: I am Q'uo, and we would take this opportunity to thank those present for allowing us to join with you on this day in which you seek the One within the beauty and joy and love in the One all about you, for we are aware that your seasons change now and that [the] light becomes bright and the days grow short. The desire to seek burns strongly, and all about each are challenges that await. We walk with you as you meet each challenge and are happy to lend our conditioning vibration of love to you whether you are meditating or mediating, shall we say.

24.21 1995/10/01

3: In the life of one who is seeking to live a spiritually directed life the opportunities to move from the periphery of a life lived in the spirit more towards the center of that desire are many. Indeed, each diurnal period is bursting with windows of opportunity for the experience of resonating with the heart of all things. This is because the universe is the Creator as well as the creation and whether one's milieu is that of people and relationship or that of nature and those relationships, all of these experiences of relating beyond the inner self are as glimpses in a changeable mirror. For one who does not pay the attention the mirror simply reflects a flat image. For the one who by a lucky or careful coincidence is paying attention that mirror of otherness can become that through which one sees the Creator. And so in the life of a seeker there is always the pressure to remember, to focus, and to center the self upon that firm rock of deity, that mystery which we call the one great original Thought of Love.

8: Now, the seeker has a craft to learn and there are the scales that must be played again and again and again. There are scales which teach the notes of patience. There are scales which teach the notes of devotion. There are other exercises that teach the sparseness and the reserve of true service. And these exercises must be repeated, and certainly for the seeker to become inward and inwardly focused and moving in a small circle is completely understandable and acceptable. And we say to those who feel they are indeed too serious, too solemn, too earnest, we say that this is the stage that the student does the basic work to learn its craft, for seekers are artisans and artists of a certain kind. The closest perhaps we might come to expressing the nature of this craft is that of aesthetics, for in the philosophical tradition known as aesthetics the goal is to discover what true beauty is and what the seeker wishes to discover is what the deepest and truest beauty, truth and love is, for it wishes to clothe itself in that armor, and then it wishes to sally forth in service and in love.

9: So we ask that you think of the earnest self as a lovable, respectable, acceptable self and to see that there is a stage in spiritual seeking where effort is made, and it seems heavy, lonely, and sometimes empty. And we say that this naturally will yield in time as the seeker himself begins to hear that which silence tells so well and begins to sense the shape of things, the form of that undergirding reality, the true nature of love, and once this occurs the universe changes. And it begins to spark into a life that was hitherto unseen, for the soul and the heart are expanding and the center is not only that place in the heart of the self where one has opened the door to love but also is expanded to make a center of the whole creation, with all included and nothing omitted, nothing irrelevant, nothing wrong, but all, all one shade or shadow or another of infinite love.

14: We hope you can take the perpendicular route out of that little circle walked by the earnest soul and that you choose to take time out for a laugh or a smile, with all compassion for the self, for that earnest toiler who truly wishes to learn and

to be better, wiser and more loving than before. Yet these things are reflections of something within that are so precious that there are no words to express the gemlike quality of this crystalline heart of self that is the Creator.

15: So know that the human experience is driven by instinct and at the same time there are opportunities every instant to grow into a spiritual body and a spiritual instinct and when this begins to occur you shall find meditation and contemplation flowing easily and quietly in natural ways throughout the life pattern, and the muscles of spirit will have learned these notes so that now they can work subconsciously, naturally, so that one does not have to think about the process but can enjoy the music of spiritual consciousness and can turn that consciousness upon a world that is all too short on love and laughter. Each of you can be of service to others in this respect, of lightening other's loads, of offering that light and caring touch, sharing that laugh, and spending time together easing each other's burdens.

49: I am Q'uo, and we are aware that we have spoken to those queries which are available at this time, and we are grateful for each, my friends. We listen to the sounds of the wind in the trees through this instrument's ears and this sound gives us a great feeling of peace, for the revolutions of your planet about the sun body move in a cyclical fashion and as your Earth revolves those entities upon its surface are subject to the movement of the planet, of the seasons, of the sun, and of the quality of compassion and love that is evident in the one Creator Who makes all move in this motion that is as a dance for those of us who are witnessing the experience of the one Creator moving in all.

24.22 1995/10/15

7: To the world of humankind these considerations are null for they cannot be tracted, measured or reproduced, and so many so-called religious groups do not experience the intensifying of magic. On the other hand, to be anthropomorphic, many of your spiritually oriented groups are aware of the delicious and pervasive magicalness that can be experienced within this illusion. And it is within groups such as yours and many others that entities can come together and more surely seek, more lovingly find, more intensely knock at the door of further—we look for a word—further development, we shall say. Yet it is more of a flowering, a blooming that takes place when entities of like mind seek together, for within such groups each is a mirror which shows the Creator to the self and the self to the self. Each face that is seen has the wonderful capacity to surprise us with a side of truth that we had not guessed before.

8: As we gaze into each other's eyes, as we touch each other's hearts, whether we are in incarnation as are you or are speaking from other levels of manifestation as are we, we bloom together and that blossom is taken away by all, strength added to strength, weakness shared with weakness, and love in all things found and felt in ways that do not harm, but rather support. These gifts you can hardly help giving around such a circle such as this, and this is a gift that you give yourself, to come together.

11: Perhaps the most important thing which the individual does, in our humble opinion, is to become completely aware of itself being itself. This essence of self is your gift, moment by moment to the infinite Creator, and are you not most yourself when among those who see you and care for you as yourself? When those whose lives have become spiritually based arrive at a common meeting place the one thing that is so isolating is not present. That isolating factor in terms of the general environment of your culture is that many entities are asleep to the true nature of their own consciousness. In a group such as this each is aware of the common basis of spirituality or metaphysical reality and each gives that a credence without thinking or concerning the self with such thoughts. It is taken, shall we say, for granted that the basis of the living is the spirit and the basis for striving is to know that great truth that is the one great original Thought which is the Logos which is Love.

12: So each comes to this group dwelling in love, seeking tools and resources that will help us learn how to love, how to accept love, and each wishes to learn these intangible and inexpressible skills: loving and being loved. You see how the environment becomes charged and magical simply by the unspoken assumptions or biases which each brings to this cir-

confusion and everything that is coming through me as a way of offering service to all beings, for the good of all beings." You can say to yourself, "I don't know how to transform this mess. I don't know what to do with it. All I can do is offer love." It is this way that you offer it.

130: What I would ask you to do is to deeply observe the movements. Note the physical or mental catalyst, the physical object contacting the physical sense or the thought touching the mind. Note that there is a contraction carried in the body when this occurs. The contraction in itself is just a contraction. There is no adhering karma in it. There is nothing that needs to be done with it other than to relax and observe it, just to know that it is present. Smile to it! If it is a difficult experience, do as Q'uo suggested: Ask, "Where is the love?" with a truly open heart and mind.

145: So this is ... this sounds to me like what Aaron mentioned earlier when he asked us to consider the possibility that the distortions provide us with opportunities to learn and to enhance our abilities to offer learning experiences that help others, through our loving attendance to those distortions.

147: The entity who loves self, who loves self as it is in all its dirt, is an entity with mercy to offer to others in all their dirt.

148: To allow a knot to be a knot, a tangle to be a tangle, is the beginning of the end of that tangle or knot. To ignore is not to allow; but to see, to love, to accept, to forgive and to move on, knowing the whole—that is helpful.

152: This is perceptive, my brother. Polarity is exquisitely central to your task here upon the third planet from your sun. You have one great choice to make: Shall you radiate or shall you contract and hold, giving it all away or grasping all for self? That polarity of radiance is the service-to-others path. It is what we came to share, and we say to you that it is your radiance within all the suffering of every day that expresses this polarity of love.

159: To serve others is to serve the self. To serve the self is to serve all that there is. There is no answer to your question. The attempt to separate selfishness from unselfishness works upon a false premise. The self is an whole, so polarity is expressed moment by moment as you choose to forgive, accept, allow and look for the ability to do this in difficult situations; and is that which will move you into a finer degree of awareness. Thus, the very time of difficulty where you see that the love energy is sacrificial and painful—that is time to rejoice; for in loving the unlovable, you are truly choosing to polarize in service to others.

25.26 1996/11/24

3: I want to return to this aspect of your experiences as a balance between human with its physical body, which has aches and pains; its emotional body with its joys and sorrows; its mental body with its mix of clarity and confusion; and its spirit body. The balance is between this human expression and the ultimate essence of love that you are.

4: You speak of taking incarnation and experiencing a veil of forgetting of who you are—a veil which pushes you deeper into the seeming confines of the human. This is just as it needs to be, because through this human come the greatest expressions of compassion, generosity and love.

5: I give you a very simple example. If I had a vast apple orchard, literally thousands of healthy, vibrant apple trees, what if a being knocked on my door and said, "Please sir, would you give me an apple?"—and I gave him one? One might say that was an act of generosity. If I gave him a whole bag of apples, one might say that was an act of even greater generosity. Certainly it is; I have freely given something of mine to another. But there is a clarity within me of the infinite abundance which lies behind me. There is no fear which prevents my giving or in some way influences my giving and makes me pause. Yes, it is still generosity if we define that word to mean a free giving from oneself, but what a difference if I have but one apple in my pocket and no access to more. I know this is my supper. I have walked for ten miles and just sat down under a tree in the shade, pulled out that apple and polished it on my shirt; and I'm looking forward to its sweet juiciness to quench my thirst as well as my hunger. Then you approach me and say, "Please, would you give me your apple?" Fear now may arise: "If I give, what will I eat? Will I be safe? Will my needs be met?" Through that fear, the voice of love must speak with resounding clarity in order

for the apple to be offered. It is the force of this voice of love that I define as true generosity.

7: Here we have a different experience of giving. It is not just that joyful giving which comes out of the strength of knowing infinite abundance, out of ten thousand apples. There is a deep joyfulness because you have moved through the fear with love. You have not allowed fear to control you, but been able to give despite the fear and to transform the fear. It evokes faith that your needs will be met, although you still may not understand how, because that was the only apple.

8: There is a different possible scenario. If the other is grasping, punishing, in order to shame you into giving the apple, there may be anger but also a fear that says, "I must give this apple in order to feel good, feel generous." Here the primary fear is not whether one's needs will be met but is the desire to be "good," to please another. One need not be slave to that fear. "I must give" is a harsh judgment which considers the self to be less worthy to receive than is another. That is also a fear which love can transform. Here the outcome is to say no to fear and to the asker, to keep and eat the apple, or perhaps to share it. One does not act to punish the other but to affirm that the self's needs are also to be honored. There is nothing wrong with this response. It is a different practice of generosity, responding lovingly to the fear by kindness to the self. The point is that when fear is not the master, the innate generous heart will know how to respond. Fear is the catalyst offered to the human, which prompts it to learn how to transform that fear into loving-kindness or generosity.

9: This is the love which the earth plane offers you the opportunity to manifest and express out into the world. I do not want to talk about degrees of love here, but love which is manifest in the face of fear is a far more transformative love, transformative because it touches that fear with kindness and teaches you the ultimate lesson that there is nothing to fear. Only through practice with fear do you learn that you do not have to be reactive to your fear but may relate from the ever-opening heart.

12: You are in incarnation for a purpose. That purpose is not to have discarnate experience—not even continuous discarnate clarity—but to be incarnate and to work with the catalyst of your incarnation with love.

13: Here I would like to turn the microphone over to my beloved brother/sister/friend Q'uo. I pause.

25: On the astral plane there is never a sense of being unsafe in the way that the human experiences such danger. It is clear on the astral plane that there is nothing that needs to be ordered or controlled, but that disorder has its own delicate and lovely order, and you can just let it flow.

33: To desire order and efficiency is not bad. Of course some of that desire is from a place of love, which wishes to release disorder to alleviate suffering. Only some is fear-based. Can you distinguish? If it is fear-based, can you observe that movement with kindness and without fixation on it? This instrument has a magnet in her office which says, "Bless this mess." It is precisely that attitude that you need to bring to your lives.

34: I would share a brief story about efficiency. Some years ago this instrument worked one day a week as a volunteer for a service organization known as Seva. She worked in the office, where her job was to receive the order forms for donations offered as gift in another's name, such as to commemorate a birthday. She would send a thank you to the one who had paid for that particular donation and send an announcement of the donation to the one in whose name it was made. These were all very loving donations in support of many beings. They were financial donations; merchandise ordered for self or other; and service donations, such as a cataract operation offered to a blind person in Nepal or a goat offered to a woman in Guatemala, which goat would provide her some means for a livelihood.

36: Suddenly she realized the heart had not been present. Her previous process was slow because she would read the words and feel happy about how Mary Smith in Seattle offered this cataract operation with great joy to help another, and how much love Mary had for her mother to honor her and offer this gift in her name. When she wrote the cards, then her own joy at such generosity was a part of the writing. She was involved in the whole process and honoring the process. The cards were done more slowly but with love.

37: My dear ones, it is so easy to fall into the trap of cutting out your heart, finding a mechanical path that does not have to feel the pain of the Earth. Mechanism insulates you

is creating a great deal of negative karma for himself: “No, you may not speak like that to me; and I will not stay here and hear it.”

92: To be loving does not mean to be a doormat to negativity. It means to speak the truth from the heart. Step one, then, is to practice being present as much as is possible. Within that presence, you watch the conditioned arising of the body and mind and understand how you move into negative mind states which wish to cling or defend, and which thereby poison the situation.

99: Remember that the pure spring is always there. Remember that in human form, you are never going to be a perfect channel for that pure spring. There is always going to be some distortion. Deep mindfulness will reduce that distortion; and a sense of loving responsibility will mop up and readjust the flow, will clean up whatever distortion has been created.

100: Do you think you teach more when what flows through you is absolutely pure? Would it just be possible that you teach more when what flows through you does become distorted, and then you very lovingly attend to that distortion, thus helping others also to learn that they do not need to be perfect—they need to be conscious, loving and responsible? Your distortion also offers a catalyst to others through which they are given opportunity to practice with their own fears and distortions. This learning is, after all, the primary motivation for incarnate experience. This is not justification for poisoning the waters; but when the entire movement is deeply considered, it may be better understood that as long as you are human, there will be spills, and they are all part of the learning process of the incarnate experience.

102: My friends, you do know all the levels on which you are working. You can never excuse great intentional harm to another by saying, “Well, it’s their karma,” or, “I’m working on a different level.” When you are working to the best of your intention, noting the arising of fear within you and attending to that fear with skill, cleaning up after yourself for the bits of fear that have sent themselves out into the world, then you have got to have faith that, while some of this fear did escape and created a pollution, out of that situation can come some good because of the heart’s great desire to offer its energy with love.

104: You know that the highest purpose is to offer the energy with love. Remember, you are in third density largely to learn faith and love. If you did not have this veil surrounding you so that you clearly understood exactly how different movements of energy through you became distorted, why they became distorted, and in what ways that distortion might actually be of service, you would be denied the opportunity to learn faith around these distortions. This is not to be taken as instruction to consciously perpetuate the distortions; but if they occur, both trust them and ask how you may purify them.

105: You wished for a clear-cut question and answer. There is no clear-cut answer, except for one: Pay attention and act with love. Be willing to be responsible and to learn. Do not be afraid; but if you are afraid, do not be afraid of your fear. Give that also a bigger container so it does not need to pollute the water. Where it has polluted the water, clean it up.

106: Whatever flows through you when your primary intention is to offer your whole being in loving service to all beings, the divine will take and use for holy purpose. It is that in which you need to have faith. Let the loving heart offer its intention for service. Act, speak and think based on this intention and with awareness, and offer that which is prompted by fear and the notion of separate self to the divine. Trust the divine plan for even your fear.

110: The loving energy that is you is impossible to dissect. It has an integrity unique to your system. Often seekers target one or another aspect or energy center for renovation, and feel that this energy needs to be improved, cleansed, or altered. This is a less skillful model than that approach to improving the instrument which sees as its first goal the balance of the instrument as an whole. Some entities have little strengths compared to others, yet because they have somehow found the balance within and have harmonized that scale of being, that melody arrests the listening ear with delight. To have a more powerful indigo ray, for instance, has less virtue than to have an indigo ray which is euphonious and promotes travel between it and the other energy nexi.

111: In working with the self in this regard, we find it helpful to ask that which the one known as Ra first offered to this

instrument: “Where is the love in this moment?” By turning to this universal question, by asking, by desiring that quality, that question, you open doors within your deeper Self—that self which abides in the awareness you do not have access to your conscious mind. This deeper Self knows where the love is. Therefore, by asking that question and then by abiding in faith with patience and an inner knowing, that which is sought shall come to you. The thousand and one specific details of everyday occurrences are taken from that world of manifestation and handed up as a noble and holy offering to the Creator: “Here is my confusion; here is my pain; here are all my emotions; here is my confusion; here is my mental anguish.” And that great Being which lies within embraces the self, the concern, the anguish of unknowing, and responds in silence with love.

112: Within the moment of asking lies the perfect and balanced response. The skill of the seeker is to trust that process and to keep the mind upon the question, “Where is the love?” and to keep the mind upon the moment wherein the question is asked. If you can come to the present moment and know it, you have entered eternity. If, when you come to that present moment, your question is, “Where is the love?”—in that moment you have entered love. The concern about articulating and beautifying or crystallizing the energies can then be set aside, for in the moment-by-moment-by-moment succession that the illusion of time offers, your instrument shall be aided; and rehearsal always helps. Each moment is another rehearsal. The whole of your life removed from the illusion of space and time is a song. You can no more know the song than know your life. You are in the middle of creating a life which is a gift to the one infinite Creator.

113: The way the question is asked is far more important than what is asked, for the attitude that asks the question is that point of view which will limit the answer. Thusly, abide in love and look in all things for love—even with rage, with fury, with the strongest and heaviest of emotions. There is at the heart of that emotion a purity and an essence, a color; and there is the same beauty in those dark colors as there is in those dark colors that create variety and depth in a tapestry. All things you experience are as these threads going into the tapestry of your life. To identify this or that thread, then, is to lose sight of the picture, the whole of your tapestry.

117: Most of you relate to yourselves as broken. When you ask, as Q’uo suggested, “Where is love to be found?” can you see that the love is to be found in both the idea of brokenness and in wholeness? The love is always there in the wholeness—that is easy to see. The sense of brokenness is catalyst which sets you looking for the love. Therefore, the love must also be in that sense of brokenness. The love is in the inspiration which inspires you to seek the love, and that inspiration is often the negative and painful distortion. Nothing is dual here. Within the shadow is found the sunshine!

118: When you begin to experience with more clarity that love is in everything—not just in the ultimate perfection of you but in every expression of that perfection—then you do not need to worry so much over distortions nor to enhance judgment and shame about them, but simply to attend to them. Recognize, “This distortion does not separate me from wholeness, nor from the divine. It is simply a distorted expression of that wholeness.”

119: When you work conscientiously in this way, instead of each distorted expression becoming something that grabs at your energy so you must frantically go and fix it, each distorted expression just becomes a reminder to ask, as Q’uo suggested, “Where is the love? Where is God in this fear, in this anger, in this judgment? Can I find God right here?” If you look, you will find you can.

122: When you ask, “Where is love to be found?” especially when involved in a painful experience, it is a way of reminding yourself, “Even right here is God.” With that reminder, your energy field opens. When you are closed and defended it is very difficult to learn. When you remind yourself, “This is okay; it’s workable. And the divine is present even in this,” you allow that opening of the self which is willing to be present with the experience with all its discomforts. Then love announces itself.

123: Here is where you become increasingly willing to offer that which has arisen, to let it be and allow the divine to use it as it will. To offer it does not mean to get rid of it. It does not mean to say, “This one is bad, God, please take it”; rather, it is a statement, “I haven’t the faintest idea what’s going on here, but my deepest intention is to use all of this turmoil and

cle.

13: We come to share one simple, basic thought; that thought is love. We are not terribly clever, but we simply use instruments such as this one to find within each instrument’s nexus of thoughts, experiences and emotions those things which we can use to say in a slightly different way that all is love. The ramifications of that simple statement, as far as we know, are infinite. We do not see the end of our path. So there is no reason for us to tell you that there is an end or a place of achievement to your path. But we can say that in our opinion as one strives to become more of that mystery that cannot be expressed it is well to choose your companions [with care], for these companions will help you to suffer that which you have wished to suffer in a more acceptable, comfortable and pleasant way.

15: Now, the reason that each came to this particular planetary sphere is for service to that sphere at this time of transition. But you also each did come with a personal agenda, so we encourage each to relish the process of suffering and to know that it is this very seemingly difficult experience that you so wished before in order to make vivid to the self those lessons of love which you felt you could learn better. When it comes to the service each came to perform, this service is one simple to speak of but very difficult to make sense of, for each who came to this particular place at this particular time came to aid in lightening the consciousness of your planet.

17: The entities who dwell here simply keep the doors open. Each of you has brought the magic with you, and each shall find solutions, tools and resources here because you have already known about the magic of this place. It is a mystery as faith is always a mystery. How did faith in something called L/L Research begin? How has it grown? Person by person by person by person, a net of gold, that gold being love, faith, the desire for that which is higher and more lovely. The open heart of each has given this particular center its character, person by person by person. And each has then gone out into the larger world and has touched person by person by person and so the net spreads and other centers hear about this center and communicate and another link has been established.

18: This process of what many call networking is radically changing the basic consciousness of your planet. We are happy to see this take place, for it has been our concern that the transition this planet is already moving through would be far more difficult than it is being. We can only thank each individual whom we have the pleasure of meeting, as we have met each of you, for the love and care you give to the cause of love.

30: We have passed the way of service many times, meeting others upon this path, finding that as the threads of this group have woven a beautiful and loving tapestry, just so is such a tapestry woven by all those who seek to serve the one Creator. If one could see the metaphysical reality of these paths of service, planets such as yours would seem to be bathed in light as many tracings and trails of light converge at this point that you call Earth. We and our brothers and sisters of the Confederation of Planets in the Service of the One Creator feel the kinship in our hearts with all others who serve as do we and those who serve in ways which may not be easily comprehensible by those who observe, yet there are many who are enriched and nourished by service which is as unique as each entity which seeks. Thus, the fabric of creation is one and is traveled by each portion of the one Creator, from density to density, from home to home.

46: However, we have also suggested previously that those who are most helpful in any regard or manifestation are those who seek first to love and to give in that attitude of love that which is theirs to give, seeing beyond the illusion of limits and the seeming prison that many upon your planet inhabit in systems of governing that do not allow certain freedoms. These boundaries can serve as the cell within the prison that causes the entity to move within itself even more deeply that true freedom might be found as the shackles of the mind are dropped one by one, the thought for such being the seeming chains surrounding the entity everywhere.

24.23 1995/10/22

6: The second-density entity gradually becomes aware of love because of human energy invested in the second-density creatures such as your pets. The awareness of self and the inward-turning gaze are the hallmarks of third density. As

each density has its lessons, so the lesson of third density is that lesson of finding ways to love and to be loved, not only in relationships of one person to another but also in relationship of groups of people to other groups. Yours is a density that begins with primitive, small and scattered communities and by the end of the cycle becomes an environment of great, clearly defined and very conscious groups of entities.

7: The energies that are being worked on in third density are potentially all energies, from the basic red-ray or sexual energy center through that rainbow of energies. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals. The instinct to gather together in groups is deep. The instinct to include some and exclude others is very deep. And it is extremely easy for the seeker to become quite lost in the sea of confusion in which all of these energies are experienced, for your world is indeed a sea of confusion.

14: Let us look at this plan. The entity who gets the opportunity to incarnate within your density upon your sphere first goes through the process of creating the scenario or the screenplay, shall we say, for your personal movie of life. You choose the cast. You choose who shall play mother, father, spouse, lover, friend, enemy and so forth. You make agreements with these entities, not within the Earth plane, but within the finer world which this instrument calls the inner planes. No matter how difficult the relationships seems or how much pain has been experienced, this was part of your own choice. It may be difficult to believe or to understand how you would wish to choose to ask yourself to suffer, yet we can only say that when one is outside of the illusion that you now enjoy it seems like child’s play, and a good kind of playing at that, to plunge into the sea of confusion and to swim about in its waters.

19: Mostly to be remembered in this regard is one simple rule: you are here to learn to love. Find within the self at any time where the love is, where it can shine. Open the self to that opportunity and you shall have acted well indeed, for each is a spark of the one infinite Creator, capable of healing, forgiving, embracing and transforming each other. The one known to you as Jesus said to you, “Love one another.” As you love one another you are loving the one infinite Creator, for this spark is the basic essence of all conscious entities. You are love. There is just a very heavy coat of flesh upon that lightning spirit born of love that is you.

20: As you have your daily periods of meditation and contemplation, spend a moment reaching out to embrace all of the self’s catalyst, all that the world has to offer, both war and peace, both heat and cold in so many ways. Be or practice to be unafraid of trouble. Find ways to be serene while you are not understanding, for this lack of understanding will continue and is irrelevant to the process of spiritual evolution. When the heart is opening a tremendous strength fills the spirit. Whenever this is not felt and you become aware that the heart is closed we ask that you touch in to your own faith, to the guidance that surrounds you, to the love that overshadows you, the mystery that made you and claims you for its own, and rise refreshed and peaceful.

21: You have much to learn. You will make mistakes, but they are not metaphysical mistakes. The mistakes are part of your learning, part of the illusion, part of being human. Forgive yourself, for in forgiving the self you become able to forgive all and the redemption in the eyes of a peaceful person is a blessing indeed to those who behold it, and to the planet in general, for love lightens the planetary vibrations. This love does not come from you. We would not ask you to attempt to develop such a thing as infinite love. We ask only that you open the self, allow pain to follow you out and make you a beautiful and transparent instrument through which infinite love can flow. You are a vessel, a precious, precious vessel. What shall you hold? What shall you offer?

30: We shall continue. We feel it appropriate to speak in a general fashion about the entities of which you speak but are not able to give specific information about their particular development and the forces which have them as they are, for in truth, my brother, all peoples of this planet and indeed all entities within this creation, share the formative powers of love. These creative forces have made these entities individualized as they are, for these forces have included not only the love of the Creator and the light of the creation

but the free will of entities working as races, as groups of entities that have for many incarnative episodes chosen to move along a certain path that would make them unique, that would give them identity, that would give them purpose, that would give them direction, that would give them inspiration to continue upon this infinite journey of seeking, of learning and of sharing that all portions of the Creator has chosen as means whereby each portion shall glorify the Creator by that which it is, by that which it becomes.

34: The great healing power of love, then, is that which aids all in this process and those which are far-seeing in each grouping will become aware of that healing power, for all spring from it. Some see it and feel it and experience it before others, and these are the way-showers.

24.24 1995/10/29

4: As we gaze at the subject of the core being and how within incarnation to find access to it to know the self we ponder which tack to take in discussing this seminal and interesting question, for in one sense the core being of all that exists is the one great original Thought, that unit vibration, shall we say, known as Love. Indeed, this love is your essential self. Due to the Creator's adopting free will, the original Thought created that which you know as light and those photons, as you call them, which are the particles, shall we say, of light have built all that you are aware of and all that exists in manifestation, either in the inner or time/space planes of existence, or the outer or space/time planes of existence.

7: In first density the lesson is simply consciousness. In second density the lesson involves the turning to the light, the beginning of choices. In third density, which you now enjoy, the lesson is in learning how to love and how to accept love. These lessons are two sides of the one coin of love. You have entered into this incarnative experience because you felt that there was room for improvement in your understanding of love. Now, there are other reasons which cause you to wish to come at this time having to do with service to this planet and its peoples in this time of transformation on a planetary scale. But each also has lessons to learn, and so we would focus upon the core beingness of the self as it can in a stable manner be experienced helpfully within incarnation.

10: You see, within incarnation, within the progression of youth to age and day-to-day, each has learned to value performance and production. Each has the internal checklist of things to do and there is an uncanny delight in crossing off those never-ending things to do, and yet your beingness depends not one whit upon your crossing off the items on your list. Rather, your value depends upon your vibration. If you are in love with life, if you embrace the present moment, then your core vibration is expressing at its best, shall we say, at its most harmonious, at its clearest and most lucid. And this is what people receive from you louder and more impressively often than what you are doing at the time. This nexus of vibratory patterns is that which you came to share with this planet so beloved to each of you. This is the gift you have to give to your fellow beings at this time—yourself.

11: Are you thinking that you are not good enough? Let us square away and tackle that thought, for the self-judgment, while useful in Earthly pursuits, is peculiarly disadvantageous to one who seeks to give the self in love. There is a sense of proportion that comes to one who has touched that core being which is tabernacled with the one infinite Creator. Beyond words, beyond actions, this essence is your gift and it is worthy. How beaten down each entity is when he attempts to judge the self against the yardsticks so eagerly accepted.

12: Now, we are not suggesting that good behavior is not appropriate. Indeed, each action and each thought can be examined and each can profitably learn about the self as she contemplates the actions of the day and sees ways to do things more as she would wish to have done them. This learning is legitimate and is part of why you are here. But in judging one's own value it is very easy to spend time tearing the self down, which could better be spent in holding that dear human self in the arms of the love within and comforting and being with that dear child of Earth that tries so hard and fails so often. It is appropriate for each of you to fail often, to fall down and to pick the self up.

13: This is why you came into such a heavy, chemical illusion. You wanted to fall down and go boom, as this instru-

ment would say. You wanted to be a baby and to learn in the illusion, of the illusion, for the illusion because within this thick illusion the forgetting of who the true self is can take place so that each entity feels alone and each entity has the chance using nothing but free will and faith to choose to come face to face with that core self you all seek, and to within that self make the decision of how to serve the infinite Creator. Each within this room has chosen to serve along the path of service to others. And so you seek by will and faith alone to make choices that place you to the best of your judgment and ability increasingly in mental and physical states where you are dwelling within the love of the moment and are able to serve others.

14: Were you not dwelling behind this veil of forgetting these choices would be easily made. Within this illusion, however, the choice to give, the choice to make expressions of love, especially in the face of a perceived not-love is precious, for choices made in the darkness, in the absence of knowledge, go very deep. You are working upon that core vibration more efficiently, shall we say, within this illusion than you ever will in all of the illusions that follow, for once you have graduated from this third density the veil of forgetting shall be lifted and you will know that you are one with the infinite One but that all others are one with that infinite One and with you, and there will be the strength of the group who together seek that shall aid greatly in the basic awareness of a more solid illusion, shall we say, one more filled with light.

24.25 1995/11/05

6: The young soul upon your planet works upon the surface of experience. This surface experience fills the being completely, for everything is new. But very quickly the choices begin being made, and by the time the youngster has become even a young adult the choices have become solidified into a structure of personality and character which preordains or biases the way sense impressions are taken into the being and used. Along the way in this continuing learn[ing] process the experiences of love and of fear have gone deep, penetrating the surface of the personality, penetrating eventually even the deeper character traits. Those experiences when one has experienced love have provided each with times of transcendent joy, and this is the gift of love, that when experienced purely it brings with it a freedom and a lightness that is ineffable and that is precious and to be trusted as a real experience.

10: But you see, as you came into this incarnational experience you were looking forward to the opportunity to enter into the transforming of the self alchemically with great enthusiasm and gusto, for the veil of forgetting was not yet in place and you saw the incredible opportunity to learn and to serve in the name of love. And like all those who are not in the thick of things you thought it would be easier than it turned out to be and this is inevitable, for does any of us have the strength of imagination that is capable of becoming fully aware of a situation never experienced?

11: And so it seems that the times of suffering are those times which give us the gifts of learning. Now, the amount of pain and suffering, emotionally speaking, that a seeker must carry is entirely up to that seeker; for that seeker has set for itself, and this is true of each, certain goals. Each came into this incarnation determined to learn certain lessons. These lessons were chosen uniquely by you and address those areas in which you felt you could become clearer, purer and finer, and you wished to work upon the consciousness. And you chose to come here not only to help this dear planet as its consciousness is transformed but you came also for your own agenda. And this agenda [is] always to do with love, for you see this is not the density of wisdom. This is the density of love. And you seek, when you think you are seeking wisdom, confusedly.

14: So we encourage you to go on, day by day, and hour by hour, not asking yourself to be wise, but asking yourself to be loving to yourself, to the world around you, and to your other selves which [are] the very essence of your being. We ask you to allow yourself to be foolish. We ask you to get to know yourself in all of your impulses and little eccentric ways, to have a childlike feeling of exploration as you find yourself responding to the catalyst that the world brings to your senses. We ask you to put your arms around yourself within and to give love and support to that pilgrim soul which sails the seas

to tell you that you can do this at any time. But come with us now. Feel that energy coming through those distortions in each center, yet moving upwards to the heart. See that energy coming from above, as it were, that calls for inspiration and flows like liquid into the heart; and these two meet where lions guard the door. And you bow to the lions and you do not say, "I deserve to be here"; you say, "Have mercy on me, for I seek love." And the lions bow to you and the door opens and you walk into this room, this holy of holies. This is the open heart. Sit down. Take your shoes off. You are upon holy ground. Now you are with the Creator, who can give you rest. You are loved with a passion that creates and destroys worlds. Oh, how you are loved. We turn the microphone back to our beloved friend Aaron.

43: I am Aaron. Where is that place of most brilliant light and love? Is it somewhere out there? Is it something you must attain through self-purification or other types of pursuit? No, it is within. It is that perfect sheet of paper that still exists, even though the wrinkles are also there. That Pure Heart-Mind is always available to you, my friends. It is not the existence of the wrinkles, of the shadow, that keeps you from that brilliant inner light. It is your relationship to those wrinkles, to that shadow.

44: I am back to the same point. The wrinkles will come and go. You are human. If you step on a tack, there is going to be pain and contraction of the physical and emotional bodies. If somebody screams at you insultingly, rudely, there is going to be a contraction of the emotional body. If you are very hungry and somebody takes away your meal, there is going to be fear. These movements do not prevent you from resting in that light nor manifesting from that brilliant and loving heart. They are simply fear, desire, anger, confusion. They need no reaction from you.

47: Fear may come up very strongly for those of you who aspire to live your lives with love. It might be a very fierce self-critical fear which said, "You knew you couldn't do it. It was all ego that said, 'I'm going to lead.'" So what are you going to do, just tell everybody to sit down in the snow and die because you made a mistake?

48: What if it was fear that said, "I will lead"? Are you denying that there was also a deep wisdom which said, "We must make an attempt to get off the mountain"? It is certain death versus a possibility of survival. As soon as you open your heart to yourself, as soon as you hear your pain and fear, you reopen into the wisdom and clear heart. And the clear heart says, "Okay, I made a mistake; I got lost." That does not mean that negativity was leading, even if negativity was there. The loving heart was also there. Coming back to the loving heart, you simply pick yourself up—trail or no trail—and begin moving slowly down the mountain. On the trail it is easier; off the trail it will be a little harder. The task is the same: You have got to get down from the mountain.

53: In the transition body, we pick up the many energy streams which may offer distortion of the absolutely pure core. Please remember that within this core are the possibilities of distortion, or distortion could not occur or would be dual with the core itself. The negativity in you is not in dualistic opposition to the divine, it is simply a distortion of the divine. Love is also a distortion of the divine.

54: Some distortions, when you play them out in the world, may do harm. Then clearly you are responsible for that harm. You must clean up your spills. Some distortions may be of great service to others; nevertheless, they are distortions, carry adhering karma and must be attended. They are all a display of the divine. My dear ones, you do not have to be afraid of what moves through you. There is nothing there but God. When you ask, then, "How can I manifest my energy more purely in the world?" remember that there is nothing there but God, sometimes being expressed with distortion, or even great distortion. "How can I come to a reduction of distortion?"—by offering forgiveness and kindness. Hatred will never dissolve hatred and negativity. Only love will dissolve negativity. Only love will dissolve confusion and distortion. Whatever distortion expresses itself, you must bring it into the heart of love.

25.25 1996/11/23

6: With deeds of loving-kindness, I purify my body.

54: And rest in that space, open and attentive, heart unbounded, ready to listen with that loving heart.

59: I am Aaron. My love to you all. Bring yourselves into your body. I request that you allow yourselves the experience of the inhale and the exhale—to come deeply into your body for this particular meditation. I would like you to feel that inhalation and exhalation in the belly. Breathe in ... belly breath ... feel the breath coming into the abdomen and then breathe out. Let the body be soft and open. Now, let attention move upwards from the body to the heart. This living heart is the core of your being. The brain is the servant. It is in the heart where the true Christ or Buddha self dwells.

61: It is in this heart that I invite you to rest. Whatever physical sensations may arise, you can attend to them skillfully, without fixation. Whatever thoughts or emotions may arise, you can attend to them skillfully, without fixation. From a loving heart, we offer the deepest affirmation of our being. Please join me silently in offering that affirmation if it feels appropriate to you:

65: "By the power and truth of this practice, may all beings have happiness and the cause of happiness, which is loving-kindness. May all be free from sorrow and the causes of sorrow, which are fear, hatred and delusion. May all never be separated from the sacred happiness, which is sorrowless. And may all live in equanimity, without too much attachment and too much aversion; and live, believing in the equality of all that lives."

71: I am Aaron. My love to you all. We are talking of how we serve others and of purification of the self to be offered in that service. I would toss a question into your stew pot here. Some years ago C. and Barbara met with a man from their church. He was very negative and expressed tremendous fear. He was violating the spirit of the meeting by bringing his fear in and publicizing it out to the meeting, condemning and judging specific people vocally within the meeting.

72: The three of them spent a number of hours talking together about what he calls his righteous anger and need to denounce these others who had done him harm. The women were able to hear his pain. He was not really able to hear them and their suggestions that he bring love rather than hatred to these places of perceived harm.

77: We come to you as brothers and sisters of sorrow, for we hear the call of your Earth. We hear and are pierced by your sorrow and distress; and we thank you always for this call, this willingness to work with the catalyst which comes to you, not cynically, but hopefully. The deepest sorrow and the greatest pain are as fallow fields within which is sown the kingdom of love. There is the parable within the holy work known as the Bible, of the kingdom of love being one precious pearl buried in a field. The one who seeks the pearl sells all that he has and buys the field.

79: In working to become better, may we suggest that what each is actually responsible for is becoming more oneself. The urge to be better is answered within your earth world by a list of preferred adjectives: worthy, generous, loving ... You could think of desirable qualities for a good long time and create wonderful, inspiring lists of good qualities. However, you are an unique being. You are like the snowflake, that crystal that is quite obviously snow, yet whose kaleidoscopic patterns are unique. Only you in all of the created and uncreated universes is you. Therefore, we ask that you encourage within yourself the perceptive ear that notes those moments when you can feel yourself being who you feel you are.

80: Each of you within this circle has by seniority of vibration earned the opportunity to incarnate at this time. Each of you has two main goals: You wished to move through the intense incarnative experience, repeating for yourself your lesson of loving, which you felt could use more polarity; and you wished—for you, too, are brothers and sisters of sorrow—to lighten the planetary consciousness of this sphere you call Earth.

82: We would at this time transfer the microphone to our beloved brother Aaron. We are those of Q'uo.

87: You have two areas of work, as I see it. One is consciously to deepen your intention to offer your energy with love. This means to pollute the water as little as possible or not at all. And second is to understand that because the human is what it is, it is going to pollute the water at times. Then you must be responsible for what you have created.

91: This response may be the statement, "No, you cannot attack me like that." The no is offered from a place of love, not from a place of need to defend, not from a place of fear. There is no ego involved in that no. It is the kindest thing you can say at the moment for yourself and for the assailant, who

and has found self-judgment to be unavoidable. And we say to you to be patient with self. Take each day as a new, unique and one-of-a-kind experience. Do not accept those thoughts of, “I can do nothing with this energy.” For each of you is Creator and co-Creator of the experience of your incarnation. Each of you can remember the light and allow that memory to shine as the lighthouse in the stormy sea of difficult days. 20: I am Q’uo, and am aware of your query, my sister. In attempting to serve others it is well to give that which is wholly from your heart and from the desire to be of service. We are aware that there is much of administrative detail in being certain that attendees are well taken of. We would recommend that each simply move with the desire to serve and to make those preparations which you know to make. Then with a light heart allow that energy of desire and love to work its way through you at the appropriate moments, giving little care or worry about outcomes, for there there is that entirety that is the group that shall gather of which you are a part. Each will play a role. Allow the full expression of each energy.

25.24 1996/11/22

4: I smile at the way Jim has written this question because it reflects a primary distortion. Your deep concern as humans is always, “How do I do it with more purity, with more clarity?” The question might be better phrased, “How do I do it with more love?” More love will probably bring that greater clarity and purity, but not necessarily. If there is fear which is creating distortion and you bring love to that fear, in the long run it will help to resolve the distortion. In the beginning it may not.

5: What bringing love in will do is not to guarantee absolute purity but to enhance your compassion. My dear ones, if you plan to allow the universe to channel through you with absolute purity, then why are you in incarnation? It is very easy on my plane. Here is the greatest gift: to allow the expression of the Universe filtered through the human! You are not here to learn perfection. You are here to learn faith and love. You are here to learn compassion also, although that is mostly the lesson of fourth density; but each of you is moving into that density.

14: Within this earthly plane you are still completely a citizen of the universe. You are infinite, eternal, omnipotent, omnipresent. You are what has been and what will be. You are a child of the Creator; and indeed, we all seek together for that place in space and time when we shall cease to be citizens of duality and move back into the heart of the one original Thought, which has created all that there is. That Thought is love, and each of you is love. Consider yourself within the earth plane as one who is upon a journey, sent forth from the beginning of time and space to gather experience—and always, always returning, circling back to the source, to love. And at the same time that you are upon this plane, you are perfect, pure, unblemished, without error; and this identity remains absolute no matter what your perception of yourself or your progression might be.

15: When you as a seeker, then, begin to desire to clear the channel for more clear channeling of the love and the light of the infinite One, there is the tendency to think in terms of working from the viewpoint of the one who wishes to take from work in consciousness that which does not belong. However, the concept that may in actual practice do the most to clear the channel is to go against logic and instead move back into those energies that, were the human structure as a house, would be in the basement. The clearing of channels continues in the progress made in joining the self with the lower energies in a loving and non-judgmental way, through gazing with care upon the arrangement of what this instrument would call the dark side of personality—that side wherein reside those instincts for survival, sexuality, human relationships with self and other selves.

21: Q’uo has spoken of the two aspects of your being, what I call the angel and the earthsuit. You are angels in earthsuits. If you wanted just to be angels and manifest perfect clarity, you would not have chosen to incarnate. Any can manifest its energy with great love and clarity as an angel. Can you do it in the earthsuit? Even more important, what happens when you bring the balance of these two together? For you are not only the earthsuit; no, no, no! You are the angel in the earthsuit.

22: It is through this balance—taking the constant catalysts of the earth plane and drawing them into the heart of love—that you not only learn for yourselves, but that you manifest your energy into the world with increasing purity and love and thus offer that energy to all beings. Very often you become lost enough in the earthsuit catalyst that you lose view of what you are really doing. You are simply forging ahead blindly, and yet sometimes one has to do that.

24: When is it ego to say, “I will lead”? When is it love? More correctly phrased, when is it the voice of the small self who acts in service to that self, perhaps to enhance or self-inflate? When is it the voice of the large self that acts in service to all beings?

25: First, you must allow that both voices are going to be present. You are this angel in an earthsuit. While the angel’s voice may come through loud and clear, the human voice also must be present or else you are not having a human experience. Perhaps the angel’s voice says, “I think I can do this. If I move very carefully, I think I can do this.” Then you hear ego’s voice saying, “Oh, won’t everybody make a fuss over me when we get safely to the bottom.” Hearing that second thought, you may surmise, “This is not my deepest truth that says it can lead the descent. This is only ego.” If you strike out in anger against that ego’s voice, then you cannot hear love’s voice. You become so much at war with the small-self aspect of you that you shut out the existence of anything else. 28: This shadow aspect of the self will exist. Do not fixate on it in any way and do not deny it. You do not need to be ruled by it and you do not need to fight against it. Your work is to draw it into the heart of love. When the conditions have ceased which gave rise to that particular wrinkle, it will go if you are not relating to it in a way which gives it further conditions from which to perpetuate itself. It will go. You do not need to push it away. To fret over it is a way of practicing it—can you see that? When you are busy attacking the wrinkle, you are giving solidity to it. In karmic terms, your energy contracts around that particular wrinkle and it plants the seeds for the next moment.

33: The fear does not disappear automatically any more than our would-be guide on the top of the mountain loses its fear when it says, “Follow me,” and takes the first step. The fear may be immense. That is just it! If you were just spirit, Pure Spirit, giving or leading people down the mountain, there would be no fear and there would be no challenge. The challenge is not to be fearless. The challenge is to bring love where there is fear.

34: The work is to cease to fixate on getting rid of anything—fear, jealousy, greed, anger—but instead to draw all of these emotions and the causes for them into the loving heart. Then you can watch these patterns come and go in yourself; and a loving heart knows what to do. As Q’uo said, the brain stops directing the show and the heart becomes the ruler.

39: We would like to describe for you an entry into that portion of self that has its selfness in faith. It lies within the heart center, is literally and figuratively at the heart and of the heart. As the energy moves into the physical body through the feet up into the root chakra or energy center at the joining of the legs, it encounters a beautiful, crystalline ... we give this instrument a picture of a geodesic dome, a structure in time/space that enabled that energy of red ray to express the energy from the red through that co-Creator’s ready energy center. And as the energy gathers, that energy becomes more crystalline and transparent to that love/light that is expressing into manifestation from unremoved love. Moving upwards it encounters another beautiful crystalline structure that resides in the belly itself, that contracts against dangers of association with the self and with the complexity of dual and triple, completely unusual and conflicting needs of the self and one other self. As the seeker gathers experience, the choices made can more and more energize this nexus of energy; and the energy allowed through moves up to that place where belly meets chest, that omphalos of power. This is the plane of your Earth. This is the social energy center where the self deals with society and its associations, whether experiencing as a member of a family, as a citizen of a country, in any group in which you are working with distortions of the yellow-ray energy center; and again, the choices that you make can, through the incarnative experience, help to crystallize and make transparent this center.

41: But come with us into the heart, just for a moment, where we feel that there is the need to experience love; and we wish

of life, seeking hungrily, yearningly, constantly for that which beckons, that which calls.

17: We encourage each to be patient with the self. It is not a characteristic of your illusion that things be clear, and yet there lies within each a heart that is full and fair and perfect. And there is a door into that holy place that is within. We encourage each to knock upon that door each day and say, “Good morning. Today I am with the infinite Creator. Today I am love made visible. Today I am. I am. I am.”

24.26 1995/11/12

8: So we ask each to gaze upon the weakened self, not with impatience but with, as far as possible, an undismayed peace of mind, for you have come into this illusion to be affected by it. Yours is not the path of evenness and spiritual perfection. Yours is a path that is full of dimness, confusion and perceived difficulty and suffering. Above all things we would ask you to retain the concept of what is fundamental, spiritually speaking, in this experience. That which is fundamental is the one original Thought which is Love. In a weakened state one has difficulty in reaching out to others in love, reaching to the self in love, and reaching to the Creator in love. However, in this weakened state one is more able to allow the self to be ministered unto by these essences which dwell, irregardless of the surface consciousness within, deeply seated within the unconscious mind.

9: The instinct sometimes is to thrash about mentally attempting to affect the energy state, to bring it into what is seen as a more advanced or acceptable state. Insofar as you can be aware of this tendency, we encourage you to say to the self, “Peace, be still and stay where you are. Abide. Rest. Release the effort to better or improve your situation,” and allow the deep self to open into the consciousness. Allow that essence that is the Creator, that is love itself, to minister unto you. There is no need to thrash or wrestle. There is no need to give sermons to the self. There is no need, in fact, to alter the state you experience. The need is simply to remember love, for all things shall pass but love. Moods shall come and go. Incarnations bloom, wither and die. Love remains.

11: Give it your best effort and when you perceive yourself falling off of that evenness into rosy idealism or bleak despair allow those emotions and know that all states of mind alike have as their basis, love. See the self, the consciousness that dwells deep within as a kind of tree of life. Or perhaps we should give it as a vine, for the vine itself, root and branch, is the Creator, and you, each, are a branch off of that vine. By your own free will you choose to graft various other plants, shall we say, other kinds of vine onto that vine and so your experience is a kind of hybrid.

12: Some grafts take the self towards the ideal and seem most fair and beautiful. Some grafts do not take well at all and the vine that issues from that graft is sour and bitter and difficult to digest when that fruit is plucked. And when the mouth is bitter with the taste of despair it is difficult to remember that the basic vine is love and that one needs only to travel back down to the roots to ground the self in the Creator. In times of difficulty, goading oneself towards enthusiasm and inspiration is not our suggestion. We indeed would suggest that you avoid pushing the self around except when it is deemed absolutely necessary. Rather, attempt to come into a relationship with the momentary self in which that self that is suffering is seen as a child, a child that you can take within the embrace of your own heart and rock and comfort and strengthen.

13: You can take that child and open the doors of your attention to love and let that love dwell, beaming, radiating that one great original Thought until that child within is permeated and completely saturated with that love that dwells so perfectly at the center of your being.

14: As you learn to work with your own moods without judgment, without reproach, but with love and patience, so you shall begin to learn peace, for peace is not the removal of all that is not peaceful. Peace within is a fruit of regular, repeated, consistent and thoroughgoing willingness to experience the self as the self and to regard it with love, for all things in their time shall certainly occur within you. The best and the hardest of experiences alike shall come to you and flow through you and recede at last. And so the surface shall always be confused to some extent, but it is in the grounds of your being that the work you wish to do shall be done. Be

patient in that work. Be quiet when you try to judge. Remember, and refrain. And as you find charity for yourself, so shall you be able to be part of the good in other people’s experience. The peace begins within.

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

48: I am Q’uo, and we are pleased to report that those of Hatonn are always with this group in spirit and lend their aid and love to each.

24.27 1995/11/17

10: We are blending our vibrations with yours; and as we weave our way through the ribbons of your thoughts we sense the energy of birth and transformation within each who sits in this circle of seeking. Each seeker sincerely wishes nothing more than to find truth in the self, in the environment, in the thoughts, and in each other. Each has a burden that is carried at some cost, and each has a yearning that cries within and yet is deeper than tears can express: to love, to be loved, and to be of true service.

11: Each may well and justly consider himself a devotee, an adorer of that which is of ultimate truth. The level of anguish that has been experienced as each walks along the path of seeking is sometimes quite high. And as we speak concerning the living of a life in faith—that is, the devotional life—we cannot promise that any of you will find in our words or in any others the goal that you so desire. For within the classroom of earthly life the questions are far, far more important than the answers. And the desire, the emotions of yearning and hope, are in themselves more highly to be regarded than any knowledge that can be expressed in words for the life of the seeker within your density’s journey from the head to the heart, from knowing to loving; nevertheless, much in the way of tools and resources that may aid in seeking can be expressed. But as we move through many considerations and details, please remember that your keen thirst for an inner reality that pierces the illusions of earthly life holds within their invisible field a strength and a truth that shall, one day, be a revelation. And in that day, knowing no more than you do now, you shall yet be satisfied.

15: There are many of you with slightly different needs. I will attempt to extract from the expressed needs, the commonality of need. You all wish to lead your life in love; and yet sometimes incomprehensibly to you, you end up living parts of it in fear. Sometimes you judge that fear and say, “I am no longer living the devotional life. How do I get rid of my fear and return to love?” Others of you understand that both the love and the fear are expressions of devotion. But still your strong choice is to live your life in love, and there may or may not be subtle judgments about fear.

16: I do not want to go too far here, only to express that my perspective is that simply to incarnate is a devotional act. It takes tremendous love and courage to move into incarnation. To live the devotional life is not to be rid of fear; but to even offer that fear is part of the devotion—to learn that everything is an expression of God so that the love is found within the fear, for fear is merely a distortion of love.

20: I am Aaron. Please take my words and consider them within your own heart. I am not omniscient. I can only speak to you from my own perspective, which I offer to you lovingly. If my words ring true to you, please use them. If they do not ring true, discard them. If any words that are offered to you do not help you to live your life with more faith, more skill, more love, you must always put them aside.

33: It is just such moments when the pilgrim soul identifies the sound of a passing siren and thinks, “What an intrusion it is into my peace,” and yet you also dwell within that siren’s wail. You are the entity in the ambulance. You are the child trapped in the fire. And the siren may be equally, justly, seen as the aid, the tocsin which rings, to remind the heart of the love it bears for that portion of the self caught in pain, in fire, or in the ceaseless athanon of the alchemist’s lore.

39: You judge not the slag, the dross. It simply does not make it into the ring, the ornament, the coin ... Just so, love all of the self. This seemingly imperfect instrument is in fact perfectly created to give the seeker the maximum degree of potential for learning. Sometimes lessons come hard, but it is precisely your confusion and perceived lack of understanding that place you in so exquisite a rightness of position to

meet and to learn to embrace and cooperate with the destiny that you have planned for yourself within this incarnative experience.

44: You are familiar, of course, with the lines in your scripture known as the Bible that God created man in his/her image. I beg your pardon. I ask that you look for a moment at that sentence. This which we might call God is infinite love, infinite wisdom and intelligence, always thinking to expand itself and to express itself. The individuated awareness is one expression and furtherance of the Divine. It also moves into myriad experience as the child that masquerades. It is all part of its coming to know itself.

50: With the emotion and the clarity that can observe the emotion arising without ownership of it, here is the hole poked through the box so you can see the space, see the angel that you are. "Ah, yes. I am here experiencing this heaviness for a reason. I don't have to hate myself for experiencing it, only love and respect the experiencer of it. My aversion, then, is against the unpleasantness of the experience; but I don't have to attack myself that it came into me. Instead can there be greater compassion for this one?" This clarity is one essence of living the devotional life.

52: To live the devotional life is to be willing not to attach to fixing the self, but rather, to aspire to loving the self. There is effort involved. It is the effort to learn that the box is transparent. As long as the box seems solid, it provides both barrier and safety—barrier to protect the small self and safety to that which is "outside" and may seem threatened by the negative thoughts of the ego self. And so you hide in the box. 53: To live the devotional life is to love the Divine so much that you are willing to put holes in that armor, to give up your fear or at least your ownership of that fear. When you poke holes in the box you cannot help but see the brilliance of the light that shines beyond, shines through even into this expression that we call small self. Can you love this small self that falls into mud puddles? It is easy to love God; but can you love this that quakes in fear, that sometimes lies, grasps or abuses as expression of that fear?

56: In closing we would ask that as you lay your frail barque of flesh down between the soft, cool sheets of your bed, think on all your attributes and shower them with your affection. "Ah, sweet feet and legs that have carried me where I chose to go this day ... ah, dear back, strong, bent under the burdens of the day ... kindly stomach, hard-working heart, sweet tongue spouting such folly ... ah, dear, dear pride, lovely vanity, elegant sloth ..." Do not fear these attributes. They are yours to command, to use in understanding more. They all are yours—precious, precious gifts. Without all of your attributes you could not swim so well in the sea of confusion that is breeding new life within you.

57: Tuck yourself in with love this night, and cast all your burdens into the powerful and compassionate arms of the Creator, whose nature is love and whose love is nearer than your breathing. The Creator does not care that you perceive yourself as imperfect, for the Creator knows your heart and dwells therein in perfect contentment.

64: It is such joy to rest here in this circle of sincere and loving seekers. I express a gratitude that you have invited me into your circle. I love you all and wish you a good night. Barbara will show you this exercise when my words are concluded. That is all.

24.28 1995/11/18

2: I am Aaron. Good morning and my love to you all. I hope you have had a restful night. A few of you are aware of dreams in which you were observant of the movement between contraction and opposition to it, and to dancing with that catalyst and the resultant contraction about which we spoke last night. We have been talking about this balance between the ultimate being—which is whole and knows its wholeness, which experiences no veil separating itself from the reality of its wholeness—and the relative being which perceives itself to be less than whole and is struggling to become whole.

9: So, you move into the myth of strengthening the self, being the powerful or capable or good one. There is nothing "other than." In the moment when you symbolically pull the plug, you shift tracks from the fear track to the love track. You come back into harmony. The universe is not throwing mud on you in order to make you feel small or inadequate. If

the universe does fling mud on you, in some way you have invited participation in that experience because the soul sought the experience—that 4X4 beat over the head that we talk about—sought the experience because there was a higher area of learning which it sought, and it did not know how to open to that area of learning.

15: After some time, you find that you can be observant of the parade on the ground level from a basement window that watches the feet go by and sees all of the untied shoes. And you can watch the parade from the sixtieth floor at the same time—a spaciousness which reaches out and ties each shoe as it passes by, but without any fixation on any of this passing parade as "self," without any self to protect, just love which comes up to the highest floor and watches the whole process.

16: At this time I would like to pass the microphone to my brother/sister/friend Q'uo. I want to state here that it brings much joy (I speak for myself here but I know that Q'uo would echo my words). It brings me much joy to share with you in this dialogue pattern, each adding the richness of our own perspective. We speak as two souls speaking to this gathering of souls, all of us gathered together. I thank you with loving and grateful heart for wanting to share with this circle in this way. That is all.

19: How pleased we are to be exploring that great Mystery which is the ground of being with you. To us it remains an inimitable and ineffable Mystery; and at the same time, as we become more ripened as spirits, we become ever more deeply in love with this Mystery. We know not at what point we shall move beyond distortion, but we care not; for the delight of consciousness is like the odor of remembered flowers, a scent of supernal beauty that stays with utmost clarity in the memory.

21: This work is important to the emerging metaphysical being. To enter into these processes with healing is for many difficult due to the self's disappointment with itself. We might suggest as a tool to be used in moments of self-judgment, the visualizing of a scene upon the stage of consciousness in which the Creator's hand is downstretched, open, palm upward—that hand being as tall as you, you being just able to reach into the palm to give to this outstretched hand of love the gifts of your humanity; for we assure you that the Creator finds these gifts precious. Here is the thing not done. Here is the thing done in error, omissions and commissions that you perceive as erroneous. Give them up. One by one let them tumble into that palm, one upon the other. Here, envy and pride ... all the sorry gifts of the undisciplined self.

22: Now look upon these bits of colored stone that are the form of these metaphysical gifts. To you, when you gave them, they were gray, ugly, broken pieces of self, fit only for the trash. Look now and see the beautiful colors of these shards of a life broken as they gleam and shine—blessed, accepted, and transfigured by the love of the infinite One. These are gifts indeed.

23: When these gifts have been given, when you see these colors, retreat a step at a time from the visualization and come back to the self—forgiven, blessed, renewed. You are loved in every tiny iota of the fullness of your being. There is, then, the opportunity to begin anew; and truly this chance is always real, not a mirage. For metaphysically speaking, the one who turns over its perceived errors is doing substantial and blessed labor. Take the deep breaths of the light that dwells as plenum in all that there is and know that you are made new.

33: What is your relation to the catalyst? You will see it constantly at every red light, at every wait in the supermarket line. Noting the contraction, you make the skillful and loving decision to move back into harmony, to observe the contraction with a certain spaciousness and kindness. You are not getting rid of the contraction. If you are late getting across town and hit a string of red lights, you may note at each one that there is contraction.

35: With emotional catalyst—the red lights as you drive across town—the energy contracts in the same way. Just come back to, "What is tense?" Come back to harmony with the universe. "The universe is handing me precisely the catalyst that I need. Can I sit here with each light, on the ground floor with the human squirming, wanting the light to change, while from the top floor, awareness is observing how much tension this human is feeling and offering it love?"

37: As Q'uo just pointed out, this does not stop you, for exam-

understanding. And so each of you has a real hope at the unconscious level that you will undergo the ordeals which set up the situation for learning about loving and about being loved, about possessing and about being possessed, about caring and not caring. There are many seeming drawbacks to third density, specifically, the veil that traps the conscious mind within the context of a life bound in flesh, able to move only one step at a time, able to think only to the self and not in communion with others. It is as though in third density you are dumb and blind and numb and all the sensations that are so clear in the mind have a confusion in the experiencing of them. And, we hear you say that, "This is a good thing?" And we say to you, yes, the confusion, even the terror of living without proof, without knowledge, and by faith alone is a good thing, it is in fact a thing so prized that there are, shall we say, lines waiting to get into your third density at this time for the opportunity of service and personal growth is excellent among your peoples in your culture at this time.

7: It is not to those who speak many things and write many words, necessarily, that self-knowledge comes, but rather it is to the one who has learned to trust in the energies and sweeps or ranges of energetic cycles that self-awareness shall come. Perhaps we could use this instrument's example of the watched pot that never boils. Living in faith is turning on the fire under the water and trusting the water to bubble when it is ready to bubble. There is the human desire, perfectly natural to an entity imprisoned in flesh, to wish to control the processes that have to do with survival and comfort, and certainly there is tremendous discomfort in the processes of learning those lessons of love which you have come to learn. The natural reaction, when there is pain, is to draw back, to contract against it and to guard against further contact with it. And yet the process of learning is one which does cost the entity learning that energy which it takes to apprehend and work with and grasp that changes are taking place. There is, as far as we know, no way to avoid some degree of suffering. Indeed, it is one of the beauties of your density that you are in confusion and pain much of the time, at one level or another. And, therefore, are more open to rapid learning than one who is not in pain, is not suffering, and knows the score, shall we say.

8: We speak from experience, for we had in our third-density an unusually easy time of it because the ethos of our people was more loving. Therefore, there were depths which we did not learn in fourth density because we had not enough difficulties and confusion to take our human pride, shall we say, and break it. For you see each of you has an inner idol which needs to be cast down and broken. You can name it one thing or another. This instrument would call it pride, and this instrument works upon its pride very consciously. However, it has to this moment found no answer to its difficulties, for pride seems to grow upon itself.

9: Each of you has this sterling opportunity to break through the defenses, the shells, the masks that each has gathered about itself to defend itself from those pains which it fears. And the answer to these pains and difficulties is simply to accept them, to embrace them, to walk through them by faith, working in each case to see the love that is in the moment and to be a part of that which is good for all those whom you meet. You see, the confusions, the difficulties, the suffering are symptoms, shall we say, of the process of change or transformation when you have incomplete information. Each of you has woefully incomplete information in the conscious mind.

10: There comes a time when an entity has disciplined the personality to the point where it sees its own suffering. It sees the pain and the confusion and at the same time rests in peace and in faith in the knowledge, that knowledge that comes to the open heart without proof that beyond all of the appearances the one thing to focus upon is love. This is at its most important when the entity faces itself, for only when an entity has learned to love and forgive its own self can the entity turn open-heartedly to embrace another in intimacy of spirit, of mind, and of body. Until the self is seen for that creature that it is, with dark and light mixed together, can the self move from self-absorption into radiating as does the lighthouse, as does the fire upon the hill. Your lighthouse self, that self that you came to share with Earth, awaits that moment when you turn from all the confusion and simply embrace the moment, looking at that moment with the realization that all is well and that all shall be well, whether it be life or death, good times or difficult times. Still and always you

are loved. You are held in infinite care in the tender arms of the Creator whose nature is unbounded love.

11: We ask each to see the self as a fortress, that fortress of flesh that defends and guards and has fears. And to see the hope of the incarnation being that process of dismantling the armament, of taking off one mask and then another, one layer and then another until the self is transparent and empty, and is a vessel through which love may flow.

12: The deeper that you are able to take this process of becoming naked the more intimacy you shall be able to endure, the more of love that you shall be able to channel through yourself. The controlling, fearful seeker wishes to give love and receive love. The entity whose pride is dust simply is and in that bare being lies infinite unbounded love. So when the striving is over and the heart has room and time to open, there is love itself and in that love there is all the awareness and understanding that is needed. So, indeed, the next time the seeker feels itself reaching and grasping or pushing away and defending we ask that seeker to remember that nothing is as it seems but all things are full of love, even those which seem the darkest. There are many distortions, but beneath and above and around and penetrating all distortion is perfect love and there is within that holy of holies, within that open heart that each of you has in potentiation, that perfect instinct for love.

29: We are those of Q'uo. We would say to you that by your concern there is automatically a conduit opened which this instrument may draw on without any conscious thought upon your or her part. Beyond this basic aid which is the greatest part of being the battery there is simply that loving attention which suggests rest when it seems appropriate.

25.23 1996/11/10

4: Unity, when it is absolute, is without awareness. Each of you is a portion of that unborn and undying awareness, that heart of all creation that is the one original Thought. Within that thought of infinite love there lies no shadow. However, we as well as you walk the path of duality and exist within a series of physical vehicles, enjoying the experience of living within various densities and conditions of body, mind, emotion and spirit. In all of these densities of unimaginable variety lies duality.

8: Thusly, when things seem the darkest, when the self sees the self as that darker side, this situation in itself is a gift and the way to open that gift is simply to accept and absorb that awareness of the self's darker side while allowing the heart to remain open. When that open heart approaches the darker side of self its gift is to be able to know the light while gazing into darkness. Thusly, in the spiritual or metaphysical sense there is no such thing as a disaster or a catastrophe. An old hymn this instrument knows is, "The Body They May Kill, His Love Endureth Still."

10: This instrument is aware of that which the one known as Don called the "180 degree rule." We find this phrase pleasant to use, for it is succinct and accurate. One's relation to one's dark side should be one of gratitude and love, for the dark side is that which strengthens and enables the light side. Each experience of the darker side of self is that which burns away pride and what this instrument would call egotism. It is well when one sees that side of self which has those voices and sins, if you will, in abundance not to turn away but rather to embrace, to love, to accept, and to forgive that part of the self for being.

12: How else could each of us be one with all but that we are all holographs of each other? We speak here of mysteries that we do not know the answer to. But we have, indeed, found a tremendous strength in coming to know, to love, and to discipline all portions of self, be they considered light or dark.

13: There is infinite energy which moves into the system of mind, body and spirit, physically speaking, from the base of the spine upwards. Within each energy center, where the dark side of self has created unresolved catalyst, there the instreaming light of the one infinite Creator must stop and dwell with that darkness. Therefore, the hope of each seeker is to balance and allow a clarity to move over these tangles of self-judgment and self-criticism and to smooth them away with love and tenderness. Sometimes it takes many of your years fully to address a tangle in one of the centers, a place where repeatedly the self has come up against its darker side

25.21 1996/10/27

6: These tides of expression within mental, emotional and spiritual bring with them gifts which cannot be gazed at over a long period of your time, but rather your moments pass with blinding speed. And suddenly, all too soon, your time of learning and growing within the Earth plane and its school of learning lessons of love is all done. And yes, it is a summer vacation when the death arrives, yet it also closes that precious door within which there was confusion and movement and passion and life such as you cannot know outside of the chemical distillery which moves you about and which you call your body.

8: Now, we would say a few words concerning knowledge itself, for it feels to you within incarnation as though you wish to know, to be sure, to pin it down. And we must say that in our opinion that which is called knowledge is, itself, an illusion. We ask you to consider, for instance, those within your culture who are absolutely sure that they know the spiritual facts of life. They then cling to that knowledge and often in such a way that it precludes loving all of those with whom you might be in relationship, for some might not agree that the way that you know is right is for them also right.

9: The entity who wishes knowledge will penetrate illusion after illusion, and yet each penetration shall uncover another illusion. Knowledge—may we say that which will help you in your quest for the balanced, the loving, the simple, the pure in relationship, and we know that is what you crave, the truth which lies behind that which binds any two entities together—knowledge will fail you. However, we ask you to step back to the beginning, to that impulse which brought each of you to this point, that great overwhelming of being awake for the first time, and feeling for the first time the craving for truth, the hunger and the thirst for love, for that which is true and that which is love are congruent and identical. And the truth which cannot be got at by knowledge can be attained through love, for each of you is love. Each of you is created as love, in love, for love.

10: That which is you, that which is most deeply yourself, is that portion of self that is love. That ground of being for each of you is the same. There is only one life. There is only one being. There is only unity which expresses and manifests in distortion within your density, within each succeeding density, though each succeeding density is more densely filled with light and the lessons become finer tuned, yet still we move from illusion to illusion, growing and learning. And as we grow, giving and evolving until finally the last realization occurs, not to just one, but to all, and there then becomes that time of resting between creations in an infinite progression of awareness and experience and harvest and coming to breathe inward again the wonderful sweet water of duality and illusion and motion and life and experience.

11: These times, then, are very precious and [are] art. And you hoped when you came to this illusion to become more able to stand firmly upon the ground of your person, upon that being that is at the bottom of it all and be able to love and be loved with the least possible distortion.

12: Now, let us ask you this: What do you have in common with everyone whom you meet? We are aware that we have given you the answer. What you have in common is love. Yet, you cannot relate to another by saying to yourself “I am love. She is love. We are love.” You simply have conjugated the sentence. You have not got to love yet. But when you realize that the ground of your being is love, you can turn to love itself and know not the being but the love. The love is that which holds you and another together. You can depend upon the love. You can know that that love is true, that this is the truth of any relationship. It comes to you through love, or it comes not to stay.

13: We feel that entities who face each other without the awareness that what is between them is love find it of varying efficacy to relate, and because of the nature of illusion even the most earnest attempts to connect with another shall often fail in any human sense. However, if you can remain aware that the connection is not between one and one but between one and one with another one so that there is the go-between, there is the middle man, and that middle man is love. That entity between is the truth, distortions move into that, shall we say, globe of metaphysical light and love that speaks as the entity that is the two is relationship.

14: When you can envision that which is between you and the other as standing not between you and you but between

each and that us which is in love, which is in the Creator, then you give yourself and the other the space, the time, the patience, the permission to relate imperfectly, to misunderstand and work things through very slowly. It is inevitable that the illusion will fool all of its children again and again. This does not change the truth of love. And love will express through distortion. It is not fazed by imperfection. It is simply a matter of your being able to keep a constant awareness of love, for there lies truth.

16: We are aware that casting life as a soft drink may not be the most exhaustive analogy. However, we wish you to grasp that each of you is the soft drink. Each of you is a delicious, delectable mixture of all that you have experienced and all the distortions that you have chosen and all of those attempts that you have made and think that have failed and those [you] have made and you think have succeeded. One is almost never accurate within the illusion, but as we have said, the illusion is not about being accurate. It is not about knowing. It is about loving.

17: When those entities to which we have referred to before within your religions have judged all others because of whether they believe as you do or not, have they loved all entities? When you choose to separate yourself from someone behaving poorly, are you still acting in love? You see it may be that to love most clearly and most purely it is the time to sustain a painful relationship, giving yourself the opportunity to remember love as the true bond betwixt, or it may be exactly the opposite and it is not in knowledge, it is not in thinking, it is not in planning that one can come into a sense of whether it is time to stay or time to go. Rather, it is in that moment when you can let yourself be bubble-free, when you can stop the effervescing, get into your essence, become aware of that silent voice that speaks with thunder to those who can listen with the heart open, that the truth will come out and you will feel it, not think it. It will be that feeling within that feels just right, that feels loving, that feels peaceful. And you may come to that feeling about relationship in a moment, or a month, or a year. And so much of wisdom lies in waiting, in not attempting to make decisions but rather attempting to flow in cooperation with the energies that you sense from moment to moment.

25.22 1996/11/03

3: We were speaking of those text books that you are to each other, learning those lessons of love that you have come here to learn, for, indeed, each of you has come here not only to serve others. The call to the Brothers and Sisters of Sorrow who have become wanderers upon your plane of existence have truly hoped to be of service but also each who incarnates within your Earth sphere as a wanderer comes with a hope of doing work in third density that may lend clarity and crystallization to that entity that you have evolved into through the vibratory levels to that of your home density. You see, each goes through this school of love in third density without learning everything, without achieving perfection, but merely tending toward the direction of service to others and unconditional love to the point where you may enjoy and bask in that fuller light that characterizes each succeeding density. So each of you has been through the school of love before, some upon this planet, others upon other planets. But wherever in the infinite creation you have matriculated into third density, you have graduated from it without attaining perfect understanding. And as the densities succeed and as you progress upon your path you find yourself feeling the lack of one or another of those inner strengths, those cores of steel that constitute a real experience of realization of one or another aspect of those lessons of love. So each of you has asked of the self in incarnation at this time that it go back and attack with appetite and enthusiasm those remaining little tangles of feeling and emotion and sensitivity and self-awareness that have knotted and been snarled throughout succeeding densities, lessening in confusion through time, and yet the self is aware that it has work to do, and in the higher densities there is not the opportunity to work through faith alone that there is in third density. In higher densities the veil is lifted and you are able to remember all that you have done, all incarnations that you have enjoyed and experienced, and so you do seek to refine that choice of service and love that you made in third density.

4: And yet you have not been able to unsnarl that lack of

ple, from putting on shoes and going out and removing the sharpest rocks from the driveway. You learn to act skillfully from a place of love; to relate to the world in ways harmonious to the human's value system; to bring about change, but from a place of love and not from a place of fear. May we hear others of your questions directed either to Q'uo or to myself, or else simply thrown out loosely for us to decide who will answer?

45: We would say to this instrument: My child, you remember the parable of Peter in the boat at night on the Sea of Galilee 1, how Peter saw his teacher walking upon the waters to him. Recall how Peter leapt from the boat and walked to meet his beloved rabbi. Only when Peter became aware that he was doing an impossible thing did he begin to sink. And then Peter remembered to reach out his hand to grasp his teacher's. Always your beloved's hand awaits your reach. Always the turning to trust will not be in vain.

69: I am Aaron. I would also speak to this question. Amongst those of you who place high value on offering your energy lovingly to others and who look with abhorrence on the possibility of offering your energy in ways that will hurt another, there is popular misconception that when you are abused, you must be doormat to that abuse.

72: But also, there is a time to speak your own truth, not from a place of fear which would defend in the same pattern that the partner defends, but from a loving place to both of you which says, “This is enough.” The statement is not offered in condemnation of the partner, but offered in the same way that a loving parent picks up the crying two-year-old who is having a temper tantrum and who has begun to pick up items, such as pots, and fling them. The parent does not condemn the two-year-old; it understands that the child is exhausted. But it wraps it in its loving embrace and prevents it from doing further damage. It holds it lovingly until its energy has quieted.

80: In the bathroom meditation Aaron was speaking about, he said that when we move from a place of control, we contract into a self that can handle an overflowing sink. He also called this moving from a fear track and not a love track. Obviously this is not truly effective; but there is the habitual thought that to be effective in a situation that we find overwhelming, we do have to take personal control. Love is unlimited. Why don't we find it easy to trust that?

84: If indeed there are infinite solutions, if in fact there has never been a problem, only a situation that needs loving attention, then you must begin to ask yourself why these “myriad solutions” elude you. What is there that does not want to find the solution, because to do so is to give up being the problem-solver, to give up studying the problem?

86: What if G were to begin to visualize a loving and harmonious relationship with her husband? What if she sees how that experience of mutual fear can become two people treating each other with respect? Several things may happen. She may begin to have insight into why she is attached at some level to the perpetuation of the pattern of disrespect, the ways that this pattern keeps the ego safe even though the heart-self longs for communication and light. As she comes into awareness of the ways she has perpetuated the pattern, the heart's deepest wisdom intuitively will provide the pathways leading into harmony. I said before and I repeat, you must be willing to offer up that which holds to disharmony for ego-centered or defended reasons.

87: As Q'uo pointed out, you must be willing to take that hand which offers to you the strength, the courage, the love to follow in the path. It is not easy. But within those two movements—to offer up that which has so long been held and to seek the Divine without and within—within those two movements is the doorway to growth, to healing, to peace.

88: At this time I would pass this microphone to my beloved friend Q'uo for final thoughts and the conclusion of this session. I thank you all deeply for allowing me into your circle; and also, on behalf of all who live for the greater opening of love in the universe, my thanks to you for the courage with which you continue to seek those openings of love in yourself. That is all.

90: We are those of Q'uo. Dear ones, vampires and vampiric energies, those spears which assail and wound, seem to come from the enemy. Yet you are always wounded by your very self. You cannot go around such energy. You cannot escape from this energy, for like an ill wind, it will blow where it will. Yet you can enfold such wounding energy in an embrace which accepts the energy, honors it, and takes it in without

fear. Love does abide—not your love, but the Creator's love.

24.29 1995/11/18

2: Good evening and my love to you all. I am Aaron. With much joy I rejoice this circle of light. We have been speaking of different aspects of the devotional life. We come to a large aspect, which is ego's desire to blame. Somehow this that recognizes itself as entity may have experienced pain or felt a sense of humiliation or experienced a heavy emotion. Any of these arisings are uncomfortable and make ego squirm.

12: Fear is an illusion. It is an illusion to which the small ego self has become attached. It is a habit. To live the devotional life is to love the Divine enough to take that hand that is offered, to offer up those brown stones that Q'uo spoke of and allow the Divine to turn them into shining gems; to release fear, to observe and release attachment to fear. It is to look deeply at the ways in which the illusion of fear has been used as protection.

13: You then come to the truth of your being: that the divine Self has no need of protection. You may cut yourself loose from this illusion of fear and have the love and faith to come back and rest in that divine truth of your being, which is fearless. This is not a statement of condemnation of fear. It is simply a statement of a higher truth.

19: The Creator is not tame. The love that ignited creation is also that which destroys. Intimate contact with Deity can be fatal. And there are those mythical and also very physical and real entities throughout your history whose difficulties and deaths tell their own story. The custom of coming together in order to worship and to focus upon Deity is a most practical safeguard; for the dynamics of the conversation between the Mystery and the group is universal, touching each unique psyche gently, the energy of contact buffered by the group of like-minded seekers. We do not wish to frighten you but only to express to you our bias that it is well to be moderate in spiritual discipline and to make haste slowly. For you have an infinite amount of time to progress, whereas you have only minutes, hours, just a few million days, and then you are through the experience. We correct this instrument. It would indeed be a long-lived entity who had millions of days! Our sense in this was that this life experience is precious, and it was not any entity's intention to come to this illusion in order to ignore it or to preserve itself from social contact.

24: The hundred-and-eighty-degree rule applies also to those things which the world feels are important. The world does not value the laborer who washes dishes, but rather, values the surgeon who successfully excises diseased flesh from a patient, thereby prolonging life. And yet if the surgeon has not a love within its touch, there will be curing but no healing. Whereas if the seeker who does the dishes has that remembrance of the holy nature of all life, it shall be lightening the consciousness of the planet as it lovingly cleanses, rinses, and appreciates each dish; and the very dishes themselves shall lift their tiny voices in praise.

28: It is into the heart that is not being shoved about by ambition that the consciousness finds itself bubbling up with joy. We do not mean to suggest that any run away from success of a worldly nature, for it is not success but the drive towards success which influences the attitude. You have often heard the phrase, “in the world but not of it.” 4 Brothers and sisters, this is each and every Earth-person's situation. Many feel that they are wanderers from another planet; but we say to you that you are all natives of eternity, and you have all wandered to this place to be together and to help each other to see the Creator in the self, in others, and in each and every mote of manifestation. The living flora of your planet sings in everlasting rhythms the songs of its seasons. As we speak, your great tree creatures lift their skeletal arms to the night sky about your dwelling. As the energies within them tuck themselves away for the winter's sleep, there is the even-song of praise and thanksgiving. It is possible to touch into this energy simply by remembering that all things are alive and aware and loved by the infinite One.

34: Intimate contact with Deity, or any grasping at spiritual enlightenment, lays a fatal crack in the foundation when such grasping at contact or enlightenment is grasping from a place of fear rather than opening from a place of love. When the foundation is strong, when the homework has been attended and the opening to the Deity is a natural opening of the lov-

ing heart from a place of no fear or grasping—then it is never fatal, but expanding and wondrous. However, you are still in the incarnation. You cannot sustain the intensity of that contact. To seek to do so is to encourage another fatal crack. There must be willingness to come back into the relative human.

36: That intensity must be handled with caution. If it becomes the grasping of which Q’uo spoke, then you have the fatal crack. When the intensity derives from a loving heart that so deeply aspires to purify its energy, so deeply aspires to move itself into harmony, then that intensity becomes a powerful lifting device, moving the seeker forward on its path. When the intensity derives from the voice of fear that would fix that in itself which it sees as defective, then it is striving to build that third floor over the cracked foundation.

37: And so, there must be deepening awareness of which voice is predominant. Usually both voices will blend. It is rare for the human to act solely on one voice or another. But that motivation comes both from the heart of love and from places of fear. You do not need to get rid of fear in order not to be reactive to fear. You do not need to get rid of fear to speak and move from a place of love. But you need to be honest about fear’s presence and learn to make space for it so that it does not control you.

38: A wise man in your nation’s history said, “We have nothing to fear except fear itself” 5 ... to fear fear, to fear falling blindly into the grip of fear. But when we learn to relate lovingly even to our fear, then it no longer controls. It does not need to go away; simply, it no longer controls. It no longer has the power to urge you to build that third story. It allows you to tend to the foundation.

46: We are Q’uo. My brother, we are saying that when one is striving to be one’s best, there is skill in taking the self lightly. And when there is the lack of striving, then there is the opposite possibility that not enough effort is being made to live that moment to its utmost. The tendency is to strive for the visible or substantial goal and to gaze at the small homely details of life as that which keeps one from the business of living spiritually, whereas it is precisely in those time-consuming, personal chores that the greatest opportunity for spiritual work comes. For each action, each relationship, each detail and nicety of the day, is ripe with the blossoms of love, beauty, and truth.

69: I am Aaron. May I speak to your question, my sister? Yes, there is indeed a greater opposing force. This is not a problem. This is not bad/negative. When you lift weights, if you practice with increasingly heavier weights, you develop stronger muscles. When you practice returning love to increasingly heavy catalyst, you strengthen the ability to love. And it is the strengthening of that ability to love which will offer the universe the ability to move into its potential of light. 71: The concern is that between third and sixth density, negativity can be force for much suffering and so much harm. Therefore, your increasing ability to return love to negativity and not to heed it is one major force that will shift the balance. Negativity that cannot engender fear has no place left to go. This is your work. This truly is the core reason for this harvest: to bring all of the mature, loving, and wise energy into as strong play as possible—saying no to negativity, not with fear, but with love.

96: Please bring to your heart and mind the image or presence of one whom you love and who loves you. No matter how much love there may be between you, there are times when this one has hurt you and there are times when you have hurt this one.

97: We begin by asking forgiveness, speaking with open heart to this loved one. Can you offer the words, “I have hurt you, whether intentionally or unintentionally, through something I said or did or even thought. I have hurt you. I love you and do not wish to hurt you. It was my fear speaking. I am responsible for the speech of my fear and sorry that my reactivity to my fear led me to hurt you. I ask your forgiveness. Through the depth of your compassion, your kindness, can you forgive me?”

99: And he will ask you for the same opening. Think of the ways that this being has hurt you, intentionally or unintentionally. You might wish to tell him or her, “Love has been there between us, but also pain. Through something you said or did or even thought, you have hurt me. I forgive you. I understand the depth of your pain and I forgive you. I invite you back into my heart.”

100: Can you feel the wonder of the healing when that wall

between you comes down? There is so much space in forgiveness. We now turn to someone harder to forgive, which is the self. Please look at the self as you just looked at this loved one. What needs to be forgiven: the manifestations of fear as need to control, as anger, as greed, as pride? Observe the way the fearful self has moved on the basis of that fear and caused pain, not only to others but to the self. Observe the ways that self has hurt itself by not manifesting the fullness of self, but hiding instead in a small place.

102: Saying your own name to yourself, state, “I invite you in. You have been afraid and have acted on that fear. I love you. I hear you. I forgive you.” It is difficult to say those words to the self. “I love you. I forgive you.” Yet, these words become the basis for laying a firm foundation. They become the basis for the eventual dissolution of the myth of fear, like wading into that icy water on a warm day.

103: Enter this water of forgiveness and feel the peace in it. Say your own name to yourself, “I love you. I embrace you. I forgive you, and I will explore the further depths of forgiveness that I may open my heart ever deeper to myself and to all beings.”

104: My friends your energy is low, so I will conclude. There is a third part in this process which I would ask you to experiment with on your own. As you become able to extend forgiveness to the loved one who has hurt you, to receive forgiveness from that loved one, and to extend forgiveness to the self for its seeming imperfections, can you then reach out even further into the icy water to one with whom there has been deep pain? Can you ask for forgiveness from this being? And then, if only for experiment’s sake, can you breathe in and try the words, “I forgive you”?

105: Remember, it is a process. You are touching the possibility of forgiveness as you open your heart to the immensity of your pain and the infinite nature of your love:

106: May all beings everywhere love and be loved.

112: I thank all of you for inviting us into your circle. I love you all and wish you a good night. That is all.

24.30 1995/11/19

5: There are relatively easy spiritual practices such as meditation, prayer, contemplation and the reading of inspired works, the listening to inspired music, and the sharing of worship in groups such as this that light up your planet especially on this Sabbath day. And there are relatively difficult spiritual practices such as standing in the checkout line at the grocer’s and scrubbing the toilet bowl. The life of devotion is lived where you are or not at all. It is a common hope of those upon your earth plane someday to retire to a pleasant and secluded place where finally you can devote yourself to worship; but we suggest to you that the life of devotion is lived now, wherever you may be. It is the confidence and focus within that turns bare earth into holy ground, blazing with the incandescent light of love supernal, limitless, and whole.

6: It is your challenge to find ways to open the heart to the present moment and the love therein. You shall fail according to your cruel judgment, again and again. We ask you to know deeply and surely that each mistake, each error, each missed opportunity, is a gift to the infinite One just as much as each moment when you judge yourselves to be, as this instrument would say, “on the beam/in the groove.” Clumsy or graceful, awkward or flowing, your spirit is utterly beloved.

9: Thank you for this great privilege. The one known as Aaron and we can never express adequately our love for your pilgrim souls. Blessings. Blessings. Blessings. How reluctantly we come to the end of our time on the soapbox. Ah, the soapbox, the pedestal. We spout truth and then we come down and roll down the hill with you into the warmth of the water, splashing, playing in the sunlight. May you play together like others. May you be merry with each other. May you share each other’s burdens and joys. May you know that you are about the Creator’s business.

10: We now open the working to your questions. As our beloved Aaron says, simply express which of you wish to respond, and we shall go from there. May we have the first query, please?

16: You have all heard me call you angels in earthsuits. Yes, I, from the human perspective, you practice forgiveness because there has been the experience of pain for the human and the practice of forgiveness opens the heart. It is not just

to revel and enjoy being loved by the infinite One. And that which your love is to do, those places where your love is to shine, will come too and you will know them.

24: We would end this instrument’s part of this first larger question with a look at faith which is simply that quality that enables those who cannot see into the metaphysical world to act as though they could. In the metaphysical world which your spirit rests in at this precise moment and at all moments, you are a larger being by far. You have chosen many, many things about your present experience that have deep reasons for being as they are. Faith is a matter of trusting that this experience is on the track that you intended it to be before you came. But you will never receive an objective proof of any of [the] thoughts that we are sharing because it is essential that each entity within these illusions make the choices that they make without the advantage of knowing that they are right. It is always your free choice to love and serve the infinite Creator and to do it in this way or that.

35: I am Q’uo, and am aware of your query, my sister. We would recommend that interaction with these entities is most important, that the relationships of the family be emphasized and be supported in all their many expressions of excitement, interest and dedication. These entities, as each generation notes, seem to be of another order so that the ways of the culture, though providing many foundation stones for the new building, yet do not fit in every instance, so that there is the need for the individuality of each entity to be recognized, nourished and directed with a means of giving praise and thanksgiving to the one Creator in a regular fashion and in a way which gives the young entity a sense of wonder for the immensity and the infinity of all creation. The young entity needs to find his or her place within this infinite creation, and as the family and friends of each young entity provides support, the young entities are able to test their new legs in a safe and supportive environment. Give each entity those values which are most important to you, those means of discipline that show it that there is a way to approach any situation that takes into account the individuality of the entity and the rights of others as well. Make your discipline that which is both loving and firm that the young entity be made aware that it is indeed surrounded by those who care.

49: I am Q’uo, and am aware of your query and the request. We would say to the one known as R that the surgery and transplantation which has been effected is that which is designed to lengthen the span of life in this incarnation, for this entity is yet full of that which is the desire to serve, to know the Creator, and to learn that known as love. We would assure this entity that there is no power upon this planet that can remove it before its time and when its time has come, with rejoicing it shall go. It is also appropriate to inform this entity of that about which it is already aware, and that is that there are many upon the inner planes that move in rhythm with this entity, lending assistance where necessary, inspiration where asked and guidance at all times.

25.19 1996/10/06

6: Now, let us look at what we said earlier, that anger is a kind of fear. In your language you use words that are approximate and we cannot find words in your language that satisfy us in speaking through this instrument to distinguish between various aspects of anger and fear. However, generally we would say that love, that original Thought that created all that there is, is of a nature that is purely expansive, moving outward and radiating in all directions from every point. It is the great celebration that lasts to infinity. When that love pours through the vehicle—physical, emotional and mental of the entity within incarnation—that love moves into the field of the body at the base or red-ray chakra, that survival chakra, and if it is blocked there by contraction, by fear, not much energy can come through to move into higher energy centers. The same is true for each energy center.

7: Therefore, the first work upon the self having to do with anger is to see its place and to forgive the self for having this nature, this nature that contracts against threats, that defends against the enemy. That which is not love is illusion, yet that which is love is also illusion within your density. So when you as a seeker find yourself radiating within in hostility, aggression, anger, rage or resentment your first duty is to yourself and it is to validate and support that dark side, for that dark side is very concerned with your health and welfare

and it needs to be reassured, comforted and held as gently and lovingly as the baby at the breast.

11: What this means is that you as an energy user are put suddenly on short, short rations so that although the energy coming to you is infinite, the energy that is making it up to the heart chakra where it can open the heart is much diminished, so once you have accepted yourself for having this dark side you have the basis for a long program of work doing what we might call coming out of a hidden place. We gave this instrument the vision of a closet. It is as though your fear, your blockage, as you experience the catalyst that creates anger, contracts you into a crowded, small space and you feel that you would explode if you could to make that place larger, yet the skillful way to work with this anger once it has been identified, accepted and forgiven in the self is to see that there is a real concern which can only be addressed by love itself.

15: So, we encourage each to gaze unafraid at those dark emotions within, to love and accept them, and gently and persistently and with humor to work with them, putting them in perspective, seeing them for the vampires that they are and allowing compassion to flow as you enfold your dark side in your heart. The goal here for each is to open the heart.

33: I am Q’uo, and am aware of your concern and your query, my sister. This is the stuff of the third density illusion, the interacting of entities whose motivations, intentions and talents are varied, whose paths cross and re-cross bringing into play all of the pre-incarnative catalyst that was intended to be looked at in each incarnation. There is confusion, there is anger, there is doubt. There are many emotions that come into play as each relates to another and to others. There is in one sense no safety, for one is vulnerable at all times when one opens the heart in love to another. And in another sense there is only safety, and no damage can be done, for each is an eternal entity and all seeming damage is only that which exists in the moment to be worked upon as catalyst for future growth and the strengthening of the concept of the self.

25.20 1996/10/20

4: If you are an entity which enjoys itself you have achieved an enviable state of balance. It is the work of much compassion and hard-won wisdom to fall in love with the self, to be a support to that self in all of its uniqueness, with all of the quirks that signal and trumpet the imperfection of self. Each entity is uniquely distorted and each should celebrate and enjoy those distortions while keeping the weather eye out to find those quirks whose laughter is not kind and to work with those portions of energy until the same stimulus triggers, not a different response in terms of emotion, but rather a sense of compassion which embraces and accepts that which is seen as distortion.

9: For those who are of the biological female in body it may be said in general that the lessons which have been chosen are likely to deal with increasing the ability of the self to accept, to nurture, to forgive and to understand the self and other selves. For those who are born in the body of a male, the lessons in love frequently revolve about being one who can fulfill responsibilities and duties without recrimination or ill feeling.

16: So, perhaps to sum up, we encourage each to discover the self new each day, to find those areas which seem to be blocked or over-eager or in some way out of balance and to attempt to find time for silence and listening and reflection, time in which to open the self to that possibility of a better configuration of energies. It is a small thing to the conscious mind to pray as this instrument does, “Lord teach me Thy ways.” This sentiment can be said in many other phrases. However, that simple desire to know the better way has much more efficacy than the attempt to know precisely what to do next upon improving the self. The true work of spiritual evolution is done below the surface of consciousness, so you as a conscious being are working with your personality, working with your balance, working to aid your own evolution. When you choose to disengage the machinery of mind from the ephemeral business of the passing hour to the point where you become aware of the nature of the creation and of the self, when you can know that all is love at the same time you are expressing distorted views, you have indeed become wise.

compish that can create between you and the Creator any greater approval or any more vehement or intense love. Before any thought of you was visible to the most metaphysical eye, you were already created and loved, for the units that have been sent out to experience and to come back into unity have gone out and come back many, many times and as far as we are aware this is an infinite universe.

7: Now, what is the nature of this grand illusion, space/time? How can you use it? What is the nature of time/space, and how can you use that? Firstly, we ask each to consider the possibility that the right use of time is first of all the right use of consciousness or attention. Within your culture the weight of importance is generally given to actions undertaken and completed. There is much spiritual encouragement along the lines of “by their fruits you shall know them,” which entities almost always take to mean the fruits of time and attention which are money or projects completed or services offered in love, and surely all of these achievements are excellent and show that stewardship of talents and gifts that is, as far as we know, the right use of those gifts.

8: However, what this point of view misses is the far deeper importance of the way your consciousness is aligned with respect to the vibration of the one original Thought which is Love. Indeed, you may grade yourself, firstly, on that tuning with which you meet consensus reality moment by moment. To our mind, we cannot conceive of running out of time to do one’s main job because one’s main job is to experience in as clear and undistorted way all of those catalysts which come before you with that vibration which is most essentially yours which is closest to the tuning of love. This tuning, which one may think of as a constant such as the speed of light—let us say, the speed of love—is the same for all entities. However, each entity is unique, and so each entity’s path is unique. And each entity’s way of tuning the self moment by moment must be his own and not something taught to a group by rote, each person doing precisely the same as each other. The path to the clearest self-awareness is unique for each seeker.

9: However, we encourage each when thinking about the right use of time to remember to consider before all else whether the self is tuned to match the vibration of love. Each feels this constant within and we would pause for a moment at this time to allow each person to move into the heart, move the attention into that place within that is the metaphysical equivalent of the heart, the green-ray energy center. Here is the seat of love coming into the created body. Here is that holy of holies where love dwells fully, undistorted and pure. Moving into this sacred place within, open the heart and feel the love of the one infinite Creator.

10: Like the sun lights up the sky, the Creator rests in full strength within you, lighting your way. The key to this door, the key that opens the door into your own sacred heart, is silence, a turning within to listen to the silence. And this habit of turning within, of centering first upon the Creator which is love, shall stand each in very good stead as each attempts to seek the truth of its own being and its own journey.

13: Moving from that place within which contains truth, which contains love, one may begin to feel an energy—which has nothing to do with how much sleep one has gotten, or how healthy the physical body seems—beginning to enhance and energize not the body but the spirit which moves the body about. Each may find this a very present helper as she goes upon her way. This aid will enable each to know, recognize and acknowledge those gifts which have been given to each, for each has come with at least three things, at least, to do: to experience, to learn personally, and to use one’s gifts in service to each other, for in serving each other you serve the one infinite Creator.

14: We ask each to see each other as the hands, the voice and the face of the Creator. The Creator cannot smile upon any nor reach a hand to any, nor feed nor clothe any. The Creator’s voice, hands and actions are yours. You represent and give meaning to love by your service to the Creator within those with whom you share your fragile island in space. It does not matter whether these services are small or great or considered important or unimportant by any society or way of thinking whatever. What matters is that you are attempting to open the heart, are attempting to use your gifts, and are attempting to make what sense you can of your experience. These are your basic commitments in incarnation. These you may do minute by minute and day by day, and to the world you may be doing nothing useful. But each who has come within the glow of your smile or the friendliness and cheer of

an open handshake or hug knows that more is going on than just passing the time.

15: When entities attempt to think of time as a value inevitably they become completely frustrated. The reason for this is that time is illusory. It is tied into space as space is tied into time to create the illusion that something is happening, that there is a past and a future. In actuality, it is our understanding that we are all without space and time, without separation. All is occurring within this one instant that ever has or ever will occur. It is one whole. It is love. Through the illusion of time love is articulated and mirrored back to its source, and this is deeply, deeply satisfying to the infinite Creator.

16: So when you think of how you spend your time release yourself from the judgments of those who have strictures of what constitutes service and love, for by the way your being meets the world that it perceives through its senses each of you is giving the greatest gift of all to the Creator, to each other, and to the planetary vibration, and we feel this is worthy of being emphasized. For as your planet and as the entire solar system of which your planet is a part rotates into a never before entered part of time and space, it is nearing, closer and closer, true fourth-density space/time.

18: Wanderers who come to this planet from other densities have served as beacons of light through song and art and government and through all of the little-known and seldom understood ways in which simple vibrations aid the planet. And each of you is as a beacon of light. That light will grow dim or grow bright as you allow the infinite love that comes from the Creator to all to move freely through the ever-opening heart and out into the world. You cannot love, for your human love will be very limited. There comes a time when the effort must cease and no matter how firm the intention, love cannot any longer be expressed in a human sense. It is only when one quits trying to be love and allows love to come through the self from infinity that one becomes able to withstand that great force and to be able to offer it on a continuing basis.

19: So, each is encouraged to think of the self as a kind of light house or radio station with the light being brighter or the tuning being higher the more one’s heart is stayed in love, and is open to love, and is open for loving. All of these things are yours to give before you rise from your bed to begin the busy day. And no matter what gift you give the world during those daylight hours of commerce and satisfying accomplishment, that which is the deepest service shall always be your vibration, your signature that we would recognize from any other entity in the creation, no matter in what density or under what circumstances we met you. You are yourself, full of glory and full of a life that is unending.

21: What alters the basic vibration of any entity are those thoughts that one has and that one moves back into time and time again. Thoughts of “not enough.” Thoughts of “unworthiness.” Thoughts of “fear.” These keep that heart closed. However, when one gazes at whether one who does great things in the world is superior to one who does nothing greater than re-diaper the baby or take care of a pussy cat or simply get through a difficult day without complaint, [one finds they] are doing completely congruent acts because what is important with any act is the love with which it is done.

22: The one known to you as Khalil Gibran, in one of this instrument’s favorite quotations said that work is love made visible. Whether your love is invisible, except when you smile, or whether your love is incredibly visible with a thousand accomplishments, that love is that love and it is that vibration, not the acts which accompany it, that are your true gift to the infinite One.

23: So, if you worry, by all means get it all out of the closet. Number your worries. Revel in them. Roll in them as Scrooge McDuff in his money piles. Do that which concerns you to do whether it seems foolish or wise, whether it seems useful or useless. Your intuition may sometimes suggest to you odd things. To the extent that they do not interfere with your health or another’s freedom, by all meaning do those things which you have a hunch which are the right things for you. And worry not about whether you are centered if you are worrying, for truly we say to you that if you are a loving person worrying, then your vibration is very little affected by worrying or by anything else that does not close the heart. Each of you remembers a better way, and we would call that way the way of the open heart. Compassion opens the night and makes it daytime. Seek always, then, to center in love

bringing you back to where you were; you are then Love. And there is no limit to the amount of love that you can express. If there were a limit, there would be no reason to move into incarnation. As you are aware, the universe does not run on linear time; there is no rush, no schedule. So, you would rest in the astral planes, picking up those lessons of love easily as they came until you had reached that point where you could say, “I’ve learned it.”

17: As Q’uo just expressed, that shining light is always ahead. One has never finished, even in sixth density. I am not finished. There is always more to learn about love. You have entered incarnation in faith that this is a tool that will help you to learn about love, not to a finished point, but to continually enhance the process of loving.

18: We find that the wonder and beauty is that those that have graduated through the earth plane teach love and compassion to the rest of the universe. Truly, the masters of love in our universe are amongst those who have moved through Earth’s catalyst. It is a very powerful teacher. Yes, I like your image: the spot expands.

22: The practice of forgiveness leads you repeatedly back to the angel. But the practice of forgiveness is also what allows the human to put back on its microscope glasses and work with the knots of incarnation in a much more skillful and loving way.

44: Pride is part of the distortion of fear, part of that which wants to be somebody, to be safe and in control. How can the loving heart not open to the human who wants to feel safe and in control? When you embrace the fearful self that does not feel safe, the circumstances that gave rise to pride begin to diminish. And in that way, pride begins to dissolve. When there is nobody left who feels unsafe, then pride and anger and other such emotions will cease to arise. May I pass this further to Q’uo? I pause.

59: Is loving more deeply one way to move out of perfectionism?

66: I wish to inject something here. When I said love is the only way, I do not mean that you must find a love switch and flick it from off to on. The offer of love is a dimmer switch. You have found the switch. You keep nudging it up through many of the practices we have spoken of this week—through prayer and meditation, through the practice of generosity, through mindful awareness of how negative and harmful emotions arise, through reaching that hand up to Divinity and taking the help that is offered to lift you, through cultivating faith and patience.

68: The love that is inherent to you cannot help but manifest itself if you give it the opportunity to do so. May we speak further or is this sufficient? I pause.

72: We are those of Q’uo, and we seem to linger on this issue with you my sister; but we simply have such a love of talking. We have one last suggestion in this regard, and that is that you adopt for yourself the motto, “God bless this mess.” We are those of Q’uo and are open to further queries at this time.

96: May the love and light within this room shine itself out into the universe.

101: There are no words for my boundless love and appreciation of you. As you walk this path and sometimes feel alone, please remember how deeply you are cherished and be aware of all the hands that extend themselves in love to accompany you on the path. I pass this to Q’uo to have the opportunity also to say farewell for a while, because, of course, there is never a good-bye when one soul speaks to another. That is all.

24.31 1995/12/10

4: There is also a spiritual difficulty as the days grow short, and that is that when one is less comfortable, huddled in upon the self and responding to the increased darkness, one is also apt to become hungry for the food of spirit, for the light that appears as love itself, warmth within the heart, secure openness to the being. These things are more difficult to achieve. The balance is more difficult to find. And as we paint this picture we are hoping that you can see yourself in this picture and see in better context those concerns which you have brought to this circle. When spirit is turned in upon itself as darkness urges you to do, there is within the self that turning to the shadows of uncertainty and hesitation. Those energies which create the shadow that always follows faith, that shadow is inextinguishable, for the light that casts

that shadow is consciousness itself, and that sun does not go down. And yet in dark days it feels as though the inner sun itself has set.

5: In this atmosphere it is easy indeed to wonder, “Who am I,” and, “Where am I going?” Hopes and dreams seem somehow frivolous, for the energies are heavy and quiet. All this is as it should be, and we do not intend to suggest that the questions of identity and the path of the future are questions that have any negative import, for these are the questions into which you took incarnation to address. Indeed, all the knowledge of self was deliberately laid aside by you before the beginning of this incarnation, for you wished to be affected by the light and the dark. You desired to come among the people of this planet as one of them to experience all that you could and to ask yourself those things which sprang up in the course of the daily life. You had hopes of this bold venture called incarnation. You hoped to serve in the name of love. You hoped to learn those lessons of love which you felt were worth refining and emphasizing in your deep personality. You wished to form relationships with those with whom you have worked before to enjoy companionship with them, to learn with them, to share catalyst together. And each of you is doing all those things.

24.32 1995/12/17

15: This instrument is suggesting to us that we allow more time than usual for questions and answers, and so at this time we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those of Q’uo.

27: As the line of light continues to move upward, the spirit complex is added to those individualized portions of the one Creator which have been able to give and receive the concept that you know of as love in sufficient degree to so individualize the entity that it is ready to add the spirit complex and thus have the completion of complexes available for the free will choice of third density as to the positive or negative—so-called—paths of continued evolution. At this point within third density, in most cases, the soul then comes into being in its fullness.

58: I am Q’uo, and am aware of your query, my sister. We will attempt to respond. The entity, Gabriel, was one of a number of entities that assisted in this transmission, being the focus of the effort, was one which worked with the entity known as Mohammed as this entity had dedicated its life purpose previous to the incarnation to working with those of its own kind, shall we say. Thus, the effort was put forth by those of the density of love and light in balance, that being six, working with those of the same vibratory level who had taken incarnation for the purpose of such a mission.

79: I am Q’uo, and am aware of your query, my sister. We would recommend the path that moves to the heart of the matter. Look to that which is the integrity of the work. The one known as Jesus replaced the many laws of Moses with but two: to love the Lord, the God, with all the heart, the mind and the soul, and to love one’s neighbor as oneself. This entity moved to the heart of the work and gave itself in completeness in this effort and allowed itself to be used as a vessel or an instrument—not its will, but the will of the Father, the one Creator.

84: I am Q’uo, and am aware of your query, my sister. We would again recommend that you begin in the heart and end in the heart. That is, do all that you do because you love. Consider with your mind how you shall do, what you shall do, when you shall do, with whom you shall do. Make those plans. Do what you can. Then give over any dedication to an outcome by the surrendering of your will to the will of the One and receive that which comes with as much joy as you would any other gift.

88: I am Q’uo, and am aware of your query, and would suggest that the analogy is a good analogy, for the mind in its intellectual capabilities is able to refine the great outpouring of love from the heart in a manner which may be more effective in serving others as it takes into account that which they ask.

25.1 1996/01/14

4: There are many words among your peoples to describe this basic inalterable reality from which all things spring. Among those words we choose love. The love of the one infinite Creator is a vibration, a logos, if you will, and that pure love has generated that which you call light in order to create a manifested world. You are made of light which has been regularized and built upon. Within your essence, unchanged and unchangeable, resides this vibration, this logos. This is your true self. That true self peeks up into the passing days like the tip of a great iceberg, barely clearing the water, yet being a mighty mass below the surface. Indeed, all that your people's tend to think of as their identity, all were created and will cease to be.

6: How can one find this present moment? We suggest often the practice of regular contemplation or meditation, for within silence there is that key which unlocks the doors of attention. And into that sanctum sanctorum of the open heart, silent and listening, there resides the Creator whose name is Love.

7: We encourage each to form the habit of silence on a regular basis, for that voice which speaks in silence is that which gives life and peace. We do not say that it gives wisdom. Rather, we suggest that it works little by little to open the heart and the awareness to the presence of love. There are other ways to find love. If you gaze into another's eyes, truly looking into those remarkable depths, you may see the Creator. Even if you look within the mirror at your own eyes and look into them, you shall see that which you do not know or recognize as personal, for you carry within you a consciousness which is love. It is a matter of uncovering and recognizing that which has always been there, that presence which is closer than your breathing, more intimate than your hands and your feet. It is that which abides. And if you may find that center for just a moment in each day, the passing scene changes in its appearance, for the heart has changed, and so the eyes change.

9: Not all entities, however, will move into this new vibration because some there are who do not find themselves at all weary of the present world scene. Those who are pleased with this present world scene shall continue to work on the lessons of love that your illusion provides so generously. Those who wish to accelerate the process of their spiritual evolution will find that they wish to make a fundamental choice. This choice is the choice of how to manifest that love. The two paths of manifesting love we have often called "service to others" and "service to self," for if one looks into another's eyes and sees the Creator, if one can gaze in the mirror and see the Creator, then to serve the self is to serve the Creator and to serve others is to serve the Creator. We are those who have chosen the service-to-others path. This is what we know and what we share.

10: We encourage each to spend some time contemplating the implications of service to others and service to self, for in one path there is the giving up of the energy of the self to others. In the other path there is the attracting and magnetic pulling of others' energies so that they may serve you. The ability to choose is the hallmark of the Creator. This Creator loves each spark that It has flung from Itself. You are loved in a way far deeper than you can imagine, and whatever path you choose, the Creator abides with you. There is no time limit upon this process of evolution, so we encourage you to rest and gain confidence and from the practicing of that centering presence, you may find at any moment the door opening to the present moment. And we are with you as you go.

24: The continuing beyond confusion, beyond distraction, beyond the difficulties, is much likened to the tempering of the metal in a tool that gives it strength, burnishing it that it might shine brightly and continue in its service with a renewed strength because of the difficulty, confusion and so forth. Thus, as you see the difficulty in motivating yourself to complete your meditations, this in itself is likened to a meditation where the focus falters and moves from the one point so that it must again be returned with patience and love to that one point. As you continue to accept the difficult portions of your journey and of your practices you will find that there is an underlying strength that you build. To persevere and persevere and persevere is perhaps the most common

and at times difficult portion of any seeker's journey, yet to be aware that such is occurring within your own experience is an illustration of your own dedication upon another level. Thus, we can only recommend that you continue as you are with faith, with forgiveness, with acceptance.

30: I am Q'uo, and as it appears that we have exhausted those queries which you have for us, we shall again take this opportunity to thank those present for inviting our presence in your circle of seeking this day. We are always overjoyed at the opportunity to blend our vibrations with yours and to walk but a few steps upon your journey with you. You are not alone, my friends, even when you may feel great isolation, for there are those such as ourselves and many, many others who walk with you and rejoice at your every step of seeking the light, the love, and the truth of the one Creator.

25.2 1996/01/21

0: [overview] Our question this week concerns the affiliation between the Yahweh entities and the Mars population that rendered their planet unliveable. Yahweh became like a shepherd or god and this seemed to open the door for negative balancing opportunities. A negative entity from Orion claimed to be the original Yahweh and made a covenant with them so if they obeyed his laws their enemies would be laid low by Yahweh and they would prosper. We are wondering if this covenant made with the Jewish race and perhaps the Arabs too was why Jesus made a new covenant focusing on love rather than the eye-for-an-eye nature of the old covenant, and we are wondering what Q'uo might have to say about that subject.

13: In the testament of the one known as Jesus, the place of the law is simply turned upon its head as the one known as Jesus is quoted as saying, "Man was not made for the Sabbath, but the Sabbath for man." The direction to love the one infinite Creator and to love each other-self as the self is not a detailed, closed, or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom He taught that there is never an end to love. There is never the need to return to the old prescriptions and old taboos. These are not either/or situations but rather either/or processes, and as each student works upon its personal polarity, perhaps it will aid the student to ponder and remember these two kinds of promises, these two kinds of ways of thinking. And perhaps this can be instructive in showing the way, the balance, when that way seems unclear.

15: That call has come to many who wander within this world of yours at this time, listening for a sound, a tone, a letter from home, waiting, hardly hoping at some times, yet holding onto the faith that that which is within, that which is so hungrily sought, does exist. And we say to you, "Yes, love exists. Love is before, after, and around all that is." You do not seek an ephemeral. You seek that which is and that which exists perfectly. We encourage all lines of thinking which fascinate your minds, and we hope that we can, within your meditative periods, be with you as strengtheners of your own vibration. But we do continue to remark that the ways of seeking which are scholarly arid of the mind yield a limited harvest. This is acceptable to us. 'e can look at what is possible within your world and see that it will be helpful and useful. And we encourage those who are drawn to this material, to this subject, to continue that process of thinking, meditating, and reflecting, for these are helpful things not simply to the self, but in terms of service to others as well.

28: I am Q'uo and am aware of your query, my brother. The entity, Yahweh, from the Confederation of Planets in Service to the Infinite Creator, was one who spoke with those entities from the Mars influence in a manner that reflected the unity of all creation and the attempt to be of service to others. Through this speaking and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires, and expenditures of energy as portions of one great tapestry of energy, love and unity. All communications were based upon this simple recognition of the unified nature of all creation. It was the foundation upon which the interrelationship was built. Is there a further query?

37: I am Q'uo and am aware of your query, my brother. We find here . that there is some mixture of influence and there is some difficulty in interpretation although much is

15: Would you speak a little about the dynamic of love and faith. I think of love as active and of faith as being passive. Could you talk about them?

16: I am Q'uo, and am aware of your query, my sister. Love is in our way of thinking and being an activity which when experienced in its fullest is shone about much as your sun shines the light throughout the system of planets which is in its provenance. When one loves one is engaged in an activity that is the heart of being itself. Yet, one loves with the faith that to love is that which is most appropriate, most helpful, and is at the center of one's being, that this is the reason for which incarnation was taken; that throughout all of the experiences that one may accumulate within an incarnation that there is the distillation of how well one has loved that is the measure of the success of the incarnation. Yet, as we have said, there is the faith that also permeates this experience of love. Faith in the self to love, faith in those about one that are loved, faith in love itself to be able to transform one's own being and often the life pattern of those about one.

17: Thus, we see love and faith much as the tresses of a maiden, plaited up together and inseparable, if one is to be fully aware of the ramifications of love. There is the faith to continue when it seems that any response but love would be appropriate. The faith that to make oneself seem foolish and love when other, less harmonious, responses would seem to be called for is the situation in which the seeker of truth will find itself frequently as one loves in the face of all that comes one's way.

18: Thus, we can recommend to the seeker of truth no qualities higher or more difficult to achieve than having the faith to love and loving in spite of all obstacles that would seem to hinder or obliterate the possibility of love.

24: We feel a great joy at the opportunity to blend our vibrations with those of this circle, for it is in such serving that we are able to share that of our love with you and to feel with you the journeys that you travel, the steps that you take, the missteps that seem far too frequent and the lessons hard-won from all steps that are taken. We would wish each here to know that there is no step taken in any incarnation that is taken alone, for not only do we walk with those who call us to walk with them but each entity within your illusion is surrounded by friends that may not be seen or felt in any physical or mental way, yet there are those teachers, guides and friends who have been called to you by your own seeking and the nature of your experiences who watch you walk and who walk with you, and who hold the hand in the metaphysical sense when those moments of stress and trauma appear.

25.17 1996/09/08

4: Your query concerns how to know what your greater Self knows, and so we would begin to answer this question by commenting upon the true size of the individual soul or spirit. When entities upon your world gaze upon each other they see a curtain of flesh which covers that which cannot be limited by time or space. It is the normal reaction to gazing in the mirror to see the self looking back. And, indeed, for the duration of your present incarnative experience that image, for all outward intents and purposes, is you. However, that which dwells within that habitation of bone and flesh is an entity of such power and strength that one of the ways of expressing the self in densities to come will be to participate in being a star. The strength and power which is you is an infinite quality. We do not limit you to even the most extravagant measure of power, for each of you recapitulates that great original Thought of Love which created all that there is.

9: It is not that one must have faith in a destiny that is absolute, for that is not the way the world of spirit works. The lessons that each came here to work on are not lessons to be learned literally. They do not constitute specific wisdoms. Rather, they are lessons of the nature of, perhaps we might say, a seminar upon one issue or another. The issues are always about love. Some must work more on how to love. Others must work more on how to accept love. Some must learn how to love without possessing. Others must work on how to love with commitment and possession. But always these lessons are a theme. If you do not choose to go one way and get the lesson there that lesson will simply follow you along the path that you have chosen. One path might give you a more easily understood or more rewarding example of a way to learn this lesson than another. But always we ask you to

keep in mind that you cannot make a serious mistake. The reasons that you are here will follow you faithfully, and you shall have ample opportunity to work upon that personality that you experience as yourself.

10: The goal here is not to be full of the self. Rather, the goal is to be familiar enough with the self that you exhibit at this point of space and time that you become transparent to that infinite love which flows through you which brings you the energy to live and which flows through you to the world as undiluted, infinite love. You are seeking not to consolidate as much as to know the self. It is not that you wish to push this self around. Rather, you simply must learn that essence of self that is most truly you. Once you have come into a relationship with that self that is most deeply you are in the position to open to infinite energy and to allow yourself to be a channel for that energy. And thus each can become that light upon the hill that the one known as Jesus spoke of. The bushel that you are hiding your light under to some extent is that consolidated sense of self that is opaque to love and to the changes that spirit always brings. For spirit grows constantly. Love moves without end. Its very nature is a flowing and a vibration. There is nothing static about that great original Logos that is Love.

12: And so in meditation what you are doing is moving down to that subconscious mind, opening up that conscious mind by not using it, allowing the self to sink down, down to those roots where the information is clearer because it has no words. That still, small voice is truly silent. It is a rare entity which hears a voice which says, "Do this. Do that." What you shall hear is nothing. But for the one who waits in faith in the tabernacle shared with love itself there shall come a feeling of peace. It shall be either the peace which knows, "This is what I shall do," and can point the finger just there and knows its place and is content. Or it may come with that peace which says, "I shall cooperate with whatever happens because I know that what is mine will come to me." Both of these awarenesses are emotional feelings and both of these awarenesses contain great personal truth. We encourage each of you who seeks to know the next step, the next way, to move into meditation seeking that next step, asking humbly to become aware of that which is destiny for you.

25.18 1996/09/15

3: Talking about time is talking about one of the prime distortions that makes up your illusion. Let us then start with our concept of time and space. Although we cannot be sure of this, it is our opinion that time is a building block that exists in order for the illusion of sequence to offer the Creator's children a seeming sequence of events, small and large. It is half the basic building block of your perceived consensus reality, the universe as your culture and science know it. It is as though the Creator took the Logos, which is Love, and paired that great original creative Force with the means to make it into a perceived illusion. The means of this impregnation of love to create a kinetic universe is light, the basic unit of light. The photon, we feel, is combined with one unit of love to create space and time. It also creates time and space.

5: However, without the illusion the creation rests in unity. It does not dream or talk to Itself. Indeed, one might somewhat whimsically call space/time and time/space as the dream of the one infinite Creator, and in this dream the Creator hopes to know Itself. The Creator hopes that each unit of Itself, each being that is love, which each of you are, will experience those things which add to the knowledge the Creator has of Its nature, for it has generously given Its complete nature to each co-Creator of the universe. To us, to you, to the highest, and to the seemingly lowest of creatures that has an awareness of the self is given one nature and that nature is love. Through the machinations of time/space and space/time choices are made. Each unit of love finds itself progressing, finds itself offered any number of actions and thoughts and avenues and directions. And there is no attempt to control the thoughts and reactions of any, for each is treasured as it is. The Creator loves so completely, so utterly, so purely that It loves each and every tiny thought or kind or state of being whatever, including all of those facets of the self which this instrument often calls the dark side of the personality.

6: Loved as you are there is nowhere to go, nothing to ac-

53: I am Q'uo, and am aware of your query, my sister. The wanderer, as with any other third-density entity, must meet the same standards of giving love, of offering compassion, of opening the heart to the unconditional kind of love and compassion that are the fourth-density hallmark. Thus, the wanderer must meet these same standards.
61: I am Q'uo, and am aware of your query, my brother. We are always delighted and filled with the love and light of this group as it meets in workings such as this one. And as you disperse from this circle and share your light and love with each other in meal and conversation we are able to partake by experiencing this light and this love in its movement between you.

25.15 1996/05/12

7: And so there are two reasons why it is well for the seeker to go slowly and to monitor the self so that the self does not spin its wheels, shall we say, attempting the work of higher energy centers while experiencing low energy into the green-ray center. The lessons of love seem to be more uplifting in the higher energy centers. To the intellect especially this is true. However, it is our opinion that the advent of true open-hearted energy takes place only when the seeker has begun to value each energy center equally and begins any conscious work with a brief examination of each center so that imbalances can be seen by the self and attended to before the self takes the consciousness into those higher centers and asks it to function.

10: Now, once one has made peace with the first three energy centers, once one can feel that full energy is moving into the heart, there is another consideration to deal with before further work is done. This is a subtle, careful, work. It is the sifting and winnowing of the feelings and thoughts within the heart. Each entity has within the heart center all the expressions of love from the most refined to the most inchoate, unorganized and distorted. All feelings of the heart are true at some level, but the upper levels, the surface emotions of the heart, can be as the red herring in a mystery story, clues that lead in the wrong direction. If each can see itself as a kind of distillery and can see emotions as the raw products which go into the creation of the wine, there might be a good analogy of what it is to explore, refine and purify emotion, for the grape, with its skin, its fungus and its stems, the sugar with its impurities, the water with its impurities, [these together] are wine. However, they do not yet manifest as wine but rather as a collection of ingredients, mashed together, not yet finished. These are the emotions that the heart receives to begin with when new catalyst comes. Seldom is the entity receiving catalyst able to listen, see, touch or feel clearly. Usually, there is some degree of confusion in the response.

13: Now we stand within the open heart, gazing backwards at those powerful energies that make us strong, and gazing forwards at those energies which more and more merge with the metaphysical. This green-ray center has but one true polarity, and indeed those who seek in the path of service to self must needs bypass the green-ray energy center. So, for each who wishes to serve the Creator by serving others, we say spend as much time as you can within the open heart, for it is central and the light that it sheds moves backwards to the root and forward to the crown of all possible energies. The word passion, like the word love, has far too many connotations to be a pure word, and yet we say to you that the passion-pure heart is the greatest power within the universe. It is that seat where manifestation moves from within your incarnational experience. Its keeping clean and clear is a task that cannot be overdone.

25.16 1996/08/25

4: Now, this is an extreme example of how the way one lives and gazes upon reality as it appears before the eyes can affect changes in consciousness that bear fruit within manifestation. Several of you were saying earlier that the culture in which you live encourages the doing rather than the being, and this is a true and substantial point. Take a moment and gaze at the expectations which each has of the self. There is the expectation of enough supply to be able to amass a dwelling, vehicles within which to drive to various far-flung locations, numerous responsibilities having to do with duty

to family, to loved ones, to friends. There is the requirement of collecting the various gadgets of your people, the what this instrument would call electronics that make the life both simpler and infinitely more complicated by their use—the telephone to be more in contact, the various parts of the computer that this instrument is so fond of that offer new efficiencies in storing data and require more and more hours of work in offering this machine its daily bread. Yes, you live within an environment of consuming, collecting and doing. And, yes, you have absorbed these values.

5: Now, let us back up from gazing at the outer world, that world of flesh and bone and deeds. Let us call upon the deeper reality, that structure within the self that is infinite and eternal. It is this consciousness that is not a part of space and time that chose to move into just this perverse environment, just this materialistic society, just exactly this one and no other. Why? Why feel that it is a prize to achieve an incarnation of such suffering, such distraction and confusion? Sit with this “why” and know that only one answer will suffice, and that answer is love, for love is the beginning and the end and all things in between. Love it was, that one great original Thought of Love, infinite love, creative, powerful love that bore light. Each photon, each particle, if you will, of light is a pure manifestation of love and of this light are builded all the vibrations and nexuses of energy that form the universe and all that is within it.

6: And into this infinitude of worlds beings of light come, sparks of the heart of the infinite Creator—you and all of the family of humankind. Each of you unique as a snowflake. Each of you infinitely beautiful and valuable. Each of you powerful and able to serve, for you are love. Yes, within this veil of flesh each has distorted these structures and ideas and thoughts of love so that they do not shine like the diamond but are rough. And so within the flesh each feels the frustration of knowing her own imperfection. And this is a treasure, this awareness of the self in its illusory form as imperfect. This treasure is so precious because within this illusion, this seeming imperfection, entities have the greatest chance of choosing to live in love by faith alone, for there will never be any proof that there is a spiritual reality beyond that which can be seen, felt, heard and tasted.

7: It is just this difficulty, this confusion that you have sought so that you may play your part in the shadow world of Earth. Each of you comes as a messenger of light, a vessel full of love. It does not come from you. It only comes through you. You are not responsible for loving the world but only for allowing space within yourself so that a channel of life through you may be made from the infinite Creator. Through your smile, through your eyes, through your outstretched hand to the world flows the infinite love of the one Creator.

8: Yes, each of you has, shall we say, bogged down in the mire of too much to do. Yes, each of you is weary and this is exactly what you hoped would happen. This very suffering, this crown of thorns that the too short days are, is the destiny you have hoped to achieve, for it is in this very place, this very time that you can both learn the most about service and love and offer the most powerful service and love.

9: When all seems confusion and energy seems gone we encourage each to take a moment to say to the self perhaps just one word: love. This instrument, being a follower of the mythical system of Christianity, says one word: Jesus. Others might say Christ-consciousness. Whatever this love, this principle that has created all that there is is named. It is an infinite source of energy and calling upon love you shall be strengthened.

10: Beyond the attitude of love and service and faith that all is well the tool most likely to be useful when energy is low is the sense of proportion that enables each to see that they are tiny creatures standing upon a ball in the far reaches of an unimpressive galaxy in the midst of an infinite creation in which ten thousand years is an eye blink. Truth is eternal. The knower of truth is eternal. Each of you is an infinite spirit. The more you can remember who you are the more easily shall you be able to find that center, that place of knowing that is the holy of holies within. That place where the Creator waits for you patiently, hoping that you may stop. Open that door and tabernacle with the Most High. Feel that heart within you open as you think of love and know that the most important thing you will ever do is find that place and live there. It matters not whether you follow your head or your heart; there are no mistakes. But if you wish to cooperate with destiny you will consult your heart first.

carefully recorded and in a reasonably accurate manner. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process, being love and compassion, that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion...

42: I am Q'uo and am aware of your query, my brother. And we would answer by suggesting that the Law of One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction, and ultimate conclusion.

49: I am Q'uo and am aware of your query my brother. The phrase, “Son of God” or the phrase, “The Christed One” are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of Love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density where the study of; this creative power of Love is that which is the focus of all energy expenditure. Thus the one known as Jesus was able to offer itself as a model or pattern by which entities could move their own consciousness to a larger view in which the acceptance of self and others as one being was far more easily facilitated.

25.3 1996/02/04

0: [overview] The question this week has to do with the possibility that it might be as hard for service-to-others oriented people to accept the love offerings of others as it is to give love in service to others. In fact, many of us have the feeling that we like to be able to reciprocate in kind as soon as possible when somebody helps us out and gives us a helping hand because we want to be sure that we give more than we receive, that what we really want to do is to give. So, we would like to have some comments from Q'uo or anyone from the Confederation on giving and receiving and the importance of each, the difficulties of each, the advantages and anything you would care to say.

5: Now to your topic of the day, which is receiving the love offerings of others. Ah, my children, how you will laugh when you rise from the safe confusion in which you now play and amuse yourselves and look back upon the giving and the receiving that you have done within this Earth world that you call your home. It will surprise you to some extent, but perhaps not, for perhaps you already suspect that things are not as they seem.

6: We invoke the one known as Don's “180 degree rule.” Receiving the love offerings of others is the greatest gift you can give and is won by giving in service to others. When you reach the point at which there is no difference between receiving and giving absolute and unreserved love, then shall you be ready to learn the ways of wisdom. Until then, you must learn these lessons that seem so opposite: how to serve others, how to accept service from others. Yet are you not looking in a mirror when you gaze upon another? Is that entity not looking at the Creator when he gazes back at you? Is this not the essence of your being?

8: This instrument is fond of saying, “Keep the energy flowing; don't resist.” This is an excellent piece of advice. When it is time to accept love, learn, my children, to say, “thank you” with an open heart and a clear mind. The reciprocity is in accepting love without reservation or any evasion that would create an invulnerability between you and the other self.

9: Similarly, when you give, give wholeheartedly and you shall experience that event as if you were being fed by heavenly food. You see, it is not money, or places, or times, or any event, or object, or any occurrence whatever that is given or received, for what is actually occurring [is], you are a

thought. That thought is love unreserved, complete, utter and whole. This love chose to manifest itself and created light. That light in all of its rotations and degrees has built the universe in its infinity, and all that you see and all that you are is light. All manifestation is light in heavier and heavier outer garments.

10: Yes, but always each iota carries the signature of the one original Thought, which is love. All you give is love. All you receive is love. The rest is masks, symbols and placeholders. So, gird your loins to accept with joy when it is time to accept and to give with equal joy when it is time to give and know that what you give, you give to yourself and what you receive is what you have given away. All is balanced in the one infinite Moment which is all that there is in reality.

29: I am Q'uo, and am aware of your query, my brother. It is said among your peoples that each day is a new beginning. And indeed this is so, yet some beginnings are larger than others, for as we spoke previously, each entity has cycles and seasons of growth, of harvest, of quiet time, of renewal, of beginning again this great cycle of experiencing the one Creator in many forms and yet seeing how all dissolves to one concept or quality called love.

30: As you begin this, which for you has been an obvious new beginning, our only suggestion is the suggestion which we would make to all entities at all times—that is to give praise and thanksgiving, for that which is all seasons and all cycles, all experience, whether that which you call good or that which you call bad, difficult or easy, happy or sad, will pass away. And yet all will dissolve into this quality of love. And it is this unifying energy of love which seeks to express itself at all times and in all guises.

31: Thus, for one who begins a new journey, there is love. For one who ends a long journey, there is love. For one who feels confusion in the midst of what seems like a difficult journey, there is love. To be able to accept that which is in one's incarnation at the time of the experience is love revealed.

25.4 1996/02/11

3: We shall deal with these several questions in part separately. We shall speak concerning the instrument's question about those known to you as Hatonn. The principle which speaks through this instrument, as each knows, is a created collaboration between those of the social memory complex known to you as Ra and that known to you as Latwii. This combined fifth and sixth-density vibration was that which was called to your group at the time of this instrument's reception of our signal. However, as the one known as B made a decision to establish the residence in order to be a part of this group, week by week, there was a call for the compassion and loving attention which the ones of Hatonn so beautifully personify.

7: This process has virtually nothing to do with the Earthly values. That is, the lessons given for which the gifts are prepared are lessons in loving, in becoming more able to accept love, in the patience that is love's steely center, and so forth. These are Earthly gifts but in spiritual terms they move towards the metaphysical processes of spiritual evolution so that the entity which gazes at the world scene and attempts to make sense of the gifts that it has been given with regard to the world scene will surely be confused and stymied, for those things which are accomplished in the career, the working of the daily job, and so forth, are those actions which take place upon the surface of the illusion, whereas the spiritual work is being done through these everyday experiences but tending towards the building not of a worldly success but of the what the one known as B called the discipline of the personality.

8: So, one who has gained seniority by vibration is one who has taken those gifts that it was given and has attempted wholeheartedly to use them in order to work upon those inner lessons of love, patience, mercy and compassion. These are the actual riches to be gleaned from the Earthly illusion. The purifying of emotion, the cleansing of the processes of perception—these are the work that tends towards seniority by vibration. These gifts may seem to express in many manifestations, many fruits of labor, many accomplishments, yet the actual vibration of the entity experiencing these processes is the thing at question.

11: We are aware that this group is desirous of serving to the very, very best of its capacity and we feel that this is the

intention to be encouraged, that the attempt personally and the attempt as a group to share in love and service is the heart of that which shall indeed speed the processes of the spiritual evolution of each. For when there is the group that gathers together there is the additional energy generated by the combination of the entities which, as each in this group is already aware, is an energy that is doubled and redoubled far beyond simply the addition of one entity to another.

12: We are pleased with this group that offers itself in service at this time in terms of its sincere and honest attempt to be the best it can be. We can assure each that the world scene offers a story that has its most helpful points fairly well hidden in the folds of many and various details. It is almost impossible to dwell within the dream and know what lies beyond that dream. This is your situation at this time. This is not a situation we encourage you to escape. This is your appropriate position, not to know or to understand why destiny has offered this lesson or that but rather to gaze at that moment that is the present and to look with complete attention at the wonder, the depth, the infinity of that moment. Love lies within each and every moment of this infinite creation. If the seeking soul can keep its eyes upon that love, if the fainting heart and the overtired brain can remember that love, then the work which will encourage seniority is being done to the best of your capacity.

13: We encourage each to love, respect and enjoy the dream life that is the incarnation in the shadow world of Earthly life, yet not to expect it necessarily to make sense. We suggest that each not be fooled by what the world view may think in terms of the station you hold in life or what is actually going on. We encourage instead that living desire to seek, to love, to serve. Taste the keenness of hope. Rest in the fullness of faith, and keep the eyes upon the goal, and that goal is the realization of love.

42: I am Q'uo, and am aware of your query, my brother. It is the case, my brother, that when entities who seek the ability to give and receive that quality of love that is most closely aligned with compassion that the entities of Hatonn respond, for it is their hallmark that is able to meet most sufficiently the desire of a new member to feel the inspiration and the compassion together in the kind and quality of messages offered by Confederation contacts in this group, this call which was indeed offered by your presence in this circle some time previously and which those of Hatonn were happy to offer.

25.5 1996/02/18

6: Perhaps the most skillful expression of strong red-ray energy is the allowing of the self to rejoice in the feeling of health and life, to feel the vivid energy of the blood moving through the physical body, of the organs doing their balanced working, and of the nervous system opening and relaxing and turning towards the light of the physical world or that world of entities in which the expression of light, perhaps the lamp in the window or the smile that lights up the face, can express, for the red ray is in its pure form the energy that created all things, moving in its first expression into the individual splinter of the love and the light of the one infinite Creator that is each of you.

13: As you contemplate this energy of life know that it is but a shadow of something that is within each of you that is even closer to the Creator than the light that you welcome into your energy field. For light is a manifested thing, yet that which lies closer than your breathing, nearer than your hands, is that which you are: the great original Thought of Love. One may identify with the body, or one may identify with the consciousness that is the one infinite Creator. And depending upon whether the person identifies itself as body or as consciousness much may be affected. We encourage each of you, while loving the body, to see it as the shadow of the true self, that true self that took this second-density physical vehicle to be its home within the Earth world, that consciousness that shall drop the garment of the body, lovingly, gently and with thanks when it is time to move on through the door of death.

14: You are love, and you have chosen to come into the builded universe, that land of light and dark, and to enter into a vast round of experience, from the primeval blackness through the dim forms of earth and fire, through all the ways of the life stream moving through vegetable and animal and now you stand at the threshold of self-knowledge, self-

awareness, self-consciousness. And it is your precious task to take these gifts that you have been given and to offer them back up to the infinite Creator with as much increase of love and service, compassion and caring, as you can. The second-density red ray which is the environment which your body enjoys selects those entities which may aid it in promulgating the species and in creating a safe place in which to bring up young. The third-density red-ray energy adds to that the energies of self-conscious love which opens this energy up to embrace all, male and female, which takes that red ray and chooses to allow it to flow naturally, not only in the act of sex but in the act of living.

25: I am Q'uo, and believe that we are aware of your query, my brother. The energy which enters the feet and base of the spine is an intelligent kind of energy that is most likened to what you would call love, that creative energy which enlivens all creation. It is the enlivener, the energizer, and is the daily gift of the Logos to all within its care. A kind of manna, shall we say, which each entity will use in an individualized fashion. This is a tool of the soul, as you have called it. The soul essence of each entity is that focus of consciousness which exists from time immemorial and moves into the evolutionary process as a portion of the one Creator. It utilizes the various densities and incarnations within each density to achieve certain levels of awareness and expressions of energy within them.

29: Does this love energy come from the sun as a Logos or from the one infinite Creator as Logos?

34: I am Q'uo, and am aware of your query, my brother, though perhaps somewhat less able to express it in the precise terms which you request, for though such precision would be possible with other instruments we must content ourselves with the general statement that there is a clock-like mechanism, indeed, that is the cause, shall we say, for the harvest to occur as it does. For each energy focus, be it planetary, be it that of the Logos or any entity which exists as an individualized portion of the one Creator, will move in a spiraling fashion towards the light and the love of the one Creator. This movement is a progression of increasing awareness and expression of this awareness by the entities undertaking this process.

35: For those within your third-density illusion, the planetary progress, as this sphere which you call Earth moves through its own unfolding and position in the cosmic web of creation, will have those times during which the entities upon its surface and within its care will have the opportunity to demonstrate the level of apprehension of the unity of all things. Within this illusion the lessons of love and the ability to open the green-ray energy center to the experience about one and the identity, indeed, of oneself is the kind of energy expression that will find the opportunity to be harvested at regular intervals that are determined, as we stated, in a general fashion by this planet's own progress and position and will be offered as well as each entity is able to become more consciously aware of the evolutionary process. So, for the entity which has been more successful in untangling the illusory nature of its own existence in this third density there is always the opportunity to harvest the self at any point within this density's progress. Such entities are most likely, in the positive polarity, to remain with the planetary sphere until all of those of its kind are also harvestable...

60: I am Q'uo, and am aware of your query, my brother. There is a range of expression for each of the rays or centers of energy. For the second density to express the beginning grasp of yellow ray is to become enough individualized that the entity can give and receive that quality known as love. A primary example of such would be the pets which many within this culture enjoy, each pet becoming more individualized with the loving care of the third-density entity.

25.6 1996/03/03

40: Far more high, if you will, or exalted are the puzzled, confusing thoughts of one who loves with the whole heart than those words, however wonderful, which build an intellectual house for truth or have a central place for the heart. It is the heart that holds truth. It is the heart that can be disciplined to show those truths which now seem murky to the mind. It is the heart from which will, hope and faith journey into expression. It is the heart that gives meaning to the whole. The function of the intellect is the prosecution of that which

which you have come to learn anew as if you had never known them before. Remember to turn in thanks and look once more to find what depth you have not yet plumbed in each energy. In each, shall we say, division of incarnational lessons there is an unending subtlety and refinement of what we may loosely call understanding or balance. There is no end to awareness and there is no end to the path each of you shares, but only an ever more profound allowing of the natural balance to come into manifestation from that great well of potential that is the human heart.

11: Now, what can each do to open and strengthen this all-important first ray? We ask each to spend the time when the self is grooming and bathing and clothing that physical vehicle to care for it, nurture it and do those things that you feel will help it. In all ways find the way to give the most respect and love to this fragile, hard put, physical vehicle. Rock it in your mental arms. Hold it and tell it, "I love you. I love you. Rest easy, for I love you." You are that body's only human connection. You are that entry way where consciousness of self meets self, and you have been given this precious physical, chemically driven body. It has offered itself freely, given its instinctual life over to that consciousness that has never been born and will never die. This is a complete sacrifice of the body which, until recently, lived the instinctual life of the great ape. Know that you can nurture this body and that it needs your love.

12: The other way that you can open this energy center is by coming to grips with the sexuality with which this physical vehicle was supplied. Gaze at experience and come into ever closer awareness of the sacramental nature of this energy. That which is called sexuality is only the surface expression of that driving force which has created the densities. It is as though each of you had within the self a port upon the ocean of eternity, for through the physical vehicle of woman flows the ocean of life and to its shores come each male energy to enter and know infinite love, infinite energy and the miracle of birth from the forever into the now. And to the male has been given that driving enthusiasm that is manifested in that seed which is fertile and which takes hold and offers life within the ocean.

15: It is often true that the wanderer will not be completely aware of its difficulties of accepting itself. Therefore, the wanderer will project that difficulty outward and it will then feel that it cannot deal with other people. Yet other people are the mirrors which reflect the self to the self. It would be possible to work through the lessons of love without other entities but it would not be probable. It is the mirrors that touch your life that give you the information you need to turn within, and, little by little, find ways to deepen the love that you have for yourself.

16: Now, each would say, "Of course I love myself." And yet there is the self that criticizes self, that asks the self for more, that is never satisfied with what has been done. This instrument would call it being hard on yourself. Yet this is not an adequately deep expression of the kind of damage most wanderers do within themselves because they do not have mercy upon themselves. Somewhere, dimly remembered, each wanderer feels there is the possibility of giving, serving, doing, being more.

18: Beloved ones, know that your physical vehicles will always be challenged. Your reactions to other selves will always contain the inevitable biases which handicap you in physical and emotional ways but enlarge your area of action in other ways. So, perhaps the one word that expresses our advice on dealings between self and self would be mercy. Compassion and forgiveness heal. They heal the self and they offer others a place wherein they too can chose to heal themselves. Let your witness with this strong energy be that of the loving and the merciful. This instrument would say shepherd, but that is not the concept. We simply cannot give this instrument a more accurate word.

20: Within this energy nations are built and destroyed. Religions are started and abandoned. Peoples move across continents and cultures evolve, mature and fall away. And within each group there is the more balanced and loving and compassionate path. Within this large assortment of groups that each entity will encounter within a lifetime lie the matings, the marriages, the belongings, the revolutions that shape the present and the future. In this energy each comes into deeper contact with the group mind, the national mind, the racial mind and the archetypal mind. This is the seat of power within the entity. This is where the instincts of con-

trol and influence dwell. This is the place where the spider builds its web or decides to become another entity. This is the crucible of your lessons in love.

22: Community is something wanderers understand instinctively. That much almost always comes through the veil of forgetting that marks the beginning of an incarnation upon your planet in your density. The remembrance of a loving, supportive and steady family. The remembrance of men and women and children that are not only connected by names and by association but also by commonly held beliefs in service make the wanderer's plight very, very lonely within what this instrument would call the nuclear families of your Earth, for within these families there does not seem to be a constant and steady atmosphere of love, for when faced with challenges of yellow-ray energies many entities, wanderers and natives alike, move back into orange-ray energies and remove themselves from groups insofar as possible, or, alternatively, entities can choose to immolate themselves within a certain group or "ism" that there is no longer the necessity for making personal choices.

26: Moving into the heart, the green-ray chakra, that heart energy center, we stop and ask each to think upon the way in which energy works. Now, if there is a tightness, a stringency or a blockage within red, or orange, or yellow, to the extent that that energy is baffled, energy into the heart will not be as much, for there will be the energy bleed-off before the energy of the one Creator reaches the heart center. The energy that reaches this center is, in practice, that energy that the self has available to begin to work upon consciousness. The disciplines of the personality—learning to communicate, learning to find the sacredness of all things—these lessons of love are not well undertaken by those who have not come to some degree of balance within the lower energy centers, and this situation is perhaps the most typically devastating to the wanderer of all situations we could explore, for wanderers yearn so for the vibrations, the feelings and associations of home that they do not have the spirit and the energy to clear those blockages to allow confusion to reign as it will without becoming enmeshed in that sea of confusion.

27: We are being told by this instrument that we are taking too long to speak with you this evening and that the energies are somewhat flagging. And so we would simply halt at this point, realizing that perhaps at another session the circle may wish to explore this interesting subject further. We ask each to know that each is perfect and whole and in total unity with all that there is. This is reality. The rest is illusion. For each his star. Know hope and faith as you know your fingers and toes, and dwell in love. As the one known as Jesus has said, "Love the Creator. Love each other." Dear ones, if you can but remember these simple things each day will [be] doable, each night a cause for thanks and praise.

33: I am Q'uo, and am aware of your query, my brother. Whether one is a wanderer on a distant sphere or an entity of third-density illusion which has grown from roots on its home sphere, to love is to serve. To seek ways of serving more completely fuels this desire and the opportunities then present themselves to one who wishes to serve more fully. Thus, my friend, we say to you to desire to do so is to begin the process.

41: I am Q'uo, and am aware of your query, my brother. There are indeed those which you may call the dark angels which serve in their own way by providing the catalyst of which you speak. Any crystal shall fracture along its most flawed line. Thus, look into your own pattern of beingness to see those opportunities presented that tempt you away from love and service to each entity that you meet. When these opportunities present themselves it is your free will choice as to how you shall proceed. Perhaps the choice is made in action rather than in thought, thoughtlessly rather than in contemplation, seemingly by accident [rather than] a choice, and upon the foundation of this choice the dark angels, or loyal opposition as they have also been called, may offer the intensification of that choice which has been freely made. Then the wanderer who is like unto a light is tempted to dim that light of love and service. If possible, the dark angel would seek to put out or control such a light. Thus is their service offered and thusly do they evolve in the negative sense of the service to self, the putting into order, and the gaining of power over others. They are a part of the illusion as surely as is the light, for the one Creator blinks neither at the light nor at the dark that makes up the nature of the creation itself and its expression in this third-density illusion.

one attempts more and more to see each moment as a moment in the silence, to see that all is perfect beneath that surface noise and confusion that characterize mortal, human kind.

19: Now, service to others is, again, as always, paradoxical, for if one serves others is not one serving the self, and vice versa? Perhaps one way to think about serving others is to ask the self to wait, to listen and to become aware in more and more fullness of what that other entity desires. And when one wishes to serve that entity then one asks the self, "How can I express love in serving this entity?" There are many times when the only way to express love is to be silent, and in that situation that is the most loving thing to do. Where there is perhaps a request from another, then one simply responds to that request as best as one can.

20: This willingness to take time to listen to another is in itself a service and we encourage each to open those inward ears that hear what that consciousness is saying upon the level of depth at which the self and the other are most truly expressing, for some request those things which seem fair but which, within the self, are found to be wanting and in those situations one serves best by turning to prayer to find acceptance and love.

21: We give this instrument the vision of the starry skies in midsummer on a clear, clear night. As you breath in, you breath in the universe, and as you breathe out, you create it again. Each is so precious. Each so beloved. Feel that rightness, that perfection that is the basis of consciousness. Breathe in and feel the heart expand. Breathe out and feel that love pour through. You are the light of the world. You are the Creator's hands, the Creator's voices.

30: We would recommend that all who feel concern and love for the one known as P send this love upon the wings of thought which binds all things together as one being to this entity that she might be inspired by this support. We encourage the one known as P to retire within itself to that sacred room in meditation where she can feel and experience the presence of the one Creator, that she may rest within this presence and be nourished by it in her time of need. That after resting there, that she ask the questions of her heart within this sacred presence and feel the response growing within her as certainly as does the life force grows within the child that grows within her now.

31: Each entity may take refuge in this sacred room and feel the presence of the one Creator there. Within this sacred room there is protection, there is love, there is light, there is unity, and there is direction through the maze of choices that this illusion offers that both confuses and illuminates, that opens doors and shuts doors. Within this sacred room there is the clear inspiration of the one Creator which moves through each entity's life patterns, for the most part unnoticed because ignored. If entities seek regularly within this place of unity there is support and direction.

32: We cannot speak more specifically but can send our love to this entity as well, and this we do.

43: I am Q'uo, and am aware of your query, my brother. To forgive is, shall we say, to give love for whatever has been given to you. Thus, there is no condition other than a relationship and an interaction between entities. The desire to forgive is enough with which to begin. If one places conditions upon the forgiveness then one is beginning in a fashion which will yet require refinement, for to truly forgive another one must erase all conditions. There is the giving of freedom by removing conditions, the allowing and accepting of free will by removing conditions. The gift freely given is the one with the greatest value, shall we say.

53: How may I best be of service to my son in raising him so that I do not interfere in his spiritual path and yet teach him what I know in the spirit of love and guidance for whatever is best for him?

25.13 1996/04/21

5: As we ponder how to discuss this interesting topic we find ourselves moving to the consideration of that which is the essence of each individual seeker. That essence is, in all cases, the perfect vibration of love which is the great original Thought distorted in a way chosen by the individual into patterns which are unique to that one individual so that each entity is congruent with each other entity and at the same time, and antithetically, each individual is entirely separate

and different from any other, for truly, as with the snowflakes, there are no two entities just alike.

14: There is an art to seeking the will of the one infinite Creator. That art is grounded in the faith that you do have a proper path. And we do say to each that each does have a very appropriate path. Now, each path is open to the free will of the individual, but as that path unfolds each will be unable to avoid following the path, for it is not a straight path. It is often a roundabout and complex path, but all variations of your path lead you to the infinite love of the one infinite Creator. No matter what general permutations of your path you choose you still are upon your path, for the path is more a journey of self than a journey within time and space.

23: When we do this blending of vibrations we tend to work from the violet ray or crown chakra down to the heart chakra and work with the reservoir of accumulated love that is the essence of your being by blending our love vibrations with yours and aiding the opening of the meditative state or the reduction of the conscious state. We then hope to offer a more calm and peaceful environment in which you may practice of the one infinite Creator. The responsibility that you and we share in this blending of vibrations is the responsibility to use this blending in service to others. Whatever essence or kernel of love you may feel and connections you may make in your own understanding is a fruit, shall we say, that may be of service to others as you put it to work in your own life pattern. The same is true for us.

28: There is, however, as you are well aware with acute sensitivities intact, much of friction or wasted energy it would seem that occurs when entities inhabit an area of work that is the place where the personality shall find its fullest play, and the play of more than one personality conflicts with others. This is the very stuff of your density, my brother, for whether the interactions are long or short, intense or not, there is always the opportunity to give love for whatever is received from another, each instance offering a certain degree of difficulty, yours being more challenging than most for you at this time. Yet we can assure each entity that each personality and opportunity to interact with them is given in a way that is possible to achieve, to give love rather than conflict. We can only suggest to each entity that the meditative state be used as often as possible in order to return one's own desires and intentions to the proper tuning.

31: As you have observed previously this day it is difficult to be vulnerable. When one is wishing to give love and acceptance in place of any conflict offered to the self, one is placing oneself in a vulnerable position, for there is not the attempt made to protect. To protect is the more common or natural response from entities who are working their way towards understanding. It is not easy, as you are well aware, yet it is always possible and it is for the possibility of such a breakthrough that such efforts are made.

35: We have felt great desire, as have you, to be of service to others. However, we are somewhat more accomplished at feeling the opportunities and answering in a manner which is appropriate, for it is always possible for us to simply send the vibrations of love, light and healing to those who are in pain and who call for such healing with their anguish. It is not so easy for you to do this, yet it is also possible if this is a ministry that one would wish to take upon one's shoulders.

36: There are many entities that one meets in the daily round of activities and even the smallest smile or offer of assistance can mean much to any entity. To give even the smallest amount of time and energy to another is to assist. To wish to assist is to lighten the vibrations of this planet by the simple desire to serve another in love rather than to bring difficulty and grief to another through machinations of the mind and the random thoughts that accompany such random desire. Thus, the tuning of one's own mind/body/spirit complex in the desire to be of service to others is in itself and in its essence a service. Where there is desire to serve, there is always the opportunity to serve.

25.14 1996/04/28

5: We are aware that each has a good understanding of the various energies that lie on the path or pole line from the entering energy at the root or red-ray energy center and that move upward through the body's [energy centers] to exit finally at the violet-ray center, moving, as does each of you move, from the basic to the more advanced lessons of love

needs to be done in order to make the physical being comfortable and happy within the world.

45: We are those of Q'uo, and shall attempt to do so, my brother. Picture, if you will, the color and energy of anger. Not anger at an object, but that emotion. Perhaps you might even see within a certain color—or complement of the color—this is the coloration which you as an entity at present give to a truth which is called emotion. Picture, then, that color and texture which is the shape of love, of joy, of healing, of grief, and so forth. These deep feelings, shall we call them, are truths. And they are not in their pure state either limited in any way, or of negative connotation, or positive connotation.

58: We are those of Q'uo. What a thing it is, dear ones, to open the heart. What great adventures lie before each. What great puzzlement, bewilderment, as well as joy await each. We thank you once again that of all the places upon your Earth you chose to come together to share with us hope and love and the desire to know the truth. You enable us to serve and we most humbly thank you.

25.7 1996/03/10

5: Each entity walks upon two legs. When the spirit finds its legs, one is the light, one is the dark. Together they make one holograph which is identical to the infinite Creator. The shadow self is to be related to, then, as one of the two legs which cause the spirit to stand within the illusion in which each finds itself. One relates to the shadow self as to the musculature, the connective tissue, the power and the strength which enable the spiritual seeker to stand fast through times of difficulty and woe. The shadow that seems so heavy and dark is also that which grounds and sustains and makes secure. The will is part of the shadow self. This will animates, informs and vivifies those ideals, hopes and dreams which the light portion of being so loves to dream. The shadow side is that which persists until all has been accomplished.

7: We are aware that the demands of the physical vehicle may seem to be dark and inconvenient. The belly calls for food. Sexuality calls for the mate. The body demands to breed, and chaos threatens if these needs are not met. Then it is often that the seeker must deal with the shadow. May we suggest the taming of the wolf, the learning of discipline for the dog, and the love of master for a faithful companion and servant.

16: The processes by which one becomes able to discipline this dark side is individual and each seeker shall wrestle with those dark angels as each continues to discover, accept and discipline new aspects or newly perceived aspects of that dark genius. We are asking each seeker, then, to take into the heart the full spectrum of self and to love each and every aspect and yet to find ways to express only those things which are intended. We do not wish you to run away from what is one of the great strengths of the self.

35: We are those of Q'uo. My brother, the sending of love to this instrument is already being done and there is no greater gift or help for this instrument than that. We thank you for your concern and thank each within this group for supporting this instrument.

25.8 1996/03/17

5: We seek. We yearn. And we desire to move beyond self, and yet that to which we move is self, that great Self that is the Creator. Indeed, moving up the ladder of evolution can, from one standpoint, seem like a process of things falling away that we thought we knew rather than our learning more things to hold onto, for each and every thing that you can hold onto will fail you. The only thing that does not fail is love itself. Love remains, passes each test, and waits for the weary to finish the current round of tests and questions, wonderings and murmurings, waits patiently, waits with all the love, literally, in the world. Our self awaits us between each word, between each breath, between each bone within your bodies, between each synapse in your nerves and brains. Love awaits.

6: Are you in the desert? Love will find you there and will hover about you with living water, waiting for you to open the door to the present moment. Are you in the garden, the oasis of life, where blessings abound? Then love is everywhere. Then it is easy to forget that the feelings, the emotions that

run high are not those deep emotions that are the tide of the heart, for when times are good it is easy to be lazy and to move away from that holy of holies again, for all is so beautiful and so lovely and so pleasant. It is easy to be content with playing in the garden.

7: Yet, the love that awaits is not that full sunshine of noon, is not that fountain of water that satisfies physical thirst, is not even those emotional structures, if you will, that accompany that blessed state of contentment. Love gives life and yet also it is a call for more remembrance. Love calls to itself from within the good times and bad as experienced by you. It remains the same in bad times and good. It can be perceived only fitfully by the incarnate spirit and yet those moments of inner awareness, of holiness, of that presence of self in its wholeness are enough and more than enough to exalt and strengthen and inspire.

8: We encourage each to move into remembrance as often as it can be thought. The remembrance shall be of love. That love, in its power and strength, in its grace and beauty, has created the harmony of all the illusions that there are, an infinite and infinitely complex system of fields of energy, an illusion created by a Self that wishes to know itself. It loves each field of energy that it has born within its mind. It nurtures moment by moment that infinite and eternal consciousness that is itself within each of you. We call you to a deeper awareness, the awareness that is in the grounds of being, beneath the surface of good times and bad. We call you to remembrance of love.

9: Ask yourself to remember, to give thanks and praise. We ask this, knowing that it is nearly impossible in the midst of the illusion to have a constant and faithful memory, yet if a desire is honed and sharpened day by day that faculty will create a rhythm of evolution that is accelerated, for that within you which is deep enough to remember moment by moment is that self towards which you yearn, that slightly more aware and then slightly more aware self that is opening its consciousness up to the infinite depths of the love of the one infinite Creator. When this love is realized in memory within it is as always when one is in love, the outer illusion becomes extraordinary and each and every trick of the weather and happenstance of the day can be seen to shine with excellence and beauty.

16: I am Q'uo, and am aware of your query, my sister. Over the years of your time during which this group's efforts have been offered in the form of service to others in the channeling there has indeed been a great array of topics covered, for there are many, many ways by which love may be approached and it is our great privilege to assist any who wishes to know more of this power of love and the one great original Thought that produced love in all its infinite forms. Though the sharing of this information in many forms so that the mind may consider and the heart embrace more fully the concept of love is a great service to offer, it is not the heart, for the heart of this blending of our vibrations with yours at each working is the seeking of love and the sharing of love, the birthing of love that did not exist before the blending occurred.

17: Each time that we are able to utilize instruments such as these present we are able to give and receive not only information and inspiration but the essence of love, the seeking to know, the seeking to share. The seeking, this is that which is most fundamental to our times together. This is much like the carrier wave of the radio stations that infuse messages upon this primary wave of energy. Thus, at each working we, with you, are able to create another form, if you will, which love may take in the attempt of entities to apprehend it. It is a joy and a pleasure to see what interesting and intricate forms we and you create. Yet it is a blessing that each is made of love. Through the opportunity that you offer to us and we offer to you, thus the treasure is the time together. We thank you for each such opportunity and bless you as you sit and ponder the possibilities of your purpose and your gifts.

20: Would you, from your standpoint, rank both silent meditation and channeled meditations as equal as ways of sharing the presence of love?

21: I am Q'uo, and am aware of your query, my sister. And it is a difficult distinction to make as to whether there is more or better love created through one form of meditation or another, for each is potentially full of that quality that we call love. Some entities are more biased, shall we say, or appreciate the silent meditation, for it speaks not to the mind but more directly to the heart and the foundation of one's being. Whereas with other entities it is necessary to go through

the doorway of the mind, shall we say, in order to reach the heart in a fashion which is appreciated by that entity, though the heart may be reached without the entity's appreciation in silent meditation. Thus, the choice is yours. We could suggest trying each and assessing your own appreciation.

25.9 1996/03/24

11: The skill with which one handles situations involving other selves is a good resource to encourage in the self, for one who seeks to serve others naturally and organically wishes to be helpful and positive in the effect one has upon others. And we congratulate each when each has treated an entity with compassion and kindness in excess of what one may be feeling internally, for it is well to treat others kindly and with love. Yet this activity of social intercourse needs to be seen as one which does not demand a balance but rather demands the most—this instrument would say—Christ-like response or rejoinder. Being true to the self by being kind even when one does not feel kindly is a polarizing and positive choice. Yet, if this unbalanced action is not taken into the self in some way and balanced or assimilated it will drain the entity of energy for the entity will be speaking a lie. In order for the self to gather its energy anew there must be the process of looking for and seeking the truth of that imperfect and polarizing experience within the illusion.

12: Much of health is involved in this process of balancing, for the self is as the soldier at the line of battle. Often there is incoming fire that wounds the self. This wound needs to be attended to. The wounded self needs healing. The healing takes place due to the seeker's willingness to open the self and its imperfections to the centering influence of the largest perspective. Now, the largest perspective is that of love. In love the opposites are reconciled. This love is the seed of each of you, the truth at the center of you. It can be realized, not by taking it, but by releasing self so that that self which has suffered during the unbalanced actions of self can be bathed in the living water of truth.

18: Let us pause to allow each present to open the heart to that center which is the Creator: love. We pause for a moment.

20: Now, as we speak keep this center, this heart of self visualized, see it as the glowing ball of perfectly white light that is dwelling within the darkness of flesh, as the sacrament within the cathedral which, within its place upon the altar, expresses and identifies that huge structure [though] it is only a small wafer of bread. This perfect light cannot be brought into your illusion, but it can be distorted by each heart that bears witness to it imperfectly. Love abides within each. Light dwells in the very heart of each. This is your truth. All else is language.

21: The way to pursue being a witness to the light is to live today. The hopes for tomorrow, the regrets or memories of yesterday, aid in many things but do not aid in bearing witness to the love and the light within. By the time the impulse has reached the manifested expression it no longer bears witness to truth but to the judgment of the individual who is editing the self. Therefore, go ahead and edit the self, for such is the way of service to others. But allow the self to heal from these expressions by spending time and attention just letting go of and releasing the pains and joys alike to the infinite One. These are the harvests that the Creator desires. These are the expressions of love that the Creator appreciates. Just as you are, you are loved, and this is the thing of the moment, for each moment, each instant is as that point from which a universe of possibility depends. Each moment is a moment of choice. Each moment is an opportunity for witness. Each moment is infinite.

25.10 1996/03/31

4: Our model of the experience of humankind upon third-density Earth is that of the second density physical vehicle with an instinctual life of its own which carries a consciousness that preceded the first spark of life within that physical vehicle and that lives on into infinity after the expiration of the physical vehicle's second-density life. This image of the so-called naked ape carrying truth, love and infinite values is a useful model because it offers a way in which to think about the human experience of the self that is in the world but not

of the world.

14: The entry into individual expression of love that is each questing itself is that which can be trusted. There is a true engagement of consciousness to this spark of flesh that houses it. It is secure, and it represents a vast array of awareness that is not thought-driven, but is rather driven by love, with love, to love, for love's sake. Unlike the individual with the delineated face and body and ways of speaking, there are no set limits to self at the level of consciousness. The program, shall we say, of that infinite self is non-logical, non-intellectual, nonphysical. It is as that which sings the tune. It is that bell which is struck, and when struck rings in a certain combination of tones that is unique to the self, that has evolved itself within your infinite consciousness. Unlike the mind of second density which accretes knowledge and holds it against further need, the self's infinite mind simply moves between the various—the closest word you have is "emotions." There are true states of emotions that have purity and clarity and the self that is the citizen of the stars swims within this infinite sea of feeling and that which is felt is automatically seen with thanksgiving for this is the way of love itself.

15: This consciousness does not work upon a particular tape or a particular problem. One could look at this consciousness that is infinite as a metaprogram that the computer that is the living mind can access by opening certain doors between the conscious and deep mind. Each is familiar with our constant recommendations for periods of meditation and contemplation within each daily period. Within those times of silence within, the Creator speaks those words that have no words, those thoughts that have no concept. And yet, because they move from love itself, when invited they come into the interior conscious life with healing in their hands.

16: We cannot say enough about silence. The silence within is a precious gift that you give yourself. When you open to the presence of the one infinite Creator, wonderful life-enhancing energies can flow into the sore and aching cracks and crevices of the conscious life, offering that strength that is love, offering that higher and deeper truth that is love, offering a larger and yet again larger perspective, for that is the way of love.

23: I am Q'uo, and am aware of your query, my brother. There are those comments which we may make and those which we must refrain from making in order to assure the integrity of your free will. Firstly, your ability to give and to receive the energy-filled love is that which you have begun to discover in your own experience. There is the necessity upon your part to continue to investigate the nature of this ability, for it is at present functioning at a level which far exceeds your grasp of it and this is something that does have an effect upon you. We may also suggest that the suggestions that have been made to you previous to this session's beginning may prove of assistance in a practical manner.

24: Yet, to these suggestions we would add that any action taken needs to have two prerequisites, shall we say, that the desire to seek be honed in your meditations, that you seek within your meditation to understand not with the mind alone, but also with the heart, the nature of this experience which you share with another. The second suggestion follows closely upon the first, that being that any action be built upon the foundation of heart-felt love, for this is not only the greatest protection for any entity, but is also the greatest healing effect that one can provide for the self or another. It is helpful in all third-density experiences to attempt to grasp the parameters of the experience and to contemplate and consider carefully the experience which you share, and this we also suggest, but in a role which is subservient to both the meditation and the imbuing with love of all actions considered.

63: I am Q'uo, and am aware of your query, my brother. We would not choose to play the part of the technician that would turn one dial up and another down in order to achieve a certain sound. It is rather our estimation of the effort which you have put forth that it has been put forth with a great deal of love and attention to the desire to be of service. This is the critical feature. You have done the equivalent of planting the seed and providing it with water and the appropriate environment in which to grow. We are of the opinion that this is all any can do. That which you have done has been done with an whole heart and is in itself its own reward as far as you are concerned. That it may also be of service to others is a possibility which will become a reality in its own way and in

its own time, for there are unseen hands which work to aid each in the service that has been chosen, and the ways of the assistance being put forth are many and mysterious.

76: Thus, the one known as Jesus wished to offer itself as one who provided a pattern or model of beingness that delineated the nature of sacrifice and transformation, that there was indeed no death which would end the experience of consciousness in this illusion, that there was the possibility of using the illusion about one as a means by which one could give and receive love from all other entities according to the desire or choice made within one's own being, no matter the circumstances without the self.

77: Thus, the one known as Jesus was able to offer its own life as an example of the kind of transformation possible for each entity within this illusion. Thus, this entity used the illusion for a greater purpose than becoming any kind of king or power within the illusion. This entity offered a means through the illusion and beyond the illusion as it explored and shared the love of the one Creator in a pure and undistorted fashion.

25.11 1996/04/07

3: We encourage each to lift those blinders as often as possible to lift the self into faith, into hope, into peace, by thinking upon these things. Thinking upon the concept of sacrifice, concept of a love that would give itself and spent itself to the point of death. Each has known great heroes and read of mighty deeds, but each is a hero within his own creation. In one season, it is easy to see the self as together, efficient, able.

6: My dear ones, you are the light of the world. It is from hearts such as yours that the light of your planet comes. It is from lives such as yours that the great procession of life and death is [imbued] in the passion play of life on earth with honor, dignity, compassion and deep caring. You have within you every [force of death] and every [force of light]. Nothing has been left out of your makeup. It is the way of the spiritual sojourner to live that uncomfortable life that is aware of these matters, that is aware of the great wheel of evolution working through time and space to bring consciousness to that infinite present moment, where that great love that created all that there is suddenly explodes into light infinite and indivisible.

12: I am Q'uo, and I am aware of your query, my brother. Each seeker in the process of seeking will find those resources that are of assistance in the revealing of the heart of love and the nature of truth to the seeker. As the seeker becomes aware of more principles, shall we say, that are applicable to the life pattern the seeker has the responsibility of utilizing these resources in the service to others and in the enhancing of the life pattern. If the seeker is unable or unwilling to use that which it has learned, then it will find greater difficulty in its future seeking in discovering further principles and resources that will assist in this process. Thus, the Law of Responsibility simply asks each seeker to use that which is learned to the best of its ability in the life pattern, in revealing love to self, love for self, love to others, love for others.

36: I am Q'uo, and we are most grateful to each for the offering of those questions which have been given to us in love and in true desire to know the truth, and we again thank each for the being which each brings into this circle of working, for it is your being which is of inestimable value, though most are unaware of the value or the being, for it is that which is at one's center of heart, and this is the journey my friends, to move to the center of the heart, which would seem to be a quick and easy journey. For do you not carry it with you? Oh, but, my friends, this is the infinite journey, for are you not all things and are you not the one Creator? So when you seek the heart of love, you seek the heart of self and you contain and express the heart of self in ways which even you do not begin to understand. Have faith, my brothers and sisters, for this is a journey that you each are well set upon. There shall be difficulties. There shall be challenges. How else shall you learn that which you do not know? But if you have faith and continue with a strong will, you shall find the heart of yourself and the heart of the one Creator in the same place.

25.12 1996/04/14

3: This day you have asked for our thoughts on what are the steps for achieving harvest, the harvest of third density, those specks of light which we have talked about. How can seekers learn to bear the intensity and fullness of the light that illumines fourth-density illusion, for you see all within our grasp is illusion, yet each harvest delivers the seeker into an illusion that is fuller of light, that light which is the first manifestation of love.

5: This instrument was saying earlier that none is worthy, and the one known as Tom suggested that all are worthy. And we say to you that as with all paradoxes this is the mark of the spiritual, this is a sign of the metaphysical: paradox and puzzlement—for each statement is quite true to the best of our knowledge. No one is "worthy" if worthy means that one has accomplished a certain number of understandings so that one is able to pass the final test. None, by learning, no matter how abstruse, shall be able to accept fullness of light through knowledge. None is worthy to enter into fuller experience and larger life by what striving that entity has done. It is also very important that each realize that beyond and throughout all illusions that each entity is perfect. Each entity is loved by the Creator. Every iota of flesh, every thought, every emotion is loved, accepted and forgiven by Love Itself. So there the human experience balances between complete unworth and complete worth. Between is that pathless path which each seeker treads.

11: Let us look at what we mean by consciousness, what we mean by presence. Consciousness is, in truth, consciousness of love, for love and the distortions of love is all that there is. Each then has a native vibration that is completely congruent with the Logos that created and formed all the millions of infinite universes. And each, through the process of taking on an incarnation, have, shall we say, signed up for a difficult yet rewarding term of service.

12: That consciousness, then, that some have called Christ consciousness or cosmic consciousness, dwells within that vessel of skin and bones, muscles and thoughts. Each rattles around in this somewhat alien configuration, a spirit trapped, or just visiting. Most entities spend some time feeling very trapped, and yet this is an opportunity you wished for very much. This was a trip you planned for, setting up for yourself relationships that would help to focus your own heart and mind upon those lessons of love you yourself deemed to be the most telling and critical for you at this point. And so the basic vibration of each is love itself, distorted, contracted, controlled, shall we say, by the various ways which, by free will, the entity has chosen to limit or shape consciousness.

15: Now, the third density lessons are lessons in love, lessons in connecting with other entities in loving ways. When one has spiritually awakened one becomes aware of a world suffering, an enormous cry of pain that is all about one, that not only exists within the self but is found whenever the entity reaches out here or there. Touch that place. Gaze into that interest and you will find that the human heart has suffered there too, and in this suffering all are one, just as all are one in the perfect joy and peace of love. And so each seeker dances amid distortions, choosing whenever possible to find the love that is there.

16: Each hopes to serve and we assure you that this is both simple and nearly impossible. It is simple in that simply by being who you are you are expressing love, for that is all that [can] be expressed. The question is always, "How shall I give love?" And we say to you that if you attempt to give love of yourself with your own energies you shall quickly run out of love, for it is in short supply within your illusion. However, it is not necessary for any to give love from the self. It is only necessary that the one who seeks to serve move the self out of the way of that love which comes in infinite supply from the one Creator.

17: That love can be poured through the instrument that is open and empty, and the world shall feel that light and shall not know whence it comes. Yet the one who is able to be a witness of light, the one who is able, if you will, to be a channel of love, that effort and that desire to serve has reached its greatest apex. If one wishes then to accelerate the speed or rate at which one evolves spiritually then one simply attempts to spend time and attention on love in daily meditation, listening to the silence within. One enters the inner sanctum of one's own heart, and one feeds there on that life-giving water that ends thirst. And as one becomes able to,

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

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

32.5 2003/02/09

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

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

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

9: When this entity was a young woman of teenage years, this entity discovered that it could not believe in the dogma of its church, this entity being what she calls Episcopalian or Anglican. The point of dogma upon which this instrument choked was the virgin birth. And so this instrument asked for advice from its spiritual advisor, an entity of great authority in this instrument's church. He suggested to her that the Christian story was a mystery which, in the particular church that is Episcopalian, is not expected to be understood, but rather is held as a point of faith, as a mystery to be understood at a later date, not within this lifetime. This view of the story of the virgin birth, and of all the other points of faith in the Christian creed seemed to this instrument to be far more tolerable, and to this day this instrument retains firm and loving ties with its parish church. Nevertheless, this instrument has never been able to absorb, accept or understand the need for dogmatic and dogmatically held beliefs.

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

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

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

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

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

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

52: And thus, even in those moments when you have no faith, when you have no belief, the structure exists. And this is a structure that loves you. It is a structure that has an identity. You can think of that identity as the Christ self. You can think of that identity as your Buddha nature. You can think of that identity as the part of yourself that is the one infinite Creator, such that when you are looking into the mirror, you see the face of the one infinite Creator. You see this face when you look into the faces of others. You see this face in the environment all around you. You see this face, indeed, in everything and everyone.

53: And as these boundary lines and distinctions melt away, you understand that faith and belief also melt away, in a sense. For you become the living embodiment of belief and the living embodiment of faith. Again, we say that it is not necessarily plausible to fully apprehend this in each and every moment, as this requires a great deal of work on the self. But, rather, we do want you to understand that if your humble efforts are significant enough and sufficient enough, then you can indeed tap into this pure state of conscious-

ness you is to the other an anchor, a mast for sail, a rudder for direction. You know not when you shall be able to be used to aid another.

21: This instrument is informing us that we have talked long enough on this subject and with our customary humility we shall, therefore, fold our tents on this subject and steal away in order that you may ask other questions that you may have at this time. We would at this time transfer this contact to the one known as Jim, thanking and leaving this instrument in love and light. We are Q'uo.

27.12 1998/10/04

4: Let us talk for a moment about desire and energy. When we speak to you using this instrument's voice, the sound you are hearing is a vibratory energy. The bodies which you enjoy the use of during this experience are made of overlapping and cooperating fields of energy. As a unique citizen of eternity you have a core vibration which is a distortion of the great original Thought which is Love. Each of you distorts that core vibration of love in such and such a way, creating for yourselves a signature that is as unmistakable as the name and certainly more rich in information offered about the self in comparison to the naming. So your very nature is vibration and, indeed, the nature of all manifest and created things is energetic. All things are vibratory energy fields.

11: Perhaps this is bad news for those who wish to affect their lives in such and such a way. But we believe this to be the way things are in the metaphysical realm, for in that realm thoughts are things. Intentions of actions and desire is turned upon its head, blending for the citizen of eternity the desires of the self and the desires of the Creator, and as these two come slowly into synchronization, destiny becomes fluid and one finds oneself more and more easily able to pierce the illusions of desire to move into that heart which desires completely one thing: the opportunity to love and be loved, to have consciousness, to breathe in and to breathe out, and all else will be as it will be.

36: I am Q'uo, and am aware of your query, my brother. And we must refrain from giving such a percentile, for we do not wish to seem to judge, and we are aware that each seeker such as yourself must needs make these choices for himself or herself. We again would reiterate that it is as important for each seeker to determine the framework for seeking, that upon which it shall build its metaphysical personality, as it is for a seeker to receive information from any source other than itself that might aid in the building of this structure. What we mean to say here is that your choices, made with consideration, with love, with consideration for the harmony and unity of all things, these choices are as important to you as any information you shall receive. How you choose, what you choose... you can construct the basic foundation out of the desire to know the truth and the faith that it will come to you as certainly as can any structure be build by any discarnate entity with information to share.

43: I am Q'uo, and we appreciate your heartfelt sentiments, my brother. We seek to serve those such as yourself and those in this circle of seeking in the most helpful way that we can. As you discussed previous to this session, the desire to serve is that which propels entities who wish to seek the light and the love of the one Creator. The means by which the service is rendered is not often easily determined and is, indeed, a delicate process, one which challenges the imagination of all true seekers.

47: I am Q'uo, and am aware of your query, my brother. Again, we would remind each that there are no mistakes for any portion of the one Creator which seeks its source and its unity with all. There is in this illusion that you now inhabit the great desire to seek, to love, and to be loved, for this is the lesson before you. The ability to know whether or not one has served well is not a portion of this illusion, for it is that which partakes of wisdom. In this illusion one cannot know anything for certain. One can seek. One can desire. One can build the framework, the foundation for the metaphysical self, and build this foundation securely without knowing anything in detail or in particular. For there is in this illusion the great interplay and interchange of energies as each relates in one form of relationship to each other entity within the illusion. The many steps forward, backward, sideways, missteps, bumped feelings and knees, all of this great cacophony of experience is that which eventually in-

forms each entity precisely as that entity needs be informed. It is a great dance of the one Creator and its many portions with itself and though there seem to be many missteps and paths traveled that one may not wish to travel beforehand by entities, indeed, each step is taken with perfection. The ability to learn from what you call the mistake is oftentimes more valuable than avoiding the mistake, as it is called, originally. We are aware that there are forces, subconscious energies, in each entity. There are teachers of an unseen nature for each entity. All work in this great musical effort, this great dance that all participate in that allows each to exchange energies with others that are necessary to be exchanged. We applaud each entity's desire to move in a certain direction, metaphysically speaking. However, it is not so much the direction that is important as it is the desire that is important, the faith that such movement is possible, the faith that it occurs though one may not see it or measure it in any knowable degree. However, the faith that such movement is possible and the desire to move in the direction of love and light is that which is of importance.

27.13 1998/10/18

14: But while you have the gift of time and space, while you have the illusion of sequence and accomplishment, we encourage you to treasure it, seek to honor it, but do so with a light heart and a conscience free of what this instrument would call the "shouldacouldawouldas." Whatever it is that you felt to do this day, that was the right thing for you. Whatever you shall feel tomorrow, that shall be the right thing then, and you will be inspired. You will become aware by and of those things that are there for you to see. And if you do not see one, another shall come soon. So while you are watching and learning and attempting always to seek along the path as best as you can, relax in the knowledge that there is an unseen hand guiding and taking care that nothing that you need is lost. If you miss one experience you shall have an equivalent. That which you need will come to you. And beyond all the questions of "When should I meditate?" or "How long should I meditate?" we encourage you always to focus on the present, on what is happening at this very moment and on love, for beyond all telling you are love. And you came to bear witness to that love. And you are here, and this is a very precious time for each of you.

15: Lay your concerns down. Relax into this present moment. See the Earth grow small and disappear. See the solar system becoming a thing of stars. Move further and further into the infinity of creation and yet you still are you, and this is still the present moment. And you are safe. Love reflected in love.

43: I am Q'uo, and am aware of your query, my brother. The asking of an inspirational source as to the means of doing is perhaps a paradox, as you have discovered within your own thinking. However, within the third-density illusion the means of existing are composed of a series of those things which are done within the outer illusion. As one begins to penetrate the nature of not only the third-density illusion, but of one's own being and purpose within the illusion, there becomes a more finely honed focus upon how one may be. Yet the transition to being is often made with the concept of how to do that which is necessary to be. This is a transition which is natural for each entity within the third-density illusion, for there must be, within the logical mind, a bridge between doing and being. At some point the seeker will discover that there is a greater Self which is always able to be and which lovingly welcomes home the pilgrim which has done much upon his journey of seeking. And one of its greatest efforts is to return home within the mind of the self so that there is the recognition of that which always has been and always will be by the one who does much and seeks its own being. Is there a further query, my brother?

27.14 1998/11/01

3: You have opened to us a vast array of things to speak about by requesting pot luck. We would, however, find all possible threads of thought and concept harmonizing into information concerning love. When we had not been so long among your peoples we offered less richly detailed information. At

this point, we and your peoples have a long history of speaking together, and so we have found an increasing number of ways to talk about the love and the light of the one infinite Creator. And yet that basic message remains utterly simply and infinitely profound to us. The simplicity of oneness, of Creator and created, the richness provided by free will which has showered the manifested universe with countless worlds, countless civilizations, and infinite motion and energy and thought. As you gaze up into the night sky and see the stars sprinkled like sand across the blackness of the ether know that there are more ways than you can see stars on the clearest night to speak of love. And yet all speaking and manifestations end in one thing: that same Love that created all that there is.

7: We give to this instrument the image of a traveler. The traveler moves across the desert landscape gazing intently, even feverishly, for a source of water. At the same time this entity is, metaphysically speaking, in a world made of water, that which this instrument refers to as water consciousness. As a citizen of eternity one may consider oneself cast upon the shore of an inhospitable environment, the desert land which offers learning opportunity for service and challenges that teach and create the potential for transformation. When you feel that you are truly in the desert, that all is dry and lifeless and without hope, we encourage you to practice knowing by faith the watery environment of the human spirit, for that which seems upon the surface to be dry and dusty and difficult is, in metaphysical terms, wondrous, a treasure, that which is to be prized, a canvas upon which to paint a self in love with the beauty and the majesty of the infinite Creator. When the mouth is parched for something to drink, when the stomach grumbles for food, remember that you are a citizen of eternity and that you have meat and drink that the world does not know of. And allow the desert to become the ocean, life-giving and new with every tide.

12: Would you speak to us of how to love the self for those who are on the service-to-others path? How to love yourself so that you do not gain power or control but to prepare yourself for service?

13: I am Q'uo, and am aware of your query, my brother. We find that the practice of the daily meditation in which one is able to review the experiences of the self is most helpful in coming to know, accept and love this self. At the end of the day is the most efficacious time during which to conduct this review, for the day's activities have made their mark, and the conscious mind is fresh in remembering the experiences which have moved the emotions from one aspect to another; that is, in both directions of the positive affirming emotions and the more judgmental and separative emotions where one has accepted or not accepted the self. To look upon the self in its activities in meditation is to experience that which the self has been able to manifest during the day, the fruits of the day, the fruits of the labors, shall we say. At this time one is able to allow the self to move as it did during the day and to see how one was able to accept or not able to accept the self during these movements. Then, after a period of sitting with the self and experiencing once again that which the self experienced, the entity is able to allow the full range of abilities of the self to express themselves in the meditative state.

24: No. Thank you. Thank you for the loving words during the first portion of this sitting.

27.15 1998/11/15

4: The expression of faith is that expression which claims a harmony and balance that is completely unseen. Before you entered upon this incarnation it was not necessary for you to call upon faith, for the truth was evident. Dwelling within the finer bodies of self, gazing upon the possibilities of service and learning that [they] were before you, each of you felt inspired and strengthened in this desire to move into this heavy illusion, to enter into the sea of confusion completely, accepting the forgetting of those simple truths that are self-evident within the realms of spirit, and taking hold of the opportunity to live a life that was a testament and an anthem of faith and love and joy, for these feelings, these pure emotions well up within you, and you yearned to express them with ever more purity.

5: Indeed, each of you had to wait and hope for the opportunity to take incarnation at this time because there were so many souls desiring to lend their faith and love and de-

votion to the Earth plane at this juncture in time and space, for this particular solar system and galaxy is at this particular time moving through what many have called a birth, an entrance into the next density of learning. And indeed, the Earth plane has much difficulty at this time in moving harmoniously through the changes of magnetic energy and spiritual energy that go along with this particular cusp wherein one era or age ends and another begins. Indeed, this is a critical time for many as many have said to this group, as each has heard many times before. There is a time of harvest at this particular juncture, and there are many who are ready to awaken to their spiritual identity, ready to be harvested into a higher understanding.

6: And with a full and overflowing heart each of you desired purely and truly to be of service, to be one who went into the fields that were white, to be one of those who helped with the harvest of planet Earth. And may we say that each of you is helping. Each of you does express a level of love and faith and devotion that is marked at times. Each of you has been able, to some extent, to intensify that polarity with which you seek to do the service for which you came.

8: When you are engaged in chastising the self you are consumed with the desire to be better. This in itself, as we said, is a step forward, a great step forward in the process of balancing these emotions. The one known as J remarked earlier that she felt that of herself she could do nothing, and this was a free quotation from that known to you as your Holy Bible. The one known as St. Paul discussed this further¹, saying that works without love did not have virtue. That if one did all things taught, shared all things, knew all things, and yet had not love, such a person was as a banging gong, a loud noise that signified nothing. This is a key for each of you, we feel; that is, the realization that of yourself you can do nothing, that things done from the self, things done without inspiration, will not have that virtue which you so desired to come and share with your brethren upon planet Earth.

9: How difficult it is to see that actions without love are not useful! Why [is it] so difficult? Very simply within your culture there is little attention given to the value of being. Rather, there is the almost maniacal focus upon doing, accomplishing things in the illusion, things that you can point to that have an objective referent that are actions. It is the actions that seem to be valuable, and yet in the metaphysical sense it is the love with which these actions are taken that is valuable, rather than the actions themselves. From the standpoint of spiritual work it is the love with which you do or do not do or contemplate things that is your essence and your gift and, indeed, your vocation within the Earth plane.

11: The sharing of this level of self must usually be done completely without words. Rather, it is usually done simply by that quality of being with someone which the other senses cannot precisely articulate. Yet we know that each of you has those who come to you for counsel because they sense the presence of this inner life and because they trust that being that they sense without words. This is the heart of your gift. This is the heart of your incarnation. To be yourself. To meet the moment with yourself, your full, open, loving self. How infinitely difficult this is upon a daily basis. As the one known as R said, "If I forget to pay attention for just a moment, it all comes back, and I am back where I started, seeming to fight the difficulties of daily living."

12: How infinitely delicate a job it is to move into your daily behavior with an eye to finding yourself and those gifts that lie deepest within your heart. When faced with what seems to be exigent and continuous demands for action from the outside world we do not know a simple or foolproof way for you to move from those self-perceived frustrations into that deeper self within where love always remains. Each of you has an innermost heart where this is true. But how difficult it is to go there. How little your outer education has prepared you even to attempt to honor the being before the doing, the love before the action. If you demand of yourself that you only do those things which you can do with love, then you shall perhaps find yourself doing little until you get your feet under you. For it is true that the illusion of third density which you now enjoy is specifically designed to frustrate and baffle the intellect, to knock you off balance mentally and emotionally, to destroy safe and controlled places so that the journey of incarnation may more and more be undertaken from the heart.

13: We have many times recommended meditation. That still, small voice of silence that speaks in meditation is most

to use that as a propellant for the rocket to take off into the ethers, such that the self is no longer encumbered by the gravity of the physical but can indeed rise higher and higher into the firmament, with the understanding that there is only irreducible simplicity in this essence of creation.

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

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

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

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

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

32.4 2003/02/06

15: However, the structure of DNA is not limited by these manipulations which may be done by your men and women of science. These spirals of light that cohere for the formation and continuation of [life] are born from states of consciousness or matrices of perception rather than being limited by the current instructions of the current DNA. The energies of unity and unconditional love once welcomed into the heart and worked with in a persistent and conscientious manner begin to lend to the mind of the mediator and seeker of silence access to a state of consciousness in which there are no limitations. In this state of consciousness infinite ener-

gies flowing in infinite supply at all times and there is ample energy to fuel any state of consciousness to which the focus, the desire, the purity and the process of an entity has brought him.

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

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

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

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

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

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

52: We are those of Q'uo, and are aware of your query, my brother. And this concept is also an excellent one and also has drawbacks, in our opinion, and we would share that with you. The DNA angle, shall we say, is a very helpful one to bring up for entities as it is, indeed, the heart of the penetration into the illusion of the structure of the spiritually or energetically formed world. The changes that will allow entities within third density to welcome fourth density life are bound up in the further strands of DNA that are formed with the full consciousness of unconditional love.

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

65: Writing about unconditional love is hard to do from the

side of love. Fear has its legitimacy and must indeed be embraced within the self and asked to avail its gifts to the use of the light. Fear becomes courage when the fear is faced, and the wolf that has caused the fear, rather than being fled or being slain, is invited into the heart to be loved, understood, accepted and charmed.

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

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

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

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

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

27: I am Q'uo, and we are aware of your query, my brother. There is the gift of the one Creator which is the prana, the love energy which is available to all entities as a source of the life-giving qualities of the one Creator. It is to these energies that one adds when one prays for the wellbeing of another. Thus, the entity has the free will to work with these energies as they are given in the daily round of activities, perhaps enhanced by those who pray, by those who wish the entity well, but these energies are added to those which are usually uti-

lized without one's being aware of them.

32.2 2003/01/26

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

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

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

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

46: I am Q'uo, and am aware of your query, my sister. We would suggest that, as you look at the illusion which is your experience at this time in third density, that you attempt to activate and balance all energy centers and the attributes with which they allow you to deal with the solution; that you see with clear eyes and honest seeking for truth that you give wholeheartedly your unconditional love to the Creator in all beings; that you work tirelessly within your illusion to bring these principles to those you love; that you communicate with each entity that you have a connection with to work together for this goal and that you give praise and thanksgiving for the very life you experience within whatever kind of illusion presents itself to you in your daily round of activities. Taken together, these energy centers and expressions of your abilities and desires can form a kind of magical transformation; first upon a metaphysical level of your own being and of the illusion about you, and then may move in a doubled sense each time you are able to share with another these efforts, concerns, dreams and so forth.

32.3 2003/02/02

11: The balanced, self-aware and self-accepting self is one that has been able to work through these processes, then to analyze, understand and accept the experiences of the past and distill the love and wisdom contained within them and

eloquent. It is as though each of you has within you the Creator, that one great original Thought that created all that there is. That Love creates and destroys and is a principle that has created all of the manifested worlds. It is a difficult thing to find one's way to the Creator within. Every energy of the illusion will attempt to distract your attention from that goal of moving into the heart.

19: We are not suggesting that you spurn the intellect or cease using it. There is much within your incarnation that the intellect handles very, very well. We would not wish to rob you of that tool that you need to do those things that you do in order to be responsible for the self. We simply ask that you persist in remembering that the consciousness that you are is a mystery that contains deity, that ends in an identity betwixt you and the Creator of all that there is. This portion of yourself would overwhelm completely the incarnative illusion were the veil to lift even for a second. And this does occur with entities, often with disastrous results, within the illusion. But when you sense yourself moving into these negative processes perhaps we might suggest that you could take just the moment to acknowledge that your consciousness is not a portion of this tangle but, rather, is an agent that remains free to be love. Just allowing the breath to move in and the breath to move out while identifying with the consciousness that endures may bring fresh air into the muddle that life often seems to be.

24: It is well to examine what one does to see if it is done with love. If it is not done with love it is OK to let it go because of the potential for learning inherent in that letting go. Can you comment on that?

25: I am Q'uo, and am aware of your query, my brother. To look at that which one has accomplished and to see if there was love contained in that moment is well, for this is the way in which one becomes familiar with the workings of the incarnation, shall we say. Whatever the amount or lack of love contained it is well to accept the self for the effort made. For in the truth of the incarnation and the experience of each entity within the incarnation, each movement made is a step of the Creator and by the Creator in Its process of discovering Itself within your experience and of you discovering the Creator in your experience. That this journey might occasionally be uneven, filled with confusion and anger, is the inevitable product of forgetting the harmony of all that is and moving within the illusion that you now inhabit. To accept the self as it now is to bless this process of experience, of discovery, of movement not only towards love but a movement within love that has yet to be perceived. For all about you, my brother, is filled with love. When one is able to speak from love one is able then also to speak to love. If it is necessary to stop the activity, retire to meditation, contemplation or prayer in order to find even the slightest iota of love within a situation that seems devoid of any possibility of love, this is well to do. However, we encourage you always to value the self, its activity, and the direction in which you move at all times.

31: I feel confused about the being versus the doing. It seems like it's worth something to do good works, and I think it's really hard to order yourself so that you ask of yourself that you be loving before you ask of yourself that you be productive.

32: I am Q'uo, and am aware of your confusion, my sister. The movement into productivity, as is so the custom of this illusion, is that movement which is more or less informed by love. If love is the foundation upon which you build the structure of your daily life of doing, then it is far more likely to contain the colorful and harmonious moments of inspiration as well as providing the framework for action. To move into action without the quality in some degree is to, shall we say, remove the color from the picture so that there is less variety and possibility for inspiration or synchronically for the movement in harmony with those about you. The quality of love is that which enhances the experience to the degree that that which you may call magic occurs, the changing of consciousness in an instant. The ingredient of love and its addition to your activities is that which allows the magic of the moment to occur, the rising of the bread of life, shall we say. The desire to serve is a good and valuable desire. The intention to be of service is that which stands on its own. To imbue it with love is to add to its efficacy. Thus, that which is called love and is so poorly understood by those within the illusion, by the very nature of the illusion is that which has the ability to change the consciousness of those expressing it and those about such an entity in an instant. Thus it is that quality which heals, which informs, which makes whole that which

has been broken, and is that which causes the service, the productivity, of an entity to be enhanced in such a way which is quite beyond the description of words but which moves one's being from, shall we say, the inside. Thus, one who has love is co-Creator and is able to share this quality with others.

35: Just a tangential one. I just noticed that we all seem to have a tremendous ability to encourage each other, not so much ourselves. It seems harder to love yourself. I guess that's the way it is, huh?

36: I am Q'uo, and am aware of your query, my sister. And, indeed, within this third-density illusion where so much is hidden from the consciousness of each entity within it, it is most helpful to have those about one who feel the quality of love for one that allows the free sharing of observations that may escape the entity itself while it is moving so diligently along the path of self-discovery, pushing the self to move ever more quickly and surely upon this pilgrim's path. Thus, each reflects to the other the picture more objectively seen so that one may be informed by each other-self as to the qualities of the self that are quite full of love and deserving of love. Thus, each teaches each. It has been well said that those who of like mind together seek shall far more surely find.

43: [footnote start]Holy Bible, Corinthians 13:1-3: "If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing." [footnote end]

27.16 1998/11/29

8: We feel that the point of interest for us in discussing your planetary population is not in all of these differences, nor yet in those things which are common amongst all, but, rather, we would point up the unusual vividness and strength of various distortions among your peoples. We compliment your peoples on the intensity and dedication with which ideas are found and held. Yours is a planetary sphere full of tremendous energy, full of great power. This power is most often trapped within the entities' confusion, and our point of interest is in finding ways to discuss love. For it is this simple passage which we always come to give. Yet, to your unruly and various peoples one way of giving shall never be sufficient, nor two, nor three, nor a hundred, nor a thousand. We celebrate this peculiarly vivid energy of your peoples. Indeed, the energies are in some disarray, yet how beautiful and how powerful the potential. There are so many entities just on the threshold of that level of awareness that shakes down the entire organism and rearranges it. And your peoples thirst for this with great energy.

9: And they are thirsting for that which they are but cannot see within themselves. They are searching for their Creator. They are searching for love. Intelligent infinity rests. Intelligent energy asks, "What not?" And betwixt the rest and the question lies the mortal universe in space and time that supports that universe.

10: We encourage all souls within the Earth plane to focus upon the young ones, for, as always, it is to those born in innocence and full of expectations that information needs to be most lovingly considered in giving. Whenever there is the opportunity to interact with the children about you, we encourage each in her own way to look into the children's eyes, to make contact with spirit there. For in each of the three cases, the entity is an old soul. The entity has much experience. The entity is full of potential, for each connection with a young one strengthens and bolsters that child's gifts of faith and will. If kindness comes not so easily to you, then let your kindness be for children. Let the heart open for the young ones, for much teaching shall be given in that manner. 23: Those who now move into incarnation within this planetary sphere's third-density illusion are aware that this is the time of graduation, that this particular planet is having somewhat of a difficult birthing for the fourth-density population that is to inhabit this planetary sphere. The difficulties of blending vibrations, of seeking in unity, and of recognizing the Creator in all are significant enough that there are, as you are well aware, many wars, misunderstandings, miscommunications and other difficulties that make this illusion one

filled with confusion and that which seems to be a turmoil of significant degree. This is seen as a kind of chaotic expression of energy by those awaiting incarnation. Yet it is not seen as that which deters the desire to move into the third-density illusion in this planetary influence and to experience the opportunities that await those who seek their own graduation and the graduation of those of their vibration. Rather, the difficulties that are perceived are seen as further opportunities for service as those challenges which enhance the incarnational abilities to learn the lessons of love and to serve the light of the one Creator. The chaotic expression of energy is seen as that which offers the opportunity to enhance one's own expression of energy as one is able to move in harmony through the difficult times and experiences that lie ahead. For previous to incarnation each entity is far more aware that it is a portion of the one Creator and all those about it are the same, as are those with whom it shall spend its third-density days. Thus, the entity awaiting the incarnation sees with clearer eyes that which lies ahead and is far less liable to shy away from such difficulties but is far more likely to embrace them as the opportunities to serve and to learn.

27.17 1998/12/20

3: You have asked this day concerning the entity known to you as Jesus of Nazareth, what he is doing now and what this entity may continue to symbolize and suggest to those who seek the truth. At this level of contact, that is, the light trance of what this instrument calls conscious channeling, we do not wish to attempt to indicate, using this instrument, precisely what planetary sphere or what precise work this particular entity is now doing. We would, however, express our feeling that this entity was one of a social memory complex that was at a stage of graduation to fifth density. This entity and the social memory complex of which it was a part had in common a full consciousness of love and compassion. A love that creates. A love that destroys. A love that transforms. A love that is all that there is. This love was not informed or balanced with wisdom. This state of love of this social memory complex thusly was, if not absolutely perfect, at a very high level of near perfection. And as such, this group was exquisitely poised at the appropriate nexus when the opportunity came for incarnation using Christ consciousness within the Earth plane in third density.

5: Thusly, without taking anything away from the accomplishment of the individual who carried Christ's consciousness within the Earth plane we may say that that energy that you know of as Jesus is not owned by an individual, nor was it owned by an individual while that individual was in incarnation. Rather, the one known as Jesus always and persistently stated, "When you hear me, you do not hear me but my Father." This entity found itself completely lost to its Earthly personality experiencing the glory of oneness with the Creator, with the creation of nature with the world around it and with each and every seemingly imperfect human being that seemingly presented itself to this entity. This Christed quality of love is so much a redeemer and a savior of third-density awareness and of fourth-density work that we find it extremely easy to state that Jesus is Lord, as this instrument requires us to do before we may speak. We are not at that time celebrating the individual but stating the Lordship that this individual carried as its identity, eschewing and forging the normal ramifications of the ego-driven personality.

7: However, each who has awakened spiritually knows well that that is only the surface of self and all of society and its biases, that all of the social arrangements, economic plans and schemes for attaining and maintaining comfort and health and happiness do not identify the self or exhaust its beingness. As spiritual seekers move more and more into consideration of the self as a spiritual being there grows an awareness that the self within is not even a person, that the personality is truly a shell but that what it holds is infinite. There is no bottom to the roots of consciousness. The roots move into infinity. There is no limitation upon the self, the "I" that lives within, and that is one key that the one known as Jesus of Nazareth offers: the redefinition of self, that movement from the "I" of the personality to the "I" of "When you hear me speak, you hear not me but the Father who sent me." For each of us was sent into this illusion. Each of us, indeed, has sent itself into the illusion to serve as the lighthouse for the source of light moving into the Earth plane. It is not

that the "I" of self has the fuel to burn an infinite light eternally. Rather, the spiritually awakened self becomes more and more aware that the "I" that is truly the self is simply moving through the vehicle of personality in infinite energy. What the "I" of personality may do to express the true "I-ness" of the Creator within is to allow and bless the energy that moves through the being. For each of you is as a receiver and a sender of energy. Each of you receives infinite light and love in a steady and continual basis, both from the Earth energy itself moving up through the vehicle and from those sources of inspiration which each calls to herself from time to time that move down into the self from above.

9: At this time where the world experiences the shortest of days and the longest of nights, at your Christmastide, your light festival, know that the baby that lies within the manger in the story in your Bible is alive and lying in the manger in your heart. Know that that consciousness of Christ that the one known as Jesus carried is carried by others as well. That there are always Christs within your inner planes, those who dwell in that state of consciousness that is so fruitful and helpful for those within the Earth planes, but know most of all that the savior and redeemer of the world lies within the single unified heart. For each of you has in perfect accomplishment the awareness and the ability to be Christed. And as destiny rules, each of you shall be given your times to express perfect love.

10: This instrument asks us, mentally, and we repeat it that we may answer for each of you, "How can you say that Jesus is Lord if you say that Jesus can be replaced with another of the same consciousness?" and we say to you that it is our experience that selfhood is far less personal than it seems within third density. It is a matter of breadth of experience, of seeing into the illusion which within your incarnational experiences is such a perfect and complete illusion. Jesus, indeed, is Lord. Christ, indeed, is the highest and most pure and perfect love, that love that destroys only to transform, that kills only to raise and move onward. Wherever we see the Christ within incarnation that consciousness held by that entity is Lord. One recognizes it as one would recognize an oak tree or a brand of food in your marketplace. It is distinctive. It is perfect of its own kind. And it is a deeply impersonal, infinitely true consciousness in metaphysical location of quality and essence that transcends personality and reidentifies the individual as love.

13: We wish you light and love on that journey that each of you takes as each pursues the questions of identity and ambition. Who am I? Why am I here? What is my service? Whither do I go? These are the questions that stir life and aid in acceleration of evolution. Move ever deeper into questions of who you really are, what service you truly came to offer. Know that these potentials for transformation and evolution are real, and know that we do not find any consideration more interesting than the pursuit of self into the deeper mind and beyond the local personality shell with which you have equipped yourselves in order to experience this illusion. Know that you are redeemed, loved, cherished and treasured by the Christ that was Jesus, by Christ consciousness wherever it is, and by us. Know that you are part of a great Self, and that as you pursue your selfhood you also pursue the selfhood of the creation and the Creator.

28 1999

28.1 1999/01/03

4: As this instrument was tuning and challenging our contact earlier, the instrument, as is her habit, challenged us three times. In the first two challenges our impression was that this instrument was exercising her own discrimination in being certain of the vibration received. However, in the third challenge the instrument carefully described that facet of Jesus the Christ which identifies this entity to her. The nailing of the body upon the tree of wood to take upon the self the sins of humankind, to love others to the point of death, is to this instrument the great characteristic of Christhood that has riveted the instrument's mind for many years. And it is this characteristic which gives us a place to begin to speak about guilt.

6: Each comes into incarnation with a personality already

grounding and reaffirmation coming from the energetic beings that dwell within air, fire, earth, water and within each plant that blossoms and each animal that shares breath with those upon this planet. This first and second-density entity is extremely helpful to those who are attempting to get a sense of themselves as beautiful and worthy, for each animal, no matter how humble, each plant, no matter if it be called a weed or a flower, has its youth and its blooming and its happy old age and its natural sinking again into the earth. Does the leaf grow concerned because its structure has been somewhat eaten by insects? Does the doe in the forest lose faith in the rightness of things because there is not enough to eat? Indeed, each plant and each animal spends its time in surety, confidence and peace, for it is not troubled by attempting to justify its existence. It is not troubled by its perceived imperfections. Rather, [such entities are] just as the very aged kitty on the instrument's lap. As it struggles with difficult and stertorous breathing it has absolutely no feelings of inadequacy, guilt, anger or fear, but rather takes each breath as it comes while enjoying the most positive and safe and comfortable situation that it can find which, in this cat's case, is to be within the aura of its favorite human.

12: No, that was good on that question. Back to the second-density beings. I was wondering if you could speak to me about my dog, Gypsy, who is also getting on in years. She is so loving and so faithful. Is she third-density harvestable at this point in time when the cycle of her life ends?

24: I am moving to Hawaii in less than a month, and I feel one of the big reasons is that I want to create that feeling of space and openness for my inner transformation, and you spoke of the first and second densities, of the plants and the animals, and I have a strong urge to submerge myself in that environment of nature. My questions would be, how can I best serve this world, my girlfriend, M, who I'll be moving with, and myself through this move and this transformation, and are there particular energies, whether it be individuals or groups that might... that I might be able to assist and they may be able to assist me in our transformations to be love?

31.28 2002/12/22

22: The solution which the one known as J1 [seeks] to the riddle of disease and illness is that which we commend for truly all is love and as each becomes able to see the self with love and all things outside the self with love one is able to create the atmosphere in which healing occurs. It is like giving oxygen to one who is having trouble breathing to give love to the inner self. It may seem that others should love one and one should love others and that self-love is selfish but there is a level at which it is not only unselfish but necessary for health, to come into a sense of peace within the self that is beyond explanation that is the result of feeling unthreatened, safe and nurtured and there is no one but the self that is able to give that resource to the self on a stable, everyday basis.

23: Certainly an entity may feel safer with a certain companion or with a certain group. However, in terms of the innermost workings of an energy system within the human third-density being the setting of the stage for a balanced and even functioning experience of living is what this instrument calls falling in love with the self.

24: The energy of compassion is easy to feel for others. It is easy to open one's heart when one sees another's suffering. It is much more difficult to see the beauty of one's own suffering and to see the heroism of one's own endurance and determination to survive. It is very easy for an entity to be blind to his own beauty. More than that it is very easy for entities, especially within your culture, to fear and shun the shadow self, thus alienating that dark side of self in which lies so much strength and health when appropriately acknowledged, loved and disciplined. The one known as John wrote, "Love is all there is." Others have written similar sentiments such as, "Love is the answer," and these simple phrases hold a powerful and unified truth.

34: When in the meditative state, then, it is well to focus the attention upon some quality that belongs to the entity with whom you wish to link your energies. Perhaps this quality might be the openhearted sharing of energies that is available through this person. Perhaps it is the kind of question which this entity seeks with you to solve the riddle to. Perhaps it is a desire to share a certain kind of future experience, the sending of love and light to various places upon

your planetary surface, for example.

31.29 2002/12/26

0: [overview] Question from S: The first question today is, "I feel like I'm living simultaneously in two worlds, both with opportunities to love and serve and both lined with fear and 'what if's.'" I feel right in the middle of both worlds, being pulled more and more, not able to discern. In each world, my indecision and neutrality are seemingly causing others some pain and distress in different ways. I've been thinking of R and how she went with N. "Your people shall be my people and your God, my God," and the possible benefits [to] my husband and symbolically to the fourth-density Earth coming into being [stemming from] that sort of unconditional decision, even to the point of intense sacrifice and standing firm in the open heart and unconditional acceptance. I've been consciously sending love and light through my hands and heart—not mine but the Creator's—and I don't know if this helps. I'm wondering if there's something more that can be consciously done to help serve.

17: This instrument once asked concerning a sacrificial situation, and, when the source was unable to make any substantive response, it suggested to this instrument that the question may be whether or not it was this instrument's time to go to Jerusalem. Is it a time for unconditional love to one direction? Is it a time for unconditional love in another direction? Where is the love? Where is the opportunity? Where is the deeper beauty and the feeling of resonance?

18: We would end this particular portion of this session by responding to the question concerning the sending of love with heart and hands. It is well to see the energy system of the self as being a system of energy which is enclosed within a self-protected system of energies, so that the infinite energy which feeds the vital portion of the being is allowed to remain at all times at full strength. The image of the self sending light through the hand is distracting in that it suggests that the entity of itself may have energy of that infinite kind. It therefore is perhaps more skillful for the one known as S to experience the way that the fully-functioning energy system opens the centers to being a channel for the unconditional energies of the infinite Creator, which then can rush through the open channel within that energy vehicle.

26: In other cases, it might take the form of the star-crossed lovers.

30: These talismans are able to operate because of confident faith that all things are alive and that there is no space or time within love, and we would encourage the moving into the silence and the resting in trust and faith as the primary methods of deepening this service-oriented oneness.

32 2003

32.1 2003/01/05

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

13: In a way, we are speaking very mechanically and yet the mind works along logical, mechanical and habitual routes, taking shortcuts when it can once it has decided upon the priorities. Moving into the prioritizing mechanisms within the self is deep work and takes a good deal of self-awareness that can usually be achieved only through time. Consequently, this is a long-term goal, for fear is not an absence of love; it is not what is left over when love is ended. Fear is the dark

were part of the self that enjoyed blocking the natural light that streams into the body complex, most visibly from sunlight, but, in an energetic sense, moves into the body at all time. Both the physical and non-physical vehicles flow light through in infinitely great amounts, potentially. The energy body is as the electricity, having the capacity for both a large amount of energy carried and a large intensity or resistance of energy carried. Thus, the crystal within you can both be strengthened in terms of more power and can amplify its power by focusing, crystallizing and mythologizing the energy that moves through it and the crystal that bears it and shares it. The higher the desire, the more opportunity or capacity for bringing more light through; the more focused the will upon the dance of creative living, the more intense and penetrating shall be the nature of that widened channel for light. The ability of one entity to be a channel for light is infinite. An unflawed crystal could heal a planet. The secret to doing work in the sense of magnetizing the fourth-density grid or, in a more mythological sense, helping to birth Gaia's fourth-density self, is a helpful way to encourage and align the self with the emotional point of view which will help create a broader and a more intense and pure flow of the Creator's infinite love and light into the planetary grid. We may say in another way, into the hearts of all those that lie within the tidal waves that emanate from your being.

9: However, for those who are of a more solitary nature, it is well to invoke the priest within yourself, and we would suggest that you create this portion of the self as feminine, nurturing and loving; a part of the self that truly loves with the full and flowing heart, that sees the soul amidst the grime of an entity's inevitable errors. As this instrument pointed out in the conversation before this meditation, errors are not only necessary but adventurous. They are necessary, because the nature of learning is trial and error; trial and error. Each time, the information of that attempt creates new knowledge. Eventually, an entity increases its knowledge enough to reach its goal, by which time it is involved in a further quest.

14: The return to center is a journey from fear to love. When the sun is shining and the pocket is plump with money and the heart and the arm are full of love for a pretty girl or a handsome gentleman, when the breeze is fresh with the smell of spring flowers, such a state of mind as this instrument would describe as centered and joyful is easy to achieve. Yet it is as though the entity played upon the surface of the waves, enjoying the sunlight and basking in the graceful, ceaseless swells of the softly lapping waves. When the storms and extreme tides and waves of inclement weather stir the sea's surface into spume and spray and destruction, the self must needs remove its body from the deeps and become a land creature again, seeking shelter from that which is too turbulent to enjoy. Blessed is that swimmer with the equipment to dive deep, deep under the storm, to the still, crystalline water that is under great pressure and moves only languidly even with the wildest storm upon the surface.

16: The energy to walk a path and to live a sacred life is as the energy of the deep [ocean water,] with little movement but great force. The peaceful soul is a soul resting in love. It has no waves to buffet it, because it is protected by its position, just as the heart is protected within a heavy and very strong cage of rib and spine. The precious interior of the body is well protected, and the precious heart of the energy body is similarly loved. To allow oneself to feel the joy and the passion and the brio of one's being is to dare great things. To do so with gentility and honor, with grace and with style is to shine up the armor of life. Rather than shrinking from pain of any kind, we do not say to dwell upon it, but rather to see it as a helpful friend, a sister or brother. You do not know why this friend is helpful; it may seem to be very, very unhelpful. However, the blasting of sand against rock creates the removal of grime and grit and the reappearance of the stone in all of its crystalline beauty, and so is the soul blasted to remove the grime of living and learning and failing. The storms come, and to all eyes which look upon the surface, the boat is crashed upon the rocks, the body is thrown into the turbulent and boiling waters, the life is extinguished. Those who are in the open heart simply dive with remembrance, with faith, and with joy, deep, deep into the waters that separate the mind from the heart, the storm from the stillness, the illusion from the truth.

21: Is S what's known as my twin soul? Are we twin souls, her and I? How may I serve her highest good? Is it likely that love will bring us together in this present world?

22: I am Q'uo, and am aware of your query, my brother. There are some aspects of this query to which we may say very little, for we do not wish to infringe upon free will. Concerning the concept of love bringing together two souls to sing a song of service together, [this] is to suggest that that which has begun shall continue, and indeed this shall, in some sense. However, the exact configuration of this relationship is even now being turned, and we would not wish to interfere with that which is of perfection.

58: I am Q'uo, and am aware of your query, my brother. We would advise the worthy seeker to go forth in faith. All is truly well and the Creator awaits the interaction of your love, as you express it, within your family structure. It is much like building a firm foundation for that which is to come. There is much potential. There is the positive direction. There is the realization of a few remaining stones necessary to place within that foundation and this work has begun again. We say be of good cheer, go forth in love and rest in faith. All will be well. Your feet are firmly planted upon the path of seeking. Continue walking this journey with a happy heart, and with a willingness to accept all that awaits you.

61: Surround Jim and Carla with a lot of love and light, and that's my last request.

62: I am Q'uo, and we assure each present that as each seeks light, the light finds the seeker and there is an imbuing of the seeker with this light, that it may be shared with others. So that each as a candle may alight the earth with the light of love and service to the one Creator, and each face that comes before the pilgrim on its dusty journey.

31.27 2002/12/19

4: Yeah, hi, Q'uo. This is J and glad that you're here with us today, and I'm the one that called you to the channel, and I'm here with my best friend, R, who is leaving soon to move to the beautiful island of Hawaii, and so I wanted her to be with me here today to ask some questions. One of the most nagging questions that I have is I really like what I do; I like being a body worker; I love doing massage with people, and I feel like that's one of the ways that I can be in service of others. However, sometimes I feel like that there's more that I should be doing, and I don't know if I should worry about it. I would like if you could speak about being in service to others and maybe doing body work and if this is really where I'm supposed to be at this time.

7: Not all things in life are requirements as far as the school of living is concerned. As a classroom, the curriculum of Earth is simple: it is love. There are lessons in how to love, in how to accept love from others. These lessons may have to do with loving without expectation of return or, in many cases, learning to accept love without expectation of debt or guilt. As the one known as J has pointed out, it is often far easier to serve and to love without expectation of return than to accept the love offerings of others as a worthy and honorable person. The lesson of acceptance of love is keyed, therefore, to those who are dealing with exceptional clarity in seeing the landscape of their own imperfection. Consequently, that entity which is working upon opening the heart to being worthy of love is also working upon lessons that are linked to the distortion of feeling unworthy. The service of the inner type, as each in this group is aware, is the more central service, since it works upon the soul of the planet, the soul of the entity, and the soul of the group entity that is the self and those other selves that are even now becoming more and more able to form the basic structure of trust and sharing that is the foundation for fourth-density shared memory.

8: Although the inner service is the central service, it is often the least easy to accomplish because of its very simplicity and its nature of being essence rather than form. Consequently, it is often the more efficient route to rest within one's outer gifts while one is becoming more aware of the beauty of the inner self. There is, as this instrument has often said, a process which this instrument calls falling in love with the self. Until this moment occurs, the self will be seen as imperfect and error-prone. Within the illusion which you enjoy at this time, this is inevitable. However, there is a process of moving beneath the personality shell's turbulence that we encourage each to invite, through silence and listening and the immersion of self in the creation of second density and first density, where the vibrations are without the veil, and there is much

set up to be created. There is some play in the way in which the personality develops, but its conscious resources, an easily achieved asset, are set in place before incarnation. Consequently, some entities have a far keener sense of justice, fairness, sharing and giving than others coming into incarnation. Whatever this basic bias of given personality is, the cultural norm for parents is to attempt to increase the instinctively solipsistic infant in its supply of love for others and service to others. Small children are routinely taught to share their playthings, their sweets, and their good times. There is training concerning many behaviors starting with the word, "should." One should keep one's hands in one's lap at the table. One should be respectful to one's mother. One should avoid murdering anybody. At every level of a child's upbringing these enculturated biases are repeated and reiterated until they are inculcated into the basic emotional vocabulary of the logic of the deeper mind. Not that mind which moves beyond self, but that portion of the self within incarnation which lies below the limn of consciousness.

14: The illusion which this instrument calls Earth or the Earth plane is designed as a sea of confusion. It is designed in such a way as to greatly discourage entities from being able to cope from the standpoint of the intellect. It is designed to toss people out of their intellects on their ear, to bring them to their knees and place them in the sanctum of the heart, humbled, tired and ready to learn. Know this, just as love casts out fear, love casts out guilt. To remove guilt from oneself it is not enough to do all that one can. It helps to do all that one can, for that surely is enough, but, emotionally speaking, enough is never enough. There is always more that one might be able to do: one more cheek that can be turned; one more mile that can be walked in another's shoes; one more activity that can be helpful, or the refraining from one more activity that might be helpful. There is no logical end to guilt. It is not subject to logic. It is, instead, a tone in the music of the emotional body.

16: When one has finished rocking and hugging and loving this imperfect being that wants so much to serve, then one can send that child within with a lighter heart by suggesting to the self within that uplifting of the self from the worry of the close view, that one can, by will, step back from the situation and from the emotions to a perspective that takes less into account [the foreground] of the present happenings and brings into sharper relief the basic principles involved.

17: We honor the one known as Jesus the Christ and, indeed, honor that vibration which is the Christ as being the highest vibration of love that is achievable so far within the infinite creation. We indeed bow to that and come in the name of that and hope to be able to serve to the point of that rude wood cross: the nailed hands, the pierced side. Yet we, in our present situation, do not have that physical sacrifice to make. We do not have the capacity for the kind of guilt that you feel within your illusion. We do not have the ability to be confused and in that confusion to call upon faith. Nor have we the ability to be angry with ourselves and then to forgive ourselves. For, as we are able to see into the roots of mind, we can see that in each system of illusions there are limitations which are set for a reason and that that reason is condign, helpful and enlightening. Upon the Earth plane you have the ability to be utterly dashed, completely confused, thrown to your knees by life, and you have the capacity to tune your responses to that catalyst which brings you down, which makes you feel into the dark side of your personality.

18: Do not be beaten about by your own feelings of guilt. But, rather, see them as opportunities to do work in consciousness, to forgive the self for being human, to analyze the situation to see whether or not the guilt is productive, to work upon releasing that guilt if it has not been productive, to work upon using that guilt in the highest and best way if there still is something that one can see to be done. Above all these considerations, above all manifestation and illusion the reality, as far as we know, is the perfect outworking of perfection: love reflected in love, moving through each instrument that is a soul of a person and out into the world. As you receive your catalyst, bless it and break yourself open to receive it with the most love of which you are capable in a stable manner. Do not move yourself beyond that which you can do without damage to yourself. Do not ask that which you are not ready for of yourself, but rather be sensitive to the opportunities that these negative feelings, so called, of guilt bring rise to.

19: And you, as is right within your schoolroom, shall follow

in the steps of the cross. You shall have the chance to break yourself open and to pour out your energy, your time, and your attention. When you choose to do this, be aware that it is a sacrament, that you are on holy ground, and that you need to be fastidious in your orientation to the light, not condemning the self in any way for that which has not been done or that which has been done awry, but without heat and in perfect peace, moving back into the situation in mind, finding the balanced and appropriate response, choosing the most generous level of service of which you are capable. This is part and parcel of the teaching of third density. This is one way to move the entity from head to heart and for you to experience it is proper and desirable for those who wish to increase their rate of acceleration of spiritual evolution. In all things, find the love and find within the self the response to that love which most truly expresses yourself.

20: As in many things it is not so much what you do in the manifested world but how you do it, with what love you do it, with what gentleness and compassion for the self and for the other self and for the entire suffering Earth plane. In the awareness of the suffering of the world one can feel guilty for those who do not eat. Saints can feel guilty because they have not beaten themselves twice a day with chains but only once. You cannot remove this type of lesson from the life experience, so we ask that you see it as a course of study, and like many such a course, one which is helpful although the tests are frequently difficult. Above all, we encourage that you laugh, that you take these things to some extent lightly, that you are able to lift yourself from such considerations and move into awareness of the beauty of the present moment. For this is the center of things. This is the less confused place from which to cast one's eye upon the situation at hand. Laughter and merriment are most helpful spiritual disciplines and we encourage their use, especially for those who are serious students and who can become heavy with their concerns for doing things well.

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

28.2 1999/01/17

0: [overview] We would like to ask a question about control over one's daily round of activities, or the lack of control, the feeling of having lost power to be able to affect the outcome of any situation. And this is balanced with the realization that every situation offers us the opportunity to gain from it whatever we need to gain from it and that there is no way that we can lose. It is all a matter of adopting the attitude that all is well and all is one and that the moment offers each of us just what we need to grow. So we would like Q'uo to comment on the concepts of the seeming loss of control, the being able to focus one's attention in the moment upon what is going on, and that the moment offers us the love that we need in that moment.

5: Let us look at the creature that you are. You are a citizen of eternity. Your essence is infinite, and you have no limit. This is your nature, for are you not one with the original Thought, that Logos which may so weakly be called Love? And this Creator that is beyond, and yet contains all things, has that nature of intelligent infinity. And this birthright is yours, but you have chosen, at this time, to take this illimitable consciousness and to place it gently and lovingly and hopefully within a jar of clay, within that chemical electrical distillery which is your physical vehicle and with this physical vehicle, this hairless great ape which so gallantly carries you about for your entire incarnation, comes an intelligence that is not unlimited but is limited, that is not eternal but is time bound. And these two natures dwell within you, interacting in many, many ways. When the mind that comes with the physical vehicle is in command of consciousness there inevitable and instantly comes those feelings of limit, disappointment, worry and an endless series of reasoning designed to solve specific problems. For the mind that comes with the physical vehicle is carefully designed to solve problems and make choices.

6: To this mind all things can be measured and when one has measured a situation, got its in-seam and its out-seam, taken all of this down, then the mind makes a choice. And the body must follow. This is the state of what we might call spiritual sleep. The entity depending completely upon the rational, limited mind may well make brilliant choices and solve many

hard problems, but there will not be that feeling of ease or space or love that is your birthright. This is as it should be, this relatively commonplace placement of the consciousness that is eternal under the threshold of conscious awareness, what this instrument would call consensus reality. And so to the unawakened spirit it is the subconscious mind, the deeper mind, which contains all of the nature and the characteristics of the citizen of eternity that has hoped, by taking incarnation, both to learn and to serve.

15: The mind asks you, “Where are you going?” “How do you get there the best way?” This is logical. This sometimes works spiritually, but not often. What works spiritually, rather, is that faithful patience that, when in doubt, sees the doubt, sits with the doubt, accepts the doubt, forgives the doubt, and then chooses to rest in faith. We do not mean to suggest that action is not a good idea. You came here to be confused. You came here to act. You came here to make mistakes, to judge yourself, to do all of the things that you will learn are not particularly loving or wise.

16: You will notice that we have not talked about a room of wisdom, for it is our humble opinion that wisdom is not the lesson for which you are ready at this time. For you see, wisdom may only be studied, with good results, when an entity has learned the lesson of love and compassion. Wisdom is a dead thing unless it comes from that resoundingly open heart that is able to allow the infinite love of the one Creator to go into the self, to be blessed by the self, and to move on from the self into the Earth plane without significant distortion. This is what you came to do. And it is not a doing but a being that you came to offer as your gift. You came to sacrifice your very self. Your whole incarnation is a gift to Earth. Certainly you hoped to do personal work here. And certainly you hoped to serve by what you do and what you say, but how much more central is your responsibility to meet the moment with a loving and opened heart. And it is this which is the province and realm over which you have control. This is where your power lies, in the momentary decision to seek the love in that moment. As the one known as Ra has said, “Where is the love in this moment?” is a helpful question at any juncture, but especially when the spirit is weary or overwrought.

17: And there is one final door that can only be opened by the key of honest love. And this is the holy of holies. This is the mercy seat. If you can enter that door, all the rest shall open also. If you can dig in the soil of your nature, down into the roots of mind, past the confusion that is your topsoil, past the difficulties that are your fertilizer, if you can get through that to the rock, that rock is love. Take this moment just to feel how much the Creator loves you. Oh, how the Creator loves each one of us! Every hair. Every freckle. Every folly and mistake. All these things are part of a wonderful tapestry, a tone poem of emotion and concern and caring that is your signature, and the Creator loves every bit of color and tone and energy and pattern that you have created with your life. How you are loved. Know this. Dwell upon this, for this is deep truth, and it may free you a little at a time from those human concerns that seem to create the atmosphere where you are not appreciated, where there is no balance to life, where those things that you attempt to do to aid others do not seem to find their mark.

18: And you also have within you tremendous stores of this energy that is love. Yet it is not that you have these things within you precisely. Rather, as this instrument said earlier, it is as though you only have them when you know that they are coming through you, not from you. For those things which are human are limited, and if you attempt to love the world from your conscious self you shall run out quickly. You shall feel burnt out, and weary, and certainly sapped of energy. Rather, we would suggest that model where you see yourself as a transmitter and receiver of vibrations of a certain kind. You both receive them and you send them. And if you allow it, you create a circuit [amid] infinite intelligence, which is that flowing, knowing, growing place that each of you has visited many times, that each of you yearns for when things become fuzzy and muddled.

19: We are not saying that entities such as yourselves do not often run into brick walls where it was hoped would be open road. We are saying, rather, that these brick walls are part of the illusion and are not particularly interesting compared to the wooing and the courting of that self within which is a citizen of eternity and which may choose at each juncture, in each instant, to focus, as the one known as Ra said earlier, upon the main thing. And that main thing is always, eter-

nally, love. May you be guided again and again into situations where you may take those keys of patience, love, simple persistence, hope and faith and may find for yourself those places which rest you, which comfort you, which are merciful balms to your weary soul.

28.3 1999/02/07

3: You ask this day for us to share our opinions on how awakening entities are coming to experience a universe in which time and space have given way to infinity and eternity and the seeking of the metaphysical self has become more important than the approval of the world or any worldly gain which does not have its roots in love: the love of one doing the service, the love of one offering the self. Many entities are awakening now to their spiritual identity. This is the time for the blooming of those feelings and awareness that have long been hidden. This is the time of the blossoming of those entities upon your planet who have become aware of themselves as citizens of eternity.

5: No two entities have the same clock setting. There is no one time for spirits within bodies to awaken. For each seeker that time of awakening is perfect and right although it may not seem right to others. It always shall come to the one who is ready to deal with the implications of the new inner birth that constitutes the awakening into realization of the self as a spirit independent of space and time but wholly dependent upon love and light. For each is love and light, yet each also transduces love and light as it streams from the infinite Creator into the Earth plane. And so each of you, no matter the age or any details about the person, each who is awakening is a receiver and a transmitter of vibration.

9: The greatest single practice for bringing seekers into more and more direct awareness of their role here within the planetary rise in vibration is simply to be, to be the deepest and most profound and true self of which one is capable. In this being there is a releasing of the doing, for, metaphysically speaking, it is not these but rather being and essence which are the gifts that we have to give to each other. When a seeker becomes aware that it is a creature of will, discipline and faith then that person can simply allow those instreaming vibrations of love and of light to move through the physical, mental, emotional and spiritual channels of the body and out into the world that so desperately needs those vibrations of undistorted love and light.

10: Each seeker is here to become a direct co-creator by allowing that which is, the Logos, that one great original Thought, to be us and to move through us and out into the Earth plane. By blessing this energy and yet not holding it, by knowing there is enough, an infinite amount of this love and light, that it cannot be spent, the seeker is affirming that which is. We wish each entity those delights of travel, those mountaintop experiences, those great and profound realizations that come. Those times are precious, and yet each of you will find that when all is said and done it is the vibratory level of the beingness of each entity that sticks in the mind and in the heart like no other sense memory can. Each of us knows blessing when we experience it. All of us have known these entities who, by their very being, improve the vibrations of a place. Yet always know that it is not from you that these things come. It is through you. There is not a key that unlocks the doors of the heart that has anything to do with the human mind or the will in the worldly sense of that mind. Rather, it is the naked soul, the bare and unadorned spirit that is the object of perfection, that is love itself, and that is each of you.

11: May you find ever more creative ways to share the infinite love and light that will come through you by blessing that energy and by consciously sending it out into the world. We encourage each who hears these words to take the self very seriously in terms of developing a daily practice that feeds the metaphysical self, whether by meditation or prayer, contemplation or rumination, the gazing at inspiring objects, or the reading of inspired words. You will find these techniques of entraining the mind to be most helpful. There are many ways in which the person who sees the hunger and the thirst of the self that is emerging for metaphysical truth to offer that truth to the inner self. It is our opinion, however, that truth is a fluid and changing thing and very personal and subjective in its nature. For each entity there will be landmark truths that come and stay for a very long time. There will

35: Each is unique. We do not presume a high mentality, but rather we suggest that, at the subconscious level, all entities within creation are already one, and therefore the process of moving from third to fourth density in part consists of accepting the oneness at a level which has moved into the belief and perception system of the entity. This biases the conscious entity towards retaining the attitude of unconditional love and outgoing radiance of being at times when there is a perceived threat. The one known as St. Francis of Assisi is said to have called the fire, Sister Fire and the pain, Brother Pain, seeing that all things and qualities are a portion of one infinite creation. In each culture, there...

40: For those who are awake, the mismatch has a different effect. The attempts to keep the third-density heart open within incarnation are reliably imperfect. However, the sheer desire to keep that infinite love flowing through the energy body has a tremendous impact upon the time/space, rather than the space/time, universe. Within that universe, intentions and ideals are things. Consequently, even though the entity has been thoroughly imperfect in keeping the heart open, the intent, repeated and repeated without tiring, to return to a state of openheartedness allows the entity to respond to the fourth-density portion of the vibrations by seeking [them], and, in so doing, the entity moves into its needed next healing crisis. Many times, these crises are emotional and expressed through emotional, what this instrument would call, conditions. Many other times, there is the actual difficulty with the physical vehicle or other effects which vary with the reactions of the individual to the increased density of light and the imbalances within that entity's energy system.

41: The goal, then, is not perfection but rather that sturdy returning and remembrance of unconditional love. That is the nature of the one infinite Creator, and that nature permeates and fills the universe that you are aware of and all that you are not yet able to measure. Indeed, the very space that has so long been considered a vacuum is far more intensely packed with the love and light of the one infinite Creator than the atoms of what you perceive as matter.

50: Consider, if you will, that the entity which is watching that which is upon your television is observing a virtual reality. In just such a way, distortions in the infinite love and light of the Creator are, when picked up on third-density's physical channel, translated into this particular channel of existence. At the same time, each entity dwells within the corresponding metaphysical universe. The physical death is the movement from a heavy, chemical illusion to a less distorted and non-physical universe. There is no discontinuation of being. However, each did move into incarnation at this time not to save the self but to reach out a hand to others so that, as each hand reaches out, hands begin to connect, and entities begin to hope in a focused and harmonized manner, becoming part of the rhythm and flow of the very appropriate and necessary changes that are occurring within your planet at this time.

52: Entities may at any time choose to become radiators of unconditional love to the grid simply by intending to do so and moving into a state of meditation. The process of sending this light forth is one of intending to. There are visualizations which aid in this sending of light for some, such as the visualization of violet light being sent or the visualization of the planet with light streaming into the grid and the grid lighting up. We would note that your scientists have discovered this grid, among others, and therefore there is a panoply of sources which entities may find which offer information of a linear kind concerning specific portals and grid points which this entity has no language for discussing. However, it is not necessary to know the grid's makeup in order to aid by the very being of the self within the open heart.

58: There are many suggestions of such rituals of opening the heart, and we would encourage entities who seek such to search the information available for such suggestions. For ourselves, our suggestions are more along the lines of that ineffable and spontaneous expression of joy and thanksgiving which each has experienced in ecstatic moments. We bring to this instrument's mind the experiences of the bonding of a man and woman in love, the bonding of friendships, the discovery that one loves one's work. Such feelings open the heart by their very nature. Beauty, when perceived purely, opens the heart totally.

59: Therefore, what will open the heart for each seeker is unique. For this entity, it is the returning again and again to the table of Jesus the Christ to take into herself that very

being which this entity views as unconditional love. This entity is in ecstasy as she hears the central words, “Do this in remembrance of me,” and to that, this instrument replies mentally, “I will remember, Lord.” For another, the opening of the heart may involve the beauty of a song, the flight of a bird, the odor of a rose or the abstract dwelling upon an idea. Each entity's place of balance is different.

60: However, all have in common the need to open the heart, but not from a careless or unprepared position. When the heart is asked to open, first we ask each to ask their energy body to come into balance, to open, and to be unlogged. The simple asking of the mind to the self to take care of this aids in the ability to move into that state of consciousness which is the inspiration of love, the passion of right livelihood or the firm settling upon that which is highest and best for one. These feelings of realization of the nature of the self and the nature about the self greatly aid in the opening of the heart. Certainly, anything which seems inspiring and resonant may be trusted by the discrimination of the entity.

62: We suggest a gentleness with the self, for the first self which must be loved in order to love others as the self is the self, and it is the hardest of selves to love, for the secret thoughts of the self are known. We would ask that each attempt to keep the light touch, being passionate and fiery as a lover in pursuit of the truth of the one infinite Creator and of the nature of the deeper self while being able to keep the light touch with the surface of the illusion, not disrespecting or dishonoring its importance but recognizing that illusion is involved in the information that is being offered.

31.25 2002/12/08

0: [overview] Q'uo, today we are just going to take pot luck and see what you would like to share with us that might have some use in our spiritual journey and our opening of our hearts to love.

10: The search for truth, like the search for self, is difficult to pin down, and we are aware of the previous question of the one known as C, “How do I know when I am being most deeply my self? What direction do I go to find a deeper and truer expression of self?” In a world in which entities are simply told how to behave, we believe that this is a most reasonable query, for it is a hallmark of the attempt to create comfort by third-density entities that they would seek, when creating for themselves standards of morality and ethical behavior, a list of desirable elements rather than an open-ended attitude of discovery. The explanation for this way of proceeding to find the self by consulting an outward list of attributes is indeed perhaps the more valued of your so-called parental ways of teaching virtue to the young and growing soul of the child. The virtues are taught as a list: be patient, be open, be loving, share everything, and so forth, the common suggestions for good behavior as each child grows.

12: How to see what each entity sees is a very difficult subject to examine. The techniques vary considerably from sensibility to sensibility. This does not keep one's perceptions from being very important nor does it keep them from being, no matter how confusing, vulnerable to the essences available through direct apprehension of beauty. So perhaps we would suggest, in seeking truth, in seeking the self, to lift from the literal seeking of that which can be said about the self, that which can be said about truth, and rather find the light and satisfaction in those moments of self-awareness when the heart can feel itself beating, loving, caring, hating, despising, being attracted to, when the self can feel its movements with clarity. In those moments, step back an instant and behold the beauty, the colorfulness, the articulation and the nuances of the one infinite Creator expressing just now, just so, and only because you are where you are, as confused as you happen to be and with all things precisely as they must be for this moment of beauty to burst into the awareness with its present, its gift, of gem-like truth wrapped up in the colors and textures of a whole and undivided moment.

31.26 2002/12/16

3: The one known as B, as well as the one known as Carla and the one known as Jim and in general those entities on your planet which are enjoying third density at this time, indeed do have a tendency to get in their own way, as if there

alarm would be that which was gentle and clear and full of love rather than harsh, hard-hitting and alarming. The challenge then is to create a true story that tells the harvest saga in a way that both engages the realization that there is a threat and opens up the possibility of a solution which is achievable by the entities as they are within the world that they experience at this time. This is another way of saying that the faculty of hope is extremely powerful, and the empowerment of these individuals that dwell within your density at this time is our hope. The underlying question is, “Do numbers count?” and again this is a ticklish ethical question. From a sixth, a fifth, or to some extent a fourth-density perspective, numbers do not count. From a third and to some extent a fourth-density perspective, numbers count. Which truth makes your passions burn, or is there a bridge between those two truths? We do not know, but we recommend some playing with that dynamic.

39: We are those of Q’uo. May we say that the timing has been premature upon the part of the ones known as Don and Carla. The energy between these two entities was of such a nature that there was an opening into what this instrument and this group in general would call the future, so then the gist of a whole cruise became obvious in the sense that the sea lanes which it would travel were lit briefly, and much was seen, although not perfectly, moving far into the future. The power of love has, in this instance as in all, the power that creates miracles. However, the appropriate timing has always been upon the track, and at no time has there been a difficulty in the sense that, may we say, many seen and unseen entities have combined as co-creators in this and related projects which have to do with standing for that which this instrument calls the Godhead principle. Each has that which is the energy of the Christ, just as the one known as Jesus was the Christ and became the Christed one by embracing that which was greater than himself. Each has the capacity to embrace and move into that role in which the self becomes the co-creator in such a way that love is opened from the creative principle through the vulnerability and the imperfection of the human experience and the human choice, and love is made visible by imperfect hands and weak and uncertain wills. They somehow have launched themselves into the midair of faith and inspiration.

42: We are those of Q’uo, and grasp your query, my brother. We are not certain as to the most efficacious threat. It is equally threatening, we feel, to look at the simple task of returning to a 75,000-year cycle of incarnation and reincarnation learning the lessons of love as it is to threaten the enslavement of humankind for eons and eons of time. In the long-run, the latter supposition is more frightening, but, in the context of the next 10,000 years, it makes little difference, and it is unlikely that any entities alive within this particular moment in space/time shall see their ten-thousandth birthday. Consequently, each threat is equally binding. One threat moves more into great matters and the other into smaller, and again and again as we speak concerning your queries, we see the seeking within your mind as to the scale of this particular creation, and we admire the courage which we see within the one known as B, in considering a wide range of avenues, for do not all roads lead to Rome?

48: We are those of Q’uo, and are able to confirm that there are indeed many who have achieved graduation at this time. It is our humble pleasure to state that the great majority of these entities have chosen, once through the healing process, to remain within the inner planes of this planet in order to aid those who become aware of their presence and are able to ask them for their support and help. For these entities, any inner-planes entity or angel or deva or inner-planes teacher is able to lend its love and its passion to the energies of those incarnate beings with which it is in sympathy. For instance, this entity, as a part of tuning before beginning this conversation with the one known as B, spent approximately ten minutes contacting those within the inner planes and asking for their help, because this entity realizes the power of opinion and the lack of pertinence as to whether this opinion is incarnate or discarnate.

31.24 2002/11/27

7: We are those who are able to say that Jesus is Lord, for this entity, yourselves, and we all retain from the beginning of that which is infinite the holographic spark of the one great

infinite Creator. We have, in the processes of evolution, eventually experienced that which is the consciousness known as Jesus, the Christ or the Christed One. We have found that epitome of fourth-density unconditional love to be the redeeming quality that will create within entities the vibration which focuses the seeking soul towards a graduation from third density into fourth density.

8: It is, at this time, the graduation day, shall we say, for approximately the next decade of your years. Therefore, this instrument is very open to working with us, for this instrument feels also that the voices of universal guidance, shall we say, are helpful to any who wish to experience them and certainly for the next decade. It is well to attempt to aid those who are working spiritually in this way towards a graduation in terms of service to others and unconditional love.

19: The central thrust of the metaphor of harvest for the one known as Jesus was that the fields were white with the crops, and all was ripe and ready to be harvested but that there were not enough workers for the harvest, and there was a call for those who followed this teacher to take up the honor and duty of attempting, each in her own way, to add to the possibility of awakening those blooming and ripened souls that are the pride and the product of 75,000 years of learning, so that they might make that last step over the line, from a faint-hearted will to serve the cause of love, to a passion and a fire to serve in a very focused and loving way for the good of the self those about the self and the planet itself.

20: Indeed, in one of the other stories about the harvest, this entity suggested that laborers went into a vineyard to harvest grapes and worked most of the day, and there were those who came very late in the day to working upon the grapes, yet, at the end of the working day, all were given the same coin. This is true of the harvest as well. It does not matter when in the 75,000 years of learning the awakening and realization of the true nature of the self occurs, it matters only that it occur. The one known as Jesus the Christ was the first of the messengers of that which is to come and that which is already here in part: that being the age of unconditional love that is fourth density, that is the very nature of the lesson of third density. Graduation occurs when the heart is able to remain open, in more than half of the circumstances of life, to the welfare, happiness, comfort, safety and service of others. The heart needs to be awakened and inflamed with the desire to know the truth that lies within the open heart. By keeping the heart open, the learning process is greatly enabled for the seeker, and, by attempting to serve others, the eyes of love begin to be given reason to open.

23: If you need to exemplify unconditional love in order to make the harvest or to graduate, how do you overcome the negative patterns in oneself that keep you from doing that?

27: Even before the birth of an entity, it begins to be acculturated, and very rapidly the process of acculturation, even in childhood, creates a pattern of misperceptions based upon this information passed on by parents, friends, teachers and others about the young soul entering this illusion through the door of birth. Therefore, it is virtually impossible to undo in a literal sense the learning experience that helps create distortion. We would not suggest that entities attempt to eliminate distortion, for distortion is not a pejorative term but rather a descriptive one. The first distortion of the infinite Creator is the free will, the second is love, and the third is light, these being the first three and primal values of this particular system of discussion of the mystery of the one infinite Creator. 32: We would suggest that the self be attentive. The responsibility of the open heart is to love unconditionally that which it sees and to see each and every thing and person as the self or a part of the self. In times of disquiet and conflict, entities are offered a sharpened opportunity to behold the shadow portion of the self, the wolf that bites at the heart within. This forthcoming year may contain disquiet. We can only encourage each to open the arsenal of inner and outer gifts towards the third-density situation, finding ways to respond appropriately in service to others as inspired and as able.

34: The enjoyment of [the] light of fourth density is dependent upon being able to move into a state of consciousness in which all other selves are seen as the self and all crimes and achievements are seen as a portion of the universal self and to move that 180 degrees [until] the self is seen as all things and as the Creator. That unification of consciousness opens the self to loving and being loved in a way that the body loves itself rather than the way entities who are separate units love each other.

also be truths that are seen to transform and to migrate as lessons come to one and as the self develops.

12: We encourage each of you to trust in the self, to listen to those hunches and intuitions that are the only voice into the conscious mind of the deeper and larger self that exists below the threshold of consciousness. Each of you is as the fruit of the true vine. Each of you has roots in heaven. Within each of you dwells perfection, truth and infinite love. Spiritual maturity comes to those who seek to run the straight race regardless of what others may think. Move slowly and thoughtfully and wait for inspiration. Maturity will come faster to those who yield their ambitions and ask, “What is the Creator’s will for me today? Where is the love in this moment?” The love in this moment is you. May you carry that truth and wear it as a crown and even when the crown sits heavy upon the head, may you serve, may you reach out to others, may you respond to requests for help with the best that is in you. May you encourage others in their paths, for you are the hands, voices, the caring of the infinite Creator within the Earth, you and none other. As the old chant goes, “May you love each other. May you care for each other. And may you bring each other home.”

28.4 1999/03/21

3: Let us focus upon desire. What is the nature of desire? It is our limited understanding that the Creator Itself used the function of desire, which is also called free will, when It decided that It would know Itself. It’s desire was knowledge of Itself, and so the Creator flung out all the densities of experience, all the infinities of galaxies and stars and planets and consciousness so that It might experience Itself. As the nature of the Creator is infinite love, so did It create all Its parts as infinite love, and each of you is as a sun or a planet in being created of infinite love, having the nature of infinite love. Each sentient and non-sentient being, each poppy, each breeze, each animal and tree and human being, is the result of that desire of the Creator to know Itself. The Creator has, from the beginning of Its creation, found Itself utterly in love with each iota, with each soul. The Creator is delighted, thrilled and fascinated, and so the Creator has an attitude of love and feeling of that love radiating to every sentient being. The Creator remains fascinated. What will happen next? wonders the infinite part of deity.

4: Since the nature of deity or Godhead resides completely within love and the desire to know the dimensions of that love, it is only suitable and appropriate that each soul that awakens to its spiritual identity becomes aware of itself as a creature of desire. As the one known as R said earlier in this discussion, “I thought that I was on a high spiritual plane only to discover that I still have many, many desires.” May we say to each of you that you shall never find yourself lacking in desires. This is the nature of your being. It is the nature of space and time which creates dimensions in which you may follow your desires. So it is entirely appropriate that each of you has desires and that each of you works within the self in consciousness to know better the desires of the heart, to refine the desires of the heart, and to discipline the personality that would go forth into the world that it may have the armor of light, that it may have the resources which it needs in order to remain aware to an increasing extent of the patterns and ramifications of the desires of the heart.

5: As the one known as Jim said earlier, there are many, many entities upon your plane of existence who find themselves unable to fit into the myth and mythical system of the culture in which they may find themselves. These wanderers are those pilgrims which do not have a place to stay upon the road, who do not have a handy chapel that they may go into and find themselves at rest. For many, these culturally pervasive religious influences have not been able to offer the rest and the peace which constitute spiritual balance to the pilgrim that is perforce abroad upon the spiritual path. You see, once an entity has awakened to itself as a citizen of eternity and has become aware of that essence of self that is infinite and that shall not go down to the dust, that entity then hungers and thirsts for that of the spirit which may come into the consciousness and deflect the conscious mind during the everyday existence. It is significant to us that so many of your people feel that it is impossible to maintain a spiritual practice in everyday life. This is notable because [you are] the entity that you are, having the nature of love and of love’s desire:

to love and be loved, and then having that feeling that one cannot bring this into the everyday sphere.

6: There is, more and more, within the heart of the seeker a feeling of imbalance, a feeling of not being able to express the essence of self. When that lack of center, that lack of peace, exists within the heart of the seeker there shall inevitably be a feeling of imbalance and a feeling of restlessness, of itchy feet, a desire to get on with and through whatever is keeping the spirit from the love of the infinite Creator. Further, it is telling that within your society the solution of bringing the spiritual into the everyday is to take time out from the everyday to go to a weekend conference or a spiritual convention or some grouping where one may trust that there will be spiritual food and there will be the time-out from the everyday life taken for spiritual work. Mind you, we are not criticizing those who offer or those who take spiritual courses or weekends or conventions or workshops. These are wonderful means of sharing and caring and learning and service. However, the source that can be most deeply secure and reliable for each seeker is the innermost heart, for in the deep heart there is a tabernacle and within this tabernacle, in all of its infinity, lies the one Creator, patiently waiting for the seeker to open the door to their own heart. It is not in the reaching out that the most trustworthy grounding of desire may be had but, rather, in the smaller and smaller, quieter and quieter, energies of the self. For each of you is a hologram of the Creator. Each of you is already that which each seeks, but this treasure lies buried within the deeper self, not so much, shall we say, closeted away as behind a door which has a key, and that key is silence.

9: This instrument is fond of a writer and mystic called Evelyn Underhill. Within this saintly and delightfully humble woman’s work there lies the suggestion that one may think of the spiritual self as a house with two floors. Upon the first floor there is the eating, the drinking, the sleeping, and all those things which the body and the mind must do to maintain the self, to provide for the self, and to make the household that may then offer rest and security to the seeker. The one known as Evelyn asks how the seeker might feel if it ignored the dirty dishes, the unmade bed, the wonderfully creative mess that entities can make of those possessions that they have. Walk up the stair and go into the upper room. To some, this would be very easy to do. And yet the one known as Evelyn suggests that this is putting cart before horse. This is moving too quickly for the whole being to follow. And so we would say to you that we agree with this sentiment, that we do feel it a holy and loving work to balance those feelings concerning existence, sexuality, person, personal relationships, family relationships, and societal relationships. All these are blessed and important concerns. They are not the small change to be tossed away so that one may go higher. They are the steps which you must be able to trust, going up that staircase to the upper room. And we ask each of you to be especially aware of the beauty and the divinity of simple things. For these things will feed you and will balance you and will open your heart.

12: It is often seen as desirable to live the life in a carefully thought out manner, and certainly we would not say that thought given to a way of life is unwise or unspiritual. Rather, we would say that there is a kind of wisdom that appeals to the intellect but which is false, for your density is not the density of wisdom. The greatest wisdom that you shall ever learn in your density at this time is that you cannot know anything. In other words, that your incarnation is based completely upon faith. You have no backstop of destiny. You have no eternal parent that will tell you what to do. You are on a journey in uncharted waters and your intellect will not be able to be so wise as to steer your spiritual journey. Many mistakenly attempt to live a spiritual life coming from the intellect and from wisdom. However, this energy does not make use of the open heart, and it will not take you far. And those seas into which it pitches you will be as confusing as the seas you left behind to seek for wisdom. It is our understanding, rather, that your density is a starkly simple stage set for making one choice again and again, and that is the choice to love and to be loved. The one known as Ra has said in each moment ask yourself, “Where is the love in this moment?” This question contains the seed of the heart’s opening and polarizing, and we are aware that that is what each of you wishes to do: to become more awake and aware of the true nature of the self, to be more and more able to express that essence in the daily life.

13: These are desires that all have in common. For each, the ship upon which each finds herself is without a lodestone or rudder. But, rather, there is a sail which may be moved about by the seeker to catch the winds of spirit. Once one has been able, even for a short time, to run before the wind of spirit and to feel the sails billow, one has become able to recognize what it feels like to be in the rhythm and in the rightness of things. For truly we say to you, to the best of our knowledge, each has a destiny. Each has a mission. Each has come into incarnation with gifts to share, with a mission to fulfill, a service to do, and with learning to accomplish. The learning is always about love. The serving is always about trusting in the rightness of the moment. Again and again we have heard the question, “What can I believe in? How can I have faith?” We say to you that when your desires come into balance, then it is that you are most liable to experience the harvest and the blooming of faith, for faith is not faith in anything. Faith is simply an attitude which is part of your spiritual being. Faith is that which knows that all is well and that all will be well. It cannot be gotten at by trust in any other person. It can only be experienced in midair after one has leapt from the precipice safely. In midair one finds oneself marvelously able to cultivate faith, and you will find, as you work with your desires, that there is a place or balance which you will come to recognize. There is a comfort in sensing that one is centered, that one is on the beam, that one is in rhythm and in cooperation with one’s destiny.

14: We hope that we have been able to describe some of the processes that go into arriving at the inmost heart and becoming aware that within it lies the Creator and that you may go in and tabernacle with that Creator and allow that Creator to be actively indwelling so that when you come out of that inner room of prayer, meditation and silence you will feel the energy of spirit moving through you, and you will know that, thankfully, you are no longer depending upon a pitifully small amount of human love which comes from you, but you have been able to open up the instrument of self that infinite love and light may flow through you and out into a hungry, thirsty world. It is our feeling that this being in the self is the highest mission of all people, that living a devotional [life] in the midst of all the everyday confusion is each spiritual entity’s first vocation. And I think we may say that once one attempts, on a regular basis, to live the life from this point of view, the rhythms shall grow more obvious, the music more clear, and the love more flowing as though each petal of each flower, each bird that sings, each iota of the Creator’s universe are harmonizing with you, aware of you, and in love with you as you with all of them.

28.5 1999/04/18

3: As we rest in the comfort and the beauty of your blended vibrations we find ourselves aware of much each of you already knows from experience, from suffering and undergoing great difficulty, from being held together and lifted up by the love and the light of the one infinite Creator. Each has beautiful stories to tell of those times when everything seemed clear and the creation truly did seem to be one beautiful, harmonious symphony of people and relationships and nature and things great and small, all moving together with rhythm and pulse and a lovely dance that was new every moment. It is not simply with the intellect that each of you has had these experiences, but with the whole self. Each has had these transcendent times when the world simplified itself and the love could be seen. We are grateful for the beauty of those memories and those awarenesses within you, for this gives us common ground. We do not have to convince or persuade any that spirituality is a very real and a very intimate thing, for each of you has had those feelings from deep within the self, and each more or less trusts those experiences. We would encourage you to continue to trust those memories, for whenever times of ineffable harmony come, however they come, through what suffering they come, or as what gift out of nowhere, they are the gems hidden within the ore of common life, so far. And what a blessing it is to stumble across a perfect diamond or ruby, to see the crystalline nature of truth which has been realized in some way.

5: Let us look at this point, at this issue of the desirability of suffering. Why would a spirit in full and conscious knowledge of the love of the Creator voluntarily place herself within the veil of forgetting and then ask herself to undergo a cer-

tain level of suffering and learning and transformation? Why would [you] wish to plunge into the difficult and confused sea of illusion that your Earth plane represents? That which places you within this illusion is infinitely and intimately tied to the Creator Itself and to the free will that has begotten the universe and that calls each spark of the Creator onward to reach once again that source and ending of all. Why would any do this, except for the simple reason that it is the nature of each spark of the Creator to wish to learn and to serve. Now, we come to you hoping to be of service to you, and as we speak to you we find ourselves learning twice as much as each of you may perhaps learn from those things that we say. Such is the nature of any gift that is given, that it comes to bless the giver twice and three times and a hundredfold.

6: Before incarnation each of you saw clearly what it was to live by faith, what it was to affirm in each moment the holy nature of that moment and the blessed nature of the holiness of the self. Each saw this clearly, and we see this clearly, for we do not have that veil of illusion that has dropped upon you as you have taken on yourselves the flesh and blood and biochemical mechanisms which move you about within your lifetime that you experience. We see clearly, but because we see so clearly our choices are easy. There is no effort in choosing to radiate or, rather, to allow the radiation through us of the infinite love and light of the one great original Thought which is Love. It is not that this is easy. Rather, that this is inevitable given our view which is clear. Therefore, we cannot polarize towards loving more or serving more or learning more. We cannot become, this instrument would say, better people. We cannot improve our vibratory complex very easily at all within this state which we now enjoy. That which we do to increase our polarity is done with infinite time and patience compared to the rough and tumble and very quick energy exchanges and learnings that are available to those who do not know and cannot see the truth plainly.

7: Faith to us is simply a word, a word that means the knowledge that all is well and the knowledge that all shall be well. To us it is not amazing to look out of the window and see snow and call it snow. There it is. Yet this within your world is not at all clear. We are not speaking now of snow. We are speaking of the ability of each heart to see that it is love itself and to see that each atom, each iota, each mote of stuff visible or invisible is instinct with the love and the light of the one infinite Creator. From your viewpoint as third-density human beings dwelling within physical bodies, what you gaze at may not speak to you. As the one known as R said, “A floor is only a floor. Dust is only dust. The broom is only a broom.” To us, with our clear vision, every manifested atom, dust, floor and broom is alike, a beautiful, living, transformative piece of the Creator’s manifestation.

8: The ability to call upon that part of the self that is already aware of the truth and sanctity of daily living is to call upon a part of the self that this instrument would call the Holy Spirit. The self is a concept that is extremely rich. When one looks at oneself in the mirror or looks at another self, another being, it is easy to see that which is immediately visible to the physical self, and one gathers great quantities of information from gazing in the mirror or from looking at another: the color of the hair, the health of the complexion, age, weight, general characteristics of all kind can be easily noted and filed away. But within that mirror’s image, within that other self that you see lies a limitless and infinite self, a self that is connected to all other selves and to all parts whatsoever of the creation of the Father. This connection is so powerful that to gather together in groups, even small groups, is to gather tremendous amounts of energy, and if each of you can sense into the flow of energy around the circle in which you sit you may indeed experience for yourself the great amount of light energy that coming together with one purpose and hope has given to you. Each connection that is made between spirits such as yourselves is a connection that is greatly sanctified and blessed and holy, and it is the reason that you feel that need to come into groups and to express your love of the Creator in some way as a group. The energy of each multiplies the energy of each, so that together you are far more than the sum of yourselves.

9: You have become an infinite power for love and light, and this is a resource that we are glad that you are taking part in, not only because we feel close to each of you as we meditate with you but also because we have heard the sorrow of the brothers and sisters of those upon your planet, and we know that the light energy that you gather in groups such

creation of the infinite One is as responsive to you as the entity sitting next to you and is perhaps more aware of you and who you truly are than any entity whom you may meet within the physical illusion. These entities—these plants, these animals, these elements—have found simpler ways to love and to be loved than are available within third density, and that direct, intuitive and unhesitating way of loving and accepting love is a great lesson that you may pick up at any time from the wind, the rain, the fire on your grate, and the earth of your own body. The more that you are able to rest within this unity with all things at this very simple level, the sturdier your spirit will be at retaining that vibration of praise, thanksgiving and joy which is the steady state of awareness shared by those who dwell completely within the creation of the one infinite Logos.

13: What is your identity? Whenever you can, keep a part of your identity quite clearly within your mind as being one with all, one with all you seek, one with all that you do not seek, one with all you understand and one with all you do not understand, one with all of whom you approve and one with all of whom you do not approve. It is not that we ask you to ignore the catalyst of daily life. We hope that you will participate to the extent that you feel that you make many, many foolish errors. Why would we hope that you make errors? Precisely as each of you has supposed in the conversation preceding this discussion that we have with you now, there are many times where, according to the plan for learning that constitutes your particular incarnation, you have chosen to [take up] a nexus of decision. On the surface, it is a decision concerning details; at the secondary level, it is a decision concerning love; at the archetypal level, it is always a decision concerning the nature and the mission of the self. Let yourself slide up and down, in and out of these levels, not disrespecting one level or valuing one level more than another but seeing both, that all things are what they seem and that nothing is as it seems, and that both of these realizations may lead you to skillful acts.

20: I am Q’uo, and am aware of your query, my sister. This is not a simple query, as one might imagine, for the experience of all consciousness is movement toward the Creator. There are for each entity companions, energy fields of intelligence that move in rhythm and harmony with you, at various portions of your evolution. Whether one calls an energy field a “pet” or a “person” is dependent, of course, upon the individuality of that source of energy. When the spirit complex has been awakened within any energy field, then there is that which we have called a mind/body/spirit complex. In your illusion, the third density in which you now inhabit, you have the companionship of those you have called the pet. In many instances, these entities, through long experience with many of those whom you would call masters—some of which have been totally experienced with one such master, others with more—have the ability to give and receive that which we call love. That is the determining factor as to the density level of the entity called a pet.

21: As these entities are more and more able to appreciate that quality of love, support and nurturing that is given to them by those that are their masters, so then these entities learn to give that known as love as well, so that there is a giving and a receiving that appreciates the balancing nature of fully-developed love. That these entities may approach their own graduation is also certain; that they shall continue as a pet is unlikely, for these entities, then, are able to exercise their own free will in a way which is not as likely for a second-density entity that willingly gives over its care and decision-making to another. That these entities shall continue as companions is likely, for there is always an appreciation that it is possible that there will be a maturation of the relationship which is most likely to occur, for the appreciation for the relationship is that which is based upon love and which is the, shall we say, thread that binds the two. Many times, there is a student-teacher relationship which develops from that which was formerly the master and the pet. There are throughout all of creation relationships which partake of greater knowledge, a sharing with that which calls for the knowledge, the love, the light, and the desire to serve that are the motivating factors for all intelligence within the creation of the one Creator. Thus, you may rest assured that, when love has been given and received, there is a bond that continues.

39: I am Q’uo, and am aware of your query, my brother. When we of Q’uo speak with you, there is a joining of a number of social memory complexes which have had previous ex-

perience in communication with this group and which have lent their energies in order that this contact might be made possible. Those of Latwii were the first to be in long-term contact with this group, though those of Hatonn, who have later joined as a more active portion of the principle known as Q’uo, were first to initiate contact with this group in its early days. Those of Ra have been a, shall we say, a guiding principle, or over-arching energy, which has made this formation of our group possible by blending their portion of love and light to form Q’uo with Hatonn and Latwii. This is the core, or Q’uo. There are also others from the Confederation of Planets in the Service of the One Infinite Creator that have joined this circle of seeking from time to time as its composition has required or requested certain elements that are accentuated in these other entities, some of which have names and some of which do not.

31.23 2002/11/08

10: The first portion of the question has to do with the possibility that the very public repetition of this body of basic information concerning that time of harvest which is occurring as we discuss it would be an efficacious service, and we can say that it is almost completely a matter of the point of view of the responder. It is our bias to say that it will make a difference, because we find ourselves most sympathetic to the agony of your peoples. We would greatly love to enjoy the experience of the peoples of your planet catching fire for love and becoming empowered once again to be warriors for the light rather than against the darkness. It is very tempting and perhaps indeed efficacious to use the blunt instrument. The question then becomes creating the gem that has so many facets within that context.

13: Realize, as the artist who deals with a certain genre, that there are limitations to the genre and that these in a metaphysical sense have no emotional charge but simply become that which describes the body of consideration which feeds into the conscious part of a subconscious process of creation in which that which is dark of the self and that which is light of the self combine in a desire to create and to express the self in such a way that the whole self is used. We do not see within our own system of judgment any reason to indicate any bias towards either the blunt instrument or the rapier. We feel simply a complete faith that those involved in such a labor of love shall find a way with that moment-by-moment guidance which never fails. There are times when that guidance does not move quickly, yet always it moves surely and in its proper time.

34: We are those of Q’uo, and grasp your query, my brother. Certainly we would agree that the need is to focus within the aspects of love in its unconditional aspect. This unconditional love, or, as this instrument is fond of saying, the open heart, predisposes an entity to dwell within a state of consciousness which is in itself the fourth-density vibration, and the goal of this particular work of art would indeed be firstly, primarily and centrally directly to engage the heart of the viewer in such a way that it would open and create for the viewer within the movie the direct experience of unconditional love.

35: The most direct way to share unconditional love is to project unconditional love to the viewer. We cannot choose whether it is more effective to engage the viewer in a vision of unconditional love and of seeing unconditional love through the eyes of the splash of the backdrop of history, or whether it is more effective through the smaller canvas of the story of small-life characters. We would encourage this instrument to share her memory of a recent art exhibition to which this instrument went and spent some time viewing various canvases of those painters of the late nineteenth and the early twentieth centuries in France. This instrument relates the painting known as “Landscape with Cottages” to the question of the splash of history, whereas the charm of the smaller canvas called “Pink Tablecloth” or the charm of the relationships and obvious emotions of the figures within the painting called “The Reapers” engage this instrument’s sensibilities on a completely different level. Of the two, this particular instrument as an aesthete preferred the painting “Landscape with Cottages” by an artist known as Paul Michel. To the more chatty or cozy frame of the very human, very small-life details of the latter two paintings, it is very much a matter of sensibility, and we would use the term comfort.

36: We would hope that our version of a wake-up or snooze

nus, in all of Its lack of limits, in all of Its power to create and to destroy.

10: The requirements of this particular covenant or testament were that each entity would love the Creator and love the neighbor as the self. All of the law and the prophets, then, depended upon this basic truth, and, when there were discrepancies, the simple requirements preceded and updated the requirements of the Old Testament. We do not need to point out to any of you that the origins of this that is called Christianity among your people were not hewn to with much faith for very long, for there soon came to be an increasing effort to regularize, preserve and establish the church of Jesus the Christ as a Church rather than as a community of teachers and students. When this grew to a certain degree, for political reasons and reasons of social and economic power, it was decided that the discipline of celibacy would be placed as a requirement for being a priest in this particular church. When some entities are born, one of their choices for their incarnation may be celibacy. For many others throughout the centuries since this decision was made, not by those seeking truth but by those seeking power, many have been in a position of desiring to be a priest and needing to accept the strictures of that position including celibacy. We would suggest in this instance as in many others in the history of your religions that the requirement in and of itself is an unbalanced one, and it is not surprising that there have been unhealthful and insalubrious distortions that have come about in the personalities and actions of those who truly desired to be of service to others but who, along the way in attempting to deal with an outer, physical organization called the Church, have found themselves in difficult and unbalanced situations which they were not able to control. Please note that there is no political, religious, economic or social system that does not have its imbalances, inadequacies and potentials for abuse.

15: All of this dwells in the illusion, is washed by the waters of consciousness that stream endlessly through the illusion, carrying the waters of truth and beauty and life. It does not matter how intense the outer forces of fear and negativity are when the heart of an entity rests in faith, in hope and in love: faith that all is well, hope in every hopeless situation, and love of all things, of all biases, of all entities. Rest and perfect peace, how beautiful those words are, and yet this instrument has asked over and over again since 9/11/2001, "What is perfect peace? What is the peace that passes understanding? In what does that consist, is there in my heart already?" This instrument has asked over and over again, "That peace, do I know it already? Am I squashing it; am I pressing it down out of my reach by my choices?"

16: We suggest to you that this peace is a state of mind, a state of consciousness, a way of vibrating. When fear runs through the system, this state of mind is unavailable. When the fear is dropped from the illusion by the choice of the entity, this state of consciousness becomes available. Many are those among your peoples who have attempted through drugs to find this state of perfect peace, but we suggest that this peace lies within your heart, it is your native and natural environment; it is real, it is not the illusion. It is one tiny, thin veil from you at this time, for fourth density truly is coming upon you. Thusly, your faculties of faith, hope and love have an increasing amount of potential to take hold within your life. We encourage all forms of positivity within your minds, within the way you talk to yourselves within your hearts, for that state of consciousness which you create day by day and hour by hour within yourself is as the training wheels for that spontaneous and unrehearsed state of consciousness that comes to you as you awaken to the new day.

24: However, we suggest to you that, as you look at these various opportunities to practice your knowledge and to live your love, it is only natural that you shall come up short in some instances, for you are not perfect beings. There are few within the creation of the one Creator that do not notice the deviation of the consciousness from that which is straight and true, the love and the light of the one Creator. When you feel yourself moving away from that which is part of your being, take note, perhaps pause for a moment in your own contemplation or meditation, seek to heal that which is in need of healing, to make whole that which is broken, to make straight that which is curved, to become that which is your highest ideal. Do not chastise yourself because you have fallen short. Rather, use this opportunity to increase the resolve, to follow the path of the seeker of truth and the one who would serve the Creator in all he or she would meet

during the daily round of activities.

31.22 2002/11/03

5: Upon the second level of catalyst lie the underlying qualities which, in combination, ripening through natural processes of the spiritual evolution as well as physical and emotional cycles, create the shape of the story that appears within the personal movie of the life, shall we say. For each has a long-running, full-color movie which is being made up of the multilayered and many-leveled story of the life of the one known to each of you as "I." At this second level of catalyst, there is a tremendous amount of power within the simple knowing that you are not alone, neither in your suffering nor in your confusion, but rather each of you is the center of concern, care, love and protection of several of those beings who dwell within your inner planes. Each entity who moves through the gates of incarnation into third-density existence has three of these presences. They may be characterized in different ways. This instrument was trained to characterize them as male, female and unified or androgynous. However, in addition to these entities which this instrument has a tendency to call "angelic," there may be added to your panel of support any number of those who are attracted by your energy, your hopes, your ideals and faith or the lovely light and color of your appreciation of beauty or your devotion to service. These entities cannot help directly with the choosing of the first level of catalyst. These entities cannot make decisions for you concerning the setting of limits, the choosing of options, the selection of the various details of surface catalyst. However, if remembered and included, these presences are able to energize the forces around you to vibrate with information that will aid you as you seek to make the choices that the catalyst has brought out. These underlying shapes are shapes made by those who move in the ways of learning to love and to be loved.

9: That which you experience as a life seems to have a very steady roll and rhythm to it, as if it were anchored with the birth and the death, and the unrolling ribbon between is just long enough to fit. Yet we find that the experiences of a lifetime are only in part that which is trapped within time and space upon the, shall we say, surface of the time/space continuum which you at [this] time travel within incarnation. Fully half or more of that which you experience as part of a seemingly continuous and unremarkable presence that unrolls steadily before you is actually called to the present from the future or the past by those patterns of thought which circle around the questions of loving and being loved. One of the questions that was asked was, "Can we work with these challenges by identifying the chakra of the energy body which is bearing the brunt of this challenge?" and the answer is in part, "Yes, these considerations are always helpful." However, we would suggest that there is also skill and art in throwing open the windows of the self to the light within, to the hope within, to the faith within, so that there is a growing awareness in yourself, as you work with catalyst, that you are only partially a creature of time and space. In another portion of yourself, you are a universal and infinite being, a dweller in eternity and one who has given gifts to the self from the future and from the past that feed into the present moment, because there is a need for the nuances, for the lessons of loving and being loved. No matter where the energy centers are that are being stressed by the challenges experienced, the lessons will continue to be about love.

10: As wisdom feeds into the daily life, that wisdom expresses itself as different realizations of what love is, new and invigorating awarenesses of what it is to share unconditional love, and, for those who are in advanced lessons within incarnation, the challenges are nuanced by the shadings of the energies of accepting the love offerings of others. Many are the times that a negatively presenting set of circumstances has as its formative cause the need to learn the lesson of accepting the love that is given to one. It is in almost every case among those who are positively oriented far easier to learn the lessons of loving than those of being truly, unconditionally, utterly and completely loved. The resistance to the truth of that creates a good deal of murkiness within the patterns that are created through the archetypal and secondary systems of catalyst.

12: The magic of this vision lies all about you. Every corner of your consensus reality is crowded with magic. All of the

as this will have a great healing effect upon the suffering of the world as a whole. For each light that connects with another becomes a stronger and stronger light and a light-house, shall we say, if there is a group that continues so that entities who have been within the circle know that there is a light source within a certain place. And so entities have come to depend greatly upon churches and synagogues and temples and places where entities may gather for spiritual healing and service. And this is the Sunday mentality that each of you grew up with and is familiar with and is what most of those whom you may know find acceptable as the extent to which they wish to express spirituality in their lives. This is the easy spirituality: the gathering together in groups and the raising of the group spirit. It is much more difficult within the illusion for an entity to come into remembrance of its own nature by himself.

12: This, shall we say, is one fairly large category of data that tends to be prioritized quite low, and, therefore, tends not to be appreciated or reacted to at the level of the whole conscious self. Certainly, an entity may feel better in the sunshine than in the shade, may enjoy a sunny day more than a rainy day. But to appreciate each drop of rain or each ray of sunshine, to see each blade of grass as the miracle that it is, this is seldom done because it has no survival value. It is not that which the nuts and bolts needs of humankind would say is part of a necessary awareness of life. And yet it is this aspect of things, the beauty, the wholeness of each creation, that can bring home to the spirit the lessons of faith and hope and love that each does indeed yearn for in that spirit within the self that is a citizen of eternity and not simply a personality that develops and becomes ill and goes back into the dust from which it came.

13: We are suggesting that each of you is more complex than you may be aware, that you have more needs than can be satisfied with the data prioritization that you now employ. There is that need to go back into the deep programming of the self and to ask, and ask again, and ask again, that self within to pay attention, to take in and to notice the lessons that each blade of grass may teach. And what are those lessons, you may ask? Let us look at that blade of grass. You see the tip of the plant as it comes forth from the fertile soil. You see the hope of its greening in those cold days of the first part of Spring when the earth is still chilly and it is brave and courageous for the seed to start reaching towards that wintry sun that is a bit more to be seen in the sky but does not yet come with that summer warmth that is easy to grow under. Underneath the soil lie those roots which have made it through the deepest sleep of winter on faith alone. That grass has rested within its roots and its seed and accepted the dying of that self that was, is responding to a new life with all the power of its tiny form, and if some weeder such as this instrument should attempt to take that blade of grass from its home, which unfortunately [is] in some flower box that she wishes to weed, it will resist with every fiber of its being, for it loves life. It knows not how to do otherwise than to reach for the light and to bless all who may tread upon it. And this is one blade of grass, so ask to yourself what lessons lie within the floor and the broom and the dust.

14: Might you see, then, that the dust expresses a patience, a contentment of being what it is. Dust is, indeed, the most patient of friends. It will stay precisely where it is. It will not travel, for it knows its place and is happy with its place. And that place is upon that which was at one time the tree, and this tree has undergone great suffering. These planks of wood have been torn from the ground by huge saws. They have been rammed into sawmills and made to be peoples' floors and as peoples' floors they are yet willing to lend the beauty of their grain, the softness of their spring underfoot, and the ability to hold that lovely, patient dust. And these gifts they give to you and to all who no longer find them.

15: And so that incredible being that has the power of locomotion and the power to pick up things and place them otherwise than where they were, this being has manufactured a wonderful instrument for addressing the replacement of dust upon floors with cleanliness upon floors. And this being comes to sweep away that which is old and that which has done its work, to take it up and place it back within the province of the unimproved earth. And in this humble and surely boring little chore there lies the excellence of spiritual inquiry, that desire to uncover beauty, that desire to cleanse and bless one's environment, to take a magical sense of cleanliness and give it to the surroundings which it en-

joys. The sweet earth is expressing a spiritual love when it expresses a desire for cleanliness.

16: The inspiration for cleanliness is indeed spiritual. And the ritual of making that which is dusty into that which shines with cleanliness is a spiritual ritual. The one known as Jim has often spoken of his Sunday morning house-cleaning as part of the family plan, for the one known as Carla goes to church and sings to the infinite Creator and goes through the ceremony of the holy communion. Meanwhile, the one known as Jim is taking all of those things which may have gone awry, that dirt which has fallen or spattered or come upon the things of daily use and with great love and great feeling of the ritual of cleanliness has blessed the entire house with loving and careful attention. And we will guarantee each of you that when you have cleaned your space, when you have cleansed your living place, those coming through the door and entering your magical aura may well never realize why they feel so welcome and so comfortable within your space, but you will know that it is because you have loved your space and have spiced it up and shined it up until it is proud of itself and feels very ready to bless all who come within its purview. There is nothing that you see that is not holy. There is nothing that you do that cannot be holy. Nothing in your environment is dead. All is alive, made with love and manifested with light. All things are available to those who live by faith as ways to express faith and love and hope.

17: We cannot cause each of you to sense this. Were we to impose our will upon you in some way, to give you visions of the holiness of the everyday, we would choose not to, for we would simply be doing your learning for you and the realization would have no real power within you. Indeed, each of you must live by faith, completely by reason of your own free will. Each of you must learn the lessons of love and service for yourselves, chosen only by your own free will. When the free will of an entity turns towards faith there is the tendency and the temptation to reach out as if there is something out there that can be gotten into the light, into the mind, that will change things. Yet we say to you that in terms of the spirit the knowledge, the awareness, the transformation that you seek lies waiting within you, and it is to those who reach into the self that faith will come.

19: Within those gifts that are yours by nature you are not calling upon something that you must go out and get, for the Creator is the "I" of you. When you say "I am," you are speaking also of the Creator. When you say "I am," you are speaking of love. You are speaking of holiness. You are speaking of faith. And this awareness is part of your web of perception that has been prioritized so low that it does not come up into the conscious mind.

28.6 1999/05/02

6: This vision has a clarity to it that is born of the depth of reality and the shallowness of personality. Although the instrument was aware of the first two who prayed, once the universe was realized as being a way to see prayer help, the way to see energy coming to help the instrument, the instrument immediately transcended personality and saw those who were vibrating in Christ-like love. We choose this memory because it strips away so many layers of perception and habit in the way in which entities tend to think about themselves, what they are doing, how they are doing, and how they can do better in attempting to be those who live like a spirit, those who are working from a metaphysical frame of reference. The pursuit of spiritual evolution is a pursuit in which almost every temptation to follow this or that avenue is a temptation toward folly, for the instincts that the physical and mental parts of the personality have are instincts which show no clarity or very little clarity when it comes to what is actually taking place spiritually, from moment to moment in the passage of everyday life.

10: We have said many times through this instrument and through many other instruments that what you are is a vibration. That you are a metaphysical entity that is expressing in a complex of vibrations that is as clearly and uniquely yourself as your name. Indeed, that is clearer than any name because it is an encompassing, complete rendition of the self. There may be two or more John Smiths, or Jane Does, or even Tim McCartys, or R's, but there is only one vibratory complex that has configured itself in precisely the way that you have. No one thought up your vibratory complex. No one named

you this vibratory signature. By direction and misdirection by things done and left undone, by the uncountable totality of everyday moments mounting one upon the other, without effort, without guides, without knowledge for the most part, of what is occurring, you simply are. You can poke. You can probe, but you cannot break down [the] metaphysical vibratory complex that is one precious, infinite and much loved being.

11: The Creator is vitally interested in each configured being. The Creator grasps the totality of this vibratory complex and echoes back to the being a validation without judgment, created utterly of love—creative and destructive, all-powerful love. It is this vibratory complex that is you as a light being. It is this light being that you are. You are not your body. You are not your personality. You are not your mind. You are not your emotions. You cannot exhaust the qualities of yourself regardless of how long you look, how deeply you search, or how prayerfully you mine the rich lode of the deep mind in attempting to affix to the self a deeper and more permanent personality. That is to say, that the building up of the magical personality, as this instrument has often called the work of disciplining the self, while it is a good and even an important adventure to be on, it has a limited use, a use within the illusion rather than a use that will alter the configuration of your vibration.

14: This does not mean that spiritual work is useless. It simply means that the power to be is so all-encompassing that the distortions laid upon that basic vibration of infinite love are quite, quite small compared to the core reality of limitless light itself vibrating in undistorted love, or, shall we say, in minimally undistorted love. For all that is manifest as vibration has the distortion of free will and is, therefore, not a pure love vibration. Each of you is not here to work upon one's quality of life. This is not what we are suggesting. What we are suggesting is that the material part of spirituality concerns itself with patterns of interaction between beings. The densities are schools in which spiritual entities learn with increasing efficiency to interact with each other with minimal distortion. This is quite different from the self as a configuration of light.

15: What we would suggest to each of you when the way seems clouded and conflicted is that you separate reality from illusion, that you call to remembrance who you are and how you are, that you call to remembrance with full respect who other entities interacting with you are and how they are. That you be able to see the difference between the self and that other self as inevitable beings that are as they are and self and other self as those who have been offered the opportunity to work within an illusion in such a way as to discover as much as possible about loving interaction. It does not cure problems if you see that those having the problems are simply beautiful configurations of light. But it gives to the seeker something that does not need work, something that is already perfect, in the self and in the other self. It gives to the seeker that ability to move into distortion with an awareness that it is distortion even when the most exacting spiritual practices are being observed and the most discipline of personality is being accomplished.

17: We assure you that there are realizations to be gained and lessons of love to be learned just as you have been going about learning them through your meditations, through your attempts to balance experience, through your concern for and work upon core interactions and core relationships. We may say to the one known as P that this desire for work, desire for understanding of experiences, is a good and a proper desire, and yet as with all desires there is no achieving of the objective that will satisfy the depth of that desire because of the fact that entities are configurations of light; that is to say, because they are vibrations. Any and every thought that an entity can have about identity, relationships, spiritual work, or any matter whatsoever are like that desire for food that is not satisfied by the eating of food. There is a thirst and a hunger in spiritual work that cannot be satisfied by spiritual work or by spiritual attainment. All spiritual attainment in the end is nonsense, one with the illusion that spawned it. And yet, it is the nonsense that each came here to prosecute with the highest degree of integrity, love and respect of which each is capable and will hope to become more capable.

19: We appreciate greatly the depth of this question. We are extremely thankful to have been able to make this attempt to share with you our limited understanding of the issues involved. In your beingness, we salute you. And in your pat-

terns of doing, we salute you as well. Each level is acceptable and true. In terms of remembrance, we would suggest the key advantage of the memory that you are as you are and others are as they are and that you and they are both perfect. Indeed, we suggest that each think of self and other self as this instrument does the Christ. You are that ideal, that archetype, that loves so deeply and so generously. You are easily capable of Christhood as is everyone you meet. The desire to affect that outcome, that hunger and thirst for righteousness, will not prove false, simply somewhat limited.

20: We would at this time end with some reluctance. Let this be the totality of our initial discussion of this interesting subject. For this instrument is expressing to us in no uncertain terms that our time is up. We realize that there are other questions at this time and in hopes of being able to speak with you further upon those topics we would at this time transfer this contact to the one known as Jim, leaving this instrument in the love and in the light of the infinite One. We are those of Q'uo.

25: I am Q'uo, and am aware of your query, my sister. The image of the light and the love filled beings at the heart of the light is a revealing of a connection to love which opens the heart and releases the emotions in many. That it should do so within your own being is not surprising. To discover that one is loved to such an extent that the heart of another beats for another for you is overwhelming to many who have not felt such love before.

30: To learn to love and accept that which seems unlovable and unacceptable is, indeed, a worthy challenge, and we would encourage this entity to look about it and to discover that those entities within its circle of experience are those which have come together with it to dance the dance of this illusion's catalyst, shall we say. Each entity has that to offer that is important to the one known as P, and we would encourage perseverance. We would encourage the opening of the heart in a relentless fashion, and we would encourage the seeing of the one Creator in the smallest of moments and in the most difficult of circumstances.

45: I am Q'uo, and am aware of your query, my brother. This is somewhat difficult to give a clear response to for the emotional aspect of most entities' complex of being is that weighing of the value of a thing by the emotion it causes to arise in response. The emotional aspect of most entities' complex points to those areas of concern and of immediate attention, shall we say. However, the desire to seek in a spiritual sense the nature of one's journey and the nature of truth, of love, and so forth, is, the, shall we say, directional arrow that points the way and which opens a door within the essence of one's being so that one may feel a connection with all things, including the quality of the one Creator called light. Thus, we would point one to this concept of desire and will, the concept of faith that might be more helpful in opening the avenues to the inner being rather than relying upon the qualities of emotion.

28.7 1999/05/23

6: Perhaps we may say that when the word "wise" or "wisdom" is heard, we have not yet gotten to the heart of meaning for this particular density. The lesson that is before you at this point is undoubtedly not about wisdom, not about being wise, but rather about discovering the spring of infinite love. The rational mind can do just so much when it comes to seeking out the wellspring of one's being. It can put you in a good place. It can arrange an environment for best effect. But once the stage is set, there seems to be nothing but a beating heart, a resting body, an alert and seeking mind that thirsts for the Creator, and time. And in this curl of body and silence and time there is that feeling of being alone, being still, and being at sea. And the rational mind asks how this curl of energy and hope and time can bring one to oneself.

11: You are something that is whole and unifying and simple. You are infinite love, infinite light, infinite energy, stepped down and stepped down until you can exist within this particular illusion with this particular kind of physical vehicle, this particular energy shell that we have called the personality. It is as though out of an infinite universe you came through density after density and experience after experience, looking and laughing and gazing and enjoying, and came to this particular planet and said, "Here, I shall plant myself. Here I shall learn to blossom. Here I shall enjoy the sun and feel

ror; reflected in a counter-clockwise direction which again, in hitting another person, another mirror, reversed in a clockwise direction, on and on, clockwise, counter-clockwise, love reflected as it is applied. It's just an observation that came through as I was listening to the discussion.

31.20 2002/10/06

6: Each of you has this kind of creatorship, and each is feeling this ability to change the feelings with which life is replete. Each has talked before this meditation began of ways in which the thoughts have been used to create a better environment for the self. The one known as Jim was speaking of how he had begun to realize that that which he had told himself made a difference in how he felt. From the tiniest thing that you say to yourself to the largest, each word and each thought is an energy that has the power to create change in your consciousness and in the world around you. The more you are able to focus upon this power to speak truth, the more transparent the environment is to the echoes of new thoughts. The one known as R was creating lists of words that took power away and words that gave power, and they were words like "follow" or "choose," "I can't do it" or "miracle." The possibilities within the mind that are allowed to the self become the possibilities that are possible within your world. If you can allow yourself the time and space to move within that closet of self and simply listen to the self as it is, the information that comes to you is that sense of self that has drifted beyond the campfire of everyday talk and moved into the cry of the wolf, the beaming of the stars, the energy of the Great Mother and the light of eternity. What do you dream? What do you hope? We say to you, as you dream, take that time in which you color your dreams with care and love and the self-respect that all dreams deserve. The ideals that seemed fair at earlier points in the life may indeed have become tarnished. They may even seem to have failed and to have become vitiated and destroyed by experiences which you have undergone.

8: In this instrument, for instance, there is a longstanding distortion towards self-criticism, and this is basically an internalizing of childhood voices that this instrument has heard in the past. In no case does this instrument have to continue hearing this particular voice, it being the voice of her parents, both parents having passed from your illusion. However, as is the case with most children, no matter how old the child gets, there lives within that mature person a tremendously powerful memory of every hurtful word that has ever been spoken [to the child]. Unfortunately for the playful aspect of self, the serious aspect of living a life within the physical illusion sounds its steady toll of time and space and calls all to experience responsibility and accountability for the thoughts and desires of one's own heart. When the moment comes that you can see into this conversation that may have ancient and irrelevant voices within it, you will be more able not simply to silence those voices but to lay them into an appropriate and loving place in deep memory with blessing and with love, so that you may indeed forget, not simply forgive the voices that would bring you down and make you feel small, but, [rather], forget them. This forgetting and forgiving of the old voices can release a tremendous power of change within the life pattern.

13: What is your self-image? We ask each of you to define this for yourself at a time when you are simply contemplating what your myth of self is. As this instrument has said, she is a legend in her own mind, and each of you is that. Each of you is a story you've told yourself. It is not simply a birth, a childhood, an education, and a series of experiences as an adult; it is a story with shape and moods and energy and fire, that is, if you wish to tell yourself a story that has energy and fire. The one known as Jim can tell himself that he is cutting grass, or he can tell himself he is dancing with the devas. This instrument can tell herself that she is a bookkeeper, or she can tell herself that she touches people's lives with love. Each of you can look at the simple facts of the life and weave many different stories depending upon those things which are chosen to emphasize and those things which are forgotten and left behind. It is your world, and the possibilities of a world that is created just as you wish it are endless.

31.21 2002/10/20

0: [overview] The question today, Q'uo, has to do with what is happening for the individual seeker; [what is] the metaphysical reality of what's going on in our world today as each of us struggles to understand inner spiritual truths [while] we are caught in the swirl of economic, political, social and other activities that are just increasing at exponential rates. We're wondering what is really going on, when you consider that the various religions of the world have all been affected in one way or another by negatively-oriented entities trying to sway our ability to believe and where we put our faith. [They] have had some success, in causing us to have thousands of years of war as the concept of the holy war is born and carried out in each of the religions. In the Old Testament, for the Christians, there was a New Testament; there was a new covenant. Jesus brought the way of loving one's neighbor. There seems to have been for the last couple of thousand years a smaller and smaller group of people who really feel committed to the way of Christ. Could you give us an idea of just what's happening in the way of metaphysical and spiritual evolution planet-wide and individual-wide and how our various religions and their current difficulties are being affected?

6: The one known as T was asking earlier about why such deeply religious people as some of his friends and relations would be so governed by fear, and perhaps it can be seen in this light that the entity who chooses the established and carefully delineated way of belief that focuses on a specific set of beliefs that make a system are choosing this structure because it feels safe. Thusly, one may see in general that the entity who has chosen to seek a personal path is less a creature of fear than the entity who feels that it is necessary to hew to a dogmatic set of beliefs and to define spirituality in terms of a laundry list of those things that are believed and those things that are felt to be not worthy of attention or even harmful to the developing spiritual entity. Along one path lies an enhanced feeling of chaos, for with free will does come more confusion or, shall we say, apparent confusion. There is less company for the one who decides to make choices for himself, and it is a rockier and more difficult path at the outset. It is our observation, on the other hand, of those who follow the path of religion that there is indeed a tremendous amount of solace in being part of a group. We find that there is a large degree of complete sincerity in the belief system of many entities within religion and those that have the capacity to be of service to others and to think along terms of offering their love in all situations, yet who do not have a grasp of their own spiritual nature, but instead have been content to rest in the structures built by others. For that is what your temples are, those outward structures that have been created as sacred spaces and that do indeed create an atmosphere, through a long number of years and a long number of generations of workers, that is palpable and that can be felt.

7: We are not attempting by this description to condemn all religions, for all religions began with the yeast, powerful, muscular energy of new vision, new realization, and new inspiration. Indeed, it is possible for those within church structures, whether they be Christian, Jewish, Muslim, Shinto or other structures of religion, to remain Gnostic; to remain those upon a personal path; to be those who do not compromise that which they feel within their hearts to be true simply because an authority figure suggests that it must be true. However, there is a substantial portion of the population of your planet that has indeed been affected by religion in the way that those detractors of religion have suggested through history, that being that religion is a drug, a kind of addiction which keeps the "little people" contented with their difficult lives as those who have their primary use in making money for other entities. This strays far afield from the simple, single, elementary truth that connects all entities, whether truth is that which is perceived within a pilgrim heart that is moving out into that personal path of seeking, or whether that same loving heart is content with the patterns that it has been given. The vibrations in which the heart is moving, that tune that the heart is singing, has the capacity to be perfectly one with all that there is. And, indeed, at the heart of all vibrations, of all energy fields that denote an entity, there is that perfectly balanced, totally creative, original Thought that is purely true, so that at the heart of the chaos that is each entity's unknown self lies the Creator in all of its creative ge-

has to remain beneath a veil of confusion and illusion so that the fundamental nature of the lesson of this density may become slowly and subjectively clear to each in its own way. This lesson, as we have said many times, revolves around concepts which have to do with a principle that is of the nature of a Thought or a Logos, and that principle cannot be described better within your language than by the word, love. The Logos or love is an energy that has created each of you, that has created each of us, that has created all planetary and stellar bodies, that has created a house for Itself. The Creator of this house is listening, is fascinated, and is hoping that each of you will attack the school year that is known as planet Earth with great appetite and enjoyment. It is seen before incarnation as a place where it would be impossible not to be merry. As the one known as F has said, "How can one not be in a good mood in a beautiful place like this?" And indeed your mimosa bean pods hang down with a beautiful flair in the autumn sunlight and that particular quality of color within the light of autumn is most beautiful not only on your plane but also in the inner planes where we are at this time resting.

16: It is indescribably beautiful, and there is only one thing that mars the carnival atmosphere, and that is change: the reason that you came! For only in illusion is the perception of real change possible. It is not that there is not a different thought every moment for infinity, it is not that things do not change, for truly no two entities can breathe the same breath twice; no single entity can breathe the same breath more than once. The philosophical river that has for so long been talked about as not being able to be stepped in twice still runs, still changes, and still brings a fresh harvest every day of things that will place the entity in the position of feeling out of balance. Where lies the love in this structure? Love within the structure lies in that which is not seen. It lies beyond the confusion, it lies beyond the circumstances, and it lies in becoming aware of the self as a unit that contains all that there is, in balance or out of balance. All the ingredients lie within, not neatly separated into those that are identifiable as positive and those identifiable as negative but thoroughly and completely mixed, and mixed yet again with the infinite layers of acculturation that each of you has experienced because of how each has heard what each has heard throughout the incarnation. There are many of those within this group whose early experiences within this sphere have been difficult to bear; whose growth as spirits has been distorted in various ways because of assumptions accepted as true, such as, "I am not worthy," "I am not happy," "I am not blessed," "I am not lucky," "I am not good enough." We could go on, but basically it is that feeling of being not good enough, of being abandoned, of being stranded in an unsafe place, which charges one with the need to put up defenses.

17: This brings us back to the idea of the circular, ball-shaped nature of self. Does a ball, does a sphere need defense? Indeed not. In fact, within the civil engineering trade, the building of bridges is only possible in some cases because of ball bearings that are placed at points of balance within the structure, because the circle can hold much, much more pressure and weight and more of a changing load than any other structure, anything with corners. This means that people can use the circular form to stabilize large structures, and, if the nature of the energy field is seen to be round and spherical, then it may perhaps more easily be seen that the way to become a balanced entity is not the dialectic of, "Oh, I see the dark; I must replace it with the light." But as the one known as J said, "Oh, I see the dark; let me love it with my light. Let it all become one thing within the heart." The heart that is within each of you is a haven that is already in balance. There is a pre-incarnational setting that you may be able to change somewhat through the course of an entire lifetime. You are hoping that you will be able to adjust the way you perceive information so that the information that you receive is less and less distorted. One of the goals of balancing is to decrease distortion, and, as this instrument has said earlier in this conversation, to become integrated, to become not only that entity who loves but that entity who is loved, so that one begins to feel the fullness of self and the rightness of having all that there is within one entity. This part of balancing simply clears the field by removing as much distortion from the perceptions that are incoming as possible.

18: So let us move from the concept of sphericity or not cringing from difficult experiences, to another facet of the balancing experience. That is the great importance of not

only allowing oneself to fall, [but] allowing oneself in those moments of self-perceived chaos to move with the chaos. Indeed, to feel as if one is falling down and not coping but also to begin to allow the self to laugh about it, to take it lightly. We have said through this instrument many times that we encourage you to love that which is beyond yourself and take it very seriously but we encourage you also to take yourself lightly. For those things which are the highest and the best within you are those things which simply need to be found within the self and allowed to express. They are already there; they are hiding behind things like defensiveness, fear, all of those reactions that are, as Buddhists would say, not particularly skillful. There is a great deal to be said for this point of view of skillfulness. However, it does not come into congruency with the thought that is behind the skill, which is that of love. There is nothing restrained about the love of the infinite Creator, nor is there anything restrained about the power of those energies that move through each of you at all times. There is distortion in the incoming data that you receive with ear, with eye, from reading, from opinion and so forth. It comes in roughly and raw, and some of it is true and some of it is not; some of it is of good report, and some of it is simply gossip; some is true, some is false. How shall you judge yourself? How shall you look at the momentary experiences of the day and say, "This was a good thought; this was a non-skillful thought?"

25: For you see, each of you, balanced or unbalanced, is constantly sending a signal. Each receives the same signal; each receives the infinite love and light in infinite supply at all times moving from the roots of being, from the roots of the body, spiraling upwards through the self and out into the universe again. The magic here is involved in your nature and how you refract that upward-spiraling light in such a way as to create your own color, your own luminosity, your own way of offering light back to the infinite Creator. So what you are really responsible for here is simply becoming more who you are, for who you are is a spiritual, energetic being, and it is something that is encased and often buried in that illusion which is flesh and those persuasive seductions that the physical world offers; seductions such as the need to feed the self, the need to create warmth for the self with inclement weather, the need to appear to be this or that way in regard to other people. All of the needs are for a seduction of the senses and a seduction of the emotion. It is as if each were at a magic carnival and one could either spend time upon the rides going around and around, or one could bring one's bounty to the carnival and have it judged to be "best chocolate cake" or "best tomato." It is a choice of where to put the mind, where to put the energy, where to put the love. If you are loving, you are in balance. You can be upside down or sideways or flat on your back in the illusion, but, if your heart is open, we ask you to be utterly pleased and satisfied and to move on into the moment to mind some of the wonderful, spontaneously available breath and spirit and je ne sais quoi of that particular moment; that intersection of space/time and time/space in which this perfect moment became possible.

27: The lessons usually have to do with the giving and the receiving of love. As the one known as V has said, it is much easier to give than to receive. Many within this group are working with the ability to receive love, so there is never an assumption that this or that situation is helpful and this other situation is not helpful. Know that many times this situation is the reverse of that which it seems to be.

34: As to the clockwise and counter-clockwise spiraling effect of these tools for healing, we would recommend that the attempt to send energy into a body or portion of the body may best be accomplished by using those energies which move in a clockwise fashion. Thus, the prana or infinite love and light of the one Creator may be sent more speedily and precisely to a certain location by using the clockwise spiral and by visualizing this energy moving into the spiral and into the body as this tool is used, so the counter-clockwise spiral then is most helpful in the removing the energy from the physical body or a portion thereof, again, seeking the counsel of the subconscious, moving in the intuitive response from the subconscious in a fashion which allows a visualization to assist the use of the counter-clockwise spiral.

68: I'm D. I have the observation that came to me as we were discussing the counter-clockwise and clockwise spirals, and that was this: that, if you think of love as one spiral, one direction, hitting somebody else, it's reflected just as in a mir-

the rain. Here I shall be born and die." And you descend through the inner planes, through each level at which you make choices, until you have chosen this body, and this time, and this set of circumstances, and suddenly you are born. And this is the present moment of all times, and this is the place out of all places, and this is the density, and this is the experience.

13: Think of yourself in this way, as a sun or a blossom. Anything but a human. For to think of oneself as human is always to move to the outer, for your true self is no other thing. You true self is without distortion, and infinite in love. We cannot teach you how to realize compassion. You cannot teach yourself how to realize the compassion that is locked within you. And even with the dint of the hardest and most intransigent work upon the self, you cannot add one whit of compassion to your personality. You can teach yourself to perform compassionate acts, but the key to that infinite compassion that is truly yours is not to be found within teaching and learning. It is locked within the present moment, and it is when you go into the present moment that you are vulnerable to a deeper realization of yourself.

28.8 1999/09/12

12: When you become frustrated with the self, with the lessons, with the pattern, then it is that we encourage the lifting of the self from pain. And how is this done? For some personalities it is accomplished by moving into the silence, by going for the walks, the meditative reflective times. For other personalities it may be that the choice is to remove the self physically from that which is frustrating, turning the attention to others things. But whatever your personality, we suggest to you that the inspiration that lifts frustration is within you and within this moment if you can but allow the self to express its nature through your instrument. For you are not as you think you are, but, rather, you are a personality shell that distorts the love and the light of the one infinite Creator in just this and that way. You are an instrument. You are an instrument of a certain kind. You are a citizen of a world that you do not see. The great baffling thing about spiritual seeking is that you seem to be in one world, a world with sidewalks and chairs and furniture and cars and movie theaters. Yet in actuality, once you awaken spiritually, you are in a creation of energy fields and all of your work is upon your energy field, the vibration of that field and its dynamics when coming into contact [with] other fields of energy. Each person that you encounter has a field of energy, and you will interact with that energy in certain ways suggested by your distortion and the distortion of the other self. Ideas are fields of energy, and as you come into contact with them there are dynamics between the field of energy that is you and the field of energy that is an idea or an ideal quality that you may wish to pursue.

28.9 1999/09/26

3: We come as those with a simple and single message: that all is one and that that one thing is the infinite Creator which is also Love. We see a universe which is unal, unified, of one piece, of one thing. We also, as you, see an infinite array of universes, all of which are unique, different one from the other as snowflakes are, as people are, as all living things are, both obviously of one kind and obviously of infinite variety. We see in our way of looking at the universe that there is a natural instinct implicit in the parts of this unity that is all that there is to fit together in such a way that all are fed and all needs are met. We see a universe in which there are orders of beings, and we see the order of being that is the level of your present incarnational experience as level three, the first two levels being inanimate or seemingly inanimate matter such as rocks, water, air and fire and animate objects, those plants and animals which can turn towards the sun and move about under their own power.

8: When this instrument challenges us in the name of Jesus the Christ we are able to answer her not so much because this entity died on a cross, hoping to save the world by its sacrifice, but rather because this entity had a quality of being that was maximal in terms of the purity and profundity of his intention. Or to put it another way, because of the utterness of his love.

9: Each of you has a heart full of love. And, yet, because it is a human heart with a human love, the human supply will run out quickly when it is placed under stress. The hope that each seeker has of becoming a person that may hold a higher quality of love is the hope of moving more and more into the world of eternity and away from the world of space and time, cause and effect, quantity and quality and differentiation. The one known as St. Paul the Apostle wrote1 most beautifully that one may do all manner of wonderful things, but if one has not love, one is nothing but a noisy gong or a clanging cymbal1. And perhaps this seed thought may open to you the nature of service to others. For it is not what service you do, it is the love with which you do this service that makes all services equal. It is not the healing or the feeding or the changing or the washing that you [do]. It is the quality of love with which you do it.

10: How can you develop your being to be capable of ever more fullness of love, but by moving within and paying attention to the self and the processes of the self. And many times this process feels selfish, self-absorbed and narcissistic. You think to yourself, "I am taking these walks and having these thoughts and basically screwing around, not being useful." And we put ourselves down for the very thing that will go furthest towards deepening our quality of selfhood. We say, "we," because it is not only in third density that this is an issue. We still very deeply hope and pray to learn more about how to serve.

11: One thing we have come to know for ourselves with great certainty is that it is in the opening of the self to the processes of spiritual evolution and the seating of these openings with daily and with repetitive exercises that realizations have the best atmosphere into which to come. You are as a human being at the third level, just at the beginning of the road that is infinite, just making the acquaintance of the self, just finding out precisely who and what you are. And as you work with the self and pay persistent attention to the thoughts of the self you are working to open and deepen the shuttle or linkage from the world of space and time to the world of eternity. You are a place in which two worlds meet. And as spiritual entities you are attempting to be, and in that being, to yield to and embrace love itself.

13: Where is reality to a spiritual entity but in the present moment and within the love within that moment? Why are all ways of service equal? Because they all address the same thing. They all come from the same being. Each entity came into incarnation with gifts, with endowments of nature, and when one considers what to do with the self it is well to consider with the eye of reason the self and the gifts of the self. What are the natural proclivities, natural affections of the self? For truly these preferences are there for a very good reason, not to distract or disturb or move someone off the path, but rather to help point out the path that is to be taken. Seen with the eye of reason it is perfectly logical to look for the service that one may do in terms of one's gifts, in terms of what one person can do. Can this one person do physical things? Can this person heal? Can this person teach? These are questions the self can ask of the self when looking at the question of service. And yet seen with the eye of faith the question is not, "What are my gifts?" But rather, "What is Your will for me, infinite One? What good works have You prepared for me to walk in? Help me to see better. And when I see them, help me to meet them."

15: Again, we know we give comfort and reassurance. We know that we give food for thought. But we would say that our perception of how we are serving is that we offer a quality of beingness that underlies these messages that speaks not of us but of the one infinite Creator. We do not want you to look at us. We want to join you in looking at the one infinite Creator. We see that in you. You see that in each other and in us, and that quality of comfort and reassurance and belonging moves from the Creator to us to you and out into the world. And we can see the energy moving that we allow through us and that you then allow through yourself, and we are humbly and profoundly satisfied. And we would encourage each of you to see yourself as one who has within that being of self those seeds which flow out of the self to comfort and reassure those about you. See yourselves as those through whom undistorted and infinite love and light may move.

27: I am Q'uo, and we would agree with you, my sister, that there is a great deal of organized information that is available upon not only this topic but upon most topics that are the

subject of our speaking to this group. This is so because, of course, as you all are aware, there is a very close connection between all thoughts of each entity. For the one Creator is alive and well and thinking mightily upon all things. And yet does not all of this fine and intricate structure dissolve into the one unifying concept of Love that has created all of us, the thoughts that we think and the means by which we think and observe our thinking. There is as much to be said about such topics as there is time to say it, and of course, within the third density most especially, there are time parameters into which various portions of experience are placed. Then, as we communicate with you we also seek to observe the patterns of your life, the ways in which information is sought, and we look at that which we have to offer of our own opinion and seek to form it into a shape which will fit your needs. If there were only five of your minutes, for example, to give information upon this topic we would attempt to hit more of the high points, shall we say, than attempt to interweave a more intricate connection of these points as was our desire during this session of working.

39: [footnote start]Holy Bible, Corinthians 13:1-3: "If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing." [footnote end]

28.10 1999/10/03

6: However, there is another level of desire with which those present all have considerable experience and that is the desire for purity, for truth, for beauty, for light, for true love, for true love between people, for true relationships between people. And this level of desire has a life that is denied to desires for things which can be acquired in the physical world. This level of desire places a seeker in a different world where she is able to see objects, both metaphysical and physical, not with the eye of the physical world but with the eye of the heart, what the one known as Ken Wilbur has called the eye of contemplation. These desires for a higher way are wise, wise desires and we would encourage each of you to stoke these fires of hope and faith and will and ask for your highest desires with abandon and greed. For these desires for a higher way of being, a higher method of seeing, will cool the fire in the oven of desire so that you as an instrument of the divine are tempered and strengthened.

28.11 1999/10/17

0: [overview] The question this week has to do with whether or not it is possible in this day and age and in the place in which we live for us to use meditation and personal works to become the seeker we hope to be, to achieve that state of being that will allow us to radiate the love and the light of the Creator and to continue to expand as learning and growing beings. Or is it still necessary to retire to a cave in the Himalayan Mountains and meditate for twenty years with some small chance for success, of some hope of achieving a realization of who we really are?

5: And what, then, is the nature of this spark? This instrument would say that it is a vibration. And that is close enough for us. The original vibration, then, is the reality within every illusion which you experience. This anchoring vibration can be overlaid by any number of vibratory complexes, for each receives an unending supply of the pure vibration of love that is the moving energy of the cosmos. Each takes this vibration into the various bodies from the gross to the finer and distorts that vibration in various ways as it moves through that vessel which is your mind, body and spirit. And, thusly, to those who have the ability to see through the veil each entity speaks itself in vibration with a distinctive and utterly unique identification.

6: Since the very nature of your being is vibration it will not surprise you that we would ask you to evaluate those ways in which you characteristically distort the original vibration of love. Now, there are various ways to distort or block or over-activate the vibratory energy that feeds and fuels your being. Those of you who experience incarnation in third density at

this time are experienced souls. This is due to the fact that through what this instrument would call the time of harvest there is a tremendous opportunity for relatively rapid soul growth, and this has meant that there are far more entities wishing to take incarnation upon your Earth plane than there are opportunities for these souls to come into physical vehicles. And so those who have incarnated into your plane of existence at this particular time for this particular planet are those with a seniority by vibration. This means that each of you is already capable of doing relatively, shall we say, "advanced," for want of a better word, work in consciousness. 16: This instrument would perhaps choose the one known to her as Jesus to be an exemplar of undistorted love, and yet we say to her and to each of you that this entity, as devoted a servant to the Creator as he was, had many moments and many days and many weeks and many months in which confusion reigned and the puzzle was not solved. And the hunger and the thirst for truth and beauty was unfulfilled. These seasons of weal and woe are extremely helpful and very deeply to be appreciated, for in addition to bringing to one that catalyst that one needs in order to learn, these seasons of dryness and aridity of spirit deepen and purify the vessel within. For each truly is a channel, an instrument.

17: Think of the musical instrument that is played by the wind of the instrumentalist. The air moves through the instrument and under the clever movement of the fingers various tones come forth expressing, when they are played as written, flights of music that lift the heart and encourage the spirit. And each of you has this hollowness that is filled with the love and the light of the infinite Creator. What this instrument and perhaps others within this room hope for is that the self will become transparent so that the wind of spirit that is blown through will come out as it went in, totally undistorted by the self. For if the self can allow infinite love and light to move through the self, then that self has the capacity to bless that love and light that flows through it and offer that that has been brought through to the Earth plane. Indeed, it is our feeling that this is the basic work of all spiritually awakened people, this essential beingness of self that does not distort the love that flows through the instrument of selfhood. Beyond all the beautiful tunes that your instrument might play with the various distortion of the various energy centers there is the wonderful ability to do that essential work that is the work of being that allows love and light to flow into the Earth plane undistorted.

29: We have also learned that which you call humor, that which we would call the sense of proportion, where it is discovered to be helpful to see the self in a lighter manner. Though the seeking be the sole desire of the entity and the knowledge of truth, love, wisdom and so forth is that which is sought with every fiber of the being, yet there is the enhancement to the process that humor brings. For if one can lighten the point of view, can lighten the intensity of emotion in even that situation that seems the gravest, then there is the freedom to move more as in a dance, more as with the flow of the universe.

30: We have learned much of the nobility of the human spirit, the desire to be of service to others beyond all cost to the self. Constantly we see entities who are willing to do whatever is necessary in order to serve their brothers and sisters who suffer within the illusion of this third density. We are most honored to witness this nobility and this humility, for it shows to us the very heart of the one Creator that wishes to love and serve all as the self.

39: We would recommend, as we would in many such instances, that the loving acceptance of the process is the first foundation stone to lay in the attempt to serve another entity. For if one is able to see that the difficulties shared in such a relationship are also offering opportunities for the opening of the heart, each to the other, then the proper valuing of the experience may be appreciated. When one sees that such a relationship is sacred in its nature and fertile in the possibility of producing the open heart, then it is possible to see the interrelationship of the entities as that which will eventually produce the desired opening of the heart. As one supports each in the process one may retire periodically to the meditative state to look more deeply at that which occurs in the daily round of activities, for those experiences which, shall we say, push the various buttons, each of the other, and result in the heated words, the hurt feelings, and the overall confusion as regards the entire situation, one may begin to see a pattern in the relationship where there is the possibility

terprets catalyst to mean that it has been abandoned; sometimes an entity may interpret catalyst in such a way that he feels that he is not good enough. Whatever the negative perception concerning the self, such perception robs the self of its own peace, talent and magic. If an entity is not pleased with itself, if an entity does not feel that it is doing well, it is simply, by this attitude, hampered in the accurate determination of the nature of catalyst, because all negative perception tightens a net of fear about the soul, and within that net the soul within cannot breathe and cannot express itself with freedom and accuracy. It is only within an atmosphere of love that the self begins to be able to see the self clearly.

23: This does not mean that it is possible for the self to be, specifically and generally, completely pleased with the behavior and the functioning of the self. The removal of fear from the self simply means that, when the self perceives the self to have failed, that failure is loved, honored, accepted and forgiven with the same facility and gladness with which the self is able to pat the self on the back for perceived excellences and virtues.

24: Moving back into the thought of polarity, it is important to love the negative portions of self, the shadow portions of self, as much as the sunny, daylight portions of consciousness that one is most desirous of sharing with the world. Blessed is the entity who is not only able to share positivity with the world but is also able to share the perceptions of his own negative nature with a calm and peaceful heart, with a forgiving and accepting heart.

34: Remember that each in truth love itself. Love does not contract; love does not fear; love drives out fear. If the entity is at heart a being of love, and if an entity is able to experience the self as a being of love, this is a tremendously important step towards becoming more skillful in the process of experiencing the self as a person of power, peace, bliss and magical effectiveness. That which is perceived as the truth will become the truth. Thusly, be extremely choosy about that which is accepted as the truth.

39: We ask you to look at this not as a punishment but as a fertilizer that enriches the soil of self and enables it to grow a better harvest of blossoms and fruit. We wish to each the utter beauty of the blossoming spirit that is increasingly aware of its creator-self and is increasingly willing to lay aside the fears and perceived limitations of the self in order to embrace the one original Thought that is the Creator and that is that Logos which is creative love.

31.18 2002/09/01

8: These are the last days of this particular cycle, and each entity that dwells upon this planet at this time has basically chosen its polarity. Perhaps not in a way that activates the spiritual progress that can indeed be accelerated, but the experience of each has been rich and decisions have been made concerning the choice of the light or the dark. What we ask you to think about, in the context of gratitude, is that land which lies beyond polarity, that unification that is very much of higher densities and very much of the fourth density which is at this time coming so close now to that vibration which is your so-called consensus reality that, more and more, there is a transparency that comes and goes for entities, so that suddenly those truths of fourth density and unconditional love are indeed opened to that entity, and that entity feels, understands and sees, as if "real," the perfection of all things and the beauty of the play of light and dark as the soul spins, evolves, balances and regularizes in that spiral towards oneness with the one infinite Creator.

25: That's beautiful! Do you have a thought about how we can work together, because I know H and I both, as group leaders, have real hopes of somehow acting to unite the planet in love and world friendship. Do you have any suggestions for how we might collaborate better together or what we may support and encourage in each other?

26: I am Q'uo, and am aware of your query, my sister. Again, we wish not to infringe upon free will by suggesting that which has not been chosen already in your free will. However, we may suggest that each entity within this incarnation is able to be of most service by being most authentically who each entity is. Each has brought certain skills, desires and talents to this incarnation, and each encourages the other most effectively by encouraging each to be, first of all, to be firmly rooted within the harmony, the love and the light of the

one infinite Creator; to be who each has determined before the incarnation each can most effectively be. For each of you is unique, though each of you is the one Creator, each of you has yet another way of shining forth that love and light as a faceted jewel. Thus, encourage each other in whatever direction feels most appropriate. Your hearts can tell you the direction, your meditations can show you your heart. Seek them together however you can, and light and love shall come from this joined seeking, light and love which can heal a wounded planet. We then would suggest that you do as you do seek, share and love together.

33: I am Q'uo, and am aware of your query, my sister. We are aware that there are those within this group and within many other groups as well who take time each day to meditate and to pray and to send love and healing energy to all who are in pain; to open their own hearts to the healing love and light of the one Creator; to send that energy to Mother Earth, herself, for her healing as she brings forth a new Earth into fourth density; to send that love and light to each entity upon the planet which feels pain, which feels weariness, which feels the sickness and hate and disappointment and disease and all those other various ailments which can take the attention and turn the mind to darker thoughts and ways of sharing that do not open the heart but close it. We would suggest that, whenever it is possible, upon a regular basis that you take time to pray, to meditate and to send love and light to all who need it.

41: I am Q'uo, and am aware of your query, my sister. As we mentioned previously, this is the time of harvest, the time of the change of cycles for not only each entity upon this planet but for the planet itself. For all move in the upward spiraling line of light as if in accordance with the hands of a clock striking the hour of change. The time grows short. There is much work yet to do. This planet has for many of your millennia suffered the difficulties of factions warring one against the other. This anger of war and bellicose action has seeped as heat into the crust of the planet, heat which must be released. Each entity, as well as the planet itself, is therefore asked in the spiritual sense to take a larger share of the ability to transmute this heat and anger. Those who have no firm foundation of spiritual seeking or outlet of sharing in a metaphysical manner take this extra share of energy and transfer it as anger. Thus, those who are aware of the change occurring upon the planetary and the cosmic level which reaches into each individual heart, do well to see in their meditations and their prayers hearts that begin to open, minds that begin to open, arms that begin to open, so that there is acceptance and love, compassion and forgiveness, in place of competition and anger, confusion and ignorance. Therefore, we recommend most heartily that the prayers and visualizations be added to your meditations in order to aid other entities in their attempt to open their hearts, which is the purpose for each entity here on the planet at this time. Some are more, shall we say, effective, more able to do this than others. Those who are able to open their hearts first then teach others by example and in their meditations.

31.19 2002/09/29

8: Lord, make me an instrument of thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is sadness, joy. Oh divine master, teach us to seek not so much to be loved as to love; to be understood as to understand; to be consoled as to console. For it is in pardoning that we are pardoned; it is in giving that we receive; and it is in dying that we rise to eternal life.

15: Change is uncomfortable by its very nature. It is confusing, and new patterns that are tossed into the life experience by a most humorous deity have a tremendous ability to appear to the untutored eye like pure and complete confusion and chaos. It is only after processing a good deal of new catalyst that a pattern may perhaps become clear, and it is by hindsight, then, that most of us see the true value and benefit of most of the lessons that we have been offered by our higher selves, chosen before this incarnation with great care and great love. The only difference between before incarnation and during incarnation is that, before incarnation, the reasons for these choices were perfectly clear. Within incarnation, all of the sense of the pattern as an integrated whole

the one that was less traveled. Is this entity correct or incorrect? This entity is itself. The question of beauty is truly a subjective one. However, we would say, as your poet, Keats, has said, that truth is beauty, and beauty is truth. That is all you know and all you need to know.

13: Which energy appeals most to each of those within this circle? That is an ever-shifting question, is it not? Certainly, if an entity finds itself obsessed with physical beauty, there is some balancing work to be done, for it is not acceptable in the sense of metaphysical work to be preferring any one situation over another. It is a toxic environment for spiritual growth to be obsessing concerning almost anything, for the great key to spiritual advancement is balance. Rather, we would suggest that the way to work with such a concept or issue as beauty is to move the self through the various experiences of beauty, observing and appreciating the qualities at each level or depth of the energy at each layer of the onion realizing that, as the consideration of beauty rises through the energy centers, the quality of the considerations and the thoughts of such an entity are improving all the while. The experience of beauty is pleasant from any of the layers for depth of truth within the experience. But, certainly, the more profoundly rewarding of the esthetics begin to come in with the richness of the higher energy centers. Yet, we would not for an instant remove that wonderful, primal gusto and brio involved in the physical appreciation and delight in beauty. Should a male not delight in the beauty of the female? Should the female not delight in the handsomeness of the male? Should one not appreciate the delicious taste of good food and good drink? Should one not rejoice in the beauty of song and dance and movement and the physical world and the feast that the eyes and the ears have? Should one not enjoy the touch of soft and firm and rough and smooth? Should one not, indeed, delight as much as an otter in the play of life? We see no harm or error in such delight in beauty and would only encourage each to open the eyes more and clear the senses more deeply to appreciate every passing beauty of the day. The one known as Jim was saying earlier that it wished to keep a positive attitude, because it so much changed the perception of the life by the self. The one known as T2 mentioned also that the most constant prayer was keeping a positive thought at all times. These, too, are ways of increasing the beauty in the life, of opening the windows of the soul to let the sunshine of love and light in.

14: We would not have any worship beauty. We would not have any worship at anything that has a name or form or shape. We would suggest to each that, in order to remain balanced, it is well to examine strong feelings about beauty just as one would examine emotional feelings of any other kind. The assumption of preferences and biases is part of that which you came to this incarnation to refine. In order to refine one's concept of beauty, one must first become able to be completely honest with the self concerning opinions of self and opinions of other self. This is not particularly easy to accomplish. The self must be more and more known to the self, more and more accepted and, finally, more and more loved. What is beauty? Gaze within your childhood with the eyes of a small child. Were you not gloriously beautiful? You were innocent of anything except wishing to exult in every experience of life and it is very telling that much of the experience of the young soul of an incarnation tends to be experienced as difficult so that, little by little, that beauty of innocence begins to be warped away and scratched away, and finally knocked into flinders by the seemingly poor opinion of one's parents and authority figures; by the cruel taunts of other children; by the disappointment of the self by the self. All of these things begin to rob the growing soul of its ability impartially and lovingly to feel beautiful and to judge things as beautiful. Indeed, we would say that, for most entities coming into an awakening process, the ability to appreciate beauty has been stunted and warped. And so, there is much work to do within an incarnation to recover that innocence of eye and ear, that allows an entity to sense the beauty of the nature of each thing as it is, or what this instrument would call the ding an sich. Appreciating the real heart and essence of each thing is the key to a balanced esthetic. And when the esthetic is balanced, and balanced for that incarnation, there is no adhering karma stemming from the decisions made within the incarnation.

31.16 2002/07/04

8: Let us step back and gaze at the underlying energies involved in this interesting relationship. This instrument and the one known as V alike shy away from thinking as the self as angelic or pure or positive beyond anyone else and we are perfectly in agreement that both of these entities are distinctly human, quirky and imperfect in the way that those among third density must be imperfect in order to have a very fruitful and helpful incarnation. However, each of these beings knows too that it carries that which is angelic, pure and positive. It carries it not as a burden but as the breath, as the life, as the [odor], and as the incense. It carries what this instrument would call the goddess, that female energy that makes safe places and whose hearts are full of compassion. This is not an aspect of femininity that is carried except by choice and most usually it is brought into the incarnation with love not for the purpose of helping the self, but for the purpose of being an instrument of the love and the light of the one infinite Creator in the sense of essential beingness so that whether that energy is expressed in changing diapers or in washing the dishes or in teaching or channeling or singing or other activities that would seem far more service-to-others oriented, the incarnational purpose of carrying this energy is satisfied.

9: There is now activity that an entity cannot accomplish as a vehicle for expressing this angelic, pure love. It is not affected by the cycles or apparent mood swings of the personality but is rather a gift that is firmly and safely hidden in the folds and recesses of the feminine heart. It is part of the very hopeful and energetically radiant attempt by an entire spiritual family of large numbers to balance an Earth that has great need of the fullness of love that is wrapped up in the archetype of the feminine. This energy is using each of these as instruments and we may say that each of these entities, the instrument and the one known as V, have conducted their incarnations with awareness of the gift they carry, respect and honor for that gift, and close attention to preserving the integrity of their positivity as instruments.

13: In this instrument's mind we find the concept is very helpful. It does not understand this concept completely but we will attempt to use it. It has read a work called The Flower of Life by Drunvalo Melchizadek and this entity expresses a way of moving energy through the energy body. This involves moving the energy up into the yellow ray and as it moves into the heart there is a 90 degree phase shift that needs to be taken in this entity known as Drunvalo's system of understanding in order for the energy to move up through the heart and on out into the creation of the Father. Interpenetrated with this concept and helpful to understanding its essence is the advice of the entity this instrument calls Papa concerning retaining energy for the self before allowing the energy to move through the self and out into the world. In this entity's zeal for blessing and sending forth the energy of its love it was reserving, according to the one known as Papa, nothing for itself and acting the role of martyr. Consequently, the image that begins to emerge here is that of the light flowing through the entity into the heart and then back in a loop through the body making sure all parts of the body, mind and spirit are washed completely in the infinite love and light of...

31.17 2002/08/09

8: Another concept that is involved in effecting the purpose of third density is an increased accuracy in the perception of that dynamic known to your people as polarity. What is positive; what is negative? What is service to others; what is service to self? How does this creature that you experience as your self respond to perceived light and perceived darkness; to perceived positivity and perceived negativity? Very often, those entities which wandered to this planetary sphere from elsewhere are those who are working very hard in sixth density upon the precise balance between love and wisdom. This means that chances to experience polarity and respond to it are precious, because only by gathering the harvest of catalyst and allowing the winnowing of that catalyst by the processes of conscious and unconscious portions of the self can one begin to redefine and more accurately balance the forces of love and wisdom within the self.

22: Many times, the reason for distortion is some opinion concerning the self that is negative. Sometimes the self in-

of progress as each is able to accept what previously seemed unacceptable, each is able to love what previously [was] seen as unloveable. The process of being able to see and accept more and more of the other self as whole and perfect allows the self to do the same with the self. For in each instance it is a process of learning that occurs within each individual entity and then is offered in love and service to the other.

28.12 1999/11/21

4: Throughout your recorded history it has been so that in the apparent world there were great differences between people. Some had great possessions and wealth while others had nothing or very little. Some have great influence and power while others are helpless and at the mercy of those who are powerful. The apparent inequities of the ages remain inequities because the Creator in each of you is at the core of each of you. It is the work of many, many incarnations to begin to bring the truth at the core of the being up into the light of conscious and consciously lived life. But no matter how deep the seeming vision, no matter how bottomless the abyss that seems to yawn between two people, no matter what the apparent inequity between two people, at the core each is joined to each forever in a unity that is endless and complete. Density may pass into density and octave into octave forever, and you shall still be one with every entity that has ever disturbed or bothered you, as well as one with every entity that has ever earned your respect, admiration, compassion or love. You have no room to pick and choose amongst the great variety that is apparent upon your Earth plane in terms of the truth of your being and the truth of the being of those with whom you come into contact.

7: Nevertheless, here each of you is sitting in this circle with a heart still ardent and intentions still earnest, ideals still high. Yet each of you is bemused and concerned because of those things which you see as failures upon your part, failures to keep the cheerfulness, to feel the light and the love of the infinite Creator surrounding each and every situation. And we can only say to you in your darkness, in your searching, in your confusion, be at peace. Know that all is well. It is utterly and completely acceptable and a very helpful learning experience to feel irritation, aggravation and annoyance. It may be distressing. It may seem very confusing. And it may feel like an error that is dirty and sinful. Nevertheless, each time that you, as a consciously living entity, become aware that you are not treating another entity as the Creator you are in a very enviable position from the standpoint of one who has set before the self the race to run. For in this situation there is no human forgiveness possible. You see, each of you is deliberately cut off from your perfection. You embraced the humanity, which is error prone, because it was error prone, because you became blind and deaf and dumb to the full awareness of the one infinite Creator.

9: Now, you have asked how you can work with the awareness that entities are a reflection of yourself, and we say to you work with them by releasing yourself and them from the strictures of humanity. It is not efficient or often possible to work with situations upon the level that the situation has occurred. In your humanity you have very limited resources when it comes to expressing love. Your supply runs out, and you are not expected, in and of yourself, to have infinite love. This is not within the capacity or the blueprint for human entities. It is necessary for the learning experience for an incarnation that you repeatedly come to the end of your human resources and then are forced to look at choices between despair and hope, between doubt and confidence, between giving up and keeping the faith. Thusly, we would suggest to each of you that when you begin to experience these irritations in a relationship between friends and relatives and loved ones move immediately to a position of forgiveness of self. For your real work in consciousness is not with another entity but with the self.

15: Thusly, we ask that whether you burst into angry speech, keep silence, find communication, or simply work with the self to lighten the mood, do these things with an eye to keeping the faith. What is it to live by faith but to look at a situation that seems hopeless and say, "I believe that all is well." May we say that in our opinion this affirmation is one of the most powerful, enabling and ennobling of all learnings, of all expression, of all spiritual manifestation. The other is forgiveness. When you are looking at that part of your universal

self that you do not wish to see—that is, when you are having difficulty with another entity—it may not seem possible for you to forgive that entity, and, by reflection, it may not seem possible for you to forgive yourself. And may we say further it is not possible to either forgive self or other self without a release of that self and an acceptance of help, for there is help at the core of your being waiting to be accessed, waiting to be asked. For the infinite Creator in infinite love and infinite patience sits in a humble chair in a little corner of your heart waiting to be called upon, waiting to be brought into the center of the heart, waiting to be noticed, waiting to be asked. In the beginning was the word, and the word was with deity and that Logos was deity, and that deity is Love, and that Love is you. At the heart of your being lie all the resources that you will ever, ever need. At the heart of your being lies infinite truth, infinite power, infinite strength.

16: When you can lay the burden of selfhood down and allow that core of self to speak as the little self, then you shall be overshadowed by infinite energy. And there are times when each of you has experienced this grace, times when you have prayed and received blessing, when it has become possible for you to love and forgive another and the self. Know that these things are possible. Know that it does not matter whether you have not succeeded or whether you feel that you have. For you are doing well simply to arise in the morning and breathe the air and respond as best you can to the busyness and the pleasure of the day.

17: All is well. This may be your mantra. All will be well. This will be your hope. Allow yourself to fail. Allow yourself to be upset. There is no disaster here, but only the opportunity for learning and growth. And know that help is always nearer than your breathing, closer than your own features or the breath in your body. Entities of great love and wisdom surround you, love you, want to support you. Lean into that invisible help and know always that all is well.

49: I am Q'uo, and am aware of your query, my sister. The experience of the malfunctioning of the computer and its software is in most cases the normal working out of the interrelationship between the hardware and the software and the brain. However, there is some small degree of, as you would say, interference from the loyal opposition. However, we find that the project is being undertaken in the most appropriate attitude of praise and thanksgiving and the openhearted giving of love and light which is your great protection.

60: I am Q'uo, and we are grateful for your words as well, my brother. For as we said in the beginning of this session it is your calling to us that is a great service to us. Without such a calling we would have no beingness within your illusion. At this time within this third-density planetary influence there is a great deal of calling for assistance from any source which may provide the green-ray opening of love and compassion. That is our great desire: to partake in the awakening of the heart energy center of all those who seek our assistance, for there is no greater calling than that which calls for love, that which calls to love, and it is that calling which we answer, and those from the far reaches of the one creation rejoice at the experience which each has upon this planetary influence in the opening of the heart.

28.13 1999/12/05

11: Perhaps the next most usual or common way in which communications go awry is that situation in which the self does not want to speak what is actually true. This can be as innocent a situation as one's mother saying, "How do I look in this hat?" If Mother looks perfectly terrible in that hat, if that hat is an outrage and an eyesore, yet still a husband or a son is likely to say, "Oh, Mother you look wonderful in that hat." This is not clear communication. This is, however, loving communication. And we do not say that this is wrong, for there are many kinds of truth. And the truth that is being expressed by the compliment, while untrue about the hat, is certainly true about the regard that the family members feel about another family member. The desire in this circumstance is not, then, to express truth but to express love. And we feel that that has its own kind of truth to it.

13: When the person facing this situation can realize the degree of fear that is distorting the challenge at hand, then it is that that entity becomes more and more skillful at looking straight at the fear involved and taking that fear within the heart and forgiving the self for being fearful. This work upon

the self, over a period of time, begins to build up for the self a concept of the self as being flexible, able to learn new ways, unafraid to speak regardless of the consequences. It is as if you take a comb and comb through the difficulties and brambles that seem to be surrounding communication with this other self, combing away the tightness of spirit, combing the fear of ridicule, combing away the fear of making a mistake, combing away all the fear-based limitations that hedge you about as a communicator, until all that is left in your blue-ray energy field is an honest and open desire to give and receive information and love. Remember that communication itself is vibration. It has its own energy center, that blue-ray chakra in the throat.

15: This instrument is perusing a book at this time about the living memory process and throughout the book the author keeps bringing up the qualities of interaction between two things, this author calling these two things tuning fork A and tuning fork B, or Albert and Betty. But let us say that you are Albert and the other is Betty. That which you say to the other self has a certain kind of energy. That energy moves to Betty, to tuning fork B, and is taken in by tuning fork B in a way that you could not predict but that is purely the choice of tuning for B. Then tuning fork Betty B responds to you and energy and information comes back to you altered by the other, and as you and Betty converse you are creating an entire energy system that is strictly between the two of you, that has energy and life and love.

17: The deepest aid to communication is character. If an entity has the humility and the patience to work with another entity to achieve clear communication nothing will keep that entity from achieving clear communication. But it is to the humble only that this becomes true. Your yellow-ray world, this world of Earth and the human experience is absolutely dependent upon communication. It is attempting to learn the lessons of love for individuals and for groups. So much about communication at the level at which you are now enjoying experience has the agenda of drawing groups together as well as drawing individuals together. There is an evolutionary drive towards harmonization of vibrations, and if you examine the kind of language that nations use with other nations you will see that despite many fears, despite many reservations, despite many warring hostile vibrations, groups of people can come to agreements in clear communication. And each of you knows from personal experience that clear communication from person to person is possible. Therefore, let your heart never be faint when you discover that you are unable to communicate. Then is the time to listen patiently, to ask humbly those questions that you have upon your mind and, therefore, to gather the information that you may need in order to grasp what someone is attempting to tell you. And when you are the one speaking and you find that your words are falling upon deaf ears then it is that you may call upon your humanity, call upon your patience and release, for the moment, in order that you may provide the service of understanding that which the other has to say to you. Once this has been done you may then reassess the possibility of communicating that which you needed to.

19: Perhaps the most helpful thing to remember about communication is that you are all one. You are all going through the same experience. You are intimate, intimate friends. This is the truth beyond the surface, behind the masks of personality and individuality. Above all things, keep that faith that each other self is as you are, no better and no worse. See that equality of self to self always, disregarding status and the details of wealth and position. Be heart to heart insofar as you can with each other self. And that attitude of love will greatly help the process of clear communication. Know that each of you has gifts. Some of you have blue-ray gifts of communication. Some of you have gifts elsewhere. It helps to know the self, to have confidence in the self. And so we encourage that within each.

20: More and more as you take responsibility for yourself, as you bring your energy centers to a real balance, you will become more and more skilled at feeling the point at which the communication has bogged down. Where is the energy that is tangled? Is it in the orange-ray of personal communication, or is it in yellow-ray of communicators working with institutions like marriage, work, and groups of all kinds? But above all, know yourself to be a child of the one infinite Creator. Rest in that identity. Rest in that love. And let that love feed your heart, your faith, and your will so that you may once again give a gladsome smile and try again to say things

clearly and with love.

56: I am Q'uo, and am aware of your query, my sister. We look at this entity, the one known as F and the one known as A who is working with the entity known as F in order that there might be some guidance made available from sources that are, as you have surmised, benign and helpful for the one known as F. This relationship is one which has been established as a kind of rotating honor and duty, so that as one entity is within the incarnation the other remains exterior to it and serves as a guide to the one moving through the veil of forgetting. This relationship is old in terms of this cycle of experience, having begun early within the cycle, at a time when both were incarnate and shared a relationship which was that of what you would call the husband and the wife. The offspring of this mating were not just the physical children that is the usual produce of such relationships but were also concepts of the unity of all things and the creative power of love which each wished to share with others upon this planetary sphere and which each continues to share with those of this population.

28.14 1999/12/19

10: We would urge you to bid come the angel of joy. Whatever you do, do not forget to take the moment to rediscover your joy. In each day and in each hour find the moment to remember with utter and whole joy who you are, where you are going, whence you came, and upon what errand you now are. You are loved. You came to reflect and share and transmute love in giving and receiving. That which your senses see and hear and feel and taste and touch is a panoply, a weaving and interweaving of a tapestry of unimagined joy, of every color and emotion and sensation and inner process—the dark, the colorful, the pale. All of the various strands of your experience and your being are woven in light, in love, in joy, and to connect through the beauty of the grass, through the star in the sky, through the frost upon the pane, through the look in someone's eye, in every and any way to connect with joy is to come into the self most profoundly.

12: We can talk to you of resources for your seeking and for your study. What we cannot do, what only each of you can do, is express that which is you in an ever more whole and pure, and true way. The Creator loves you, each of you, and praises every distortion of the one infinite creative Thought of Love which has gone into making you just the precise vibratory complex that is you. Every quirk and cranny, every imperfection and quiggle that is in your nature is loved by the Creator. In terms of your relationship to deity, you are completely loved. You are not judged except by yourself.

14: This instrument is informing us that we need to move to the second portion of this meeting, and so we will conclude our thoughts through this instrument by encouraging each of you to love, accept and forgive as you can, when you can, and if you can, and to take note of those frustrations which you feel are overwhelming. Over time you will find repeated patterns, and we encourage you to spend some time gazing into those patterns, for they will yield to you information that you can use. We encourage you to encourage each other, to comfort each other, to serve as the listening ear and the supporting arm within the sea of confusion that you share with those that you love. Most of all, we encourage you to move as often as you can into what the one known as T was speaking of: those times of quietness and meditation that bring one to oneself, that bring one to one's heart, for within that heart which is the center of each of you is a tabernacle and in the holy of holies dwells the Most High, radiant, omnipotent, omniscient, more yourself than you. May you yield yourself up to that inner fire as often and as wholeheartedly as possible, for there is your anchorage, there your spiritual home.

29 2000

29.1 2000/01/02

5: Since each of you is as a thought we may see the tremendous and infinite complexity of that concept, for you are not a thought in the sense of being only one thing; that is, in the sense in which words are used. Certainly, each of you

spiritual selves and feeling the distance between themselves and what one might call the world of normalcy and conventional belief and behavior to feel the safety of the philosophical stance wherein one has a very good, distant point of view and is basically an observer that is attempting to figure out the way that things work. This is opposed in our description to the entity who simply opens the heart and embraces the day and attacks whatever comes to him with great love and enjoyment. May we say that, for all of the benefits that wisdom does bring, it is the open heart itself and the passion with which the entity allows that heart to flow that bring the best results in terms of spiritual learning, because, you see, in preparing the self for graduation into the density of love and understanding, that which is most efficacious is the vividness of the entity's experience within third density.

9: This entity was speaking earlier of its tendency towards being critical of the self when it discovers that it is, yet again, caught in the snares of its bookkeeping software which it seems to have difficulty in learning. The entity spoke of how it had distracted itself with various amusements so that it would not begin one of the many tapes within its head that would bring it from a point of joy to a point of self-critical aggravation and even despair. Such is the nature of the human realm of perceptions that a choice of whether or not to be triggered by the seemingly negative events of the day could be more powerful in creating a positive atmosphere around this instrument than the very serious question of whether or not this instrument was able to perform its duties in an accurate and professional manner. This entity chose to walk away from the problem and to celebrate those things which it enjoyed, knowing that it would eventually move back into that atmosphere of correcting errors and creating the necessary bookkeeping tidiness that a business demands. In a sense of "this world," it is the books that are important; in the sense of fourth density, it is the heart remaining open, undefended, loved, forgiven and accepted that is important. It is very deceptive to attempt to work in both worlds, and, as spiritual beings, we encourage each to consider what is important in this world and what is important in fourth density.

11: One of the reasons that we encourage entities not to focus upon the negative possibilities involved in global times of shift into the next age is because that which one focuses upon becomes far more potentially possible. If entities all focus upon fear-based information, that will actually greatly help bring about the feared conditions. There is a very careful difference to be made within the mind concerning thinking about information sources such as those quoted to this instrument in preparing for this channeling session. Each of these sessions was couched in spiritual language by those channels of very good intention and positive hope of service who nevertheless were receiving questions of a fear-based nature and responding with the attempt to satisfy the request for specific information as to the schedule of these negative events. And may we say that we in no wise wish to address any specific questions concerning global catastrophe. We simply ask each to choose which thread of meaning and energy to follow: that thread and energy of fear which would guard and protect and make safe and deal with third-density concerns or that energy of unconditional love, faith hope and the desire to serve which translates into a prayerful and confident feeling that all is well and that all will be well. Which energy feels like the one that each of you wishes to choose?

12: And this is not simply true, as we said, on the global level. For you as a people are saving the Earth, but you as a mind, body and spirit working as one unit to gather experience and enrich the quality of your soul have the self-same choice to make, because each of you faces an individual global catastrophe that is absolutely certain. Each of you faces the death of the physical body; perhaps not today, hopefully not tomorrow or next week or next year, but soon, and inevitably. Each mote of dust that has had life breathed into it by the infinite Creator shall cease breathing and shall once again become dust so that the qualities that bring forth from the subconscious mind to the conscious mind the concerns concerning global catastrophe are those same qualities of personality that bring forth those concerns about the health of the body, the safety of the body, the protection of the body, and the defense against that great enemy which is seen to be death. One can move without a quiver from the microcosm to the macrocosm here and see the same energies at work: fear and love, protection and growth. Do you wish to protect yourself, maintain what you have, guard what is yours and so forth,

or do you wish to release all fear, embrace all things in love and trust and believe in all things hoped for but yet unseen? It may help, when there are concerns within the mind about the world, to bring that concern back to the kingdom of the body, the mind, and the spirit of one entity, because each of you is in the microcosm the authentic Creator, the creation, the universe; Creator and created in an infinite Celtic knot that is different for each entity and yet in each entity retains the elegance of utter unity within the complexity of pattern. 17: Consequently, we encourage the one known as T1 to dance, to play the games, and to realize that there are no mistakes. It is perfectly well to work to share the information that it finds important, but it is just as important to share it in a way that expresses the quality of the open and flowing heart that is grounded in trust and shaped to express that love which flows through the instrument of the human body, mind and spirit in an infinite supply at all times. This is the heart of the mission shared by all those who are awakening upon planet Earth at this time. Each of you came here determined to make a difference. Each of you has those tools and resources that are needed. It is a matter of stepping forth in peace, in confidence, and in the sense that each is not alone. 19: As to what specifically may be done in the life of each present to come more and more into a way of living that reflects the Law of One, we would echo the words of the one known as T2 in the discussion that preceded this circle of seeking: to begin the day with that movement of the mind towards the silence that beckons is to enhance the energy with which one has—we correct this instrument—with which one is able to meet those catalysts of the day. It is as though the day were on wheels, and each day there was the beginning of the movement and, then, as the day moves downhill, it gathers speed. Once the day has gathered speed, it is very difficult to rein that mind's attitude back in and to move on the track of love and light throughout the day. And there is no one upon planet Earth who does this perfectly in any one day, yet that commitment day after day and week after week to spending time with the Creator before the day gets away is extremely helpful. Not everyone is able to do this, and, as we have always said, at any point during the day it is very helpful to tune, to meditate, to walk in nature, but in some way to invite the silence. We are full of words, we can only do so much, but, ah, the eloquence of that still, small voice that speaks in silence.

31.15 2002/06/28

8: Beauty from the yellow-ray energy becomes a far more subtle and rich-textured thing, for within the yellow-ray energy lie family and the mated relationship, and it is within the safety and intimacy of such continuing and prolonged relationships that those who become spiritually mature are able greatly to broaden and enhance their concept of beauty. The qualities of a mate, a mother, a father, a child, or a sibling can be imperfect in the extreme, and yet, over a period of time and the blessing of shared history—we correct this instrument—with the blessing of ever-lengthening shared history, the entities within the family group or within the mated relationship become so over-drawn with the patina of loving and being loved, that even the homeliest entity becomes perfectly itself and therefore beautiful because it is that person. And finally the leaden and heavy weight of physical opinion of beauty becomes that which can take off like the kite in the wind, soaring with the energy of the wind of love.

10: This entity, throughout its life, has had a love affair with beauty in the sense that, as a metaphysically functioning entity, it has long preferred to look at life from the standpoint of beauty rather than from the standpoint of some outwardly determined truth or learned intellectual set of properties or ways of fulfilling the need to be attractive. This entity has long been attracted to the concept of creating a beautiful life. It is not particularly concerned with the beauty of its physical body, although it greatly delights in decorating itself and creating itself as being beautiful, but oftentimes we would say that this instrument judges itself for being too concerned with the esthetics of its actions. What this comes down to, in terms of action and function, is that this entity oftentimes will choose a very impractical and difficult ethical decision, because it is to this instrument a thing of beauty to choose in such and such a way. This has created in this entity's life no end of interesting forks in the road, the path taken being

physical way of looking at it, begins only when that leap into midair is taken. The demands of sense and logical neatness are abandoned in favor of the full confidence in the support that comes in midair.

10: Perhaps each of you has seen the cartoons where the coyote dashes off into midair, chasing the roadrunner. Finally, the coyote looks down and realizes that he has run out of cliff, and once he realizes that he is running only on air he sinks like a stone and plows into the ground below. This is the human condition, yet when it becomes possible for the spirit within to cease looking down, each will find that midair is a very firm support. It is written in your holy works that the one known as Jesus was walking upon the water, in the darkness of night in the Sea of Galilee, and when those who were within a boat saw this entity walking upon the water, one of those within the boat started out to join his beloved teacher, and he, too, was walking upon the water until he realized what it was he was doing, and when the conscious mind took over the faith was lost, and the one known as Jesus had to reach out his hand, and when those hands met, the one known as Peter was once again able to navigate the water, and was able to get back safely into his boat.

12: The one known as Jim presumes that he is taking large machinery to the cutting of grass and yet, in the metaphysical sense, this entity is merging his energetic being with those spirits of grass, and bush, and tree, and breeze, and dancing with them in such a way that the environment is redolent with the odor of his energy, and the energy of the grass, and the energy of the air, all combining to create a pattern of love and joy. The one known as G has experienced the large machinery of forklift and the bulky boxes and loads which are moved back and forth endlessly in that which is called the warehouse and yet, in reality this entity too dances, in a dance with wood, and dust, and air, and light, in such a way that the atmosphere is forever changed in a harmonious and loving and joyful fashion. For there are no boundaries within the metaphysical world, and that which seems most humble and most usual from the outside in is in fact simply one more way to love, one more way to share the self. So that there is no work that is better than other work, there is no service that is more appropriate than another service, but, rather, there is only that moment in which all that is needed is there, and all that needs you is available for you to touch and bless by your being.

13: How does one find this being within? Certainly, there are periods of time in which it is appropriate for the entity to be almost consumed with concerns about the self. This entity was speaking earlier of the concept of critical mass, and it is as though within the awakening being, there comes a time of critical mass when that which has been must be laid aside, and that which is to come must be taken up, and it is just such a season that this entity, the one known as G, is experiencing at this time, and, indeed, each of those present happens also to be experiencing a point within the cycle of the experience of learning, where there is the letting go of the old and the embracing, reluctantly or enthusiastically, of that which seems very new. Such times are times when one must move within, more than seems perhaps appropriate to one who wishes to serve others and yet, perhaps we can give you the model of the light bulb in which that light gives light to others only because it is appropriately connected to the source of power, and develops that power in such a way that the filament of that lighting mechanism is activated. An entity is not designed simply to serve others. There is an inner loop of service which is entirely appropriate, which needs to be not only created but maintained so that the filament of self within is whole, and perfect, and free of blockage that it may glow with the love and the light of the infinite Creator. No matter how much energy is developed and given out from such a light, the light itself needs to retain enough power that it may continue to serve as a light. This loop, shall we say, of power within, is fed by a self that sees the value and acknowledges the worthwhileness of that self within. Can each see that it is perfectly appropriate to retain some energy for the self? This instrument has often spoken of being transparent to the energy...

16: The love that lies within is waiting at all times and in all places and conditions. There is never a time when this love is not resting quietly, glowing incandescently within the heart of self. The love of the Creator dwells within the heart, and it is the self in its concerns that often lead one away from connecting with the self in the search outward for sources of

light and guidance elsewhere, and so we would complete the beginning part of this message by suggesting that for each entity there is a most congenial way to enter into the self through the use of silence and the resting in trust. It is as simple as releasing the breath and the energy of striving so that there is deep breathing in and out, that is not stressful but rather greedy for that life-giving fuel of air that fuels body and spirit. It is possible to breathe in peace and to breathe out stress, to breathe in light and to breathe out weariness. The key always for this kind of inner work is silence. We would encourage the one known as G to take deep breaths of that infinite love and light which are always flowing from the source of all things in infinite supply. There is the desire to love, and yet love is already present. There is the desire to serve, and yet by the beauty of being, each already serves.

25: Thus, this particular catalyst can be used at any or all of the levels previously mentioned to enhance the personal understanding of your need to make a choice, to take a leap, to begin a journey, and to be of service in every manner possible for you, and to learn that which is yours to learn, to give and to receive the love that you feel is within your being awaiting release. It is a choice which you may make upon various levels and it is the key to beginning a great work for you.

36: Yes, I haven't experienced a loving relationship with a female in quite some time now and was wondering if I am, I don't know, meant to have one and where... is... she out there, is that person, if there is such a thing, out there for me? Will I experience something like that?

49: I am Q'uo, and am aware of your query, my brother. Indeed, there is always the possibility of healing, yet the desire to do so being absent in this case from many of those who are involved in the loss and seeking for love, there may yet need to be a time for the inner reflection, even upon the subconscious level, of some of these with whom you are closely aligned, and your part in this process may simply be to offer yourself as you are, to be spontaneous within the moment, guided by love and offering that which you feel, without dedication to any particular outcome. In other words, shining the light of your love as best you can and letting what comes of it be as it is. Perfect in it's own balance, though mysterious in it's manifestation.

31.14 2002/06/21

6: It has become more and more attractive once again within your Earth world simply to come down on the side of love, faith and peace. The humble and the meek are beginning to gain the confidence of their experience with positivity and with negativity. The entities are so close now to that graduation time that the great struggle of choice of polarity is not as pernicious and as painful as it used to be for entities, because there is the underlying strength of many, many entities who are also attempting to open their hearts and to express the love and the light of the one infinite Creator in their everyday lives.

7: As we said, this is completely a humble and individual movement where entities are being called by themselves into service as harvesters, and, as entities are awakened, then they become as those who awaken others; not because they have gone out and brow-beaten or convinced anyone by fact or data but because it is simply so attractive to awakening entities to experience unconditional love that such entities, once switched on like the lights that they are, call entities to them and help entities to remember why they took incarnation upon planet Earth at this time. For each has that hidden memory of a very good plan; a very good reason to come to planet Earth at this time, just precisely at this time. There is nothing sloppy about the inborn and flowing system of motivations and catalysts that has brought each of you to this present moment. As the one known as T2 has observed earlier this evening, there are many, many ways, but they all lead to the top, and this is precisely true.

8: The one known as T1 has a particular path that this entity will do well to cooperate with, to explore, to investigate with the kind of curiosity most often found in children and lost when entities become older. It is very well to encourage within the self this infinite curiosity as to why and where and how. This open attitude, this questioning mind, yields great benefit for those who persist in seeking. However, that which is within the mind can only serve an entity to a certain extent. It is the tendency of many who are awakening to their

is one thing and the same thing, that being love. And yet each of you has colored that infinite love that is the core of being with those distortions which take the clear white light of limitless truth and shade it in rainbows of personality and character so that each of you is as a tapestry in which dark and light and colorful threads are woven together through your experiences, your sufferings, your joys, and your sorrows. And all of these threads—the light, the dark, and the color—are beautiful and the way that you put them together can be beautiful, even when the material seems very difficult and the experiences very dense and hard to bear.

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

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

29.2 2000/01/16

3: Your group question concerns that which this instrument has called the rapture and others have called the ascension, and, as is often the case, we find that we need to back up from that question to a more fundamental or basic stance. We would ask each of you, "What have you thought this day? What has occupied the mind? What has charged you with hope or with fear? What has your concern been this day?" For each of you is a creation of unique characteristics, yet at the same time each of you is the Creator. And at the very core of each of your beings there is that pure and undistorted love, that great original Thought from which all things were created and which moves through all created things to the extent that the distortions within those created things allows for the uninterrupted flow of that love.

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

10: The suggestion has been made many times that the planetary sphere itself would, through the necessity of altering its magnetic polarity to some extent, shake off all life as a dog would shake off fleas. And indeed, one reason that wanderers

first came to this particular planetary sphere was to transmute the infinite love and light of the one Creator through their physical and metaphysical instrument and out into the Earth plane, creating a net of light that would alleviate and ameliorate the tectonic distress which the Earth is now experiencing. It is our opinion that this plan, though working imperfectly, has reached a critical mass sufficient to enable your planet to suffer many smaller catastrophes that allow the majority of those upon your planet to continue to enjoy the illusion.

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

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

33: I am Q'uo, and am aware of your query, my sister. And, indeed, we find this is true not only for those of your third-density illusion but for all succeeding illusions as well. For the true richness of each experience is contained within the heart of the one who experiences. The one Creator, whole and perfect, is contained in each moment, each iota of experience for those whose hearts are open to love and to the one Creator. Then does this fullness of love and unity pour into the moment until the moment itself is whole and perfect, and the true richness of being is appreciated.

29.3 2000/02/06

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

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

finite Creator would choose, at some point, to give Its souls free will.

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

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

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

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

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

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

95: When the physical vehicle is so limited in its ability to carry out its normal functions that it can no longer do so without the aid of others then one may see the necessity of the others' aid as being a significant portion of the incarnational pattern of the injured entity. The ability to give and to receive the vibrations of love may be learned in such a situation. The non-movement of the physical vehicle may also cause the entity to reinforce the looking within that we spoke of when re-

ferring to the one known as Carla. The initial response of the entity to this possibility may or may not be the recognition of its value but may, instead, be the complete denial of this need. Each seeker will need to work with the catalyst which is placed before it in the fashion which is most comfortable to it even though this working with catalyst may seem quite chaotic and destructive in its beginning stages.

29.4 2000/02/20

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

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

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

and its joys. Each has those shining moments and those moments of bleak despair. Our hope in this work is to enter into relationship with those who ask for communion and companionship in such a way that there is an enhanced sense of the reality and sturdiness of love within your being, within your life experience, and in the very air around you. We would like to create for each a more substantial bubble of fourth density that you may walk within as you go about your business upon planet Earth.

23: The difficult thing to express to you is the healing nature of many things that do not appear, within your culture or your experience, to be those things that have a profoundly healing influence. Yet those that clean their house with a certain kind of love and blessing are creating a healing space and claiming that space as sacred. When one is scrubbing a toilet, one does not particularly think that one is healing and yet you are creating an atmosphere for yourself of cleanliness and beauty, taking care of, loving, and nurturing your environment. This too is a healing, the cooking of food, the paying of bills, all of these very mundane things that this entity was speaking of earlier as her "Quick Books week." All the ledgers and columns and figures are not abandoned to ugliness, but yet contain beauty also, contain sacredness also, when they are approached with love, when they are approached as honored and respected activities within the life, they too become lessons and create blessings. Most of all they come to invite you to a fuller life, to an expanding and enhanced life. And we hope to help in your stability as you open like a flower.

49: I am Q'uo, and we are most grateful to you as well, my sister, for each in this group has provided us with the vibrations of love and compassion which make it possible for us to blend our energies with those of your group. We are most appreciative of the effort that each entity has made in order to be here this day and to share those vibrations that are from the heart.

31.13 2002/06/14

1: I feel difficulty in just plain loving so much of the time. What blocks have I created to the love within me? Where or how am I preventing that infinite energy from reaching my heart? What can I do to love and accept my family more? Is there anything I can do to bring healing where it is needed in this family, my father especially? I seem to be very stuck in orange-ray concerns which keep my focus on myself. What can I do to finish my own processes enough that I might place that focus outwards and work to actually serving another?

4: When we come to the subject of love we find that there are as many ways to approach the subject as there are stars in your night sky and yet, the energy of each star has its center in the one great original Thought that created all that there is. The expression of discomfort and distress shared by the one known as G is an expression that is very common to those who dwell upon your planetary sphere at this time. It is an ironic truth that before awakening from the planetary dream the mind of an entity is effectively asleep in a metaphysical sense so that the discomforts of being conscious and fully aware of the situation around one are muted by the dream of consensus reality. Whereas upon awakening it becomes obvious that the consensus reality is, in fact, an illusion with a gaudy surface but very little actual content, and that which was before a comfortable sleep becomes an all too sensitized awareness of the seeming gap between that which truly is, in a metaphysical sense, and that which can be expressed by the life of the everyday chores, and duties, and honors of being in the human condition, shall we say, whereas once one was able not to question but simply to abide by those suggestions of that which is worthwhile and that which is not; that which is good and that which is bad. Upon awakening, there becomes the awareness of the state of pain, and difficulty in identifying one's nature, one's goals, one's service and one's path ahead. The life stretches out before the gaze, full of days that are empty of true meaning and vital energy. Within this condition there is one hope, one call, and that hope and call is the call of love. For love calls not only within the being but surrounding and emanating from the being. There is the hope of multiplying, by the actions of the self, the love that is available to the world without one, and the soul begins to wonder if it will ever find that seemingly secret path through all of the twists and changes of the winding road that seemed

so straight, when one was asleep, but now opens out into an increasingly mazed and seemingly confused pattern of turns and twists and dead ends.

6: We would move back with each of you, backwards in time and in mind, to a point before birth, before the approach into this illusion that you call third density. Each of you had undergone a process of planning and prayerfully, thoughtfully choosing the relationships that would serve to bring forth the patterns of catalysts that were those patterns that would engage the self in very precise and intended ways, with certain key lessons that had to do with love, with learning how to love, with learning how to accept the love of others, and learning how to be of true service and how to accept the service of others towards you. Resting in that very supported environment of guidance and planning, gazing at the incarnation ahead, may we say that each of you felt fairly confident that you would not forget your purpose, your dreams, your goals, your hopes, and your desires for learning and for service within the incarnation to come. From that viewpoint beyond the veil of forgetting it truly looked as though it were going to be enjoyable and all too brief an experience. As this instrument has expressed it, each thought this is going to be fun. And then that point of view was lost in the rush of coming into third density fully, of beginning to breathe in and breathe out, of experiencing the limitations of the physical vehicle that must be fed, and clothed, and comforted with sleep and rest in order that it may survive, let alone be of service.

7: The one known as G wonders why the bulk of its thoughts and concerns at this time revolve about the self and about personal relationships. And yet, we would say that in each entity's life experience there is a constant and never-ending need for the processes of investigation into the nature of the self, and those relationships about one that have been so carefully chosen before times. In each life experience, no matter what the expectation has been beforehand of how enjoyable this experience would be, the illusion itself creates a most efficient feeling of being completely overwhelmed by the ocean of experience. The waves mount upon one another, seemingly often without rhyme or reason, and when one is washed up upon a shore in this archipelago, that shore may well be created from confusion and unanswered questions. We can only suggest to each of you that this is precisely the position in which you desired to be before incarnation. Carefully, studiously and with great love and compassion for the self, each of you planned this descent into seeming madness and chaos. Not to punish yourself, but to give yourself the opportunity to be lost within the body, the mind, and the experience of being fully vulnerable, fully blinded, fully submerged in this puzzle which is never fully worked but which cycles around so that once the puzzle is worked one way, the pieces are tossed into the air and come down to form a new pattern, a new maze, a new puzzle, in order that the incarnational lesson may be viewed once again, and then once again, and then yet again. Again, not to punish but to provide a continuing classroom in which the self begins to know the self, begins to know the mind and the heart of the self, begins at last to refine the self in the sense of coming to a new balance in that winding road of love and light. For balance there needs to be, and it has been your judgment before incarnation that just these lessons and just these relationships would give a rich and varied diet to the soul of choices to make, of puzzles to solve, of keys that unlock chosen doors within.

9: Within this cycle of experience at the very center of self lies that same original Thought of love which shines out of the night sky from each star. Each soul within incarnation is also a star. Each drowning in the sea of confusion is also a master. And yet the goal is not to remember the masterhood as much as [to] begin to sense the lack of necessity for understanding. The goal of this sea of confusion is to drive the attention at last from trust in the logic, and the sense of the mind and the intellect, into the heart, to release at last the demand that the life experience make any certain kind of sense, and the creation of that energy of fearlessness that is able at last to say that, "I know that I do not understand and yet, I know that I live in a world that makes complete sense. I know that I do not understand the plan and yet I know beyond a shadow of a doubt that there is a plan. I know that I shall never understand what I am doing but I have come to know that I cannot make a mistake." Then, at last, the soul within is free to take that which this instrument calls the leap of faith, where the meaning and the sense of life, in the meta-

the leap into midair that strengthens that which was being sought: faith itself. There are times when it is very helpful by faith alone to realize the most fundamental truth of all relationships, which is love, unconditional, absolute love from one soul in its perfection to another in its perfection. All those things that seem imperfect are part of the illusion of personality and what this instrument would call ego. Beneath each difficulty that tangles two upon the soul level lies a unity, a oneness, a union, that is profoundly more the truth of the relationship than any structure of description that contains itself in words rather than in the open heart which knows that it loves, though it knows not, perhaps, how to respond to a certain situation or to a certain moment.

9: It is an interesting thing to look at what the self tells the self, for there are many times when the self that is not fully aware of the possibilities may find many faults within the self and within another. And it is well to be able to speak of these things, yet, beneath this level, there is the level in which the truth is love. Consequently, when the moment comes to have a response to catalyst, let that response be the response that answers the question, "Where is the love in this moment?" The goal between any part of the Creator and another self that is also part of the Creator, is to serve, to love, and to accept the love offerings of others. Often, these love offerings are clumsy, mis-expressed, even meaningless in a linear sense but only containing the non-logical meaning of emotion itself; emotion that is carried, perhaps, even from lifetime to lifetime, looking for a way to balance those energies that are unbalanced.

10: So, we suggest that each see a relationship as an opportunity to be in love with the Creator, to tend to an angel that is in your care, and to refrain from the judgment of behavior but rather find ways to express those positive aspects of love which come from the open, accepting and forgiving heart. We do not offer that which is easy to do as a suggestion, but we do offer that which is, shall we say, the higher path, the path that will tend to bring the relationship into its own balance, whatever that may be. For beneath the questions of this kind of love or that kind of love flows the current of friendship, companionship and that wonderful ease that comes to those who truly and unguardedly love.

14: The sharing of gifts is a portion of the question that can be responded to best taking the fruit of the statements that we have made concerning the expression of radiant love that flows through one, rather than from one, and the allowing of symbols to enter the life and to move the heart and the emotions and then simply to realize that one is on a voyage of service and discovery. Sometimes one is about one's lessons, sometimes one is concerned only to serve in a certain situation, and sometimes the opportunity comes to share that most precious thing of all, the essence of the self.

15: And that is what we would share with you concerning the question of what one "should" do in order to express the joy of spirit and the pleasure of service to others. We would ask each, then, "What do you desire if you close your eyes and envision the peak of peace and contentment? What do you start to imagine?" In times of change, in times of awakening and transformation, often it is that the most meaningful ways of sharing gifts are not seen, because they are too common and too ordinary. However, the ministry of essence, as this instrument has called it, the priesthood of being who you are and allowing your truth to shine, is a most precious gift to give, and it is truly the deepest and the most central gift that each life does give to the world. For each came into the world to be the light of the world; each has the capacity to be the hands, the arms, the loving hearts, the loving mouths of the Creator that speak, that reach to hug, that curve to smile and stop to recognize and honor the divinity of each other self. This principle that is you is unique, and yet you carry crystal within you through which the light may shine.

18: We would suggest that the silence and the intent are those two things which shall be most helpful as practice that creates habit that creates a predisposition to an increase in the level of awakening. There are many ways to be silent, meditation being one, contemplation being one. Any form of silence within is to be welcomed and to be applauded, for that is an atmosphere which opens the self to the self; that is that attitude which allows the intent within to come clear, to speak lucidly within the self so that the self ceases asking and begins to know. The asking comes first and then repetition and persistence carry one forward. It is not known when such a process will ripen and come into the conscious mind as a pat-

tern that is seen and [understood]. But we ask that there be the continuing attempt to trust this process and to trust the self and its discriminatory powers. It may seem that much is not understood, and yet we have often said through this instrument that understanding is not something that any within third density may expect to achieve. Rather, what one may achieve [in] third density is an increasing purity of choice, and, once that choice is made to the full satisfaction of the self, that choice of radiance, of service to others, of unconditional love. Once the path of the open heart has been taken, then we would suggest trusting and embracing the light that you feel and moving as a dancer even when you stumble and fall. Let there be the light touch as well as light, and let the self be merry and have its laughter and its happy times.

31.12 2002/05/19

9: At this time among your people and, as the one known as D says, for some time before this, the energy upon your planet has been transformed as the Earth mother of your planet itself moves inexorably to and through the process of giving birth to fourth density. The change within your planetary energy grid is remarkable. Indeed, there is a new grid which this particular instrument tends to call the Christ grid but which may be seen in general to be a pattern of energy nexi which surround the planet like a net, we would say a net of love, a net that is made of fourth-density light. It is woven with golden strands offered by each of you and offered by many, many entities within the inner planes of your planet as well. There are many beings who have dedicated themselves at this time within the inner planes to the ceaseless task of offering thanks and praise as they move along these lines of energy and connect one point to another with strand after strand of coherent light which is that stream which is created when each of you prays, meditates, or opens the heart in any way.

13: Is this a blessing? We feel certainly that it is. We feel that it is a very helpful and powerful time for each of you. It is as though you are rediscovering an aspect of yourself that we would call mastership or priesthood. For within this new vibration, it is possible to sense yourself as a spiritual being entirely, a creature of spirit, a minister of love and light. Within this very exciting time among your people, our hope is to assist in opening the awareness of those who seek to do so. The one known as S was asking what sort of service we provide and what the results are. The service that we provide through this instrument is linear and yet we find that when we speak these poor words of language through instruments such as this one, we are able to use the coloration and timbre of that instrument's emotions and personality to enhance and to stain our very simple message of love and light with the colors of individual personality, incarnation, and point of view. We must blend with the energies of instruments such as this one. We find it a most interesting and creative way to work with those concepts that fit so poorly into the shape of human language and yet explode with meaning when allowed to rest in the space between the words.

14: In the next density you will be able to open that telepathic sense that eludes you most of the time within this density and you will grasp the poverty of language compared to the richness of concept communication, for words are a filter to the wholeness of truth, straining out many things in order to say one. Perhaps our most fundamental service, as we perceive it, is in bringing to people, in groups such as this and as they ask individually, an experience of unconditional love. We do come to you in love. We come to you in radiant light. We float upon the wings of utmost purity and meaning that we know. We hope to blend with each of you in such a way as to enhance your own sense of joy and peace and balance. We open our arms and embrace you. We love so much. Each of you is a master who has not yet become fully aware of that. This instrument was speaking earlier about how foolish she felt. We find that this is the human experience in cameo, that feeling of being inadequate to the moment, of being imperfect and one step behind. Of not being the one who has a clever word, but the one who stands in silence thinking seriously of something clever to say.

15: How true it is that each of you suffers within this illusion of life on Earth, each in a very unique and personal way. Not all entities experience the same thing, but each has its patterns of light and dark. Each has its travails and sorrows

love and the desire to be of help in a spiritual or metaphysical sense.

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

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

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

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

46: I am Q'uo, and am aware of your query, my brother. We salute the desire to serve others in whatever way is possible for in any entity such as yourself and all those gathered in this circle there is a possibility of sharing information and inspiration with those that one meets in the daily round of activities. Indeed, each entity has the opportunity and the potential to serve as a beacon of light, as one who inspires faith and love in other entities. It is said often within your culture, and we find it true, that there is no end of good that a smile can do, for as each entity moves more frenetically in the pace of the culture oftentimes the simplest of courtesies are neglected and when remembered bring a great deal of encouragement to those entities with whom a smile is shared. To speak to another who has experienced a loss of significance, a difficulty in growth, a pain of the physical vehicle, and so forth, is a very helpful thing to do. Wherever there is the seed of love planted then there is a greater possibility of the open heart growing to fruition.

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

29.5 2000/03/05

6: We would quickly review the basic seven energy centers we would suggest as a model for you to work with. The seven centers are the seven colors of the rainbow: red, orange, yellow, green, blue, indigo and violet. Each center has its domain and together they are as the path which the infinite energy of the one infinite Creator may travel, beginning

with the red or base chakra. The first energy center that the incoming infinite light and love of the Creator touches is the red-ray energy center or chakra. To this energy center flow those issues that are the most basic: survival, the natural functions that are necessary for survival such as sexual reproduction, the achievement of a food supply, and so forth. Those who are blocked in the red-ray energy center have a strengthened or narrow or low supply of energy moving throughout the rest of the energy system. Therefore, it is well, if you see some red-ray blockage within yourself, to lay all other concerns aside while you work upon this all important energy center.

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

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

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

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

55: I am Q'uo, and we are grateful for your query as well, my sister. We are not usually those who are quick to give a thought for the day, but we are aware of the concerns shared within this circle of seeking on this particular day. There has been much opening of the heart in true concern for the way in which the life pattern has unfolded for each in the recent of your past. We find that each is concerned that the correct approach, attitude and steps have been taken, that the best that each has to offer has, indeed, been offered. And we would recommend to each our thought for this day that the worries of each be released, that the concern which each feels for one another, for the self, for loved ones, for any situation in which each moves, that the proper attention has been

given, for each is a sincere seeker of truth and offers that which is in one at each moment and at each turn in the daily round of activities. That there is any question here we understand for each of you within the illusion, for you move within the darkness of not knowing the complete connection of all things within the one creation. However, from our point of view we can assure each of you that each is moving in the appropriate direction, accepting that which must be accepted, and moving on as best you can. And the burden of your experience seems heavy upon your shoulders. The worries that propel you to take one step or another are yet another heavy weight that each could well do without, for there is no mistake that love cannot make whole. There is no missed step that cannot be corrected with compassion. Understanding will heal many wounds, my friends, especially those that are self-inflicted.

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

29.6 2000/03/19

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

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

29.7 2000/04/02

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

give and receive lovingly that encouragement and support that is needed.

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

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

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

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

known as T has said. Do not be discouraged if it seems that your light is not accepted by those about you. That which is upon the surface is an illusion. The energetic work that you do is as it is, and it is not necessary for any to be aware that you are doing this work. It is not necessary for people around you to respond or seem to accept you as you would hope to be responded to and accepted. It is only necessary that you do the work, that you keep your body, your mind, and your spirit in enough balance that energy may flow through and not be stuck in this or that place, or overstimulated so that there is a distortion because of that hectic energy of overstimulation. Realize that the spiritual path is one which extends throughout the incarnation, moment by moment, and unexciting chore by unexciting chore. There is no life which is nothing but the glitter and the sheen of holiday times and mountaintop moments. Realize too that by connecting with those around you who are of a like mind you are helping them and you are allowing them to offer their love offerings to you also.

15: But be steadfast in those situations which do not seem to be so full of love. Allow yourself to be the love that is brought to that meeting, to that moment, to that situation. And if, for some reason, you are flagging and your emotions are tumbled and you are weary, reach out and allow someone to give to you that which you have so often given to others. For there will be times of weariness for each soul within illusion. There will be times when circumstances come upon one which seem most difficult. And there are those stubborn traits which each of you carefully brought into this illusory incarnational experience for the express purpose of butting your head up against, of being confused by, of seeming to be flattened by, in order that you may stand in the refining fire of the spiritual distillery that Earth is and work upon these traits that you have chosen to balance within this lifetime.

16: It is easy to feel discouraged when the process takes you into your shadow side and you find yourself dealing with blockages or over-activations or some other kind of imbalance that seems to vitiate and attenuate your ability to be a crystal that is steady in its opening to the light and the love of the one infinite Creator. Do not be discouraged when these times come upon you. Do not chide yourself because you are not in a state of bliss. Know that your memories of that time are perfect, that they are valid, that they are the truth of you, and know that in honoring that memory and in remembering those mountaintop times you allow yourself to rise once again to that mountaintop where all is well and all people are one. 20: Thinking of oneself as an outsider is a way of preparing yourself to be a dweller upon the road to fourth density and not simply one who is stuck in third density. For the one known as R is correct in saying that heaven is here. Heaven is now. It is so each time one becomes aware of the self as a lit candle and encourages that light, that vulnerable, living light that depends upon the oxygen of the open heart. Breathe that love and light in. Breathe that love and light forth through your being, for truly it comes in and it moves out, and the blessing that you give it creates infinite brightness within it.

33: I am Q’uo, and am aware of your query, my sister. We examine this entity. And we can suggest that the pain which this entity feels is ameliorated to a great extent by the love which you give this entity and that any pain which this entity feels is worth the continued existence within the shower of your love. For this entity learns most by being loved and by being able to give love. In this manner then, this entity then is able to become, shall we say, inspired, vested in a fashion which increases its consciousness and its ability to perceive the love and the light of the one Creator.

68: I am Q’uo, and we thank you, my sister. And as we are aware that we have spoken overly long this particular session of seeking, we would close this session by thanking each once again for making those sacrifices which were necessary for each to join in this circle of seeking this day. We are always most honored to be invited to join you in your meditations. We cannot thank you enough for the heartfelt queries which each has offered to enhance the understanding of the spiritual journey. We assure each that you do not walk any portion of this spiritual journey alone, for each has those teachers and guides that are unseen to the physical eye but surely walk with you each step of your way. There are no mistakes upon your journey, my friends. There are many coincidences and to the seeker which keeps the open eye, there is much that each journey’s experience can offer. And we thank you

for your diligence, for your intensity of desire, and for the love in each heart that springs forth at these times and at many other times during your daily round of activities.

31.11 2002/05/16

0: [overview] Q’uo, this is a question for T1. The question will be sort of broad and possibly double-based: “I’m interested in the best way to deal with the catalyst in my marriage and how I can be of service and love in that area as opposed to adding to the catalyst and direction for life in general. I feel there is a beating in me that I can touch and feel, and I seem to be doing something with the soul purpose sort of like what I was reading about in The Law of One, Book V, what you had mentioned about ‘silver flecks’; how everyone has their own knowing that they are on the right track. Well, sometimes mine, I guess, may be just a quickening pulse, shivering, you can call flecks at some times. The burning in my lower and upper chest, sometimes, throat. I’m of the mind that this is a ‘use it or lose it’ type of phenomenon, and I don’t want to lose it because I’m not focusing or listening in the right direction to what’s happening. Synchronicities happen all the time in my life, but I don’t know what they mean. I dream and record my dreams many times a week, but I have no idea how to interpret them even though I attempt to. Even trying just sort of confuses me, or they’re more complicated. I know this is a way for God to guide and direct me, anyway. I know there are two big, huge issues or maybe one in the same, basically, about my marriage and the catalyst there; how to learn from it; how to take advantage and learn from the synchronicities in dreams and moments in my life that are filled with soul and direct them into what I should be doing with my life or even spare a love time that I could have to be creative, write, sculpt, etc.”

3: The one known as T1 has said that the two prongs of this double question are perhaps intertwined and perhaps more unified than double, and we would agree that in a way they are two sides of a mirror or two faces of a coin. For the same information is, perhaps, helpful in many ways in answering those questions. Let us start with that question concerning how to be a servant of the light within a personal relationship such as a marriage. Our model or paradigm for responding to this query is a simple assumption but a sweeping one, and that is that all is one, that that entity which is a mate is the projection of the self into the face of another self; both entities being the Creator. The efficiency of this method of mirroring and projecting images upon the screens of each other’s field of energy is precisely the purpose for which many entities chose to make commitments and form relationships. The catalyst, indeed, is the prize, not the problem, of the relationship. For it is in working with the catalyst of the self as projected onto the other self that the entity comes face-to-face with the refining fire of realization that this, too, is a part of me. This is what enables people to look at, to accept, and to come to love what this instrument has sometimes called the shadow side, the darker side of self, that side which knows the good but enjoys that which is of the darkness. It is not possible to remove the shadow from the self, for each contains the seeds of all things; each is truly the holder of the universe within the self. And if the self is all things, then it also is in part a shadow self, a darker, richer-hued, and more difficult to comprehend part of the self.

7: The values of the density which calls each are very simple. If one looks within your holy works and reads those words which this instrument calls the Beatitudes, much can be learned of the way of love. For those who are humble and poor in spirit, those who mourn and those who are peacemakers, are those who are blessed; are those who have gifts in their hands and good work to do. This is what this instrument calls process: the moving into the tangled part of a relationship buoyed and lifted not by rules and regulations and agreements and those things of the linear world that keep the lawyers among you so busy. But, rather, we speak of a spiritual world that calls one to look for ways to offer the self, as a radiant sun offers sunshine upon the whole earth; not judging betwixt one person and another, one species of plant and another, one place and another but, rather, shining impartially and lovingly upon all.

8: When one allows the wings of faith to lift one, there is much love that begins to circulate around in that spaciousness that is made by living in faith. There is something about

is that force which has created all that is? Is it foolish to walk upon the dusty trail of the seeker of truth when that trail so often seems isolated and alone, yet when explored fully is filled with fellow seekers and pilgrims who walk that same trail and who seek in that same vein to love without end, to give without stint, and to be in harmony with all that there is? Yes, you build a road. It is a road that is made of things not of this world but those principles and qualities that are the center of the heart of a Creator of love.

38: I am Q'uo, and am aware of your query, my sister. Indeed, we feel that you have mentioned those qualities which are central to any seeker's journey and to the road into the fourth density, as it has been called this day. For, in truth, the faith which each seeker expresses as further steps are taken upon the journey of seeking is matched by the will which each seeker also expresses as the perseverance is called upon to continue the journey of faith. Indeed, these two are the rod and the staff which bring great comfort to the seeker as it moves through what your holy works has called the Valley of the Shadow of Death. For upon this journey there are many tests, the ordeals by which the seeker's desire to continue is burnished, is tempered, is made stronger by the testing. And as one exercises the faith that there is a journey to make, and a goal to reach, and a trail from which to drink, then it must be matched by the will to continue and to pass these tests that the daily round of activates will bring to each. For it is by such testing that one is able to measure the mettle. It is by this testing, that which seems to be negative at first glance, that you are able to build the metaphysical muscles, shall we say. It is such exercise of faith and will that makes you stronger as metaphysical beings. It is your intentions, your desires, that have strength, that have power, in the spiritual world, for there, thoughts are things, and it is by the way you think, the attitude that is your fingerprint in the metaphysical sense that you are able to do work in consciousness, that you are able to change consciousness in the magical sense, that you are able to access deeper portions of the subconscious mind and to bring them forth into consciousness that they there might find a room and a reach into which they might have effect in your daily life. And that, indeed, you begin to change yourself as you continue this journey, a continual movement from one image of yourself to another so that you are a new and risen being moving into the fourth density of love and compassion.

46: At this time we feel that we have spoken a relatively reasonable length of time. We are aware that the one known as Carla is concerned that we speak overly long. We do not mean to make each sit in uncomfortable positions for too long a period of your time. We thank each for inviting our presence this day. We bless each. We tell you now that there are many within the realms of what you call your heaven worlds that rejoice at the gatherings of entities such as this that occur all over your planet for the purpose of seeking and sharing the love and the light of the one Creator and to go forth then into the daily round of activities to take that with you and share there with those who perhaps share not so consciously but who appreciate your sharing of your love and your understanding.

31.10 2002/05/05

7: We find that in groups such as this one which gather in homes and are unofficial and spontaneous, the likelihood of fresh energy is higher because there is no reason to come to a group such as this one to express a social or a political or an economic kind of feeling or beingness, but rather, the only reason to come is that sense of a spiritual family that together may more efficiently and effectively seek than each by himself alone. We would say that this is extremely true and is a great help to remembering who one is, for there is within the earth plane at this time a tremendous number of people who have incarnated in large groups of people to serve together and much of the joys of spiritual community are involved in re-linking with those entities with whom you have spent lifetimes in the past serving together and learning together. Each time that you reconnect and re-link with these beloved strangers that are very much a part of your energy of being, there is laid another golden strand of connection within the net of love which surrounds the Earth and is glowing brighter with every day. We are rejoicing at this point to see the outburst of newly awakening people. There is a

tremendous, shall we say, population explosion of those who are awakening at this time. It makes us feel most blessed to see entities taking hold of their being and knowing themselves and their power for the first time.

8: As each of you moves into this awareness of the open heart and desires more and more to live there and to express that love within the light, each effort to do so makes it easier to do so once again. And each persistent effort to remain open to that which this instrument would call the Holy Spirit creates an atmosphere in which others find it easier as well, so that each of you becomes that light that is set upon the hill, that is not hidden any more beneath a bushel basket, that is not tucked away but that is glowing and burning for all to see, glowing not with the energy from the self but with the energy that moves through the self, so that this is not a tiring or effortful thing but, rather, an expression of the utmost peace.

11: Each of you has a tremendous ability to alter this picture, not because you can change it physically but because belief is the truth of perception. What you choose to accept as true has a very powerful effect upon that story that you tell yourself, and the story that you tell yourself is that which creates within you a safe place from which to love, to accept, and to embrace those that seem like you and those that seem distinctly unlike you, those that seem positive and those that seem drawn to a darker shadow world. Every difference that can be distinguished is helpful to that self that must conduct a life within third density. However, that ability to distinguish and discriminate betwixt souls does not serve the spiritual life. Certainly it is well to use the intellect and the powers of analysis that were given as a portion of those resources with which you meet the world. And yet beyond the intellect and its limited ability to assess true situations or the truth of the self, there is that within you which does have a far more informed point of view. You may call it your higher self. You may call it guidance. In this instrument's case she calls it the Holy Spirit, but however you personally find it useful and fruitful to characterize to yourself that guidance that comes from deep within you and which was yours before this incarnation and will be yours after this incarnation, this is that which you may depend upon. This is the foundation upon which the feet truly rest.

12: As each of you becomes more spiritually mature you will go through cycles of losing the balance and regaining it. This is a natural occurrence. There are very few entities who move through a life without going through these cycles or spiritual seasons of light and dark. Certainly this instrument has had experience with the Dark Night of the Soul. We believe that each in this group has had significant suffering to bear. This is as it should be, for although it is a hard truth to understand, it is a simple truth that each of you chose a plan for incarnation, some have said a contract, and in this contract certain lessons were chosen to learn and to share in the learning of with those beloved entities with which you made agreements before this incarnation. As well, there were services that you hoped to offer.

13: Each of you has one central service in common and that is the ministry of essence. The task of each that is primary is simply to be yourself. It always seems as though one must do something in order to be of service and yet as we have said many times through this instrument, it is in how you are within yourself that you serve in the greatest capacity since each of you is as the crystal that transmutes and sends forth the light that is received from the infinite Creator. Each of you is an unique crystal, then, which can allow the light to flow into the Earth plane in just such and such a way that is unique to you. And when your heart is open and the light is flowing through you and you feel transparent to that energy, then it is that the most beautiful light of all colors, depending upon the personalities involved, is able to move into that grid that this instrument has sometimes called the Christ grid and which others have called the grid of unconditional love or the Buddha. This grid is that web of light, that pattern of love, that is beginning to stabilize fourth density upon your planetary sphere. Each of you is doing tremendous work for those who shall come after you, sowing seeds of light and seeds of love whose blossoms you shall not see, for you shall move on. Yet those who come after you will be able to do as they do because of reaping the harvest that you now sow with each loving thought and each contact made in love and in light.

14: We may say that it is well to be aware that there are many who are uncomfortable with unconditional love, as the one

17: This entity, this instrument speaking, once was at the crossroads of life and death. And because the ailments involved were physical was fully aware of the tenuousness of her hold on physical life. In that situation this instrument's reaction was to put up two quotes. One was from her beloved St. Paul. It was a long passage about being bloody but unbowed, in difficulty yet lifted up, and it spoke to those pains and agonies which the instrument was going through. The other one was simply the re-writing of part of the opening monologue of the original version of the television program Star Trek. This entity laboriously wrote out, "Faith, the final frontier," and placed it where she could see it every minute of every day. For she knew that it was faith and only faith that would keep her alive. Faith that all was well and that all would be well. And as this instrument went through one emergency situation after another and then one difficult rehabilitation after another, she kept this motto with her as the watchword. Faith, the final frontier. And, truly, this motto was able to open every door, to quell every fear, to quiet every anxiety, but only because the instrument moved into a state of mind in which nothing actually mattered except remembering that watchword.

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

23: The will can run away with the self and lead the self into most unwise areas of thought and interests. And that is why we emphasize the right use of will. Before you apply your will, before you decide to will that which you desire, we encourage each to look carefully at your desire to see if that desire is consonant with the laws of love that demand that all entities have free will and that the self never infringe upon that free will. Be very sure that you are following love and that your desire truly is a loving desire before you set your will behind it. For that which you will to desire you will receive. And each desire, when fulfilled, will have side effects which contain the possibility of adhering karma. Consequently, be very clear when you set your will, and gaze carefully at what occurs thereafter with an eye to maintaining a loving and giving and cooperative attitude concerning the outworkings of that fulfilled desire.

29.8 2000/04/16

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

8: One option is to serve the Creator by serving others as though others were the same as the self. The other option is to serve others by encouraging them to serve the self. The rationale there is that the self is the Creator and, consequently, when others are serving you they are serving the Creator. This is called the service-to-self path as opposed to the service-to-others path. And in many ways it is difficult

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

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

12: However, your third density is the shortest of all densities, being only 75,000 years long. During third density the pattern of incarnation is, at first, quite automatic. Entities are graduating from second density because of the growing realization of love itself. As they become harvestable, for whatever reason, they are able to incarnate as individuated consciousnesses and they become what this instrument would call human. At first, incarnations are largely automatic. Little is known. Much is in chaos. And there is a little learning each time and then a relaxing from incarnation through death into the body of light that is yours between incarnations within the inner planes of this particular planetary sphere. During this time between incarnations there is first any healing that needs to take place from the incarnation, any traumas that need adjusting and comforting, and so forth. Then there is the opportunity for another physical vehicle, the descent into the world of heavy chemical bodies that your physical plane represents, the gathering of more catalyst, more information, more experiences, until the incarnational self is completely full and has done all that it has hoped to do within this particular incarnation, at which time it moves through the physical death again, the healing of the incarnation after death, and, gradually, as the incarnations mount up and the entity within begins to crystallize beyond the simple personality shell this between incarnations process becomes lengthened because there is more to heal, and because more and more, as entities become se-

nior in their vibratory patterns they earn the right, more and more, to have a say in their own incarnational plan. At this point within third density upon your sphere, this being the end of that 75,000 year period, each entity that incarnates upon your planet is capable of graduation from third density to fourth. Each entity has chosen the incarnational lessons of the present lifetime and the relationships that it will use for learning and for service.

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

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

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

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

21: For service-to-others entities, appreciate each moment and see what you can do to find the love in that moment. There is love in the moment. There is love in every moment. There is love in every thought. The question is: how distorted

is that love? And one helpful discipline for the seeker is to look at that which comes before the attention with an eye to using both the intellectual mind and the intuition to ask the self questions about what one is perceiving. And, indeed, about how one wishes to respond to what one is receiving.

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

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

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

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7: There is another way to look at this process of learning from experience, and that is, shall we say, the way of the open heart, or the way of love. The religion which is known to this group as Christianity is a system of study, and learning, and worship which moves along this path of love or the path of the open heart. And it encourages the utilization of emotion. Now, let us look at why this might be. What are emotions exactly?

10: If the way of wisdom contains a linear structure so that one can follow one's processes and talk logically about them, it also holds the energy within the higher chakras or energy centers. Working with wisdom is not working with heart or with the lower energies but, rather, largely, the indigo-ray, and to some extent, the blue-ray energy centers. While it is good to do work in consciousness in this manner it is also somewhat imbalanced because there is no encouragement of the flow of energy through the system but, rather, the holding of energy in the higher chakras. Conversely, when one is working in the way of the open heart one is constantly faced with the entire spectrum of self, from the lowest and most primitive emotion, the desire for survival, the desire for sexual reproduction, the desire for food and safety, upwards throughout the system, touching all of the energy centers, rising as high as indigo ray, but again and again springboarding from the heart. So that instead of the seeker moving into and maintaining as a steady state reliance on the higher chakras, the seeker in the way of love has released the preference for work in the higher energy centers and has accepted the self as a full energy system and reconfigured the goal from staying in the higher energies to accelerating the flow of energy throughout the entire system. Instead of a safe but somewhat turgid and slow moving path of energy refinement the brother and sister of the open heart are attempting to take the whole self as it is and through blind faith alone and the processes of self-acceptance and self-forgiveness blessing, forgiving, redeeming, transforming and offering each and every emotion and sensation to the one infinite Creator.

11: This invigorates, energizes and enlivens the entire system. It is as if the owner of an automobile began running the engine through its paces in such a way that it began to burn off the carbon from the valves. The way of wisdom collects detritus, shall we say, the carbon on the valves that is not easily dealt with from the way of wisdom. The way of love is a rough and tumble way in comparison, but it also is the fast

ego, becomes "you." And that "you" then enters the blinding light of incarnational consciousness.

7: Therefore, in terms of pleasing the infinite Creator and in terms of fulfilling your hopes of serving, you cannot fail. For all that you do will inform that one great original Thought which is Creatorship as It cannot be informed by any other spark in the infinite universe. Each of you is precious and beloved by the Creator. So we ask each, beyond all discussion of this question, to move immediately to a place of resting when such concerns occur within the mind, bringing up the doubts of self and the worth of the self. Move to that place of safety and resting that this instrument would call Gilead and allow yourself to feel the balm of the Creator's love. For truly, in the Creator's eyes you can do no wrong.

13: What ennobles service is the love with which it is offered. And that love can be held within the heart, can be withheld, or can be released. It is tempting to attempt to hold the picture of service within the mind and to adjudicate the self then from that position within the mind, and yet this is what this instrument would call the mind game.

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0: [overview] The question today has to do with opening the heart and the center of love in our daily round of activities. Each of us from time to time has found ways of accessing this energy of compassion. We have insights and prolonged experiences of one kind or another that have let us know that there is an energy there. We would like for Q'uo to let us know how this process of opening the heart is really accomplished by those of us who live here in the third density but still behind the veil of forgetting, still trying to discover the unity with all things. How do we go about opening our heart centers and carrying that love with us into our daily round of activities?

3: You ask how to find the way back to the open heart when you have gone away. We would step back from this question and ask you to come with us in an envisioning of the beginnings of your creation, that which the Creator expressed when this intelligent infinity burst forth in the infinite number of sparks, each of which contained the stuff of the Creator in a holographic form and each of which was sent out to collect information. You are beings of light, beings of love, beings of infinity. You are citizens of an eternal universe that expresses itself at this time in illusion upon illusion upon illusion. Each of these illusions set in place in exquisite regularity and discrimination a fastidious arrangement offering experience after experience designed to create environments in which these sparks of creatorship would become progressively more and more articulated, expressive and unique.

7: Perhaps we would say that there is a secret to coming into the open heart once again. The secret is buried in each religion and we encourage each to play with and sense into the various religious and mythical systems to find those images and icons of the Creator that pierce your heart. For this particular instrument that image is of Jesus Christ. Whatever your image of unconditional and sacrificial love, the secret is to know in the deepest part of your soul that who you really are is the Creator, so that moving into the open heart is a matter of coming home. There is a home within your heart that this instrument would call the sanctuary or the sanctum sanctorum, the holy of holies, the inner temple of self. You might consider it a room that is locked against casual visitors, even yourself. The key that unlocks this door is silence. There is the momentary stopping of the voice within, the coming into the silence of sacredness and, once there within the heart, you are in a tabernacle with the Creator. And you may sit and rest and even, as this instrument often does, picture the self crawling into the lap of the Creator and resting against that comfortable, strong breast. For the Creator has a very deep and infinite love for you and is waiting for you in every moment of every day, hoping and rejoicing when you do come home.

8: One of this instrument's catch phrases is, "Christ is the I of me." In the cosmic sense, whatever your belief system, unconditional love is not something for which you need to strive because at the very center of your self, the truth of your self is this same shining, unconditional love. When all other things of the self are released, this is your truth. This is your nature. This is your being and your essence, and your outer personality becomes as a pane of glass, clear and transparent and

able to let the light shine through.

9: The day has many moments, many common and ordinary chores, and we would suggest of you that you investigate each of these moments as if all were new and re-experience those common things of life, for they are full of light. They are open energies which include always that energy, bliss and peace. Again and again this instrument has asked these last months, "What is peace?" for each day there is a peace meditation and this instrument and the one known as Jim sit in silence visualizing Earth being healed and being brought to a state of peace. And so each night since that day in September of last year there has been this exercise in asking once again to "Show us the ways of peace." And as the energies begin to consolidate about this daily peace meditation, what this instrument is discovering is that peace is already established within the heart of self. We each know the ways of peace. Each of you knows what it is to love with every fiber of your being, to be open, flowing channels for the love and the light that is the essence of the Creator.

10: Wisdom is not "out there." Wisdom is not that which needs to be grasped for. Wisdom is that which comes in a moment when there is at last a willingness and a humility that allows the self to release all the preconceptions and all of what the one known as J was speaking of as the old way. Is there anything wrong with old ways? We would say, certainly not. What there are, are unending variations in a pattern. Each time that you do a day you are creating one set of ripples in the ocean of common being, and that which you think and that which you do and that which you envision for that day is your expression of beauty, of essence, that you give as a gift to the common race of humankind and to the energies of planet Earth of which you are her stewards. You cannot see the effects of that day, just as ripples move into the ocean and finally fetch up on a distant shore. You do not know what you have done. The joy of it is in the doing, not in the results. The gift was the day and the life is a gift to the future and others will reap those seeds that you now sow with your being this day. Each day is a brand new gift, a brand new life, a new opportunity to be you and to find the most creative ways to love.

12: Each of you has seen how easy it is to minister to others, and we ask you to forgive yourself in just that way for all perceived faults, not attempting simply to ignore those faults. You have a mind and a power of analysis. You have techniques and resources that you can use to work with yourself. And we are happy to speak to you about this. Each of you needs somewhat different ways in order to work upon various distortions which you have picked up, places where you are holding energy within yourself so that your energy is not flowing into the heart and through the heart in full measure. As the one known as R said, in the great urge to get into the heart and to do work in consciousness often that self that is expressing in the lower energy centers is simply left behind. What are your issues? Are they diet? Are they exercise? Are they emotional healings? Are they moving back into an abandoned and lonely childhood and bringing that child into the heart and giving it the love that was not perceived in the young days of that soul? Whatever your issues are, honor them, respect them, and minister to yourself. It is not selfish. It's needed work in order to free you up to be that essentially joyful self that you already are when you are not burdened with concerns.

26: I am Q'uo, and am aware of your query, my sister. We feel that your image of constructing a road, a path by which those who seek love and seek to serve the Creator in all may move ahead, is indeed a most adequate image to envision at this time in your spiritual evolution. We give this instrument the picture from your tarot images of the Fool who seems to walk off the cliff and who is momentarily suspended in mid-air. As the seeker of truth moves along the path of spiritual seeking, many times this is the image which functions well to describe this journey. For when one seeks beyond what the world about you recognizes as real then there is that magic of the thinking, and the acting to follow the thinking, which creates the sure fundament under the foot as it is placed foolishly upon the path, and we say foolishly for many will feel that it is foolish to seek to love all beings. For is there not evil in this world? It is foolish to move intuitively in a world where reason wrests its reward from all. It is foolish to seek to give the self full of love to those whom you do not know. And yet, my friends, is it not foolish to love the Creator that you have not yet met? Is it foolish to seek the heart of love when love

some point the obeying of another is not enough to take one to the highest levels of being, of serving, of loving. It must be instead the inner-directed spiritual seeker that fashions its journey from all that it has learned, from all it believes, and from all that it seeks to gain.

31.6 2002/03/07

7: Consequently, we ask each to remember, as endeavors are made, the truth of the energy flow concerning metaphysical law: it is not that which is of this world. Rather it is as if one planted a tree with the roots in heaven and the branches touching the Earth through people, through works of art, through every channel of living energy that has been created by thought, whether it be the original Thought of unconditional love which is the infinite Creator or whether it be that which is produced by the co-Creator that each of you is.

17: We keep asking questions about what brought us together here. I have to think that there is a deep spiritual something, love, something, that brought us together. It is quite coincidental that we all got together.

23: We are a very loving group. I particularly find this life a very happy place for me, not always, but pretty close. Through work with D and B can we change the world to one of higher consciousness? Can we teach people love? Can we be involved in a higher consciousness?

25: This is the time where, more than ever within history, each individual action, our own and yours as well, and each connection made in loving service, is tremendously blessed. The reason is—we are urged to pick this instrument's brain for a story, a joke actually—these considerations are often helpfully illustrated by laughter. The acolyte peeks out at the congregation in order to tell the priest how many are there for mass. In answer to the priest's query the altar boy replies, "Well, sir, out there in that church there are angels, cherubim, seraphim and all the company of heaven, and Mrs. Brown." The unseen help, the unseen presence is tremendous at this time for those who seek to be healed. Purify your intentions; discipline those forces of personality that block your heart. Open to inspiration and trust intuition. And know that each has tremendous power to make a difference and to achieve effective and transformational improvement of the harvest of planet Earth.

43: Consequently, people who yearn to do higher density work often find themselves with very sickened and failing bodies because the physical complex has not been strengthened to receive higher energy. Consequently, the prelude to working upon the blue ray or the throat chakra is the same as any other energy work. It begins with red ray and clears blockages sequentially, red, orange, yellow, green. Once the energy into the heart has been secured as a good supply then it is that entities may work further and begin that which is truly a blessed and healing thing, work in consciousness. Work within blue ray is helpfully preceded by time spent in silence within the heart chakra, for there is the need to become undefended and it is only in the heart chakra that you are able to reprogram fear into love.

31.7 2002/03/17

4: Each entity's guidance system is quirky, and is quirky along the lines of love and loyalty and friendship and devotion, all of those positive emotions that feed into a sense of safety and well being. Thusly, this instrument has found faces for that guidance which she calls the Holy Spirit, and these faces have changed as this instrument's needs have changed. Currently this instrument's faces are friendly, familiar, loved, even adored and much appreciated. Thusly, when the connection is purified of all dross of fear and fear-based emotion, that connection with one who has passed on or with one who is physically present upon the planet takes on the possibility of being used as the face of guidance. Many entities wish for a name. This entity's mind works with pictures. Consequently this entity receives many pictures and guidance will always have a face for this instrument.

5: The situation in general, at this time, is that the people of your planet have entered planetary fourth density. The labor is ongoing of the planet itself. However, the vibrations have changed. The energy has changed. And you are experiencing the dawn of that which some call fourth density and some

call fifth density. It is the density of love or understanding. In this environment guidance is ever closer and ever more powerful to help. In this environment emotions and desires call forth the appropriate vibration of guidance. That is to say, entities at this particular time have a maximum ability to polarize, positively or negatively. All guidance is not positive. The guidance comes because of the vibration of calling that is sent out. This is as if one were a radio listener who was tuning that radio that was the self, looking for the best station, the most pleasant and desired station within that band of vibration which carries the radio waves.

7: So there is a tremendous amount of positive energy available, what this instrument would call angelic energy available for those who seek to purify their emotions and to see into their desires to the heart of desire. Those who are doing that, focusing and learning of self, shall indeed find miracles occurring, peace becoming possible within the heart. All of the fourth-density environment is available within the mind's eye, within the chambers of that sacred heart, which is the metaphysical heart, the seat of the one infinite Creator within each of you. As you are able more and more to come into a state of trust and faith, as you are able more and more to find the heart of self, the heart of desire, the heart of service, that which means love and positivity to you personally, the more you shall receive angelic or positive guidance, the more you shall see helpful coincidences occurring, the more you shall see evidence of unseen hands at work.

11: The guidance said to this entity, and to the one known as Jim, "You are now able to listen to our words because you are tough and have become tough enough to listen and yet make your own conclusion." Thusly we are free to speak. Each of you needs to be tough, to hew to your own sense of things, to seek your own guidance and to see all of those who come within your own purview as equally valid and valuable regardless of how they are expressing. This is your gift to each: the level of awareness with which you see them, hear them, and understand them. What can you do for another? You can see another. You can empathize with another. You can love another. You can forgive and accept another. These things are ineffable. They are not quantitative. Often they cannot be spoken. But we assure you that they can be felt and that they can help. And when the desire is to help and intercession goes up and the prayer is offered for those entities that you see in pain, that they may resolve their issues and may come to a balanced awareness that does not give them so much pain, these prayers are very effective. These very invisible and very silent voices that speak in the house of prayer have a real effect within the entities for whom prayer is offered.

12: Trust then, when there is concern, to turn it from anger, grief or whatever other emotion does not feel as if it were the emotion of the true heart, to prayer. For turning to prayer, turning to hope that another individual's suffering may be alleviated, is a turning to that love within the self and the worth within the other self that is not expressing at the moment but remains the truth of that entity. It is not always necessary that all entities know the truth. This instrument heard just yesterday that the subconscious works, psychologically speaking, without the necessity for words; that is, if one person knows something and is able to make a subconscious contact with another person, what one person knows will become what another person knows also. Trust this level of metaphysical reality because it forms that reality which you speak of as the physical illusion or maya.

31.8 2002/04/07

4: Such is the foundation stone of each of your incarnational selves. The self within incarnation is a collection that you have put together for this particular life experience. You have chosen, very carefully, the attributes, limitations and gifts that you have within this incarnation. From a rather vast array of distortions which appear as gifts, and distortions which appear as limitations, which lie within the confines of a soul self, you might call it, that has been formed through many, many experiences, each adding its torque and twist to the swirling, spiraling energy of the self which has been formed without sight, without vision, but of energy itself, that energy which is love, that energy into manifestation which then becomes light, you have chosen that which becomes form, becomes being, becomes body, becomes personality, becomes

and cleaner way to use the energy system of the body, mind and spirit. For the emotions that are the responses to catalyst are the shadows, symbols, or increasingly as one progresses, the essence of deep and purified rivers of energy that abide within what your psychologist would call the unconscious mind. At the roots of consciousness lie rivers of purified emotion that are as gems, perfectly and regularly refracting from the white light of unlimited energy the colorations of energy which are called emotion which express essences which the Creator has previously learned about itself. These essences are as great truths into which the seeker taps, however imperfectly and however distortedly, as it moves through catalyst and encounters difficulties and meets challenges.

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

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

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

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

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

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

33: I am Q'uo, and am aware of your query, my brother. We may further confuse you by suggesting that [in coming to experience] the love and the light that each so values as fundamental portions of this experience that each shares, the purified emotion occurs as that kind of feeling that is so basic within one that one is able to see the ramifications of this feeling, its source, its object, its effect, its continued pres-

ences within one. And there is a kind of satisfaction that comes from so seeing an emotion that will, indeed, reflect to you increased amounts of love and light. However, the purified emotion is, shall we say, a joy in that there is no confusion any longer as to its nature.

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

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

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

29.10 2000/05/21

12: We encourage each to look for ways to share the self beyond any concept of sharing the ideas or the supply. Look for ways to share the beingness. On a fundamental level it is as though the entire creation of nature were already sharing its beingness at a very intense level, holding nothing back, doubting and fearing nothing whatsoever but giving all of the self all of the time, all of the color, all of the bloom, all of the glory. That it will last for only a brief period of bloom matters not to the flower or to the blossom on the tree but only that it is there today to vibrate in the air, to drink in the wind and the sun, and to share its scent with all those around it. This is also your heritage and your manifest gift to offer, your odor, your special scent, that which you have created of thought, feeling and experience that is a vibration unlike anyone else's and which makes your friends smile. How loved each of you is by the Creator who appreciates each essence and by those who appreciate each of you. Do what you can to become appreciators of all those around you. Perhaps you indicate only by your expression or your smile that you are entering fully into a moment with another, but that other senses the profundity of your gift. One thing unique to the offering of the essence of the self is that it cannot infringe. The self has no words, no requirements, and no demands. Presence is the perfect present.

29.11 2000/09/10

4: You ask this afternoon concerning awakening and change. And since there are several levels of discussion in this subject we would choose the more general one with which to begin. We would discuss the basic concept of incarnational lessons. The mechanisms of change are somewhat cyclical and, spiritually speaking, descend from the level of preincarnative placement of the self and of the lessons of the incarnation that were set up by the self and by the higher self and other guidance, before incarnation. Before incarnation, each spirit that is now incarnate in a physical body on planet Earth had a great deal of say in choosing what lessons of love it wished to concentrate on during the upcoming lifetime and what outer services it might be able to specialize in sharing. 5: When the lifetime begins, memory of this process of choosing the basic themes of the incarnation or the basic lessons of the incarnation is removed. The veil descends, and in complete forgetfulness and innocence the physical child is born with a destiny that is, in some way, complete. This, however, does not abrogate free will. For it is the choices that this entity makes as it faces the relationships that it has chosen to offer itself and the catalyst that it has chosen to offer itself that will create the actual distortions that will be followed throughout the pattern of a lifetime. Consequently, the same relationships and the same situations may occur three different times but if the person is in three different states of mind the outcome of the same catalyst can be three different outcomes, and this is basically the structure of change throughout an incarnation. There will be a repeating theme,

or perhaps two or even three themes, of incarnational lesson which bring up material having to do with one or another lesson of love that becomes familiar to the spirit in incarnation to some extent. Each time that it repeats it becomes a little clearer. At least that is the process that is hoped before incarnation.

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

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

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

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

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

22: I am Q'uo, and am aware of your query, my brother. We appreciate the opening of the heart energy center upon your part in the consideration of that which would be helpful to the young entity of whom you speak. We are not those who

give what you would call life readings or assessments of entities in order that one remedy or another be applied for any malady that may be found, for there are those who have this skill and use it well. We, on the other hand, are more philosophically oriented among those who seek to serve Earth at this time. And, thus, it would be our suggestion that any assistance given to this entity be that which is a natural outgrowth of the interaction between the group that is your family and the group that is this entity's family so that there be the normal progression of conversation which expresses the concern for the welfare of the young entity and the desire to be of service. When this seed is thusly planted and interest is noticed, then one may continue to water the seed with the attention that you may offer through one avenue or another. The choice of avenues is that which we would recommend by utilizing the intuition, the feeling within your deeper self that there is a path that can be taken and action that can be offered and, moreover, a concern, a love that can be shown by the entire process of interaction. Thus, the attention given to this situation may be nourished in love, contemplated with the mind, and directed with your query.

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

36: I am Q'uo, and am aware of your query, my sister. When we consider requests such as this we look again to the preamble that we offer before each contact is made with this and any other group that we are privileged to contact and that each entity present be encouraged to exercise the personal discrimination so that any information that comes before its notice be subjected to that inner knowing that each entity possesses that can direct it surely and safely along this journey of seeking the truth. For each entity's truth will be somewhat different though it partakes of the same great truth of the unity of all things created by love. Each entity must be aware that there is a unique journey that it is traveling and will travel. When information is made available that may or may not aid this journey then it is that the mind first looks at the information and assesses it upon an intellectual level and determines one thing or another about the information. Then the mind gives over the assessment of any information to what may be called the intuition, to the heart, to the deeper self, to that deeper knowing that each entity possesses. It is here that a feeling is generated in response to any thoughts about information offered. And it is this feeling from within that one must trust. We would suggest that this entity and any other entity in a similar situation take the information that has been given it into the meditative state after having considered it intellectually, and within the meditative state allow the feeling tones to arise from within that are the heart's response to that which has been given from without, and then to follow this feeling to its conclusion, whether it be to accept all, some or none of the information offered, and to do this with a feeling of love and gratitude for the Creator of us all and to the individualized portion of that one Creator which offers information to the one to be healed.

48: I am Q'uo, and am aware of your query, my brother. The trust of which you speak in relation to faith is not only in one's feelings but the feeling that despite that which one sees and experiences that one knows that all is well, that one knows

the entity perceives the self to be out of balance and stuck the things that are holding the pattern have to do with perception rather than truth, with, as the one known as C stated, inner balances of self in lessons that are being learned rather than the characteristics of the outside world as it impinges accidentally and in a random manner. It is not random. It is kindly producing the general catalyst for the kind of lesson that this instrument desired to learn within this incarnation. And this particular line of thought is one which, more than most spiritual questions, is not harmed by intellectual and analytical thought.

15: When one is talking about balance one must talk without making generalities, for no two people have the same balance. Each entity will have a different kind of chakra system, a different way of using it, a different way of expressing it, letting it go, and moving it through the body. No two entities are at all alike. They may harmonize and then they are perceived as aura enhancers or they may tend not to harmonize. Upon the level that balance is achieved without dealing with the light and the dark, what is best is simply to come into loving relationship with the pattern as a whole so that you celebrate the dirt, the muck, the seeming darkness with honest and sincere appreciation, just as you have appreciation for fertilizers in fields and for the cleanliness of a cleaned out system that would be toxic if one were not able to process food and remove it through the bowel. The perceived darkness of things is negative and those who honestly believe that the heart is a false creator will attempt again and again to use only the light in order to achieve truth. The problem is that there is no balance in light that does not have love within it. Without love the light shall always bend itself into service to self. For without the heart there is no clearing house to take what this instrument would call the 90 degree shift from one type of energy to another. And this is what each is attempting to see: that shift in consciousness that is beyond doing well at a perceived task or finding better ways to do tasks.

17: That is the self that entities actually respond to, that they take fire from, and that without knowing why they feel as the light upon the hill that shines forth and radiates in a way that is beyond them and expresses spirit. It is not the entity that is skillful at directing the life. It is the entity who loves in and out of season that is truly serving. So where a balance is an excellent thing to seek it is not necessarily a goal because it is yet another thing about which to have a preference. It is yet another trap to lay for oneself to say that "If I have balance, if I have equanimity, then I am wise." True balance involves the knowledge that no one knows anything and that includes the self. Even the one known as St. Paul the Apostle said that "I am the least of all Christians." Even arrogance must at last, when speaking upon the level of the soul, own its humility and accept the imperfection of this entire experience.

31.5 2002/02/24

0: [overview] Our question this week has to do with communication, real communication. It's hard enough to be honest and to speak clearly to another person about what you are thinking and feeling. We are wondering how a person can also engage the heart so that the intellectual communication that you share isn't just a means of attacking or defending but that you are also able to engage how you really feel and maybe the higher principles that you believe in, the concept of love and forgiveness and compassion. How would you recommend that people having difficulty communicating—not so much being honest—how would you recommend people be able to get to their hearts, be vulnerable, share what's really of foremost importance in their lives?

12: In the face of this great bias on the part of the Creator towards communication we may say that it is tempting, even seductive, to enter the list1 of communication as if it were a medieval jousting match with the communicators loading up their armor and getting on their destriers and heading towards each other with a shield in one hand and a lance in the other to communicate this idea and that idea and get across to the other person and in the process, of course, knock that person off of his steed and win at the list of communication. This is not a model that we would encourage. We would encourage rather the model that realizes that right and wrong have only a limited amount of energy whereas truth and love are equal in their energies so that there is not a one-time lin-

ear truthfulness to any opinion or feeling that is being communicated but, rather, that which is being communicated is the tip of an iceberg, and that when the skillful person hears that which is communicated that person is willing to open his awareness to take in, not simply the point of the iceberg that is showing above water, not simply the words, but is willing to open to the unseen presence of all that is below the waterline, all that is unsaid, all that fills out the substance of an opinion or a feeling that is being communicated so that each can see the other as a positive source of information and support, even when there seems to be huge discrepancies in opinion and ample evidence suggesting the impossibility of a happy conclusion to the communication.

17: Again and again it is necessary to move into the silence of one's own heart. Call to yourself this day with that inner tolling bell of love unknown. Let that bell within toll for you. Let it ring out and resound in the shoals and the deep waters of your being. Open yourself to the wonder of that which is within you and allow a larger picture of self to emerge, a picture of a self that sees the creation as made and says that it is good. For you are co-creator in a far more specific way than perhaps you realized. You, by the seeds of love that you sow this day, create the love of tomorrow. Thusly, we simply ask of each of you to lift the linear judgment away from the limitations of eyesight. Lift away from the limitations of that which is seemingly being communicated in any situation so that as you come to the communication in its seeming outward form, which is words, inflections, and body language, you have as much realization as you can bring into your heart of the beauty, the sacredness and the worth of each and every entity that is within your world.

18: The processes of linear thought shall continue to work as they have for third-density entities for millennia. But the value of communication never remains at the level of problems solved and information shared. The value of communication lies in the reception of each by each in such a way that each is a helper to each. Each is a supporter and encourager to each. When communication finds ways to embrace this realization of the preciousness of each other then that which is communicated enters into the mutual systems of the two in a far more enhanced way which is very powerful in deep, subconscious levels of connection. For you see, what you are actually doing in communicating betwixt each other is creating connections of a certain kind. The hoped-for result of communication for those who are service-to-others oriented is an energy exchange which is helpful to both parties. It is this particular instrument's opinion that when she responds to a request for help from someone who assumes that she is a teacher, what she is actually doing is not sharing information so much as sharing love. And it is in the acceptance of that other self, the honoring and respecting of that other self, that the communication begins to have real worth, not simply in what is said, but in the energy that runs beneath the words.

21: It is extremely helpful to realize that the nature of communication is that of speaking to a mirror. The other self with whom you are communicating is a very faithful mirror of you. And those things that you see in that mirror are those things within yourself with which you either greatly agree or greatly disagree. Usually, amongst third-density entities the preponderance of reactions that one has concerning other selves remains loaded with bias and judgment and a lack of love. And this is as it should be in an environment in which each of you is attempting to fathom what love is and to begin to make choices that are loving choices. Realize each time that you begin to communicate that you are communicating with the Creator and that that Creator is communicating back to you, offering you a mirror in which you may see your nature.

37: I am Q'uo, and am aware of your query, my sister. To this query we would respond by suggesting that to obey is to give over one's personal decision-making in favor of another's who perhaps one feels is more wise, more powerful, more loving, and so forth. This is a free will choice which any can make. Each entity, as it matures within your culture, comes under the influence of many authorities that must needs be obeyed for a certain period of time: the parents in the upbringing, the teachers in the schooling, the bosses, the entities that are placed above one in the work environment, that this work may be accomplished in such and such a manner. However, at some point each entity must exercise its own ability to choose that which it shall do, that which it shall say, that which it shall believe, that star that it shall follow that it might reach the higher goals of the spiritual life. At

ator. This confederation, then, when there is the opportunity to offer membership, shall we say, to a new social memory complex does so by sending emissaries of light to acquaint the potential members with the opportunity to expand their service to others and to the one Creator by becoming a part of this confederation of planets. And in this confederation there is the opportunity to blend energies, efforts and services with many other social memory complexes. The formation of the principle which you call Q'uo has been an effort to maintain contact with this group by those who have previously served this group in a particular fashion. Those of Hatonn have offered introductory messages for many years through this group and through many others as well upon this planetary sphere. This is true also for those of Latwii although to a lesser degree for those of Latwii are more, shall we say, silent in that they serve as what you would call Comforter for many individual seekers upon this planetary sphere and others as well. Those of Ra have had contact with this group in previous times and were desirous of maintaining a contact, however stepped down it was necessary to be so that there could be the continuing of the service which was begun more than two of your decades ago.

31.3 2002/02/04

11: Perhaps one key that we would share with you in thinking about change is to refrain from thinking of it as dialectic, for that simply perpetuates duality. Although yours is the density of choice, yet also is there a level wherein all is one. And each choice that is made is far better served by preparatory time spent in the unitary and unified silence of your own heart, practicing the presence of the infinite Creator and allowing the questions in your heart simply to be so that you and the Creator and the questions with which you come rest all together, loved and loving, Creator known to created, created known to Creator. Each time that you come into this space, move into it with empty hands, for you know not what gifts the silence will bring you. You do not know what beasts, birds, winds and weathers may respond and come to bring you messages, giving eloquence to the silence and hints to the wise.

12: When you do not have the chance to practice silence in a formal manner we encourage you to seek the ways of nature and enter the creation of natural things whenever possible, for there in that world you are a harmonious and beloved part of all. There, in that universe, the light is trusted. Life and death are equally embraced and all blooms and blossoms bow to the wind, to the weather, and to the seasons. Such seasons there are also in several layers within the personality shell, within the life experienced by that personality shell within incarnation.

17: It is true that a new age has been born and your planet at this time is in labor with this new world. And so you, too, are in labor within yourself, birthing a new and hopefully more spiritually oriented entity, finding ways as you make choices to become more real. How do you forge a road between the everyday of earning a living and the fourth density of love unconditionally given and received? Each of you has part of the answer to that, for each of you is at work paving that road now with your thoughts, with your faith, and with your doubts.

31.4 2002/02/10

5: We do not find this to be the most helpful model from which to view the energies of your planet, as harvest is in the midst of its birthing and processing of so many energies and so very many entities. The temptation is to remain within the spiritual materialisms of fourth-density war. This density has never solved the question of war. Indeed, it is incapable of solving the question of the war between good and evil for it has, by its very definition, especially in the beginning of it, no balance. It is purely loving. Within third density there is the opportunity to come to balance, and this is the query that you ask, in effect, when you ask about the shadow self.

8: For you see, to come into an acceptance of the she-wolf that runs with you, to come into an acceptance of the liar whose dazzling footsteps dance one out of trouble, to love that self that is able to aim, group at three inches, and polish off a target at twenty yards that happens to be a human that

is attempting to cause damage to a loved one... This instrument has certainly experienced the feelings of a murderer when a loved one was apparently struck and perhaps killed. There is no length of time between the sight of someone that needs defense in the mind of the perceiver and the feelings of murder. And it is a pure, clean, crisp and powerful emotion, not unlike anger but with deadly intent. Would any say that this instrument had an unintegrated murderer within her? No. And yet it is in this instrument's inner thoughts that she does indeed have a murderer alive and well and living in the hospitality of the temple of the body, the mind, and her spirit. And so each contains all that there is, and within your density the very fabric of your illusion is very much the ying and the yang, the give and the take, and it is a great achievement indeed when that dark side of self is seen as an asset by the self and as that she-wolf bares its fangs and seems to come at one as a werewolf, as a predator, as one that wants to tear out the heart, that is when you embrace that she-wolf and know that that is your powerful, brave heart that is capable of anything but that chooses to be your she-wolf, to be your totem, to be your seeker of truth that prowls in dreams and comes back with news of elsewhere.

10: What is that faith which each of you holds, to which each of you can cling? Where are there simple and easy ground rules for improving one's perception of these things? This instrument has found helpful and uses to this day the following prayer: "Lord, make us instruments of Thy peace. Where there is hatred, let us sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy. O divine Master, teach us to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. For it is in pardoning that we are pardoned. It is in giving that we receive. And it is in dying that we rise to eternal life."

11: This is a prayer of light and dark and of the choices that we make in the way we feel. Entities surrounding one shall predictably offer one negative catalyst, catalyst that is perceived to be negative because it is dealing with other peoples' projections of one's own dark side, which is another way of saying that you are projections of their dark side and that all entities are busy demonstrating the humanity of the self to the other self. Each of you is valuable in that regard if in no other, for all of you are a bad example from time to time. And blessed are the bad examples as well as the good examples. Blessed are those moments when you despair and think that "I will never get this problem," because at that point that you realize that there is a bad attitude that is involved here, blessed is each moment when you are able to pinpoint anything about the thinking process with which you might quarrel. For there are things which can be improved by watching the thoughts one has and the comments that one makes to oneself about these thoughts. There truly are voices within the mind that need to be put into deep memory, into deep storage, into files that are closed, that do need to remain in the voices that speak in dreams, and in the voices that speak within the musing of inner thoughts. The voices that are needed are the voices of silence; not our words, not the words of your parents, not the words of any perceived guardian or authority can give you that which is beyond words, the presence of the one infinite Creator whose nature is absolute love.

12: The Creator has come through other generations of being and has found ways closer and closer to understand what love is and yet it remains a mystery. And the Creator is ever curious. Your experiment in positivity and negativity of such sharp characterization is very interesting. The Creator is most curious. We are aware that the challenges of coming into a balanced view of the self in which the self is forgiven are great. The many enculturated energies that tend, society by society, to keep people in their places within the scheme of things, as this instrument would say, are deadening, distorting, numbing, confusing teachings that either consciously must be removed or be removed by trauma.

13: In the face of this the challenges of coming into balance with the self may seem insurmountable and yet we say to you that there is a moment which is what this instrument was attempting to speak of when she said falling in love with yourself is needed. There is a moment when the horizon opens and one is able to accept responsibility for one's joy and one comes into a bliss that does not cease entirely. When there is even a bobble in the harmony it is painful enough that it is necessary to stop and correct the error. In each place where

that all will be well, that what is occurring at any moment is appropriate and may be learned from in an effective manner which enhances the evolutionary journey. Each entity along this journey will have those times of doubt, of trial, of confusion, of feeling lost, of feeling alone. All of these and many more experiences are those which test one's character, which offer one kind of lesson or another. There are as many kinds of learning as there are entities to learn. However, in each experience and for each entity, if one can uncover that feeling of faith within and let it be the north star, the Polaris of the self, then one may move without fear and accept whatever is the daily round of activities as they come to one. For an entity that is filled with faith, there is no challenge too great. For any entity without faith, all challenges feel too great. Faith is that which one develops by wishing to develop faith. If one feels faith is lacking in the life pattern, begin to investigate the qualities of faith, the nature of faith, and begin to act as though you have faith, and faith will come to you. Moreover, faith will come through you, for faith is like love. It is a basic quality of this and all creations. If one can begin to exercise the quality of faith it is much like your physical muscle. It will grow in strength and ability.

29.12 2000/09/23

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

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

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

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

level at which the entire self can be shared.

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

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

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

16: May each of you be about your business. May each of you, as this instrument says, bring each other home. For you see, in that mirror world, each of you is, to the other, the picture of the self, the picture of the Creator. What shall you mirror by your thoughts this day? What Creator shall you be to those about you? And what being shall you be to yourself? May each of you enter your own heart in a mood to forgive completely, to fall completely in love with yourself just as you are. This is an important step in the evolution of the spirit, this ability to accept the self as it is, with every distortion, every folly, everything that the illusion seems to be telling you about yourself. For, you see, you are looking so hard at a personality shell that is not really there. Instead, depend upon that self that is beneath the surface, that will well up in the silence and tell you who you are when you need to know it, will give you new information when you need it, and may tell you to wait when you least want to hear it. Fall in love with that self that is you. Forgive and love that self, and you will find it easy to love the rest of the selves about you. Or at least as easy to love as it was to love the self.

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

a thought, an image, a tone. In such a way are we most able to reach the greater majority, shall we say, of those who seek that which we have to offer.

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

59: I am Q'uo, and as it appears that we have exhausted the queries for the nonce we shall once again express our great gratitude to each present for the great sacrifice that each has made to become a part of this community of seekers at this time and in this place. We would encourage each to see the self as a member of an even larger family of goodly souls who seek the One and who serve the One in all. Remember, each one of you, that you do not walk alone, that there are those who rejoice at every step taken with you, for this is a difficult illusion in which you find yourselves moving at this time. Your friends would seem to be confusion, doubt, fear, defeat, and being humbled daily by the difficulties of existing in such a heavy, chemical illusion. And yet, you do move with such encumbrances and yet the courage that each shows in continuing upon the journey, moving as the Fool from the cliff with no sure footing or idea of the next step, is that kind of action which inspires entities such as ourselves greatly as we observe the valor, the courage, the faith, the will, and the determination of so many seekers such as yourselves upon this planet at this time. The seeking is most intense. The service is ever more lovingly offered. The light shines ever more brilliantly through all of the difficulties and distress that are so much more apparent upon the surface of things in this illusion. We add our love and service to your own, as do many others, so that that which you accomplish can be seen to be as the fulcrum that allows a greater leverage in the overall evolution of this planetary entity.

29.13 2000/10/01

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

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

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

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4: All begins in the utter unpotentiated love, or Logos, that is the Creator unknown to Itself. The first distortion of this Logos is free will. And free will is the agent of change. In the Creator, and therefore in Its creation, through free will the Creator chooses that which you know as light and which we would call the manifesting principle. The child of free will and love, light in its first manifestation, may be seen as the sudden being of all that there is. Your scientists have envisioned this as inevitably explosive and have called the birth of creation the Big Bang. However, this is creation seen through the distortion of the lens of your third density in which time and space structure perception. In other illusions where time and space have different structures it may be seen that there is not the explosion but, rather, the transformative process which rolls from light to light to light, and by this we mean that there are levels of what this instrument would call rotation of light that create vast numbers of structures which are seen as systems of vibration and vibrational fields having their relative existence in various sizes or orders of your time and space so that from the smallest to the largest structure of vibration, from the lowest to the highest density of vibration, there are put in motion by the Logos systems which are destined to roll their metamorphoses from the position of what from your density would be the beginning of the creation to the ending of creation when all of these energies have reacted with all of the other energies which are appropriate for them to react with. All energy has been spent. All desire has been balanced and the exhausted and used energy and experience has been harvested or eaten by the one infinite Creator and absorbed at the end of creation. This describes the basic background against which self-aware entities such as yourselves and we experience and add our harvest to that knowledge the Creator has of Itself. This is the first and deepest level to change, and it is a design which accomplishes what in your bodies would be a heartbeat. For the creation is the body of the Creator, and an entire creation with all of the densities of an octave express one heartbeat of that creature, which is the Creator. This is in no way a literal rendering of a Creator which has a beginning and an ending. As far as we know, the Creator is infinite and is eternal.

11: Always, when facing something that you have finally begun to recognize as an incarnational lesson our advice is first to give thanks that you finally have achieved the realization that this is an incarnational lesson. And then we encourage you simply to sit with this issue. It is not necessarily your issue to solve. It may be there is tremendous patience involved in this issue. It may be, indeed, that you cannot solve this issue within this incarnation. It may be that you have simply

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3: It is the first time in a long while-we do not immediately remember the last time that we had a pot luck-and that is a novel thing for us. For we then need to use our own discrimination to the extent which you usually take off our hands. What would we wish to tell you? What would we wish to offer you? Left to ourselves we speak one tune. We tell one story. We tell of love. And yet we find that even within this small a group of three we would be able to rest within each of your minds to discover the genius that lies in the connections between those minds and to find a completely unique subject at any time that you would ask for pot luck. For the energy between even any two people, much less any three people, is a complex and multi-layered thing. The connections are there in so many ways that are difficult to understand in any linear fashion. Each of you is connected to each other by those things which you are working on in common, by those services which you share in common, by the outer gifts which you enjoy in common, and by the desires that resonate between each of you in common.

7: Opening to the silence in a group over a twenty year period that these particular three entities have enjoyed together is opening a very small social memory complex between the three seated within this circle plus the social memory complex existing between each of the two in this group which have a close bonding, plus the social memory complex that exists within fourth density, that one which exists within fifth, and that one which exists within sixth density and which forms the principle which is our voice. Consequently, rather than bringing one entity into the silence, by meeting in a group over a period of time you are beginning to weave for yourself a solid and reliable resource which contains your energy spoken truly and reflected in the mirror of those who love you and those who would wish to help you.

9: We are so pleased that you have sensed the power of simple, error-prone, third-density human beings in a group, dedicated to light and love and service. Is there within any of you some bright idea that will instantly change the planet? We do not know. We do not know where your outer gifts lie, where the footsteps of your heart will take you, not tomorrow, not even next year, not in the next decade. We don't know the final shape of your life but [only] that there is this moment together in time and in space where these three have come together and sought in silence and in the spiritually lived voice which this instrument has asked for. That which you know now is a great treasure, a great resource within your practice, and we are very, very pleased that you feel its value whether or not it is possible to see into this depth or quality of value in a conscious manner. It is there, and on the incarnational level contracts are being fulfilled. Collaborations continue, and the work that is common to all moves on to a fuller life because each has persisted in good weather and in bad, in good feelings and in difficult times, through all of the thick and thins of living.

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9: This is the sense of this video tape that the instrument was talking about earlier. This is sound in terms of your own world's science. It is also sound in terms of what we believe to be so. It is very difficult for us to get into the real nitty-gritty of how you can talk to yourself as opposed to how someone else will talk to himself or herself. Each person has habits of mind which are not, shall we say, of the most hopeful or positive point of view. And with each person there are different areas. These areas are very quirky, as this instrument would say. It is very much a matter of the day, the hour, the mood, and the catalyst within the life in any one day as to what areas of the thinking that you do in talking to yourself you get into, what mistakes that you make in that particular day. And are they mistakes, indeed? For if you are telling yourself something that is disempowering, like "I don't think that I can do this job," perhaps you are telling yourself that so that you can stop and take a good look at the job and really ask yourself, "Is this the job I want to do?" Or with a relationship to ask yourself, "Is this the footing on which I want to be, or is there another footing that would not only be more skill-

ful but actually make me a happier camper, a happier person, a more efficacious human being," one that is more capable of learning, loving, serving and all of those things that you hope to do?" So I suppose that what we are saying is that it is true beyond our ability to prove it that what you think to yourself, what you say to those about you, has, to the extent that you believe what you are saying, or that you do not believe to the contrary, a power over your future.

17: Think how one person who chooses to bring faith into the present moment, to bring the love of the heart into the present moment, affects that present moment and affects the mood of those about that person that is expressing love and light. Think about those moments in your own life when you have found that moment of grace and won through to a good attitude and how empowered you did feel and how it did change the outward reality simply because you had risen to the occasion with a happy heart. Think of how you have blighted your own life in times when you have taken the negative view and talked yourself deeper and deeper into sadness and sorrow and despair.

19: When you are quiet in those moments that come to be so treasured when they do come you feel the truth of the self, the beauty of your sweetheart, the strength of your soul, and the power that is within you. Rest insofar as you can in the memory of those moments when you did feel connected to the Creator, when you did feel that you were part of the love that is all that there is, when you had the connections that made you unified, positive and hopeful.

22: You are not a solid. You are a vibration. You are an energy field that has connections to absolutely all other energy fields in the universe. You are connected to them through a series of orders of magnitude and, shall we say, reality, that are understandable only from the larger viewpoint. Many times within the life experience you will not be able to see how a certain situation could possibly be one in which love abides. But this is always the question to turn to, that one offered by the ones of Ra, "Where is the love in this moment?" This is a question that is always productive, that one may ask the self in a crux in the present. And by finding where the love lies for you in this moment and placing yourself there, there is how you affect the future. You are choosing what you desire because you desire it. That is understood, but in terms of responding to that which is given you have the skill and you have the chance at each offering to ask the self, "Where is the metaphysical structure of this moment? What speaks to me from a larger point of view that really informs the situation for me?"

31: I am Q'uo, and am aware of your query, my brother. As you may be aware we of the principle of Q'uo are a principle because we are of more than one source or origin. Those of Latwii, who are of the density of light, have joined with those of Hatonn, of the density of love, and also have joined with those of Ra, of the density of unity. Those of Ra, as you are aware, experienced their third density upon the planet which you call Venus and were honored to have a most efficient experience within the third density of Venus. The many entities which formed the eventual social memory complex of Venus had a most harmonious third density upon that planetary sphere and moved quickly, shall we say, through that experience with a significant portion achieving graduation within the first cycle of 25,000 years, a larger portion achieving graduation during the second cycle, and the third cycle saw the joining of the social memory complex by all of the population of that sphere. Those of Hatonn and those of Latwii had somewhat similar third-density experiences upon planets which are distant from this solar system and which are as yet undiscovered by your astronomers. Thus the name or place of such is meaningless, yet each social memory complex has found the third-density experience to be that which has produced the tempering of seeking, and the fire of the testing was intense and true. And we have been privileged to become that which you call Q'uo for the purpose of these transmissions at this time. Is there another question, my brother?

34: I am Q'uo, and am aware of your query, my brother. As a planetary population moves from the third density, the density of choice, into the density of compassion, love and understanding there is at that time the obvious blending of each individual within the social memory complex. And this blending is assisted by those, what you would call, angelic presences or teachers and guides which represent the Confederation of Planets in the Service of the one infinite Cre-

of fear. Whether it is anger, grief or any other negatively perceived emotion, the dynamic is always between love and fear.

9: Now, how do entities in third density achieve such a heady and ambitious intention as forming a social memory complex beforehand, before its time? Almost anything that seekers can think of as ways to express their own individual desire and thirst for being part of the good and the love of planet Earth will help. So much of spiritual evolution is involved in sheer desire and persistence of intention in following that desire. Desire is the fire that drives. It can be a fire that is red-ray, orange-ray, yellow, blue, indigo, or violet-ray. Each of those types of desires, each of those combinations of types of desires, has its own characteristics. And an entity, in order to progress, needs not to follow someone else's idea of a curriculum or a study but, rather, each entity needs to follow his own heart, his own intuition, his own hunch of this or that book at the bookstore, this idea or that idea to think about.

15: The one known as B is attempting to do this by starting a community. The one known as Carla, this instrument, in her own way has dedicated her life to bringing more light; to running fourth-density energy within a third-density system. This entity, unfortunately, has not done this entirely efficiently within her personal life. But in terms of metaphysical efficiency, both the one known as B and the one known as Carla have made good efforts. And it is the continuation of those efforts; that is, the continuation of faith, that will avail the most. For love has a way of teaching you without being obvious about it, without the two-by-four having to hit the forehead. There is no wakeup, often, with the lessons of love but, rather, you discover that your ideas have migrated a bit, that there is a different light from which you are seeing the same thing. It may be slight, but it may well be more fourth-density if that is what you are affirming and seeking.

16: When you are expressing this nascent fourth-density energy you, if you are very aware, will feel it as an energy exchange even if the entity with whom you are communicating is half a globe away. There is an energy exchange between those who are vibrating together in love with each other on the fourth-density level which is very heartening and very healing for both entities, and we encourage each to attempt in all relationships to move from a point of fourth-density love, acceptance, forgiveness and willingness to move on. That is the pattern of learning, not to linger too long in negative emotions but, rather, to honor that negative emotion whenever it arises, to sit with it as long as it needs to be sat with in order to be accepted, in order to feel that it has been honored. And then, when it has been honored and there has come a peace and a balance and some small understanding, it is time to say, "Amen. I am sorry. I begin again." And let mistakes be mistakes, but stay in the light and the love of the one infinite Creator while you make the mistake, and, after you make the mistake, allow yourself your own love rather than your judgment. For judge and grasp the lesson you certainly will, but then it is time to release that.

17: The great obstacle to peace among your peoples is the same obstacle that is in a family when they will not agree and they insist on leaving problems unaddressed and unsolved. The one known as Jim has said very truly many times that this world needs a great deal of love. That is true at the individual level. It is also true at the societal level, at the racial level, and at the planetary level.

18: Does a social memory complex have its own ability to communicate? Certainly. Even within a marriage there is a social memory complex. Within this group, which today represents only four human beings (physically present), there is a strong and healthy social memory complex that is helping each. It is not that each has become wonderfully able in the human sense to comfort and support each other but that the wish to do so is pure within these four hearts sitting within this room. And within this atmosphere, since all things truly are one, naturally over a period of time there is formed not just these four souls into a union but these four souls and the Creator so that the Creator and the self multiplies with the Creator and the next self and the Creator in the third self and the Creator in the fourth self and the result is powerful, far beyond the sum of its parts. There is a feedback system that begins to work when entities meet spiritually and attempt to love each other, even when they misbehave, even when they have difficult times.

19: Many, many opportunities will come to each of you in small ways and in large. Opportunities to see an entity as the self or the other self. We do not say to ignore the needs

of the physical life. We do not say that it is wrong to set limits when there are difficulties, to protect the self from damage. You are third-density entities and you need to respond to the pain and the suffering that you feel. If you do not respond to it, if you insist on being all love and light at all times and not dealing with your feelings, not dealing with your dark side, you shall never make a social memory complex.

20: So the first entity that you must fall in love with in order to form a social memory complex is yourself. If you can fall in love with the shadow self of your own 360 degree being you have become far, far more vulnerable to the light that is the new light of fourth density. So much of the light that you call to yourself is created by the nexus of desire and emotion within which you are seeking the light. So all aspects of light feed into making third density into fourth density because all aspects of light can be illuminated by love. Love makes food taste better. Love makes gardens bloom better. Love makes children grow healthier. Love makes businesses thrive. Love will also make positive fourth density occur because the love energy within many of your people is now approaching that energy which is the graduated third density, the Christ energy.

21: The one known as Jesus would laugh long and hard at someone who said that he was a saint or that he was holy or that he was better than the next sinner. This entity did not feel those things. This entity was seeking to become more meek, more poor, more hungry, and to achieve more suffering. Why was this entity doing this? This is the mystery of moving from third density to fourth density. Why did this entity find such joy in turning the other cheek? And in embracing death when he thought that by that sacrifice he would be able to save others from that suffering? Why was this very imperfect human act of choosing to die something that has riveted your culture for 2,000 years? That is the question that we feel may be most beneficial at this time [for you to ponder]. For the Entity comes into the Earth at this time. The one known as Jesus each year comes into the darkness, and the darkness knows Jesus not. And to that darkness Jesus is simply a mistake, a fool, a troublesome entity that must be stopped. For this entity simply wants to love. He wants nothing in return but simply wishes to speak the words of his Father, to do the will of his Father.

22: May you follow your heart. May you follow that which this instrument calls the cross. For fourth density is cruciform; that is, early fourth density especially. There is a cross involved. There is a sigil of sacrifice that needs to be grasped in a way that words almost cannot achieve. Silence itself, the tabernacle of the heart, and those infinitely blessed words that have no sound, that still, small voice, will bring to you that which you need. We encourage each to seek that silence each day and to affirm that all is well, that all will be well, that the life may be lived in faith. This rest that faith gives, again, frees one to love. It enables fearlessness. No one within your sphere is truly fearless in all ways, but it is well gently but determinedly to work on that fear, work on those separating emotions and realize that all actions expressed lovingly are metaphysically correct. It is not possible often within the Earth planes to make a pure choice because the physical vehicle won't stand it or the budget won't stand it, or the family won't stand it, or something will fall apart that you wish to keep together if you pursue a totally pure path of light. As we said, there are times when one must make decisions that do not seem particularly loving. But if they are made carefully, thoughtfully, and because of love then we say that is excellent work. It might not be right, but it is not important to be right. It is important to be loving. So attempt to be right. Attempt to run that ship that you have. But attempt more to open the heart to love.

52: I am Q'uo, and am aware of your query, my brother. Indeed, for many this is so. To see that which is desired but not realized and removed from one's experience seems to be focusing on that which is ephemeral, seems to be a trick, to be false. Others perhaps see the commercial nature of the season and are disillusioned. Others respond more to the lack of light, the days being shorter. Others perhaps respond to the loss of loved ones from earlier times who are not now available for sharing the joy. Others perhaps respond to events within the world stage which seem to be more evident at this time in your yearly cycle. As we mentioned previously there are many reasons for entities to respond in the negative sense, of joy or sadness, at this particular time of your year. Is there another query, my brother?

set up for yourself the continuing lesson of giving without expectation of return. And this could be done through the giving of money, through the giving of self to another in patient listening although that entity never listens to you. There are a thousand and one different ways that you can set up an incarnational lesson involved in learning a purifying and refining of the instincts of love and compassion.

13: Become aware of yourself now as you sit in your chair. You know that you are a body. You can feel your weight. Perhaps you can feel your pulse in one part of your body or some slight electrical movement upon your head or upon the hairs upon your body because of the influence of this contact and the energy that is moving clockwise about the circle as you gather light into the circle by your desire to know the truth that you offer. And yet you are not your body. You are not that which has been born and will die. You are not bone and blood. You are part of the original Logos and in you is that which is prior to all else but the Logos. As the Logos chose free will, so you who have free will as part and parcel of yourself before manifestation. You cannot become a mindless creature. You are not without will and power. You have Creatorship. You are a person of infinite power. Of infinite love and infinite ability to manifest.

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

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

29.16 2000/11/19

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

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

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

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

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

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

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

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

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

54: I am Q'uo, and am aware of your query, my brother. Though words fail to give a clear description of that which is beyond words we shall attempt to speak to this subject. Within the fourth-density experience the veil of forgetting that is so important within third density is removed, for no longer is there the need to make the choice of how to pursue learning and service further, the choice having been made

in third density. Without the veil of forgetting the experience of each entity is much broadened and intensified for if you can imagine the ability to know the mind of another and to share that mind and the abilities in that mind and multiply that ability by the number of entities within the culture, within the race, and within the planet then one may begin to approximate the kind of consciousness that one may call a planetary consciousness that one may share with all others, for at this level of experience in the density of understanding and love there is no desire to hide any portion of the self from another. There is the desire, in fact, to join with others and point the needle of the compass, if you will, in one direction: in the direction of seeking and serving and becoming the one Creator. Thus, entities within the fourth-density illusion undertake the intensive learning of what it is to have complete compassion, understanding, mercy, forgiveness, and that which you call love. For at this level of experience the individual identity willingly blends with those of like mind and heart in the seeking and serving of the one Creator. Thus, the experience within the fourth-density illusion is far more harmonious than that within the third-density illusion where the choice of polarity is made in the fires of experience. As the soul is tempered in these fires then it is able to join with others of similar temper who also seek the One in a similar fashion.

55: The need for words, therefore, of a spoken nature is not necessary unless chosen. The communication is more of what you would call the telepathic nature but more than that which we do now, which is a word-by-word or concept kind of communication. The communication in fourth density is more of what you would call the gestalt, where an entire experience or picture with many thousands or millions of components may be transmitted instantaneously and true understanding achieved. There is no miscommunication at this level of experience. Thus, the harmony is most notable. However, since the harmony is notable and it is undeniable that the one Creator is at the heart of all, evolutionary experience is somewhat slowed in comparison to that which is possible within your third-density illusion. Thus it is that many of the fourth density seek to be of service to others by joining again the third-density illusion as those who are called wanderers and who seek with the great heart of compassion to share the love they know and have found within all creation with those who call for this kind of experience.

29.17 2000/12/03

7: We will give an example that is part of this instrument's process about which it already knows, thereby avoiding infringement upon free will. This instrument has an incarnational lesson in which it gives without expectation of return. It is so accustomed now to this theme that when this situation occurs where the entity is giving and is not receiving anything back or is even receiving difficulty and resistance back from the loving offering of the self, this instrument simply becomes aware that the incarnational lesson is recurring again and this instrument assumes, then, that it is recurring at a slightly different level because there are nuances at this level that have not been covered before. And the pressures of spiritual evolution suggest further learning of these nuances. Therefore, this instrument is almost too willing to dash forward into the breach and serve that person who has no ability to offer a loving return that this instrument can recognize. Very well, in the case of this particular incarnational lesson this instrument is unlikely to be confused for very long when the cycle repeats and the lesson comes up again and that wind chime of the emotions begins to sound its motif and make that certain sound that brings forth the emotions associated with this lesson. So you see, over the passage of time learning occurs and the level of confusion ameliorates so that even though there is discomfort in the challenge of the situation there is not an overwhelming level of discomfort or confusion. The ground of being remains and this instrument is then able to call upon its faculties of will and faith.

13: The actual situation is that the one infinite Creator is issuing a vibration that is the creation. That creation is made up of the one great original Thought which is the Logos or love. The Creator is that love in utter unpotentiated fullness. The creation is that love in its potentiated form and light in its manifested form, and each of you as a creature of love and

of light, of manifestation and of Logos, of Creator and illusion. And each of you dances the dance of Creator, moving to the dream of the illusion of sequence and meaning and living and learning. And, yet, each of you is already everything that each seeks to learn. So the actual process of spiritual evolution is one of subtraction, of allowing things to drop away in order to get to the heart of each perceived crisis or crux which occurs when an incarnational lesson, or a derivative of an incarnational lesson, recurs in the cyclical rhythms of the process of incarnation.

17: Let us look first at faith. What is faith? Many would like faith to be faith in this or faith in that. But we say to you that, as far as we know, faith is the faith that all is well. It is not a belief; it is not a dogma; it is not complex; it does not have an object. Faith is an attitude of confidence that there is a plan, that the plan is working out perfectly, and that any difficulties that we are having with the plan are part of the plan. Therefore, no matter what the suffering, all is well and all will be well. The only responsibility of the faithful entity, then, is to maintain that faith and to deal with the suffering in a way that has as much as possible of humor, patience and perspective. For it is hoped that when it is seen that there is a plan, that this may release the spirit to dance within that plan, to look for ways to create style in responding to the nuances of the plan and finding ways to inject humor and a lightness of being into those reactions to the plan. And, above all, that ability to refrain from judging the self as stupid, unworthy or otherwise less than a perfect partner with the Creator and Spirit in experiencing and responding to the love and the light of the one infinite Creator.

22: In this work the creative principle is used by the self, not to tear the self down or to judge the self, but, rather, to accept the self as it is, to balance the emotions that seem to be unbalanced by seeing their opposites, and then to integrate that whole range of being represented by that seeming negative emotion into the universal self that is the Creator. For you and the Creator are truly all that there is, and often much will be seen in the experience that is within that universal self along the lines of the dark side as perceived by the self. Thusly, will is honed by forgiveness as the self works on the self to come into self-acceptance, self-love, self-forgiveness, and self-worth.

24: We do not suggest that any of this is effortless. We only suggest that it is a most carefully thought out and a most blessing-filled procedure. We suggest that each of you has created a perfect environment for learning and for service. And each of you has created an excellent plan which is in effect, and that each of you will do well to create within the self more and more ability to invoke faith and will and to know that all is love and, even in the midst of suffering, all is well. Shall you die? Shall you live? Does it matter if you are moving along the lines of spiritual evolution? We ask each to trust. And we assure you that every force of nature and spirit wishes to help and is ready to express the hints and harbingers of synchronicity to speed the awareness of the truth.

29.18 2000/12/17

4: What is the message that this entity comes to offer? Indeed, the heart of that message is a kind of light. However, it is the kind of light that can be generated without your sun body or any other source of what you think of as light radiation. The light that gleams when no other light shines is the light of love, and it is that quality of light which the one you call Jesus the Christ embodies, for us as well as for you. For we feel that this entity expressed in a supernally perfect way the essence of pure love.

5: This instrument received a little story in her web mail this day which we would like to retell. In this story a wife who dearly loved her husband became aware that he was disenchanted with Christmas, not necessarily the sentiments and ideals of the season, but the commercialism and the hustle and bustle of it. And so she began thinking of what she might do to give her husband a better Christmas. One day they went to a sporting event and one of the two teams had no uniforms and also seemed to be made up of young people that had no advantages or money even to pay for their bus ride there. This woman found a way to purchase uniforms for that scruffy little team and when she had finished her act of charity she wrote a little note about it and placed it in an

pearance of things. It is said in your holy works that there will be wars and rumors of wars. There will be this, and there will be that, but the time is not yet. And we say to you that we believe this to be true. The true war for each of you is the struggle that the one known as Jim called the jihad, the internal struggle of the pilgrim to discipline the earthly self in order to make of the earthly self a vessel for the spirit within. In this jihad, in this holy conflict, your choices are not clear, and yet there is always a light that shines from within. And so we ask you simply to seek that light, to seek the face of love, and when you see that sun shine radiantly that is love, to learn from it and to offer yourself to it. For you, too, can be an agent of love within the confusion. You, too, can be a part of the eventual peace upon planet Earth. It begins with each individual seeker seeking the ideals within herself that she hopes to see in the world.

20: We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks, and love and light. We are those known to you as Q'uo. We transfer now.

24: From our e-mail group one topic that came up: a fellow named B anchored frequencies like love to the Earth. I asked if there was anything that I could do to be of such help, and it was agreed that it was a matter of intention, but many seemed to have certain abilities, abilities that I am not aware that I have. Is there anything that you can enlighten me on as far as that type of service and how to be of service?

25: I am Q'uo, and am aware of your query, my brother. We can speak to those areas which any seeker has access to. It is not our function to discover for another that which is latently possible, for this learning is that which is most important to each seeker. However, any seeker may simply share the quality of being which each has as a basic vibration, as distinct as one's fingerprint or voiceprint. For each of you resonates and vibrates in a certain fashion according to the nature of how you seek, of what you seek. And as you are able to communicate that very basic quality of your efforts to another, you share from heart to heart that which is of most importance. Each of you vibrates in a certain fashion the harmonics of love, for from love was each made. If one is able, through the process of seeking, to discover this basic vibration of love, then there is no greater gift that one may share with another.

30.21 2001/12/09

7: When a third-density entity allows or surrenders to that ineffable energy of unconditional love, which has often been called Christ consciousness, then the experienter of this love vibration is dwelling, unknown to herself oftentimes, in fourth density. That quality of love, when the veil is removed, simply places one in a fourth-density environment. In this fourth-density environment the social memory complex is alive and well because the nature of consciousness in fourth density allows that pattern and that pattern is a model that is higher than or that will replace the lower density when there is the awareness to see the higher density. In other words, when the spirit is not embodied in incarnation and the soul involved is vibrating at this level, the disciplines and studies involved in creating a social memory complex begin to be available, certainly, but even before such study and discipline the roadway is there upon which the seeker finds it convenient and easy to walk. The difficulty in fourth density would be finding a motivation for shutting off any part of the self from the blessed company of all other selves that were part of your being.

8: So any time there is between two entities an energy exchange that is genuinely and authentically mutually loving, without reservation or purpose of control or manipulation, any time that there is the achieving of a state of trust that is pure between two entities, any time there is that insight and awareness of the oneness of the self and another, within that moment, within that communion, however long it lasts, you are walking the bright and golden path of social memory formation, weaving connections and experiences that redound to the personal process of evolution and also to the planetary process of birth into fourth density. Third-density entities finding themselves to be running fourth-density energy greatly aid in the formation of the fourth-density social memory complex simply by opening the heart to the extent that those moments are possible.

11: However, it is more difficult to speak of the foreshadowing effect but much easier to find a sense of reality which we may share with you, which you might be able to see in a conscious manner. This flashing of fourth density is a magical thing. It is a matter of the state of mind of the person, and it is extraordinarily difficult to talk about that state of mind, but belief and faith are a state of mind, perhaps we would even say that knowing1 is a state of mind. If one knows that something is true, that person becomes able to demonstrate that truth. It is the depth of the knowing that creates the state of mind which opens the gateway to intelligent infinity and allows that Christ-consciousness energy its freedom of passage, and when that energy is flowing freely, even if that entity has no idea of what is occurring, the planet itself and the people around that entity will feel the light shine, will feel the warmth that is radiated and will be drawn towards that light and that gentleness of energy that moves with those who are full of love.

25: I guess I would ask one more question, but feel free to tell me that you cannot answer it if it infringes on free will. My question has to do with a fellow who wants to create a simpler version of the Law of One. I have mixed feelings about this project. I'd love to see the Law of One available in more ways to more people at more levels. I am hoping that it could be accomplished without changing the material substantially. This is an entity who wants to serve very deeply and is willing to put a lot of energy behind the project. We may have the opportunity to be of more service here and want to do our best. Can you comment?

30.22 2001/12/23

3: The question this day is very apt for the time of year that this meeting is being held, for it is near Christmas and all over your world, in every nation, many millions of hearts turn now at this season to thoughts of peace, love and giving. The catalyst for this enormous peak in energy among the peoples of your planet is an outgrowth of the natural cycles of light and dark, fear and love. And, indeed, as was spoken of earlier, the Christian Christmas is a very old overlay to even older rituals from a previous time and a previous religion. It is a response of the heart of a society to the maximum amount of darkness and the minimum amount of light. It is a response to that which moves into the consciousness at such a deep level that there is no true defense against it. The lack of light creates a mood, and the tendency of that mood is towards poignancy and intensity and what this instrument would call negative thought patterns for the simple reason that life within third density is often, among other things, an accumulation of moments of pain that certain occasions seem to bring closer to the surface of memory.

6: Jesus was not a foolish man. He did not feel that all things were good. He felt that some things were sinful. However, he took it to a higher level in each and every case and said, "The past is past. Make a new beginning and you are completely and utterly forgiven." Would that the voices that surrounded this entity had the same message. Much has been lost of the message because others immediately misunderstood it and felt, during the time that this entity was alive, that this entity should become a political figure and rule a country, a physical country, the country of the twelve tribes. This the one known as Jesus rejected out of hand. So if the one known as Jesus was offering information about the vibration of a social memory complex then the direction that the entities who wish to help form a social memory complex need to go is the direction of forgiveness and love. Forgiveness of enemies. Forgiveness of the self. And the willingness to make a new beginning. These seem finite qualities, but in the metaphysical world they are infinite. The freedom to expand and strengthen light is complete once the soul has pierced the veil of forgetting.

8: These qualities of forgiveness and forgetting and moving on are sweet indeed, metaphysically speaking, because they free up the energy system, the energy body. The one known as T was asking about fear and whether that is an improvement upon anger which is an overlay of fear. And we would say that all overlays being taken away are improvements. The fear now is exposed because of the practice of the one known as T. He now is able to see and be aware of what that underlying emotion truly is, and indeed, no matter what the negatively oriented emotion, we assure you that it is a type

way of the peaceful warrior, of discovering love in the life, in the heart and sharing it with others. Could you elaborate on how this kind of catalyst can work in all of our lives and how we can become a “nation of priests”?

5: The nature of destiny is such that we cannot say to you that your future is fixed. What we can say to you is that you have made arrangements with a specific group of entities to be in the position of companion and minister to them, just as they are companion and minister to you. And you have agreements set in place to look at certain incarnational questions. For most entities those questions have to do with the giving and receiving of love. For many entities these lessons revolve around how to serve, how to give freely without expectation of return, how to be a healing presence without being an aura infringer, how to express the self without becoming a perceived negative in the lives of others. These and many other issues come up within the life repeatedly, and it is not to be amazed at that this would occur because there are careful arrangements in place so that no matter which way that you move, no matter which choices that you make in a given situation, the path somehow winds around to meet again those issues and to work with those people that you have made agreements with.

6: This is by way of saying that all of those souls whose lives ended on the eleventh of September in the World Trade Center or elsewhere did in a way have dates with destiny and in another way they were completely free up until the moment until that possibility/probability vortex turned into an actuality. The future is very much a creature of each of you and what you think and what you do. It is not fixed. We cannot look at the future and tell you what you shall experience because each of you is a co-Creator, capable potentially of generating tremendous light and tremendous love, not from within yourself but through the crystal of your being. Many there were who met their death that day in such a way as to embrace the light. Many there were that day who were as the unsung heroes whose stories shall never be known, who in helping others lost their own lives.

12: When people realize their power they become much more effective. And so we would ask each of you to realize the tremendous potential within you. Realize that you are already exerting a great deal of power, so the question becomes, “What is the right use of power?” Where is the love in the situation in front of your eyes? That is the question that brings the most resonance and affords the most magic in terms of being able to effect change. More and more, allow yourself to come into the priesthood that you have so long studied for. Accept the mantle and vow to do your best to run the straight race, to be steadfast with what you believe, to find ways to share those things that only you can share, for they lie within the folds of your personality and they are your gifts to give.

13: Love one another. That is the heart of priesthood: to love, to bless, to witness to the light.

30.20 2001/11/18

10: Beyond all these reasons, the heart of war and the heart of the reason for war in third density is the nature of love. All things that you experience come to you as distortions of love. There is no other substance but love from which to draw life. So all of life, including murder, pillage, and rape is act after act of love: love distorted, love blocked, love asked to go where it would not go. Nevertheless, no matter how many times the stock seems to be hybridized and ruined, the basic root stock of all experience is love. Third density is a very focused, very intense density, the density of choice. The choice is not between love and hate. The choice is between two ways of seeking love: loving others as a way of choosing to love, or loving the self as a way of choosing to love.

11: Needless to say, the service-to-others path is not a warlike path. It is allegedly service-to-self entities that would move themselves into fighting against their own kind. And yet the struggle to see clearly the roots of love within the self is a tremendous one. As the one known as Jim has said, it is not that anyone knows not how to love. There are many examples of unconditional love. There are very simple words to indicate the qualities of forgiveness, compassion and love. However, all of these words are only within the mind until an energetic attempt begins to be made to translate these ideals into that which can be manifested in physical life. So the

question becomes, “What is each seeker’s response to the call of love?” And this is not a simple thing.

12: It is easy for us to ask each to go into meditation each day and seek the silence. The answers are there within the silence, not within our words. However, when it comes to attempting to step into your shoes as third-density entities we find that we are simply glad that each of you has the energy and the will for this great task of seeing the truth amidst the confusion. Love calls powerfully and pulls each entity forward. Third density is carefully designed to pull entities forward according to their desires and their thirst. The challenge of selfhood is to find out what you truly desire. What shall you desire? Truth? Love? Peace? Where is the substance to those words? Where is the reality beneath your feet? What is your understanding of your journey? If you understand that you are here to pursue spiritual evolution, that you are here to answer the call of love, then you will want to shape your questions to the infinite Creator in such a way that you are seeking your own essence and the essence of Love itself.

13: It is thought by some that if people would stop shooting at each other that we would have peace. And yet we say to you that it is not as simple as that. For as the one known as C said, if one stops doing that, then what does one do instead? At least aggression against a certain and very specific nation-state or group of entities is a limited and achievable battle and at the end of it one can say such and such has been achieved, and now there is peace. And yet we say to you, like love itself, peace is beyond all condition. Peace does not originate within conditions. Peace is a quality that is waiting for each third-density entity to take it and claim it as his own, his very own, a wonderful, blessed possession. Yet how many entities truly seek the peace within their own hearts which comes from stopping the striving and encouraging the resting in what is? How many entities truly embrace peace if peace involves releasing many other things which are dear?

14: The one known as Jesus answered the man who said, “I follow all of the commandments. What else shall I do to enter the kingdom of heaven?” by suggesting that he sell all that he had and give the money that he received to the poor. And the young man went away very unhappy because he did not wish to do this, even if it meant entering the kingdom of heaven. Pride, vanity, the need to be better than someone else: all of these are energies within the human heart that are natural to the instinctual, second-density body and third-density brain. Yet you as a consciousness, as an eternal being, are resting within these biases for an incarnational experience in which you are attempting to follow the inexorable pressure of seeking for the truth, and your question each day to yourself is always the same. “Where in this moment is the love? Where in this moment is the Creator?”

15: So we do not suggest that it is an evil thing to go to war in and of itself. We do suggest that it is not a productive way to seek spiritually compared to the ways of peace. Yet in many ways your third density will express conflict because that is the basic nature of people who see themselves as separate from and over against others. This is a part of the catalyst of third density. It is a part of the hard lessons of love. And indeed it does move through not just third density but also to some extent, fourth density. For there are those within fourth density who choose to continue as children of light or as children of darkness and continue the clash of polarities. As fourth density wears on, this great love of being a warrior begins to evaporate, as love is better learned.

16: Each has had crystalline, shining moments in his life, when love has become real, not just a word, not just a concept, but amazingly, vividly, powerfully real. Think about those times and the gift that those times have given you. Allow the consciousness that filled you at those moments to come back to you, just to remember how it feels.

18: There is a fairly quickly growing group of those who are attempting to speak peace upon your planet, not in ways of public policy, but in ways of working within to become beings of peace. We see this body of energy enlarging upon your planet, and we feel very hopeful that, against all of the apparent news to the contrary in your Earth world, the lessons of love are more and more being seen, sometimes for the first time. Entities are awakening and doing some of this inner choosing of essence that we suggest. As more individual lives are transformed, so, we believe, shall your planet be transformed.

19: We would encourage each not to take to heart the ap-

envelop and placed her husband’s name on it and put it in a tree. This little, white envelop with its little message became the favorite present for the whole family that year, and it was so successful that the wife decided to do that every year.

7: We could talk to you about Jesus the Christ, for we greatly admire this teacher. We could access the history of this entity’s life, and, yet, we find that this entity would much prefer that we speak of the love itself to which he came to bear witness—the love that is beyond the love of possession, the love that is beyond human love, the love that created each of you and that will destroy the universe. For each of you is as Jesus the Christ, not in the literal way of being identical to this particular personality but, rather, each of you is as Jesus the Christ in that you enter the dark world, both in your incarnation and at that point within your incarnation when you awaken to the light within, when you become aware of the infinite passion and beauty and works of ideals and principles that have a truth that rings far beyond time and space, life and death.

9: Each spirit enters the world to bring and to share, to bless and to transduce the love and the light of the one infinite Creator. In order for this to be a meaningful activity, there need be that backdrop of darkness. On the second level, the level of the purely metaphysical, the concept of each spirit’s being as Jesus the Christ becomes more focused because here it may be seen that as each spirit awakens within incarnation to the basic nature of the experience and of the self each is awakening as an infant into a manger in a stable, not into a comfortable and secure place, but into a most humble and sparing abode. For each infant spirit is helpless and brand new, and it needs a great deal of help.

10: The spirit of love is the heart of each spirit that takes flesh. That perfect love expressed in Jesus the Christ dwells in each heart, but it is as though each spirit needed the help of the being that has become aware in order to thrive. So each of you is as the caretaker, the parent, teacher, and the comforter of his and her own spirit. Each of you can encourage the spirit of love within you. Each can clothe that infant spirit in the garments of care and self-awareness and time, time given to silence and the awareness of the love that rest within in that cradle that is the heart.

11: How shall you parent your own inner spirit? How shall you help this spirit to mature and to begin to try its wings? Remember that this spiritual child within is a creature that is moved and strengthened by the choices that you make. In so many of the dark aspects of the daily round of activities there is a decision to be made, and as this instrument was saying earlier, decisions can be made in fear or in freedom. When an ethical decision comes, when there is a crunch, it is very well to pause and ask the self, as the one known as Ra has said, “Where is the love in this situation? Where is the light in this moment? Where is the service that can be rendered?” Often these questions create a clarity and the spirit within is able to flower and blossom a bit because the time has been taken to look at a situation that seemed dark within the illusion of the world and to find the light and love and service hidden within the darkness of that puzzle, that worldly situation. If you can draw back to the extent that you are able to ask yourself these questions you have succeeded in using the darkness of Earth to find ways to light the candle of the heart’s great and often untapped resources of faith and hope. It is truly a dark time, your winter.

12: We bless that darkness. As we look back on our own third-density experience we see the gift of unknowing for what it is: a necessary prerequisite to the free choice of faith. We do not at all discourage the worship and love of the one known as Jesus the Christ. This entity is as the most excellent of models for love. We encourage each to gaze long into the stories of this entity and to see how this entity was able to love. But more, we ask that you look into your own hearts and see the spirit of love within that is the essence of each of you. And know that you have within you the love that you seek, the truth that you seek, and the beauty that you thirst for. We encourage each of you to value each hard choice and each time of apparent darkness.

19: I am Q’uo, and we are aware of your query, my brother, and we appreciate the concern that comes from the open heart in search of those who need this love, those who have found a great love, who have sacrificed much for it, and who in another form continue to seek it. We can assure you that each entity, whether previously that which you call a wanderer or an Earth native, as you may call one whose origins

are this planetary sphere, will find the great love of the life to be that one Creator which resides within, as we have spoken of previously. For though each incarnation seems to be a great span of time, measured in your years, from the point of view of that which is infinite and eternal, each incarnation is merely the blinking of an eye. And those lessons that can be learned in such a relatively short span of time are intense, pure, passionate and do make their mark upon the soul identity. Thus, though one may seem to be lost from the many, the journey of being lost is that which, in itself, holds great potential. For the ability to move with faith and to power this faith with the will to seek the truth is that which aids any entity in its journey of seeking. Many there are who move in a fashion which seems to reflect this being lost, and yet we know there is a day in which all shall be found. There is within each heart that which may be seen as a beacon, a homing device which ever brings one nearer to the source of the self, to the source of love. And in each daily round of activities the opportunities are presented to the entity to avail itself of its desire to seek the One. Though the period of being lost may be what you would call extensive, always is the higher self offering to the incarnated self the opportunity to find the way home. There are many hints upon the trail, shall we say, and each entity shall eventually find each step on the journey to be complete.

23: I am Q’uo, and am aware of your query, my brother. Whatever the catalyst may be in any incarnation in the third density, the ability to utilize the catalyst depends on large degree upon the ability to open the heart and to accept that which seems to be unacceptable, to give love where it would not seem to be welcome, indeed to be the fool in the desire to open the heart and freely share that which you call unconditional love. If one can remember that there is love in each moment, that each form of catalyst offers the opportunity to either express that love or to receive that love, or to utilize a combination of the two, then each season of catalyst may be seen to be complete and to be seen to offer these endless opportunities for the sharing of love. One may take each kind of catalyst seriously in that the catalyst is seen to be an end in itself, and this is in many cases to miss the point. Yes, it is important to a certain entity that one or another outcome result from a set of situational circumstances. And yet if each within the situation is aware that it is love to be learned from all of the catalyst then it is much easier to find that harvest within the catalyst.

34: I am Q’uo, and am aware of your query, my sister. Without infringing we may suggest that in any situation with any other entity if one feels the lack of love then one may look to that shared catalyst as that which may profitably be explored.

30 2001

30.1 2001/01/06

5: Your question for beginning this evening is about the contrast between two words that, on the surface of it, mean very much the same thing in your language: religion and spirituality. Religion might also be called the outer path and spirituality might also be called the inner path in order to point up the basic point of tension between these two terms. Your question is most interesting, and we are very glad to spend some time on it. You asked concerning the advantages and disadvantages of each path, and we will talk a bit about each path in those two aspects. In order to orient the discussion, we would take a moment to step back and ask each to come with us. See yourself at this time resting upon your seats, your limbs relaxed and your minds quiet. See the beauty of the evening, the patchwork of snow and earth and tree. And see yourself lifting away from that chair and that close environment of home and friends, and drawing back in space until the Earth becomes smaller and smaller and disappears, and you are one with the stars and space and distance that is the outer appearance of the house of the Creator, the infinite creation of which you are a part. Rest in this larger identity and know that you are loved by the one infinite Creator, that you have been with that Creator since before there was time or space. Without duration. without dimension, you are a citizen of eternity, a being of infinity. In your heart of hearts, in your deepest self, you have no limitations, you have no

location, and you have no set personality shell as you now experience these things. Your truth, beyond all telling, lies in this oneness with the one great original Thought that has created each long before there was a planet or dimensionality or sequence.

6: And if you are all these things, why did you choose to be in such a heavy and deep illusion at this particular moment in eternity? Why did you choose to come into the body of flesh that is heavy and illusory and limiting? Why did you choose to forget that you were a citizen of eternity and instead take flesh and join an incarnation? Each of you has desired greatly, before this incarnation, to partake in this experience at this particular time. Each of you felt that there were things that you wished to learn in this density, in this darkness, and at this time. And above all, each of you was moved to service. Each of you saw before incarnation an incredible opportunity, for truly this is the dawning of what this instrument would call the fourth density. Your planet itself is at this time and space traversing the boundary between what this instrument would call third density and fourth density. You are moving from a density in which the lesson is one of choice into a density where that choice has been made and you then are able to build upon that choice and to learn further lessons of love.

7: At the dawning of this density of love it is a dark-seeming hour. This instrument has the phrase, "It is always darkest before the dawn." And we would say that this is indeed the case as regards this particular planetary sphere and its inner planes as well. For there has been a great deal of building up of unbalanced karma, as this instrument would call it, in the interactions betwixt selves in individual lives, in betwixt groups of selves in societal lives, and in betwixt the selves that live upon this sphere, and this sphere itself. And all of these imbalances cry out with the voice of sorrow. There is a tremendous amount of suffering that rises from your planet. At the same time there is a tremendous amount of lightening of this darkness that has begun to occur because more and more entities are awakening to their spiritual identity. And it is for this awakening that you took the tremendous risk of incarnation. Certainly you hoped to enter that process of catalyst and experience that involve so much suffering, for you hoped to learn better and better how best to make the choice of this density for yourself. And it is this choice of polarity, this choice of how to serve and how to be, that riveted your attention before incarnation. For before incarnation, between incarnations, each of you saw the big picture, spiritually. You saw the plan. You saw the opportunities, and you saw, looking deeply within yourself at what you have learned and what you have chosen so far in this density, how to make an even more polarized choice for love. It is this context of how to love, how to open the heart, and how to be upon this Earth in order to increase the light that has riveted your attention and continues to offer you the challenge of the moment, and it offers us this same challenge. However, we are not upon your sphere. We are not in third-density bodies. We do not have the right to bring light into planet Earth. Only those who have paid the price of flesh, who have come into the darkness of the illusion of Earth, have the right to open their hearts and ask to become crystals for transducing light.

8: Each of you receives an infinite and continuing supply of love and light from the one great original Thought, which is the Creator. This infinite supply streams through the energy system of each of you continually. When a seeker becomes aware that she wishes to live so as to increase love and light upon planet Earth, she then begins to gaze at how to do that, how to be a more clear channel for the love and the light of the one infinite Creator.

11: The glory of any outer path is also its limitation. The glory of power is also the limitation of power. The glory of depending upon that which is outside of one is also the limitation of that which is outside of one. For many, many entities the great limitation of the path of outer religion is that it seems to demand a surrender. This instrument has not found that surrender to be necessary. However, it was born into one of the less radical or dogmatic sects of the particular religion called Christianity. We do not find any criticism of the desire to seek via the outer path. And may we point out that each of you to some extent in coming to this particular meeting at this particular time is accepting a certain degree of outerness to the path, for there must be some agreement in every group before there is a spiritual community. And as each of you came through the door this evening, including this instrument and

the one known as Jim, there was a shift of universes, and it is powerful to shift universes. It is powerful to set time aside, to join a group of people of whom you wish nothing except to learn more about how to love each other and how to love the one infinite Creator.

14: You have just passed through that season known to you as Christmas and we would suggest to you that each of you has moved through this Christmas season welcoming not only Jesus the Christ but also that Christ consciousness within yourself that yearns to be born and to be nurtured and to grow and mature. Each of you has within your heart a manger in which lies your own spiritual being, and it is a young being in need of protection, in need of encouragement, and in need of love. Any time that you can spend within your mind and within your heart acknowledging this child that is truly the heart of yourself is worthwhile. Time spent in the heart rocking this cradle is worthwhile. Coming into the heart and seeing the self as a spiritual being of which the fleshly being is a kind of parent we feel is worthwhile.

18: Be aware that no structure of thought will ever hold you completely. Only the emotions that you produce in your work with these structures of thought have a value in your own alchemical process of growth into the light and the love of the one infinite Creator. Trust those times when you do resonate. Trust those moments when your heart soars, and for a moment the limitations drop away and you are in the light, and you see the plan, and you know that all is well. Trust the bare memory of those times and always come back to the heart. Whether it be in spiritual groups or in working on your own, always we would suggest the great virtue of coming back to the heart. When we say this we are really describing in the heart a kind of structure like a church which we might call the holy of holies, for it is in this particular part of the energy system of your body that the connections are rooted that move into the infinite Creator, into guidance, into inspiration, into the ability to surrender.

19: The one known as Joyce asked if perhaps we were attempting to become too precise if we attempt to define the path for each person, and we would agree that indeed it is not a precise science to steer the boat on an ocean where there are no landmarks, no directions, and no sextant. The guidance in this three-dimensional ocean that is the spiritual search is an impelling from within. And at times it may feel that you are being kicked about the universe by a Creator who has a wry sense of humor. And yet we ask you to move back into the heart when you are discouraged, to sit in the silence of that holy of holies, and to become aware of the presence of the one infinite Creator. For when you enter your heart, the Creator is already there. It is you who have been away. You have forgotten to turn the key of silence and surrender. We always suggest, whatever your path, that silence is a powerful helper. As long as the intellect and the busy mind are engaged it will be correspondingly difficult to enter that portion of yourself that is sacred, not only because everything is sacred but also, relative to the outer life, there is that most inner self which is a spark, unadulterated and pure, of that one great Logos that is love.

30.2 2001/01/14

4: This complex, harmonious chord of being that you are is beautiful. Whatever your situation, whatever the difficulties and challenges that each of you faces, this basic essential self that is you is unable not to make music no matter how dark the chords, for each of you is essentially a thought which is love, and love is that which is beauty and truth. And each of you expresses as a truth that is unique to you, and your being sings a song that is your identity and your name in the metaphysical universe, the universe of thought, which gave birth to the universe which you now experience.

16: When this entity began working to forgive itself, it ran into a brick wall and we feel that this is true of most people who begin to attempt to create a spiritual practice of speaking to the self in a loving way. The problem is that part of being a human being on planet Earth is being imperfect, and not just slightly imperfect, but continually and maddeningly imperfect. It is, in fact, your responsibility to be imperfect on planet Earth, to be confused, to be foolish, to miss signs and signals and to remain somewhat confused at all times. This is the most beneficial atmosphere for growth and this is the atmosphere which each of you enjoys. How can one forgive

the overriding love of brotherhood and humankind. Love, as we speak of it, is not simply an emotion but, rather, an utterly coherent Thought. It is a Thought that is so powerful that it has created all that there is. This Logos which we call Love, this living entity that is the Creator and includes the created, is an infinite concept. Indeed, one word for Love is intelligent infinity. The essence of love lies in this infinity and in its intelligence which is the intelligence of the Creator.

5: This creative Thought, by the action of free will, by the indwelling of possibility, has chosen to create light. Using this building block, which is the very fabric of space and time, the Creator has builded a universe. All that therein is, is made of light. All that is light was created by love. Consequently, all that is experienced in the creation is one thing, and that is love. No matter how distorted that energy, its substance is the same energy, the same ancestry as the lightest and brightest of energies. All positive- and negative-seeming appearances, no matter how far from love and light they seem to be, are still made up of love. Just as that which is new can become old quickly, just as that which is whole can become broken in a heartbeat, the creations of the Father within your experience all have a great deal of plasticity. Each of you is an agent of this Creator with a certain degree of latitude in creating the sub-universe which is your personal reality. Each of you, then, is a creature compounded of love, moving and having your being within an energy field that is made of love and shaped by your distortions of that love. Each of you comes into contact with a varying number of other energy fields, whether people, groups of people [or] societies. All of these energy fields have their being within the larger energy field which is the Creator. And this is true whether gazed at from the perspective of third density or from a perspective of higher densities. Because of our experiences within higher densities, certainly we experience a different universe in terms of what we sense and see. And yet we too see the interplay of fields of energy and know that all truly is one.

6: To move a little further into the question of fear, if you will think for a moment of your energy body, you may see that each center of energy within your body is vulnerable to distortion in a particular way and we use that term, distortion, to indicate fear. For fear is a very common distortion of love. Within the red-ray the energy tends to be blocked if there is a fear of survival. Within the orange ray in the lower belly the natural distortion of that energy comes with the experience of attempting to relate to other energy fields, to other people. When there is a difficulty and there seems to be a threat from the personal relationship, this lower belly energy can be blocked or otherwise uncomfortably distorted. In the upper part of the belly, in the solar plexus, the yellow-ray energy center can easily be blocked by fears having to do with the family, the society, one's place within that family or society; in short, one's dealings with the larger groups that go beyond personal relationships and move into the roots of being, the family, the mated relationship, and so forth. And a great deal of that which many are experiencing during this particular autumn season among your peoples has to do with the energies that became manifest on the 11th of September of this year. These are basically yellow-ray fears, and the solar plexus of many, many entities within your culture has been punched, shall we say, hard and given the opportunity to choose fear, not just once but many times.

8: Yet this fear is a creature of love. And the patient seeker does have resources to bring to bear when a blockage is perceived in the energy body due to fear. These resources are generally not expressible in linear terms. When one sees fire, one has a perfect right to fear the fire. It is hot. It will burn. And it threatens the survival of the physical body. There is no linear way to suggest to someone that he not fear fire or that he [not] at least be cautious and careful when using fire. The feeling of being invaded, being encroached upon, being terrorized is a powerful kind of fear that moves both in red ray and in yellow ray, two primary rays that are most powerful. And we have no right to suggest to anyone that she not fear a terrorist attack. Yet in a non-linear sense if one can move back in thought, bringing the energy of the mind beyond the present moment and the present catalyst and into the realm of personal essence and consciousness, the resources are powerful and ready to help.

10: In the beginning, dealing with fears, it may be necessary to move slowly to allow the fear to be with you, uncomfortably so. Sitting with that, feeling that discomfort, creates within the seeker a growing awareness of the nature of this

fear. As the one known as R said, sitting at the campfire with this fear, sharing a story, enjoying the night together, allowing this situation within to be what it is, is a helpful beginning. It may seem like nothing, but simply becoming quiet and still and accepting of the feelings that are in the heart is very helpful. One thing fear greatly needs is a lack of ridicule and an honest respect. That which is fear is that which is contracting within the energy body, that which is battering down the hatches, armoring and defending. Becoming able to sit quietly and with acceptance with this fear creates within the seeker the eventual feeling that it may be acceptable to somewhat allow this contracted state to melt away. The angelic help that moves towards the seeker at a time of fear is looking for ways to help the seeker expand and disperse and diffuse that concentration or tangle of energy that has been created by the fear. It is attempting to send you the energies of radiated love, that which, according to your holy works and according to us, does cast out fear.

11: One may look at various elements of fear in order gradually to emerge from that contracted feeling. Certainly one energy that is prevalent in fear is the desire to control that which cannot be controlled. The issue of control is very difficult. Almost never does one have control over that which is the object of fear. That which can be controlled is generally not feared. It is precisely the inability to affect changes in something that seems desirable or undesirable that has created the fear. It is in this situation that archetypal images may help more than words, for images are not linear. Thus when we speak of the leap of faith we speak specifically of leaping into a void, putting oneself in a situation where there is no control. But, indeed, the straightest road from fear to love is faith, the ability to move beyond the tangle in the stream of energy, back to the source, and it is done not by moving to anything but only from the position of fear. The classic paralyzing Buddhist description of fear is a seeker hanging onto a rapidly decaying branch of a tree, on the side of a cliff, with a tiger above and a tiger below, and a chasm beneath. And the answer to that image is to let go of the branch, wave bye-bye to the tigers and welcome the abyss. There is, in faith, that realization that in no way, shape, or form can we know in a linear sense that all is well or that all will be well. And yet that is what we claim. That is what we believe, and on that we base our security and our confidence.

36: I am Q'uo and we appreciate your query, my sister, for it gives us the opportunity to comment on the nature of queries which are offered to us. We are, as you are aware, happy to give our opinions in those areas of our expertise which are primarily those of the metaphysical nature, the process and proceedings of the rate of spiritual evolution, the ability to open the heart in love, for this is the primary reason and activity for which each took incarnation. While in the physical vehicle operating within third density it is often easy to become interested in areas which are of momentary interest. And we say momentary realizing that for many of your peoples there are years spent pursuing such specific information. It is our hope that entities that are engaged in such activity will at some point realize the futility of seeking this kind of information. For even if one had each answer there would be little value to the personal or general evolution. The information which we seek for ourselves and which we seek to share with others is information of a lasting value: that which is important to one's spiritual journey now and ever. There is a great deal of information which seems important for the moment, for it is full of the drama of your third-density illusion. Who did what to whom and why? And how? Yet how much more important is how can one love in this situation or that situation? We are always appreciative of those entities who seek beyond the illusion, beyond the seeming importance of trivial events that so congest your days and minds. For it is those who can penetrate beyond the veil and the illusion that shall eventually find the heart of their journey.

30.19 2001/11/04

0: [overview] The question today, once again, is focused around the events of September 11th. We are wondering if you could give us some information about [whether] the people who were directly involved and who gave their lives in this event might have been the catalyst for all of us to become what you might call a "nation of priests," people who are desirous of being of service to others and following the

9: As the one known as T noted, even a tiny bit of doing this, of allowing the heart to become open and golden and flowing, creates a joy and a blessing that is often startling. It is not that you are going in search of joy. It is not that you are attempting to create bliss. It is simply that you are attempting to line up the energy body, balance it, open it and ask it to work. Ask, shall we say, the Holy Spirit, the one infinite Creator; your guidance, however you frame your processes of communication with the divine, to make you an instrument of His peace. Each of you is a crystal instrument and truly it is not necessary to know precisely how you are creating the melody of love, how you are shaping that instrument which is your crystal being so that it is able to transmute, intensify and anchor into the planetary vibration the infinite light and love of the one Creator. It is only necessary that you surrender to that intention. The remaining details are useful, but they are more useful for the linear mind than they are in terms of the metaphysical.

12: Realize that much light is being sent to this planet at this time, and when the visualization of this globe is done it is not a visualization that you have alone. For many, many entities visualize the basic globe and send light to that globe until it is bright all over. There are ways to embroider this basic image of the globe in space and the light coming to it and dawning over it that, perhaps, are more personal. One may picture oneself as one of many beings which are weaving a net of love and light just like a fisherman's seine or a butterfly net, something that moves across the entire stream, that wraps around the planet like a great, full skirt from an angel so that all of the planet is wrapped in this shining mesh that is made of individuals' love and light, woven energy upon energy, sent from so many instruments of love and light, from so many light workers, shall we call them, into this web or net of love.

13: One great problem is simply convincing your planet that you truly care. There has been a substantial amount of uncaring, neglectful and even destructive action of entities upon the Earth in ways that the one known as Jim was commenting upon earlier, creating ever-increasing lacks of good environment in which various species may thrive. The sheer passion and persistence of this effort is that which the Earth will hear. If visualization is a problem, it is possible simply to speak with, to give words to, the Earth, to explain to the Earth how much it is loved by you, how much you appreciate the Earth, how much you feel in unity with the Earth, and how much you want to help it come through this tremendously exhausting and difficult period of birth.

21: Experience for as long as you are able the feelings of anguish, of pain, of loss, of confusion. See with new eyes how an entity such as yourself would respond to these severe circumstances. Allow that feeling to grow within yourself until it is truly palpable. Then, from within the center of your heart, allow that quality of love/light to emanate until the previous feelings of the stress have been, shall we say, engulfed, surrounded by the love and light emanations from within not only your heart but from within the hearts of all others who meditate with you as well. Experience the outpouring of these small streams of love and light until there is a great river of love and light that completely engulfs the feeling of distress. See these feelings of the distress begin to lighten as there is sent to them those streams of hope, of faith, of support, of unity. See these threads of light weaving together, feel them joining, experience this blending of the concerns of many such as yourself for those who are experiencing extreme difficulties. Allow this feeling to remain with you for an equally long period of your meditation. Then give praise and thanksgiving to the one Creator who made all that there is the opportunity to serve the One in this manner.

25: I am Q'uo, and am aware of your query, my sister. The use of the crystals for enhancing the meditative practice of sending love and light where it is needed is a practice which, indeed, can be most efficacious. However, there is some skill in the use of such accoutrement for the purpose of healing. It would be our recommendation that one or more crystals be chosen for their specific feeling or vibratory nature. There are many kinds of crystals which are each unique in their qualities of being able to enhance the imaging of light. For, indeed, the crystals themselves are often referred to as living light. To use a great number of crystals for such an endeavor would be, in our opinion, counterproductive, for this quality of uniqueness that each possesses would work against the unified acceleration or intensification of the light

which is being sent as a healing device.

29: I am Q'uo, and am aware of your query, my sister. As you are aware, we are hesitant to speak in specific terms concerning such a query for indeed there has been a good deal of interaction between various extraterrestrial races and those of your governmental structures, both within this country and many others. The activities of such interactions and the entities involved are those which we feel are, shall we say, subsidiary to the primary effort of those entities who seek to serve the Creator in the positive sense by the opening of the heart chakra and the shining of the light of love to all who are encountered and seen as the same as self, the same as the one Creator. Thus it would be our recommendation in this instance that the focus be removed from the fringe areas of concern and placed once again in the heart of the incarnation. Is there another query at this time?

32: I am Q'uo, and am aware of your query, my sister. We, again, would recommend the meditative state for any such effort to be of service to those who may be seen to be of a service-to-self nature. Those who are seen as such may also be seen as the same as those who were seen in distress; that is, there may be engendered this quality of love/light which may then be seen to be sent to these entities who are of the negative polarity so that they also are engulfed in the radiance of the noonday sun. Then this quality of love and light may also be seen to be surrounding and protecting those areas or persons that are felt to be endangered by such entities. Thus the quality of love and light may be utilized both as a healing and as protection. Is there a further query, my sister?

46: I would like to ask about a dream that V had, that she has had repeatedly at various times in her life. She has a dream of seeing a shore and darkness upon the water, infinite sea, and then above the sea there becomes one moon, and then a second, then a third, then a fourth, all full. And then she looks and sees the moon that is creating these four moons and these four moons are reflections of it. Then the fifth moon smiles and she realizes that it is the Creator and that the Creator loves her and that everything is perfect. Then that Creator's moon splinters into a million pieces of all different colors. She wonders if you could comment on this dream?

53: I am Q'uo, and as we have apparently exhausted the queries for this session of working we would again thank each for inviting us to your meeting this day. It is a privilege for us to be able to join you, and we commend each for the great desire of each to be of service in the healing of this planet which has brought each to this circle of seeking this day. We would encourage each to continue in these efforts for indeed your thoughts of healing are things which are seen and felt and which have their effect upon the levels of the spirit which, indeed, is that place within each of us that enlivens our very vehicles of experience, our hearts, our minds, and our desires to learn and to serve grow from the seed of spirit that is firmly placed within each entity's heart. As you send love and light to any, you send it to all, and there is a kind of reverberation that feeds this process and moves it in the metaphysical sense.

30.18 2001/10/21

3: Fear is a four-letter word, as this instrument would term it. The conversation before this meditation brought up the question of how fear could possibly be love, and perhaps that is where we shall start. Often it is helpful to move back to material that seems very simple and very obvious, yet within it lies the end of a string that can get very tangled. Yet if you tug at it from the end of its origin it unravels far more easily than if the attempt is made to tug on the string of fear past the tangle-point in the present moment, where the fear is living. So let us move back to the beginning of this particular string of reason and concept and gaze at love itself and what we think about love.

4: Love is another four-letter word. It is a very difficult word to deny knowledge of by anyone in any density, yet certainly within your density the word has so many overtones and undertones because of constant usage to mean several quite different kinds of affection that it is a difficult word to use precisely. When we speak of love we are speaking of that which is the essence of the Creator. The love of which we speak is far more powerful, far more coherent, shall we say, far more crystalized than the love of family or mates or even

oneself when one is constantly discovering that one has once again been mistaken? Been a bozo? Been a fool? But here is the key: it is when you see the imperfection of the self that you may realize that you are here, not to be perfect, but to love. You are not here to love perfection, but to love. You are not here to love this and not that, but to love. And the first object of your love needs to be yourself. There is a process of falling in love with yourself which is most salubrious and helpful, and we recommend it to each of you.

17: When you can look yourself in the face and see every imperfection and say, "I see a child of the one infinite Creator, and I love you," then you have begun to forgive yourself. We recommend the attempt to do this most profoundly, for it is only when you have come into a condition of love for yourself that you can truly begin to love each other. It says in your holy works that virtue lies in loving the Creator with all of your heart, with all of your soul, with all of your mind and all of your strength, and loving your neighbor as yourself. On these two commandments hang all of the law and the prophets. How can you love your neighbor as yourself if you do not love yourself? So the heart of healing the self is the continual and persistent attempt to speak to yourself with the voice of love, to see yourself with eyes of love, to hear yourself with ears of love. Not to condone that which is amiss, not to gloss over those things which are errors. Indeed, we recommend the attempt to satisfy every obligation, to correct every mistake that can be corrected and so forth. 18: However, beyond those attempts at restitution, it is essential to come into a state of forgiveness concerning that pattern which surrounded that particular mistake or error, to say to the self, not "You fool. You criminal. You have done something wrong." But to say to the self, "That was wrong, and I am sorry. I will attempt to correct that error, but I love the self that is trying to do the best that I can. And I love the self that is small and confused and feeling terrible." For it is that kind of imbalance in energy that comes through into the physical body to create more and more illness. So when you are working at self-forgiveness and self-acceptance, you are working on the mental body, the spiritual body, the emotional body, and as the shadow passes the sun, the physical body as well. Never doubt, when you are doing this work, that it is a good work.

19: We find that this instrument is instructing us that we have run out of time and, therefore, we will stop at this point on this interesting subject, aware that there is much more to say, but also aware that we have taken up too much of your time to move further in this basic first look at healing. We thank you very much for this question and would like to focus on any other questions that you might have at this time or follow-ups that you might wish to make of this first material. In order to do this we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. We are those known to you as Q'uo.

39: I am Q'uo, and we would say that this is Ls gift to all those who know and love her. Is there another query at this time?

48: I am Q'uo, and am aware of your query, my sister and of the great concern that is within your heart for this small entity that has been separated from you. And we would assure you that this being is quite happy, for it not only carries your love with it but has found love with other entities as well, and it is most well cared for. Is there another query at this time?

71: [footnote start]From a reader: "I am a Christian Scientist and found several comments in this meditation inaccurate and therefore misleading about Christian Science. No one wants to have a child die or suffer. It's a tragedy. And every loving parent would do everything in their power to save their child. Christian Scientists are no exceptions. They turn to prayer as a first resort because spiritual healing has proven so effective in their family's lives. Choosing Christian Science treatment rather than medical treatment shouldn't be characterized as 'denying' or 'refusing' reliable care. It is choosing a spiritual treatment with a long record of success."Because health care choices are so personal, there is no dogmatic church policy to dictate to members which course of action to take with ill children or themselves. It's entirely an individual's decision what form of treatment they choose. Over the last 125 years, countless cases of all kinds of illness, including those deemed incurable or hopeless by medicine, have been healed through this system of spiritual healing. For a complete explanation of Christian Science please see Science and Health with Key to

the Scriptures by Mary Baker Eddy. The full text is available online at www.spirituality.com. If you have any further questions, please email me, Valerie Minard, at valminard@aol.com. [footnote end]

30.3 2001/01/21

0: [overview] The question today has to do with how a group can help us to develop our patience, whether it's patience in what we seek: truth, love, the purpose of our life, the purpose of a situation. Or how a group can help us to develop patience in accepting things that don't change or won't change: a rift in a friendship, a job situation, relationships with family, etc. 12: Further, the creation of the Father has the power to heal that which is broken, especially in the realm of the mental, emotional, and spiritual. So there are many finer body adjustments that can be made when interacting with that group which is the second density. In the third-density group such as this one, or any other spiritually based group, there is that nature shared with second density and all higher densities of absolute love for the waking human consciousness within the cocoon and absolute willingness to absorb and accept all energies coming from the cocooned energies that the being within the cocoon is experiencing. This means that through the subtle connections made within the meditation within the group there lies the potential for vast amounts of healing that can come only from the surety of being loved and the realization that one is completely and totally acceptable. It is not that the other human beings within the group are giving each of you this although they may well be on the conscious level. It is that the connection of the circle of seeking opens to each, with a power of the group on an individual basis, the deeper self within.

13: You asked about how the group could offer to the individual an enhanced ability to have patience and we are sure that the question extends to other spiritual characteristics that are greatly desired and difficult to obtain within the illusion of experience within the illusion of separateness. For faith, a sense of humor, persistence, and compassion are certainly those qualities which are often sought but usually imperfectly found, and yet how blessed it is when the seeker can find a moment of utter patience, utter humor, utter acceptance, or utter love. And all of these streams of emotion flow through the channels of the deep mind in pure and undistorted vibrations, for they are part of what this instrument would call the default setting of the vibration of creation itself, the Logos of the one infinite Creator which is Love.

14: When one attempts to talk about love one ends up talking about qualities such as compassion, faith, hope, patience, and humor. But these are all as the rays of light which comes from the sun of Love, each a slightly different color, each a definable and recognizable quality but yet each a ray of light from the heart of the Creator. And what the spiritual group does is to bring that sun a little closer to make it more possible to find a conscious, honest faith in the existence of this sun or source of love and light. It is a permeable cocoon, this cocoon that your experience of incarnation in flesh. Through your energy body there are tremendous numbers of entrance into finer densities. Through the gateway of intelligent infinity which is part of the energy body there is access to inspiration and realms of teachers and guides.

15: And through the openings into the self which are through the heart, not just in the chakra or in the finer bodies but in the physical heart, there is entrance into the deep mind. And all of these sources of light are aided in the clarity with which they enter the energy web within the cocoon by the subtle enhancement of group energy. Each of you is much more than you know or can sense. Each of you brings to a group such as this one a variety of qualities over which you have little or no control and many of these qualities are greatly helpful to the group. Each of you brings, in essence, the universe and all the energy and power that fuels that universe that is yourself. And when you open that universe in meditation there is a golden connection and in any circle of seeking there is that connection that encompasses the group, that runs between each member of the group, and that exists within the finer bodies with a physical, if you will, truth. No connection is ever lost. And each connection increases the light. Indeed, it is by a series of connections with other awakened beings that each of you creates the net of love that is lightening your planet at this time. We are happy to say that this net has be-

come more and more articulated as more of those upon your planet awaken.

38: I am Q'uo, and we thank you for the repetition of the query, my sister. This instrument's mind is often divided and it is not well trained in concentration. Our experience is one of the refining of those choices which we have made in a far more previous experience, that being both the third-density illusion in which we were able to achieve our polarity and in the fifth... We correct this instrument. And in the fourth density in which the compassion necessary to fuel our wisdom was gained. The choice which is made by any in third density as to the nature of the polarity is one of such a fundamental nature that there is constant refinement of the desire to serve as the compassion is gained that allows one to develop a method of propulsion, shall we say, where the desire to give love to the Creator is foremost upon the mind and within the heart. The gaining of wisdom in the third... We correct this instrument once again. The gaining of wisdom within the fifth density is an experience which is, again, a refining of the basic query to the self of how best to serve. The blending of the compassion and wisdom qualities of sixth-density experience again refines that which has been made as basic choices in previous densities' work. Thus we continue to refine that which has been chosen previously and seek continually the transformation of the self into the one Creator which we feel is our basic lesson in each experience.

30.4 2001/02/04

4: We are glad to speak with you about ascension, rapture, graduation and harvest. These terms are not precisely interchangeable, but certainly closely associated and it is an interesting field of inquiry. As often happens we feel the desire to step back into more basic material and look at the ground from which we would like to talk about these subjects. The song which the one known as Jim chose to aid in the tuning of the group at this session was speaking of love, and it said that, basically, the living was all about the appreciation and recognition of beauty, the beauty of nature, the beauty of thoughts, and so forth. It is the beauty of thoughts on which we would like to focus.

5: The creation is a thought. For lack of a better word, the creation is a Logos, a concept at one time simple and unified and infinitely complex. It is a metaphysical or non-physical thought. The physical world that you now enjoy is also a thought, but it is a much weaker thought, much stepped down from the energy of the Thought of the one infinite Creator, that Logos which, for lack of a better term, we can also call love. Each of you is a thought and that thought is of love because all things that are thoughts are distortions of the one great original Thought which is love. Before all manifestation, each of you is and exists as an energy, an essence, a concept, a complex of thought. Each of you, to put it another way, is a kind of crystal, an energy field that takes in energy, transduces energy, transmutes energy, and sends energy through the energetic system of the body, the mind, and the spirit.

15: It all comes back to the thoughts that each of you thinks. Only you know your hearts. Only you know the desire that you have to seek, to love, to serve. Only you know how you crave the love and the light that is so often missing from your Earth world. And so we ask you to be support for yourselves. Believe in yourselves. Feel that you are important and that the things that you think are important. And see that expression of what you think as valuable and a listening ear for supporting those things that someone else might think spiritually as being greatly valuable also. For as the ones known as Carla and S were saying earlier, for each person the self is blind to the self. Each can see into another's patterns far better than one can see into one's own patterns. Therefore, each may help each in that search for what one really thinks, what one truly feels, and for what one truly thirsts.

16: Know that your thirst is greatly important, and pursue your desires. Pursue those intuitions and inklings. Listen for those hints that come in the wind of everyday detail and coincidence. And know that whatever is occurring on the physical plane, what is important in terms of your harvestability is your response to what is occurring. Look at your responses and see what you can do to sit with them, to work with any fear that you find in them, to comfort yourself through any suffering that occurs from them, and to encourage yourself

to move always to the higher plane, the loftier principle, the belief that all is well and that all will be well. It is said in your holy works that "in quietness and in confidence is your peace." Know that in terms of harvestability it is very helpful to have a high place within the self, a holy place within the heart, to which you may retreat and fall into the arms of the one infinite Creator who loves you dearly. When you are lost, when you are suffering, when you are alone, remember and move into the heart, into the sanctuary and peace of the one Creator's love and dwell there as long as you need to, in order to feel that balm of Gilead which is that energy of being loved, being valued, and being understood. These things the Creator does. In fact, the Creator greatly values each and every thought that you have, for it is this way that the Creator learns about Itself.

23: I am Q'uo, and am aware of your query, my brother. This group has, in one form or another, been sitting in these sessions of working for a number of your years and has, throughout this time, been able to receive communications of what is hopefully an inspirational nature from various members of the Confederation of Planets in the Service of the One Creator. When an entity has spoken to this group then there is formed a kind of bond with the group that is always honored by giving the attention to this group's proceedings when this group sits in a circle of seeking, as it now does. Thus though most such entities choose to remain silent during these sessions, each is keenly aware of the transfer of energy back and forth between the entity speaking and the group itself. This is a blessed event for many such as are we and those who seek to serve in a manner which is largely unseen by the great majority of your Earth population. It is a blessed event because it is so rare. So seldom are we, and others of our group, able to make direct contact with your peoples that when such is made there is attention given to it, a protection, shall we say, a wall of light that is formed of love and the attention of those who wish this group well. Thus there are many who have been known by name to this group who join silently but certainly as this group works. There are also, from time to time, other entities who have yet to speak from this same Confederation of Planets who nonetheless offer their vibrations of love and protection as this group works.

28: I am Q'uo, and am aware of your query, my brother. Each entity such as yourself that joins this circle of seeking brings many riches in the nature of the variety of experience, the purity of emotion, the passion with which truth, love, etc. are sought so that those of our group may be able to appreciate the difficulties that each of you are able to labor under successfully even though you may think that your ability is far less than successful. When you are able to express a difficult emotion, the emotion, situation, relationship, or other Earthly adventure that is not offered to those of us who are now incarnate, to those of us who live, shall we say, on the other side of the veil of forgetting, then it is that our appreciation grows as you are pulled one way and the other in the struggle to remember love.

31: I am Q'uo, and am again with this instrument. Just as you within this circle of seeking would enjoy reading a new novel that is in your area of interest, we of the Confederation of Planets are always interested to observe that which is freely shared within this circle of working. For it allows us to see how each entity may work with the catalyst which is presented in the daily round of activities, to see how the love and light of the one Creator may yet shine forth from the darkest of experiences, from the most confusing of experiences. This gives us a great deal of joy, to see that, indeed, that there is no place where love may be hidden so deeply that it will not shine forth in a brilliant and inspiring way. Thus you inspire us as much as we attempt to inspire you.

30.5 2001/02/11

8: In Christianity the basic chakra energy that tends to be activated for the worshipper is the green-ray or heart chakra. This is due to the fact that the entity known as Jesus was a teacher concerned with one thing only, and that was love. This entity offered a simple system of beliefs, stating, "Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy mind, and with all thy strength, and thy neighbor as thyself. Upon these two commandments," said the teacher known as Jesus, "Depend all of the law and the prophets."

tity that each of you is, is a crystalline shape, a snowflake, shall we say, a beautiful crystal. Each of you is unique. Each of you has your own beauty. Each of you has your own symmetry. And within your crystal each of you is working with those perceived flaws, those clinging barnacles of matter that are not the gem. Each of you seeks the light of spirit to inform and advise. Each of you, then, has laid before you a tremendous range of resources upon which you can rely with your linear, intellectual mind, with all the powers of ratiocination that you have at your command, with the grace and rhythm of the pulsing body that in its instinct and in its essence is so completely aware as a second-density creature is of the love and the light, of the harmony and the unity of the creation and the infinite Creator. And of the tremendous strength of that creature which is the spirit.

20: I am Q'uo, and am aware of your query, my sister. The pattern of the matrix of souls who have taken incarnation and who have moved into the physical third-density for their incarnation is a pattern which is formed of light, formed by love, in a fashion which is useable by the mind complex for the purpose of pursuing information-gathering and decision-making, shall we say. For the Matrix of the Mind, in the system of images which you call the tarot, is a quality which allows for a nurturing of experience and the utilization of this experience in a useful manner. We would ask the questioner to query further as to more specific information.

28: I received a letter yesterday from Bruce Peret, and he said that the Earth had once again accepted us and wanderers in general as those whom it would accept love from and accept healing from. Can you comment on this situation with our planet and its feelings and experience right now?

29: I am Q'uo, and am aware of your query, my sister. The entity which you call Earth, or Gaia, is one which is in the process of its own evolution as is each entity upon it. The Earth entity at this time, realizing that it is preparing to move into a more intense portion of the birthing of a new Earth is, as we have mentioned previously, particularly vulnerable as is any woman who is about to give birth to new life. The experience of many thousands of years of difficulties between the populations of this planet has caused the entity of Earth to be, shall we say, infected with a great deal of anger and hostility, the vibrations of the bellicose actions of your peoples over a great portion of your time. This heat of anger has caused the entity of Earth to release the excess heat in various places in various manners. Those geophysical eruptions of your volcanoes, the earthquakes, and so forth have been able to release some of this buildup of heat so that the mantle of the Earth, in some places, is rearranged in a fashion which causes a great deal of physical destruction. Yet the alignment possible after such rearrangements is that which welcomes the newer vibrations of love and compassion which are now moving more fully into expression within some portions of, not only the Earth entity, but large portions of the Earth's populations. Thus the entity of Earth has begun to vibrate more fully in harmony with both the newer vibrations of love and compassion and those of the population of this planet which has also sought to harmonize with these vibrations as well. Thus there is, within the Earth entity, a feeling of excitement at this opportunity, of distress at the difficulty of the birth, of compassion for those who suffer, and a kind of maternal disapproval of those who yet linger in the ways of war. Is there a further query, my sister?

31: Yes, Q'uo. I would just like to ask then: is our daily meditation practice the best shot that we have at reassuring Mother Earth that we do love her and wish to help her through this birth?

38: I am Q'uo, and am aware of your query, my sister. The so-called remnant, that portion of this planetary population which shall remain with this planet, is labeled as such by many for there is in all likelihood a far greater portion of the population which shall need to find further experience within the third density in order to balance the difficult vibrations which have not allowed the graduation into the density of compassion. Thus those who do remain and who seek in the positive sense are from various locations, shall we say, not just this third-density planet which you call Earth. For the population from this planet that will be able to welcome and enjoy the vibrations of love and compassion is small in comparison to what this planet could comfortably welcome and stably house.

39: There are many entities coming from other third-density planets who have made the graduation at this time, who are

incarnating early within the fourth-density experience of this planet in order to help it in its birth process. This is considered a great honor, for there is much catalyst at this time which these entities seek to utilize in a positive or magical sense; that is, the transmutation of the vibrations of separation into that which enhances the unity between all the peoples and the creation itself. This population of the new Earth is that which is like unto the vanguard that moves first into the difficult areas of conflict and seeks to combat the difficulties with the vibrations of love. There is no direct conflict, as you are undoubtedly aware, for those who move under the banner of love are those which welcome the opportunity to transmute the dark and heavy vibrations into those which are light and full of love by the effort that they make in these latter days of your third density.

74: I am Q'uo, and we thank you once again, my brother. At this time we feel that we have spoken as fully as this particular instrument is able to, for there is some distraction and fatigue. We thank each once again for inviting our presence this day. It is a great honor to be invited to join your circle of seeking, and we can assure each that the Confederation of Planets in the Service of the One Infinite Creator has many emissaries present at this time observing the movement of your peoples from one concept of love and acceptance to another. As this concept begins to spread from one grouping of peoples to another we see a great deal of light being generated so that your planet at this time is a combination of the light and the dark in many different patchwork places so that the light very slowly but surely begins to burn brighter in those areas where there are hearts to open to the concept of love more and more fully as the catalyst becomes greater and greater. You are not alone, my friends. There is a great company of the heavenly host which moves at this time to send its light where it is most needed according to the difficulties that various portions of your planet now experience. As your meditation groups meet and send their light it is joined by the light of many, many others and moves into those areas at this time that are in difficulty.

30.17 2001/10/07

0: [overview] The question today has to do with the healing meditations that you recommended a couple of weeks ago in response to the terrorist attacks of September 11 and various other places on the planet which are full of anger and war and hatred, famine, poverty, disease and so forth. We would like to know a couple of more ways that a person could use to send love and light to all the areas, the people, the places that need it.

3: It is a pleasure to speak with you concerning the question of how to be instruments for the love and the light of the one infinite Creator. It is a most central and key question for us as well as for you. We have long hoped to offer our part in positively affecting the process of the birth of fourth density positive upon your planet and among its peoples, so we, too, are focused in our own ways on the questions of how to offer love and light to the planet and to its peoples. Obviously, our current solution is communication within the rather narrow confines of a meditation which has a trained channel of the type such as this instrument and the one known as Jim are. This enables us to offer impressions and to tell stories as the one known as S suggested, to weave tapestries and structures of words that may constitute resources for you, as you think about these questions that are infinite in their possibilities for fruitful contemplation and further realization and understanding, if we may use that term.

6: Each priest needs to spend time in that sanctuary that has to do with no one but the self and that connection that is sacred between the self and the infinite Creator, between the loved and the lover, between the spark and the source of that spark, that great fire, that great light, that great love, that great Thought that is the one infinite Creator. It is helpful to picture entering, not that empty room of impersonal prayer, but a very personal room that is the heart of self and in which there waits the figure of the Creator as the Creator would appear to you. Many see the Creator as Father. Many see the Creator as Mother. Some see the Creator as the Christ, as does this instrument. Whatever that image is, realize that the Creator is waiting for you there and that you go to be with your true self when you enter the sanctuary of silence.

ble when faith and will work together in each life. Then it is possible that such an event such as this great tragedy can bring more of the peoples of this planet into an awareness of the heart of their heart, of that which wishes to be awakened, of that which each took incarnation to awaken.

23: There have been tragedies aplenty throughout the many millennia of human inhabitation of this planet. None before have brought this awareness of the need of love to the consciousness in a strong enough way that there was a general response of love. It may be that this event also does not draw this response. It may be that this event does indeed draw that response. As we have said, the future is liquid. It is determined moment by moment by each of the many billions of entities upon this planet. Each entity can love. Each entity can heal. Each entity can have an effect upon how this scenario plays its course.

30: I am Q'uo and am aware of your query, my brother. We can begin by stating that the influence of those of negative polarity, those of the so-called Orion group, has been great for many thousands of your years upon this planet. Their endeavor to create the concept of the elite has been seeded throughout the many cultures and religions of this planet so that there is seen by all of the various religions, in their narrower or, as it is called upon your planet, fundamental, sense that there is reason to act as they act. It is for those within all cultures and religions who have the deep desire to truly serve the one Creator in all that may see beyond and behind the illusion of the elite, the illusion of separation, to that which binds all entities into one. This is the great geste, my friend: to see love where there is little reason to see it, to find unity where separation seems the only logical path, to see a brother or a sister instead of an enemy. It is not easy, my friends. But you did not incarnate with an easy plan for learning and for service. For this is the culmination of your planet's great Master Cycle of third-density evolution. It is at this time that those great swings of power over people can be balanced by love for people.

34: I am Q'uo. We are aware of your query, my brother. Our recommendation is to love. When each situation, whether large or small, whether global or familial, or simply pointed towards the self, arises, ask yourself, "How can I love? Who can I love? Where can I love?" To love is enough, for to love is the reason for which each took incarnation. Is there another query, my brother?

39: I would like to follow up on S's question by noting that we started doing an additional meditation at 9 o'clock at night to balance the one at 9 o'clock in the morning, with the thought that maybe others would like to join in spirit from around our global family and wondered if you would comment on this method of expressing love and any other concrete suggestions for ways that we could come together as a group to make a difference?

46: We would recommend to each entity that within the meditative state one see the ruptures in this planet's beingness. Perhaps you can locate them geographically within your mind, seeing them as dark and hurting, in pain and confusion. And then, begin to bring the light and the love of the one Creator into the image. See that rupture of hurt and pain lightened by this love of the one Creator, shining forth through the eyes of all. Focus upon the injury, the hurt, and the pain until it is also as bright as the noonday sun.

47: Though one may feel that such an image is a small thing compared to the immensity of the agony in your world today, we can assure you that when your inner world of spirit is illumined by your free will choice with love and light these thoughts are things, and this is more and more truly so as your planet moves into fourth density at this time, and this light and love goes where it is needed. And there is healing. And there is hope. And there is a direction that leads each into that unity with each other self upon this planet. The process may not be short. It may not be easy, but it is ever possible to those who have the faith and the will to persevere. All things are possible when entered into with love, acceptance, compassion, humility, tolerance and the light touch. These are your allies, my friends, and each other heart in love [who is] joined with you in this great quest which you are upon ever more fully at this time in your planet's history.

53: I am Q'uo and am aware of your query, my sister, and this is indeed so. This technique of visualization may be used for any kind of healing, whether of the self, of another self, of a people, of a country, of a planet. Wherever there is that which is broken, that which is hurt, that which is injured,

healing is possible for mind, for body, for spirit and for the ability to continue where there seems to be little reason. The imagining, the imaging is that which calls for from the deeper levels of the subconscious mind the connection with the one Creator, with the Logos of Love, that enables that love to move through your being to wherever it is needed. This is a means by which each may avail the self of that ability to open to love, to give love, to direct love, to feel love, to be love.

57: I am Q'uo and am aware of your query, my sister. There are various aids, shall we say, that one may employ in the persistent meditation. By persistent meditation we recommend that a time and a place for meditation be set aside on a daily basis so that when one retires to that place at that time that these become signals, prompts, if you will, to the subconscious mind that it is time for a working; it is time for a healing. If one wishes also to utilize crystals, incense, any type of sensory deprivation, such are means of refining this type of visualization in meditation which may be utilized as the meditator desires. Each entity will find a slightly different means by which to accomplish this healing meditation. And whatever rings of truth to the entity is that which we would heartily suggest and encourage. For each entity has come into this incarnation with the ability to do this kind of work. Indeed, each has come with many abilities which can be brought forth in times of heavy catalyst, shall we say. Each will feel a certain kind of awakening, a certain kind of enlivening of the spirit within as this kind of daily meditation and visualization is undertaken. For as you retire to the world of spirit you retire to that which is real, which powers you through this world of illusion. We cannot recommend meditation enough, my friends, for this is your link with the infinite. This is your link with truth. This is your link with love. This is your link with your true self and all other selves on your planet.

64: I am Q'uo and am aware of your query, my brother. We find that indeed for some who have a great deal of time to meditate that there are times that are more opportune than others. For some the dawning hours are most helpful for they signify the beginning of a new day, a day fresh with opportunity, a day ready to be painted, shall we say, by the heart, by the creative and curious mind, by the passion for living and sharing, for learning and loving.

72: I am Q'uo. As it appears that we have exhausted the queries for this session of working we would once again thank each for inviting our presence this day in your seeking in your circle of working. It is a great honor for us to be here. We may say that we feel the great desire for truth, the desire for healing, the desire for serving that is present in this circle this day. We can say to each present that you are not alone. There are many more circles of seeking upon this planet that are shining most brightly at this time, for it is apparent to many more entities upon this planet at this time that there is the need for such healing, for such seeking and for such serving. Know that you walk with a goodly company of lighted souls who see and seek beyond the illusion and who walk with you each step and who encourage of you through their own meditations, their own circles of working. For each of you is likened to the other. Moreover each of you is the other, and when this truth can be seen and known and felt and experienced and lived in the daily round of activities more and more fully upon your planet, then will the difficulties that you experience at this time and for so long in the history and culture of every country [be eased], then will you be more fully able to channel that love and that light in your everyday activities and to heal the wounds that have long festered in the population of all countries and all hearts. Then will it be more possible to know the love of the Creator and to see it expressed about one. Know that you are joined by those of the Confederation of Planets in the Service of the Infinite Creator upon a daily basis, and when you do meditate or think upon these things a simple request is all that is necessary for various entities from this Confederation of Planets to join you in your meditations, in your thoughts, in your love and in your healing.

30.16 2001/09/23

6: Let us take a moment to gaze at the power and the peace of this situation, of the empires of mind and body and spirit, of the supple and lithe connections between body and mind, mind and spirit, spirit and body. The spirit, the soul, the en-

In this statement the one known as Jesus specifically moved from the Old Testament, so-called by this instrument, which was the holy work of his people, and delivered and offered a new covenant having only to do with love, love of the infinite Creator and love of each other, beginning with the self and continuing with loving the neighbor as if it were the self.

9: When this simple commandment is the focus of the Christian path, we find that this truly is the path of the heart and there are those mystics such as this instrument who tend not to wish to deviate from the path of simple devotion because of the fact that moving into a more dogmatic approach to belief seems to pull the focus away from the heart. We suspect that each has those relatives or friends or acquaintances whose Christian belief system has a dogmatic aspect sufficient to create an atmosphere of judgment and, therefore, we suspect that each is fully aware of the difficulties involved in moving into the dogmatic beliefs and leaving the simple faith in love behind. However, when those who are working along the positive path using the Christian system find themselves to feel at home in the heart we feel it is likely that they have been able to move from the outer aspects of worship to the inner aspect.

11: In the case of Buddhism, the energies involved tend to spring from two centers: the communication chakra or the blue-ray chakra of the throat, and the indigo-ray chakra of the forehead or the pineal gland. These energies of communication and work in consciousness have a tremendous advantage for people within third density at this time for two reasons. Firstly, there is the peace of working from the higher centers. The yellow-ray chakra is the chakra where the rubber hits the road in terms of everyday experience. It may render the everyday experience sublime, but it shall not render it completely peaceful, for peace is not the nature of the passing passion play that is life. Neither is it peaceful to dwell within the heart, for the heart is not only the shuttle for the spirit but also the seat of the emotions. And the tumult of the rising and falling away of emotions is constant. Consequently there may often be the transcendent experience of bliss and peace, yet it lies within the rising and falling of emotion. For in love's focus, in the heart's focus, there is the specific value of passion, desire and thirst. And this cannot be said to be completely peaceful.

12: Therefore, there is a tremendous appeal to the peaceful rounds of, shall we say, the wisdom aspect of Buddhism. Buddhism takes a far more distant view than either Christianity or the Oriental religions of suffering. In positing the reality of suffering within the world, Buddhism's only prayer is that it end. It gazes at that which a heart-centered religion would find full and sees it as empty. It gazes at the everyday round that the Oriental religions see as holy and finds that everyday round to be completely illusory. And, therefore, it is focused upon the reduction of suffering, the reduction of confusion, and the welcoming of nothingness, that nothingness being held as a holy thing and greatly to be prized. As this instrument said earlier, "First there is a mountain. Then there is no mountain." It is the hope of one who seeks along the path of Gautama Buddha to become able to gaze at all of the passing scene and see nothing, as opposed to the Christian hope of gazing at the passing scene and seeing the Christ or love, and the Oriental or Shinto hope of looking at the passing scene and seeing value and worth in the thing itself.

14: We do, however, see an implicit challenge in moving along the path of Buddhism. And that is in its remoteness. There is, shall we say, an intellectual cast of thought which is easily awakened within the Buddhist mentality. And an enormous literature of speculative theological works is evidence of the intellectual fruitfulness of this type of inquiry and discussion. Indeed, we may say that those who seek along the Buddhist path have done far more investigation into the specific discrete realms of the inner planes, identifying and describing various states of consciousness, various places where teachers dwell, and so forth, than any other system of religion. The difficulty with this tremendous panoply of assets and resources is that entities will remain within the higher centers without bringing the lower centers into balance with this work in consciousness. This weakens the integrated self and we suggest to those who wish to seek along the path to Buddhism that care be taken in a persistent and continuing way to reintegrate into the practice those lower energies of orange and yellow ray and of green ray so that there is not simply talk, discussion, thinking about the Creator, and the releasing of the illusion, but also the awakening

of the heart and the valuing of the structures of the illusion. For the structures of the illusion, the relationships, the families, the friendships in groups are an elegant and eloquent design for learning. Into each relationship has been poured a tremendous amount of preincarnative thought. You may see each relationship as a carefully prepared lesson in the giving and receiving of love. And it is well to reconnect persistently with these lower chakra energies as one works within clear communication, the reading of material, and all of the work in consciousness that is so delightful to those who seek after wisdom as opposed to love.

15: The second advantage of Buddhism is an advantage of position and perception. The Christian and Judaic religions and the Moslem religion are all patterned with extreme similarity, to the extent that one may see that their holy works are shared. The stories are shared. The origins and springs of religion are shared. At the same time that this unity exists, there is also a tragic history, millennia of discord, and there is no religion that comes out any better than any other in terms of the folly of the wrong uses of power. In the name of religion it is well known throughout all peoples upon your globe that Christian, Jew and Muslim are a contentious and war-like people whose gods tend to be as aggressive as they are loving. And this is a difficult burden for the spiritual seeker to carry no matter how much the entity may adore Yahweh, Christ or Allah. No matter how much the seeker may feel the resonance and rightness of this path for him, yet too there is a perceived burden of shame and guilt than cannot be ignored.

18: We would encourage each, no matter what the path followed, to focus upon those aspects of the faith that unify and harmonize, that bring the self to a deeper feeling of the immediacy and the essence of the self. For beyond all perceived religion lies the self within that is each of you, and that self is the essence of holiness. That self is the spark of the infinite Creator, and those thoughts that you think are but distortions of the one great original thought that is Love. No matter where you seek you dwell in precincts of love.

29: I am Q'uo, and am aware of your query, my sister. If this purpose were not already known to some degree by each of you we would not be able to speak, for we do not wish to infringe on the free will of any who seeks the path of his or her own evolution. However, since each of you is, shall we say, strongly suspicious of the path shared by each, we may say that that which you share together is a mutual awakening process that allows each of you to open your heart to the other and to develop that quality that you may call compassion, unconditional love, mercy, understanding, forgiveness, surrender and acceptance. These are the qualities of the green-ray energy center, of the heart and are indeed the salvation of this illusion. For each entity comes here to work in some degree upon the heart. This is the energy center through which connection with all the creation is possible, and as each of you moves through your daily round of activities, making those small adjustments each to the other in compassion and understanding, you continue this process that has been ongoing through the entire length of your relationship and which shall be the strength and foundation as your relationship continues into what you call your future. There is much of understanding which each of you has developed for the other and for all other selves because of your relationship to each other.

30: The mated relationship is one which has been called by some an ordeal, for in this relationship one comes face to face with those qualities that are strengths, that are weaknesses, that are latent, that are possible. One is face to face, in short, with one's humanity, with that which enlivens your being and gives a vitality to your step, a purpose to your life and to the sharing that is possible also with others because of that which you have done with each other. Therefore, that which you undertake in this life is, in general and specific terms, the awakening of compassion and the forming of that kind of relationship which can be seen to be ideal; that is to say, where the heart of each is opened not only to each but to all others as a result of the work that is at times difficult, that is always undertaken between the two of you. Thus, work done between the two of you is work which can benefit the entire planet, for as you are able to find harmony, love, understanding and acceptance within the self so will you be able to find it within others as all others mirror to you that which is the heart of your self.

30.6 2001/03/04

8: In the case of perceived red-ray blockage, for instance, it is well to gaze carefully at the nature of red ray. It is that first gateway of the energetic body. It is that first gateway that allows in the infinite energy of the one infinite Creator. The easy way to gaze at energy systems is to look at the blockages and, one by one, to remove them. However, the subtleties of each chakra move beyond the stated venue or placement of that chakra. That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. Survival is a vital and hidden issue for an entity that is well fed, decently clothed, warm and with a roof over the physical head. It does not occur to the waking consciousness that there is a survival issue with regards to sexuality, for sexuality is clearly not necessary for survival. However, in the gateway to the metaphysical body or energy body one also is gazing at the gateway to the physical body, and this connection between physical and metaphysical bodies creates the situation in which the instincts of the physical body have a sometimes striking and, again, hidden effect upon the perceived experience of blockage in red ray, so that that which is perceived as sexual frustration is actually the cry of the heart to survive.

19: In one very basic sense we must say that as far as we know there are times of suffering for all people. There are always needs that will not be met that seem important, and this is part of the way that the school of love that planet Earth is works. For again and again, it allows the senses of the physical body to inform the intellect that there is not enough, that there is no safety and that there is no healing. It is the challenge of the spiritually oriented entity to gaze at the limited and crying needs of the body, not with eyes to solve, but with eyes to love and understand, to enter into the experience, to enter into the suffering, to enter into all of the emotions that this brings up and to see the self in its needs, in its wants, in its character as defined by those cries of hunger. What one desires is extremely interesting to the developing soul, and it is very well to look at what one desires, not with the eye to judge, but with the hope of fully embracing the self, of being in love with that suffering self, of rocking that self within the heart and saying, "Yes, these needs are beautiful; these needs are worthy; these needs are fully acceptable and simply are not being met by the circumstances of my life."

20: This is, again and again, in one way and then another, the situation of the seeker within the physical plane. There is not enough. There is no healing. There is only suffering. This is a dark picture, and we would say to you that it is dark as the earth itself. The soil beneath the feet is dark. It is dark, mysterious and fertile. It is the seed of something that will grow through the soil, through the suffering, through the point of pain, to blooming at last in ways that cannot be comprehended at the moment that the suffering is being experienced. Perhaps you could look at the picture as a puzzle that one is so close to that one can only see thirty-five pieces out of the two thousand, and it looks, therefore, like the problem is about a dog and a man. But if one pulls back to gaze at the entire picture, the dog and the man are at the edge of a much larger conflict that involves many more characters and many more issues. When a cycle of suffering has been completed, it is far more easy in hindsight to look into the pattern and say, "Yes, I see the sense of this suffering. I see the point of this catalyst being offered to me. I see where it took me and what I learned, and I am grateful." We are suggesting that that attitude of gratefulness and thankfulness for the suffering be adopted by faith beforetimes, so that in the midst of suffering, control is released; needs are expressed to the self by the self and then let go. And it is acknowledged that beyond all need, beyond all distortions of energy, beyond all suffering, beyond all limitation, the essence of self is perfect and resting in the most divine love and in the most strong and healing light.

30: I am Q'uo, and am aware of your query, my brother. Those of the host of heaven, as we have heard it called, merely send their love and light to all who are available to receive it.

44: I am Q'uo, and am aware of your query, my brother. When one wishes to serve in a situation in which there has been the loss of a loved one and there is much suffering and grief on the part of those who remain, it is often the best service simply to be available for whatever needs are felt by those who

grieve. Thus the offering of one's efforts in providing the foodstuffs, as we are aware you have prepared to do, is one such means of service that is much appreciated by those who are at such a time thinking about little else than the loved one who has departed. It is also possible that if one feels there is an opening in the grieving entity, that they be approached by suggesting that there is the completion of a grand design or plan that has been accomplished by the one who has left, and that this plane continues beyond this earthly experience, where an ending is a beginning upon another level. Then there may be some comfort that can be given to the heart, to the mind and to the soul. For as those who grieve are reminded of that which they know—that all life continues, that all springs from one Creator, that we do that which is ours to do, and that there is truly no loss at any time—this reminding of the basic elements of the spiritual journey is often helpful and appreciated.

30.7 2001/03/18

3: With that said, we are very happy to share our thoughts on the occasion of this special newsletter, which speaks to those who have enjoyed other material that we of the Confederation of Planets in the Service of the Infinite Creator may have offered in times previous to this. For many to whom we speak, we simply say, "Welcome home," for one thing that is very common among wanderers and all those who have begun the process of awakening from the sleep of Earth is a feeling of not being at home in the Earth world, of not recognizing the colors and shapes of your beautiful planet. As lovely as it is, yet still it does not feel like the shores and the fields of home. And this is because in many cases we speak to those who do not originate from the planetary environment that you call Earth but, rather, are those who have chosen very deliberately and specifically to come to Earth on a voyage of service and learning.

4: For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And more and more, in the awakening process, Earth has become an alien place, not because its shapes are unfamiliar but because the thinking of its peoples and its culture has begun to jar against the newly found shapes and resonances of an awakening awareness of the self as a citizen of eternity and infinity. Whether you listen as one who is an Earth native or as one who has come here from elsewhere, yet still we speak to you as absolute equals, for all of those who have awakened have become wanderers upon Earth. All begin to experience the dislocation of living in two worlds at once. There are certain characteristics to this experience of awakening and finding one's self, attempting to make sense out of that which seems more and more not to make sense about which we can speak.

7: Each of you has become aware that you live in a very busy physical world. It is a world of never ending detail, a world which this instrument often characterizes as one offering too much good work to do. It is not that the world offers one bad choice after another, though this is often the case. There are many beauties and blessings to the world as it is, in all of its confusion. Yet there is a simple factor underlying all of the busyness and detail of physical life, and that is the essence that you are, that each of you is. We would look at this essence for a moment, for it is at the heart of what we have to say. Each of you is very, very real. Beyond the dream of Earth, beyond the dream of ether, beyond the dream which is at that level at which we are now speaking, beyond all dreams of which we know, each of you is very profoundly, ultimately, uniquely real. You are, in fact, the stuff of creatorship. Each of you is a spark of the divine, and without each of you the divine would not be complete. Each of you was, before time and space existed. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love.

8: You are here as awakened beings to be, not to do. This is a terrifically difficult concept to receive within the context of incarnated life because life as you know it, as you experience it, as the culture teaches you to experience it, is about doing. You were taught to value yourself as a worker, as a producer, as an accomplisher of deeds. They may be many different kinds of deeds, but at the next gathering to which

those who have been within the planetary influence as souls since pre-history, in your terms, have come through the many waters of many, many incarnations over thousands of years and have slowly but surely come to the point where the alarm clock has gone off. The awakening of the spirit within flesh has taken place, and there is now the realization within many, many individual Earth native souls that they are citizens of eternity, that they are infinite beings and that the surface of life, while due great honor and attention, is not all that there is but is only the gateway to the present moment, which is infinite. And these voices have become a great choir asking and seeking and knocking at the door of truth.

8: There is a call going out from your planet at this time that has been going out from your planet for a considerable number of years now, that has activated and doubled and redoubled the light energy upon your planet. Further, as many within this room are intimately aware, many entities have chosen to travel to the earth plane from other planetary influences for the purpose of entering into the experience of being an Earth native, plunging the self into the third-density atmosphere once again in hopes of serving the planet and its people but also in hopes of doing work upon the self: a reevaluating of that all-important choice of third density: the choice of whether to love by radiation and unconditional love or to love by control and magnetic attraction and the overriding sense that people need to be managed for their own good or for the greater good of the whole. This is work that is common to all at this time, all who are awakened, all who have begun that transforming opening of the heart and the spirit for which each took birth.

30.15 2001/09/16

0: [overview] The question today, Q'uo, as I am sure that you already know, concerns the recent acts of terrorism that have come to the United States. Many people have died, and much property has been destroyed and there is a lot of talk about retribution, about war, and a lot of fear and anger, a lot of confusion. And we are wondering what this situation looks like from Q'uo's point of view. We are told that this world is an illusion. It is a place where we come to learn to love. From our point of view, right here, right now, it is a very difficult place to learn to love. We are wondering what Q'uo can add to our knowledge of just exactly what has occurred, what does it mean to us in the spiritual sense, and what can we as individuals do to help the situation?

4: What it looks like to us is somewhat different because we see in a wider range of things that are visible. We are not limited by physical limitations in what we see, what we hear, shall we say, what we are aware of, but rather are limited only by our distortions which to us is limit enough. Because of being able to see into the finer planes of your planet's ongoing developing nature and essence we are able to report both that there is genuine suffering going on within your earth world in the finer planes and that there is at this time, as this instrument and as the one known as Steve has mentioned, a tremendous outpouring of love, light and energy.

9: In this climate of change, the Earth is as vulnerable as a pregnant mother that is giving birth to a child. It is vulnerable in a way that it has not been vulnerable, as entities are always vulnerable in times of change. And from the standpoint of the entity Earth, which this instrument is fond of calling Gaia, it has been given an unending amount of negative emotional catalyst by those entities who are attempting to polarize towards service-to-self and by the careless actions of those who are not attempting to polarize in either direction and who occasionally create suffering almost casually. The thoughts entities have habitually thought over a long period of time have created difficulties in the health and the welfare of Gaia. And as the physical parameters of the Earth are nudged into change or catapulted into change—and this is your choice—there is the possibility for natural global catastrophe, not simply the catastrophe of mankind against mankind. It has happened frequently enough in other third-density graduations where the process of maturation of the species upon a planet was not able to endure through the lessons of love. We are grateful to the one known as Jim who witnessed to the lack of love upon your planet. Truly, no truer words, no truer thought has been spoken than this one. Your people and Gaia desperately need to be loved; to be seen, to be apprehended for the first time as part of the self.

10: Many times we have said in response to your questions about this transformative time that we prefer not to give specific information. For one thing, at best we would be approximating the largest probability/possibility vortexes. We would be telling you what is likely to occur, for the future is not fixed. It is liquid. It is a creature of thought, and it will be the fruit of the seeds that you are planting now. It is said in your holy works that others have planted and you have reaped, that which you have planted others shall reap, and this is deeply so. Many are the painful, angry, furious, negative emotions that have been sprayed across this planet by the self to the self. For my friends, that is what the situation truly is. All of you are sparks of one flame. All of you are one thing. You may choose at this time a direction of how to think, and we simply encourage you to focus the mind, the heart and the commitment upon love.

12: The lie of your metaphysical dynamic is concerned with the value of wisdom in spiritual seeking within third density. Knowledge and wisdom, in the spiritual sense, can be seen to be highly negative when unlit, unilluminated, by love. That is why love is learned before wisdom. That is why love must be learned before wisdom. For when wisdom is learned first it is fair to the taste and so smooth within the intellectual digestion, and so handy and useful in the intellectual display of personality and intelligence that it is often not clear, for lifetimes at a time, that without love, wisdom is utterly devoid of content. No matter how many fine thoughts roll around inside of an intellectual system, if it does not come into the heart and become grounded by what this instrument would call good works, good living, it will not abide in the sense of being spiritually useful for the evolution and the maturity of the soul.

13: The Lightning Struck Tower is a kind of signal at this time that great catalyst is now available for the spirit. In the tarot system, which this instrument is somewhat familiar with, the Catalyst of the Spirit is Hope. You could also call this entity Faith. We think you will find that honing the faculties of faith, hope and love will be an agenda that will keep you profitably busy for the rest of your incarnation doing what you came to do, serving as you came to serve. We hope you will realize that you have already begun, that you have already done much work. We appreciate the sentiments of the one known as Cindy who, like so many, feels that she may be the least among the assembled. Each is the least among the assembled, for each is one with all that are assembled. Each has done great work in this lifetime and in previous lifetimes. Each comes to this moment with some sense of awareness that this time is special, and we hope that each of you will believe yourselves and will take courage, and become ever more faithful simply in being creatures of light. This is your nature. We do see the inconveniences, the suffering that has occurred. We see the possibilities that continue to open, not simply from this vortex, but from others. And we say to you, in the words of the Holy Bible, "Let not your heart be moved. In quietness and in confidence shall be your strength."

21: I am Q'uo and am aware of your query, my brother. That this event would be seen and experienced as that which is catastrophic is as you have correctly surmised, a necessary culmination of those energies which have, for many of your millennia, been in motion upon your planet, and this present expression of anger and hatred is that which can be seen in one of two ways: as that which demands retribution and a continuation of those energies of which it was born, or it can be seen as the alarm which rings the alert to those observing that there is something tremendously dislocated, shall we say, in the relationship between the various members of the family of humanity upon your planet and which needs attention, which needs understanding, which needs love and compassion. So difficult is it to look beneath the surface of events to see the genesis of such that most of your peoples do not make this effort. It is far easier to rest upon the simple and quick assessment of things.

22: Thus this experience of the loss of life and love can be that which ignites many hearts to love, to light and to service. For each entity upon this planet can be of service in this event, for each has those with whom difficulties have arisen in the daily round of activities. Each experiences this same loss of love, and each has the power within the heart to open in love to those with whom one is in relationship. Each time that love is given instead of hate, instead of confusion, instead of reprimand, instead of ignoring, instead of walking away, then there is the magical transformation that is possi-

than you can ever imagine.

14: Try to remember every day to find a thankfulness for the opportunity of life and being. If you can but remain faithful to the remembrance of your true essence the flow and the stream of life will bring you every lesson you need, every inspiration, every truth, every opportunity for service. It may not seem at times as though this were true. It may seem at times as though there was nothing but confusion and chaos and not much comfort. And yet we say to you simply remember in good times and in woe that you are the child of Love and that you are here to love and to be loved.

15: If you can but enter the silence for five minutes within each day and tabernacle with that love that created you, that would be a tremendous achievement, and certainly all that you need to ask of yourself as a seeker. Of course, each of you will be inspired to many more than five minutes in the silence in many days. There will be times of excitement and they will cycle predictably. Realize that when you see yourself going through the cycles that it is a natural phenomenon, not born of your shallowness or your unworthiness but, rather, of the seasons of your soul, that come and go, that blow hot and cold with the warmth and the chill of a close or a distant Creator. These are the ways things will feel to you and this is part of the experience of life. It is acceptable to us, each shade of that cycle. For no matter where you are on that cycle, you still are vibrating with that unique signature of self. You still are a creature made of love and expressing love.

40: I am Q'uo, and am aware of your query, my brother. Those of the goodly company, shall we say, are what you may call somewhat boring in that their constant aim is to assist each by offering the vibrations of love and light to all those within the circle of seeking to be used as each sees fit. This unspoken offering of assistance is one which is offered to many of the inhabitants of this planetary sphere, indeed to each by some entities, for this is their work, as you would call it, in regards to this planet's current position in the harvest of souls. For the population of this planet at this time is seeded according to those whose likelihood of attaining harvest is greatest. Oftentimes it is not possible to do any more than send this unseen love and light, for many entities are not open to any other kind of communication or assistance from those of the Confederation of Planets in the Service of the one Creator. Those within this circle of seeking, however, are more familiar with such entities and the concepts which are shared in these sessions of working. Thus, the assistance can frequently be altered into more perceptible offerings, that being the hunches or intuitions which each feels when considering certain options or actions, paths to pursue in future endeavors. Thus it is well for each seeker to not only seek with persistence and sincerity but to take careful note of those feelings or flashes of inspiration, of intuition, of purpose, of direction that come in the silent and sacred times of meditation, contemplation and prayer. Here, within the inner room, is the opportunity to meet more closely those who stand in the shadows behind the curtains of light, shall we say, to offer what is possible to offer. Is there a further query, my brother?

30.12 2001/05/20

11: The one known as R asked about meditation and what enhancement it might offer to those in the process of growth and as this entity is well aware we very much agree that the one most powerful method of enhancing the processes of evolution is meditation. Moving into the silence in any way that one feels comfortable is always a powerful helper, for it is within the silence that love may abide most comfortably and may express most fully. We do not know what realms may open up to you in the silence, but within that room to which silence opens the door lie many mansions. We simply suggest that the habit of silence is helpful, profoundly and continually so. It is, to our knowledge, the single most attainable way of moving from the level of the outer world into the levels of that inner world where the feelings and the processes of being revolve.

12: To hear us speak you would think we never laughed. You would think that we never cried but that we were always calm and wise and dispensing of words. In fact, this is not so. We struggle to find ways to share our experiences with you and we do not feel that we are tremendously successful. But what we have to share, more than anything else, is an awareness

of and a certainty in love itself and the power and rightness of that love—that is your very being and is our very being. We encourage each to be lifted up by whatever light comes into the heart to comfort it, that it reach hands willingly up to the angels that hope to help. We ask each to know that you are not alone and that there is comfort for the asking, for prayers are answered, and when help is requested presences are with you that love you and wish to safeguard you in every way. The Creator is not far off. The Creator is very, very near. This is good to remember.

30.13 2001/08/29

23: The second question I have concerns a pattern of looking for a mated relationship in my life, finding one, and then the relationship ending soon after. I wonder if there is a spiritual structure to such a relationship and if I am putting expectations in such a relationship from the beginning and therefore not allowing the passion or the true love to flow. If you can comment on it, I appreciate it. I am once again looking for suggestions on how to explore this pattern deeper.

25: There is the need to love and to be loved which is as normal and natural a function of the human being as is the sleeping, the eating, the breathing, and the moving about within your illusion.

33: For you see, my brother, the entire self is here to love and to be loved; not simply the conscious self, the self with expectations, but the entire self, the whole, utter, real, complete, universal self.

34: And one can not approach that which is a consuming fire, that which changes the life, that to which one must surrender at one level, as if it were hiring someone to fill a position. One cannot choose a mate. That is, one can choose a mate, but one shall get what one has chosen. The product of rational thought may or may not be that emblem of love which so speaks to your own whole self.

36: For any relationship, while it will not change you, precisely, will change so much about your experience! It is as though you will have set into motion the wheels of transformation in such a way that they are never under your control in any substance of sense. Nor are they in the hands of the other involved in a mated relationship. For that entity, too, will be challenged to so love you as the face of the Creator that she can see more of the Creator in herself because she has you as her mirror.

50: It is a mark of spiritual maturity to see the patterns of one's life. It is a mark of even more maturity, spiritually speaking, to look not only for ways to solve the puzzle but for ways to love and to know the self ever more deeply, and knowing it more deeply, to find ways again to love.

51: Truly, every difficulty can be untangled by persistently turning to those gentle fingers of love that, through time, will untangle every knot and remove every obstacle.

30.14 2001/09/02

6: But we shall not start with that. We shall focus briefly on the state of the planet, for that is one thread of your questioning: is there a gain or a decrease in love upon planet Earth? Indeed, there are a number of ways to answer that question, but we shall choose two. Firstly, as the one known as R has said, the surface of life has a spurious and shallow reality that is nonetheless undeniable. It is a world of complete illusion, and in that world the dragon thrashes its tail. And angels in flesh quiver, defend, worry and hope to respond in ways that add love to the illusion. A little positive, a little negative, and the illusion wags on, doing the job it was meant to do, thoroughly confusing, baffling and frustrating. All efforts of the linear and conscious intellect to control it bring each inevitably, surely, if each is honest, to the realization that the self knows nothing. That the life of the surface has nothing. That all is "vanity and striving after wind," as this instrument would quote from her Bible.

7: Such is the surface of life. Such is the design that was intended for that illusion, and at the same time may we say that there is tremendous growth in the metaphysical sense among the peoples of your planet. It is abundantly, richly clear on the metaphysical planes of your planet that a tremendous outpouring of love and concern has streamed into the Earth plane. Many Earth native individuals, and by that we mean

you go, you will be asked not, "Who are you?" but, "What do you do?" And you will be valued by many people according to how that answer goes. And yet we say to you that you are not here primarily as a doer, but as an essence. In the energetic or metaphysical sense, each of you is a field of energy. Now this energy is not simple. Each of you has, as a core vibration, the one great original Thought. Each of you, at the core, is the Creator. Indeed, the basic goal of evolution is to come once again into full vibratory congruency with the one original Thought that is the Logos. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love.

9: To this original Logico energy you have created distortions or variations or complexities that add to that basic vibration and that make you that unique essence that you are. As we see your vibratory pattern, we see your name metaphysically. You are as a rainbow of color and a certain pattern of shape that is, in its own way, exquisite. And we would know each of you anywhere, not from what you are thinking, not from what you are feeling at any particular moment, but rather from the great accumulation of self, through many experiences and many densities. Each of you comes to the present moment vibrating in a very discernibly identifiable way, and this is the great gift of each awakened being to the self and to planet Earth and to the peoples of Earth. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator.

10: It is part of the nature of the ethical, biological entity that you are that you shall express in this way. Here is the plan that we believe each of you set before yourselves before incarnation. The plan was to choose a set of relationships and a set of lessons as the one known as T. was saying in the conversation before this meditation. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this process with as much love as possible." Your plan as learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You are hoping, by coming into this very dense physical illusion, to become completely disoriented and to wake up in the midst of a true sea of confusion. And the reason that you hoped for this was that you had the feeling that you could come to a better balance of self, a more pure choice of polarity, and a more passionate desire to seek the truth.

11: Before incarnation it seemed not so hard, because before incarnation, gazing at the scope of the entire incarnation, it seemed fairly obvious what these lessons were and why these relationships were important to follow through. It seemed unlikely that we could possibly avoid awakening. Yet in most cases awakening is not an easy thing but a process that moves in jerks and fits and starts, going through many an epiphany and many a dark night of the soul. Your hope here was simply to become so aware of the confusion of planet Earth that you would finally stop attempting to control things from the mind, from the ego, from the head, and would abandon what would appear to be an inadequate resource for dealing with that sea of confusion that is Earth life. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion.

14: Another aspect of being a wanderer, which is common to those from elsewhere and to those who are native to the Earth sphere, is the enormous yearning to serve. And we say to each that the main service of each of you is the service of being yourself. For when you are most truly and deeply yourself, when your heart is open and vibrating in its fullness, you become a crystal capable of receiving energy, transmuted energy and releasing energy into the Earth's sphere. Many of you from other planets have come here specifically to do this. It is a simple process. You breathe in. You breathe out. You allow the truth to flow through you. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Naturally, each

of you gave yourself gifts to share, lessons to learn and outer services to perform. And we encourage each to move along those lines of talent and gifts as you perceive them, looking for ways to share those gifts. But realize that, more than those outer doings, the inner essence is the true and central gift of the life, which you have come to offer. It is a beautiful gift. It is a gift that will take you all your life to give, and our encouragement to you is to give this gift and do this service regardless of what else you seem to be doing in your life.

17: We greatly sympathize with the confusion that each feels within the Earth plane. We admire your courage. We rest in the comparative sureness of knowing of our density, in which many, many things are known, in which all thoughts are clear. Our confusion and our seeking lie in the mystery beyond that knowing. But to you, even that, the knowledge of self and the knowledge of other self, is so often hidden. It is as though each of you were in a scene from the television program this instrument knows as "The X-Files," looking around with flashlights in one dark corner after another. Such is the spiritual world. Within the Earth plane it is a very dark plane. The inner planes are not clear, and often there is no observed light. And yet we say to you, trust the light that is not seen. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

30.8 2001/03/25

27: I am Q'uo, and am aware of your query, my brother. We would suggest that the harvest is now, that many who go through the doors of what you call death are able to harvest themselves in the service-to-others polarity predominantly. Some few in the service-to-self polarity are also achieving harvest, and as the choices that each entity within this illusion makes are made towards sharing of the love and the light of the one Creator, so is the harvest of each and all made more possible. The dates, shall we say, are relatively unimportant at this time, for the future is mazed to all eyes, and the choices of the peoples of this planetary influence are the primary force, shall we say, that determines any potential dates for harvest. The future is flexible, so that it is possible in one great turning of the mass mind to the light that a harvest date could be at any particular point in time. Though this is not probable, it is ever possible that all may see the light within themselves and other selves as well and move the compass of the needle to the service-to-others polarity in one fine moment of inspiration.

31: I am Q'uo, and we thank you, my brother, for your desire to seek the truth and to share the love and the light of the one Creator with those about you.

30.9 2001/03/29

3: When the infinite Creator wished to know Itself, Its great heart beat out the next creation with all of its densities and sub-densities and all of the patterns of those densities and creations. Time and space were invoked and that which before was immeasurable and unknowable became a series of illusions that, paradoxically, were to some degree knowable, and these shadows of knowing were much desired by the Creator. And each of these sparks and shadows became agents of the one infinite Creator, thoughts in and of themselves, thoughts rounded and centered in the one great original Thought which is Love. And so each of you is a Logos, stepped down and stepped down until you are able to experience the very illusion you now experience. And each of you has come through many experiences and many densities to this particular time, at this particular place, each balanced exquisitely in the present moment.

5: Coming into that world of thought, that world of intention and principle, that world of desire and ideal and love, moving into the heart, we ask each to let the world of flesh retreat. As each of you rests in this world of the spirit, you have an unique viewpoint, for you are still within the body, within the incarnation, within the confusion, and yet by resting in the metaphysical, in the spiritual awareness of the heart, you have a release into spiritual things, into those things that can be trusted and depended upon to exist today, tomorrow and

forever. The concerns within which you rest are concerns that will matter just as much in a thousand years, in ten thousand years, in a million years.

11: The Potentiator is cast also as a royal being. And it is perhaps efficacious in terms of what we would give to this entity at this time to figure forth this Potentiator as the guardian angel, the guidance, the guru, the agent of divine change. This is an entity royal with that same creatorship, full of the essence of that great Self which is the one original Thought which is love. Although each may fruitfully at other times see this agent as the self, yet in this discussion we will allow the seeing of this agent as a gift-giver to one who opens the hands without knowing what it has. For as the Matrix reaches to the Potentiator, the need of the Matrix creates the gifts of the Potentiator. It is not that spiritual evolution consists in step A, step B, step C and so forth, a lesson plan and a linear set of things to learn, things to do, things to encompass with the mind, but, rather, it is as though the unfed mind, by its thirst, by the intensity of its thirst, and by the direction of its seeking, creates an unending grove of trees whose fruits drop into the hands of the seeker, who then eats that fruit and receives knowledge peculiar to the soil in which that fruit grew, the soil of that particular seeking, the soil of that particular response from spirit.

24: Yes, thank you. That too is very good. One other, and this is one that I feel comes from my beloved M. It is very difficult to feel one's self to be one for whom sacrifices are made and to feel a sense of self-worth and to try to keep one's head high and to feel that one too is making a contribution. Can you give us some words of encouragement that speak to that issue?

25: I am Q'uo, and am aware of your query, my brother. We would respond by suggesting that in the relationship in which you are so completely engaged with the one known as M, that there are sacrifices upon both parts which are most courageous for we see that it is in your illusion so easy to mistake that which is of value. There is the worldly measure of accomplishment and potential for accomplishment that is in truth only of peripheral value, for it is the heart of desire in each entity as each entity seeks the Creator within which is of most importance. The one Creator has flung from Its being the infinite creation and all entities that populate it in the attempt that It might know Itself in ways unavailable to It before such creation came about. When one, especially within the third-density illusion, sets one's self the task of seeking this Creator within the self as purely and as passionately as the one known as M has done, this reverberates to the heart of the one Creator in a manner which is most significant. For by removing the ability to work in the worldly sense one has set the challenge before one's self that is as focused as is possible within this illusion. All of the mundane world, shall we say, has been set aside for the single purpose of opening the heart in love and service to others. This, done as the one known as M has accomplished it, will achieve the metaphysical polarity in a significant sense, in a most efficacious sense, and all who touch this entity's being are aware of the brilliance of the light within.

30.10 2001/04/01

3: We almost hesitated to begin speaking because the meditation was quite beautiful to us, and we know that our words are not as full of meaning or beauty as the silence. But you have asked for some information about how to end a relationship when the ending must be done by one and not the other. And so we must use words to offer our opinion on that interesting subject. This instrument requests that we express why we are here instead of those of Q'uo. It is the nature of this particular question that has brought forth the energy of our social memory complex of Hatonn. We are of the love vibration, and truly there are some concerns that are addressed through the totally open heart rather than through wisdom or any mix of love and wisdom.

7: In many cases for a spiritually awakened entity the situation is that the other entity has chosen not to follow the call of the highest and best and has, therefore, simply decided to end a relationship without communication. When you are faced with this situation we may suggest that the first work to be done is simply to release the situation from your conscious control. It is amazing that there is not more pain connected with relationships, for indeed in almost all cases two entities

in relationship will have many areas of pain and soreness. We encourage again and again the communication between loving beings that is honest and clear, saying the hard thing as well and as kindly as possible, for it is in the saying of the hard things and in the bringing up of difficulties, in the exposing of the self in its vulnerabilities and its pain that entities begin to become closer and start to generate the kind of unconditional trust that is necessary for that experience of having true intimacy between two people.

8: Within your density it is virtually impossible to know when you have hurt someone, how you have hurt someone, where the sore spots are, where the sensitive areas lie. And if another entity will not share this information with you, then what intuition does not tell you remains unknown. And how painful this is, both for the self who is missing the mark unknowingly and for the other self who has not the strength of character to speak up and express in a gentle and loving way the needs that must be met, the limits of being that must be confessed, the self-perceived faults that must be shared.

11: But at a level deeper than this, at a level deeper than lessons and personality shells, the lessons are all about love. And we would pause that each within the circle may re-center the self upon the realization in this moment of the utter love in which each abides. Each is the one infinite Thought of love, brought into flesh, given a voice and hands to do, to serve and to be. But each moves with the breath of love, with the energy of light, with the power of deity. And from the standpoint of that loving nature, each is as a vibration and that vibration is an expression of love. It is well to remember this deep and constant nature of self, for certainly upon the surface of the physical incarnation, in the everyday experience, there are many rough waters and puzzling events aplenty.

12: It is well to remember that all things come down to issues of love, forgiveness, acceptance and release. In this particular instance where there is a desire to find closure in a relationship without the advantage of communication from the other party, the largest issue is forgiveness. And it is not simply forgiveness of another self although this certainly is involved, but rather it is coming to see that that person is a part of the self which the self does not happen to be able to control. However, the self can control the emotions and the direction of thinking within the heart. It can determine for the self to release and forgive all shadows that appear to blot the beauty of another person at the soul level and to know that person again as that person has been known before, as perfect, without blot or blame or sin of any kind. For this is the true nature, not only of that person, but of the self and of all that is. Once that other entity has been released from its stricture within your heart, the remaining work of forgiveness lies within the self. For although the issue seems to have to do with another entity, in truth all things come back to the self, and the other self is not forgiven until the self has forgiven the self.

15: Underlying this act is a faith in the rightness of the relationship as it is in its seeming imperfection. If there is absolutely no desire for further relationship with the entity with whom closure is desired we would suggest burning. If there is the desire to invoke the forces of time so that in any future in which such relationship and such issues may again be worked upon that there is willingness to do the work, we would suggest burying. But in both cases we would suggest the most careful thought as to the expression you wish to make as you burn or as you bury, seeing this in true terms of closure, seeing the making of an end and asking the self, "How can I make the most loving and most harmonious end? How can I release this soul to move along its path with the most open heart?" Let this be a concern that brings forth the words that are the highest and the most loving that can be found while at the same time being completely honest and sincere.

17: Realize in a very deep way that the job of the self is to give and receive love. The work of receiving love is done when it is perceived as being offered. The work of loving is endless, for it does not take the agreement of another person to love that person. All beings may be loved without infringement of free will. So we encourage each to work on loving without expectation of return, without attachment to the outcome of a letter or a telephone call or any other communication, but loving into the void, into the abyss, that is a life lived in faith.

29: I am Hatonn. We are not well aware of this entity and must speak in most general terms, for it is not our forte to look to individual vibrational complexes in order to diagnose

the difficulties therein. We may suggest that when an entity finds that there is little of the foodstuffs that it is interested in, and this is most often especially the case with the young children of your peoples, that the need [is] for the intake of love from those that are the parents and the, shall we say, significant entities in the life pattern. For in its most basic sense, your food is love. It allows the life force to continue to move through the physical vehicle, and the young entity will equate the foodstuffs with this quality of love that is needed most basically by all entities, especially by the younger entity. If there is some manner in which attention may be given to this young child in a more understandable manner, perhaps then the reflection of being full of love will manifest in the eating habits as well. May we ask if there is another question, my brother?

37: I have no question but feel that I want to say that it is nice to hear Hatonn. It does not always happen, and thanks for speaking of love because it does come through.

30.11 2001/05/06

3: Your question to us this day is also, in an important way, about love. For when you are in a passionate stage of seeking your heart is on fire with that which is love. The story of love is a very simple story. The Creator loves each and every spark and atom of creation with a love that is beyond all that can be imagined. This love is as the energy which drives the infinite universe, and it is the spark within the heart of each of the Creator's children. The love of the Creator is as a unified, infinitely intelligent Thought that we have often called the Logos. Logos is the word which the one known as St. Paul the Apostle used and the one known as St. John when they wrote those books of your Bible in which the love of the Creator was discussed. The one known as John, who wrote the Gospel of John in your Bible, also used this word when this entity wrote, "In the beginning was the Word." In the beginning was the Logos. And each of you is made of that same Thought that is the Creator and the created. And each of you, having received this infinite gift of life and spirit and being, has created through the winding trail of experiences and thoughts many, many shadows and variations on that original Thought of Love so that each of you vibrates in love, and yet with many unique characteristics of your own which mark each of you with a signature which is unmistakable. We would know each of you in any density and in any form of body which you would take, for each of your souls is unique.

4: The question this day concerns the cycles of seeking that you experience, the ups and downs of being very excited about a certain body of material that seems to hold true and then being not so excited about that material and perhaps, then, being drawn to another body of material and becoming excited about that. As this instrument was saying earlier in the discussion that preceded the mediation, there is only one truth. There is nothing new under the sun. And we would be the first to agree with this instrument. We have often said to this group that our story is too simple to be told in an understandable fashion. We work through channels such as this one because each channel has a personality and an attitude which enrich our simple story with words and images that we are able to use to find a new way to share our hearts with you. And this is what the thousand thousand entities who are inspired with the love of the Creator offer. Some of these sources have been codified as holy works. Some of these sources have never written their words down at all. And many are somewhere in between.

6: And those who choose a religious path or a philosophical path as a life path are very wise to remain upon that path in good times and in bad. But there are many entities, many sparks of the one infinite Creator who are not able, for one reason or another, to resonate and respond to the story, the truth and the face of the Creator that lie within that religion or philosophy that is offered. These are entities that will make their own paths, and these are entities that may well find themselves not simply moving in and out of a passionate love of one body of material but in and out of respect for and devotion to and learning from several or even many different sources of inspiration and guidance as the path moves through years of living and experience. We do not in any sense recommend one way of pursuing truth over another. For entities such as this instrument we find

one path to be extremely helpful and the sticking to that one path extremely wise. For those who do not resonate to one path but who find their food from this and then another and then another source we simply commend to those seekers all that is old and all that is new in their experience.

7: Even if the seeker attempts to stick with one body of material she will be cycling each time she reads through the same holy words into another period of her own learning and, therefore, she will come to that material as a new person, so that spiritual words are never actually old, for each time that you come to them you are a new entity with a new and more informed mind and heart. Sometimes it may seem to you that you are actually moving backwards and regressing, and this is expressed well by the one known as T who was somewhat disappointed in himself because his passion for the particular material that he had previously loved so much was no longer running so hot. And yet we say to those who may feel this way that even were you to move back into that same material and be kindled anew for that material, it would not be coming back to the same material. Rather, it would be looking at it with new eyes and finding a new level of learning and inspiration within those pages.

8: That which the seeker seeks may seem to be within the words of holy works or inspirational works, but in fact the truth lies beyond the words of those books. For truth cannot be written down. Truth lies within the heart. Truth lies within essence. Within your illusion, within the poor words which we offer through this instrument, within all words, lie nothing more substantial than dreams. The world as you experience it is a very thick illusion made up of atoms and molecules and a great deal of space and energy fields. Those energy fields are thoughts. You as an entity are a kind of thought. And what you hope to do, what you seek to do, what you yearn to do when you are seeking for truth, is bring your thought, your energy field, your light, if you will, more and more into tune, into harmony and eventually into unison with the Thought that is the one great original Logos of love.

10: Religious and philosophical seeking brings the student to the place where finally all the stories fall away. The heart is opened, and at last the soul can rest and tabernacle with the one infinite Creator in power, in peace and in love. The comfort, the joy, the bliss of that companionship of the one infinite Creator is not out there somewhere, but, rather, within the heart, that same heart that beats so strongly within the body. This heart has a metaphysical component that is just as powerful a pump as the physical heart. And the Creator waits for each of us within that heart energy.

11: We wish that our words were not so poor. And yet at the same time we are grateful that we are able to share them. We wish we could share truth instead of the story about truth. But as long as we use words we will be telling a story. We will be dreaming dreams. Yet know that within the dream of each of your lives, within the seeming illusion of everyday, the reality of truth and love abides. There is nothing unreal about your illusion. It is very real. It is just not what it seems. The Creator is everywhere. Your heaven is everywhere, within you, without you, in every speck of the creation of the Father. Teachers are everywhere: the frog upon the rock, the iris blooming in the garden, the raven out the window. All the familiar images of this particular day in this particular year within this particular life experience are divine as well as mundane, enspirited as well as illusion.

13: You asked whether it was a good idea to attempt to be on fire for the Creator all of the time. And we would say to you that it is not a state of mind that on the surface is passionate, that we would encourage seeking as a steady state. In terms of the surface experience we would encourage experiencing as truly and really as possible what is being felt at each moment, for you are not attempting to direct the way you experience the Creator. Rather, you are simply attempting to know more of the Creator. And so we ask you to release from any judgment your view of yourself as being good when you have passion and being not so good when you are less passionate about a way of seeking. Rather, we would encourage in terms of the steady state the remembrance of the Divine, the remembrance of who you are and whose you are. It does not matter how you feel about that. What matters most is the persistent and heart-felt orientation of the self with the Creator. Simply to remember the Creator is what we would recommend as the request made by the self of the self for every day. Attempt, if you can, to remember every day that you are the Creator's child and that the Creator loves you more

World War was condemned for preaching the gospel and put in prison. These entities were on starvation rations and were expected to die. This entity knew code, and he would tap out prayers and encouragement on the bars of his cell and other entities who knew code would carry on and pass the word. He would do this every day. He would create services and prayers that sustained an entire prison block of entities through the Second World War. He did die a natural death, but not before he had carried with his love and with his faith an entire community of imprisoned souls into light and love simply because he kept talking, the only way he knew how, about the only thing that mattered to him, which was love.1 53: Let your lives be about love and you shall make of your world the heaven it surely is. When you walk through the gates into larger life you shall only see more of the same, my friend, for you have been there all the time. This day you are in paradise. Believe it and act on it and let the word spread that heaven is on earth today. It is in your hands. It is on your lips. And it is in your heart. 64: Thoughts of fear drive out peace. Thoughts of love build up inner peace. It is as simple and as challenging as that. As your mind, so shall your body go. 66: When that thought comes to you of what the highest and best would be, try it on, my friend. See if it feels more comfortable to you, more profitable, more skillful, and more helpful than your fearful thoughts. This is the kind of choice which does not look like a choice of polarity, but it is. The choice of fear is the choice to have life be about you. The choice of love is the choice to have life be about the one infinite Creator.

35.21 2006/04/18

13: If you persist in speeding up the process of penetrating the veil of forgetting, please recall that you need to be very careful to use such information in a spiritually mature way, not judging yourself or spinning tales [of] adhering karma and dire consequences. We ask that you refrain from moving through such judgmental patters. Look at the information that you may have gained as a kind of story that will help you to have a larger and a more informed point of view and remember that it is not what you know that is important but how you respond to the present moment. This incarnation of yours, my brother, is not about acquiring information or wisdom, it is about opening your heart and becoming able to share and carry the maximum amount of light and love as it flows from the Creator to the Earth and through y our physical and metaphysical bodies. If you can open your heart in this moment, you are doing the maximum amount that you can do to serve the Creator and the creation.

34: We are those of U'uo, and are aware of your query, my brother. Indeed it is not necessary at all to remember any of the details of your past lives. In order to achieve harvestability within third density, it is necessary only to intend to love and to allow the self to be loved in return. Loving and being loved are the activity that shall open your heart and create in you a cleanliness, a peace, and a power that expresses the love and the light of the one infinite Creator in its truth and its beauty.

35.22 2006/05/07

21: In consciousness there is a ground of being. That ground of being is love. You are an expression of the one original Thought. That is the gift that you carry in your physical lifetime. You don't carry a little love. You carry the love that creates and destroys. It is at once your glory and your biggest woe because when you do not focus and direct the awesome power of your personality, your character, and your belief system and instead you allow it to follow its impulses without giving them particular thought, you may find yourself in the situation where life experiences are occurring to you that do not make sense and to which you do not know how to respond.

28: If you see the perfect body and wellness itself as a state of love, then you will see that fear is a choice which turns one away from the face of love. Therefore, the choice for healing is a choice to lose fear and choose love. Because it is sometimes difficult to drop all fear, healers exist which work with the energy body rather than the physical body. What they do

is to offer to the entity who seeks healing the opportunity in a neutral atmosphere to drop fear and choose love.

42: For many of you in dual activated bodies there is a feeling of great and passionate desire to connect with the Earth and to love and be a good steward to the Earth. For there is that within your consciousness as a person and in your consciousness as part of a race of beings that you have, in the past, been part of the destruction of a planet, a continent, a city, or family. And that destruction has caused the Earth to grieve, to mourn, and to become disoriented.

54: For most of you, indeed, as we said, the choice has been made. You have decided to be of service to others. Let these next few years that remain before 2012 be a testament to your stability, your spiritual maturity, and your ability to persevere. Bloody mindedness and sheer guts is sometimes part of what it takes to make the choice of love.

55: You have to look beyond your own feelings and your own first responses and ask, as this instrument has heard often from us and from those of the Ra group, "Where is the love in this situation? Where is the light in this moment?" When you are prompted to ask this query of yourself, you may well find that you are the only source you can find in that situation of love and light.

58: Yes, my friends, you! You are only one being, but you have within you consciousness. That consciousness is what this instrument would call Christ consciousness. It is the consciousness of unconditional love.

59: Go looking for that consciousness. Ask for help in finding that consciousness. Your guidance system is just waiting for you to ask for help. The angels that surround you are breathless with anticipation that you will remember them and call for them. They love you with a love that we cannot describe to you. It is the love of the one Creator. They are bits of that consciousness; uncreated, sent forth in purity, unable to enter incarnation and able only to help when asked by incarnated beings such as yourself. Remember to ask for that help.

61: The one known as Jim was saying that in The Ra Material, the period of transition was suggested to be perhaps between 100 and 700 of your years. The reason it is so approximated is that we do not know who shall inspire whom with love and with the daring to make courageous choices at difficult moments. Every choice that you make for love extends that transitional period. And it is good to have that time, simply to work with the earth energy and to reconstitute and restore the health of the planet.

76: So, my brother, in brief, as you rise in densities, you see the details in much more full array than you do now. But you also see the organizing principle of love that drives the dance. This overarching love is the consciousness of which we were speaking earlier. Each of you possesses it and as you rest back into both yourself and the essential nature of the world around you, you will be led closer and closer to the immediate apprehension of the beauty of this dance.

77: We would encourage you, my brother, to try, as an experiment, the experience of resting within a natural environment, far from clusters of people, and drumming or beating upon a piece of wood with your hand or anything that enables you to begin to express the rhythm of your being. For you have this dance within you. Allow civilization to take a back seat for awhile and just beat the rhythm of the beat of your heart for a while. It does not have to be a terribly long time. It is a way of putting you in touch with the part of you that is in rhythm and dancing with all of the rest of the unified creation of which you are an integral and loving part.

86: Rather than focusing on the illness and his fear of dying, he decided to focus on his wellness and his love of life. In this entity's case, it worked well because this entity had done the work before he was given this diagnosis to be able to come up with this scheme.

35.23 2006/05/28

9: Consequently, the work and challenge came for those entities experiencing the [higher] densities on Venus' influence instead of in third density. Those who graduated into sixth density from the influence of the planet known as Venus, then, have often, in coming back into third density on your planet to serve as wanderers, been faced with a very challenging, self-given agenda of learning. That agenda is in re-balancing love and wisdom in order to value them in such as

ness. Even just a few moments of it can fill you with the wellspring of emotion and joy that will [allow you to] shed tears as freely as a flowing river. Once again you know that you have never been left behind, that you have always been protected, always been loved and always been cared for, now and forever. Amen.

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

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

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

78: It has been the status of David's work up until this time that there was not the capability to bring forth others to the process of this seeking, and therefore we may reflect on the fifth-density aspect of self which also exists for each entity. These aspects may be many in number, but it is very common, as you would think of it, for there at least to be one aspect which is of the masculine propriety or gender in its overall energetic bias, and one entity which is of the overall feminine bias. This refers back to material that is spoken of in the earliest sessions of David's material, whereby the masculine aspect introduced itself with the archetypal sound vibration complex of Grandfather, and whereby the feminine aspect introduced itself with the archetypal sound vibration complex of Lucia, or Light. Therefore, we see the interesting paradox of the fact that the feminine principle is named after Light, and the masculine principle is named after Love, as many souls have the opportunity to love their grandfather.9 97: [footnote start]Holy Bible, Matthew 25: 31-35. The parable as channeled was somewhat garbled from its Biblical lines, and so the original story has been located and inserted as per David Wilcock's suggestion.[footnote end][footnote start]"The distinction between yourself and others is not visible to us. We do not consider that a separation exists between the consciousness-raising efforts of the distortion which you project as a personality and the distortion that you project as another personality." Law of One, Book I, p. 67.[footnote end][footnote start]In the sense of the Guidance Systems of Everyman and Woman.[footnote end][footnote start]For personal examination of this issue, a good starting point would be www.dreaman.org/usufoirc.html. [footnote end][footnote start]Information may be found at www.disclosureproject.com. [footnote end][footnote start]Information may be found in Kevin Sullivan's article, "In Cuban Depths, Atlantis or Anomaly?" Images of Massive Stones 2,000 Feet Below Surface Fuel Scientific Speculation. Washington Post Foreign Service, Thursday, October 10, 2002; Page A25, www.washingtonpost.com/wp-dyn/articles/A3507-2002Oct9.html[footnote end][footnote start]More information may be found at www.dwij.org/pathfinders/linda_moulton_howe/linda_mh8.html. [footnote end][footnote start]Law of One, Session 13. "RA: The intelligent infinity discerned a concept. This concept was discerned to be freedom of will of awareness. This concept was finity. This was the first and primal paradox or distortion of the Law of One. Thus the one

intelligent infinity invested itself in an exploration of many-ness. Due to the infinite possibilities of intelligent infinity there is no ending to many-ness. The exploration, thus, is free to continue infinitely in an eternal present." [footnote end][footnote start]In the Law of One series, Light/Wisdom is often associated with the masculine archetype and Love with the feminine.[footnote end][footnote start]Information may be found at www.ralian.com/rnboyd/spintorsion.htm. [footnote end][footnote start]Information may be found at www.mcs.surrey.ac.uk/Personal/R.Knott/Fi-bonacci/phi.html#golden. [footnote end]

32.6 2003/02/19

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

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

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

17: The one known as R has tremendous amounts of dedication and energy in the area of the indigo-ray work and is well aware of issues which it focuses upon at this time, and we would not infringe upon the free will of the one known as R by commenting more closely. We do not believe that there is any lack in this portion of the creative and intentional work in service of the one known as R but, rather, that this entity focuses with great care and love and persistence at this time. As this entity indicates by the very shape of its query, it is well aware of its need to move always back into the whole self as a prerequisite to doing work in consciousness. It is when the bottom is firmly planted and well placed on the ground of true small things that the spirit may soar. It is when the first story of the house of a life is swept and tidied that one may go to the upper room, there to be lifted up into midair with the angels. Let that first floor first be neat as a pin, with each honor which is also a duty seen to, each promise kept, each relationship honored, each thread of self within found like the lost sheep, brought into the loving heart, kept warm, comforted and fed until the self is as loved as those loved ones that are about one, until the self is also seen as the Creator, as the Christ, as the child of the one infinite Creator,

utterly worthy of love.

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

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

32.7 2003/03/02

4: The lack of mobility comes from the fact that there are blockages in your energy centers, or chakras, and those blockages only allow for a certain portion of the light/love energy of creation to stream and flow through you properly. The question pertains to the exact nature of how these blockages are being opened up by virtue of the shifting energies that are present in your time/space and space/time nexus. We have spoken of this in the last session and the session before, and thus we do not need to repeat information. Suffice it to say that, as of your date, February 19, 2003, you have crossed the next major hurdle in terms of intergalactic astrology. You are now moving into a higher zone of energy, to put it in the simplest possible terms.

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

7: It is our perspective, this perspective of boundless light and limitless love from which we look down upon you, [that we] recognize how carefully you have created every single aspect of that which exists in your sphere of influence. And therefore you can never have any sense of guilt or blame towards others for that which you have experienced.

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

17: Thusly you see the detention of one known as Jose Padilla, who was accused of having been a terrorist without any supporting information and was apprehended and held in Guan-

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

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

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

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

once again, by choice and by faith.

61: All things have their opposite. The choice is a choice between the two largest dynamics that govern and help to create your experience. Those are the dynamics between the light and the dark, love and fear, helpfulness and greediness, service to others and service to self.

35.19 2006/04/14

5: We would suggest that such entities experiencing this pattern of energy expenditure may profitably consider that they may well have chosen to incarnate in third density upon the Earth at this time in order to effect a more harmonious and full balancing of the energies which you may call love, light, power and peace. We offer these words to indicate the dimensions of love and wisdom, or the lessons of fourth density and fifth density, that are studied in sixth density in order to unify and solidify the point of awareness that contains all of the consciousness that is granted to all aspects of the creative principle.

6: Those who have experienced a far more comprehensive course of study in wisdom than in compassion move into third density not only to be of service to the planet and to its people but also to tackle a kind of strenuous metaphysical boot camp, if you will, in which your preincarnative desire is that you shall effect, within the athanor of incarnation, a more equitable and just integration of the energies of love and the energies of light or wisdom.

9: However, we would perhaps use the term arrogance rather than pride. In pride, there is a conscious element: one is proud of something. There is a quantitative aspect to this concept of emotive structure. We do not wish to indicate that there is any conscious aspect to the structure involved in those who are wise at the expense of love. Therefore, we suggest the term arrogance, for arrogance is an unconscious attribute carried by those who are aware of the efficacy of their thinking processes.

12: During this meal the one known as Jesus offered two mandates as suggestions for loving each other. His first suggestion is memorialized in what this instrument calls the Holy Eucharist. The teacher known as Jesus took bread, the common, ordinary bread that was the substance of the night's meal. He blessed it. He broke it. And he shared it with all who were at the table.

20: We ask all of those who find themselves wise and who know themselves clever, has it helped you to love? Has it opened your heart? We have often spoke through this instrument of the most difficult journey an entity such as those you have described will ever make. That journey is the fourteen or so inches from your head to your heart.

24: We are those of Q'uo, and are aware of your query, my brother. We have perhaps made a modest beginning at suggesting the general strategy for working towards the full integration of wisdom and love. We have talked before about the heart chakra. It is a much misunderstood energy center encompassing two distinct aspects.

28: It is a difficult thing to grasp because there is no cleverness involved in opening the heart. There is only the acknowledgment of the falsehood of any claim that one may wish to make to true wisdom. For wisdom uninformed by love is not stable or balanced, in terms of that lesson which entities such as yourself incarnated in order to balance.

30: In orienting you and those like you to the actual situation, we would ask each to move back in perspective until there is a broadness that takes in all of the third-density pattern. A pattern involves a choice of how to be and how to serve. In third density, the path to graduation involves a simple choice followed by a series of congruent choices which progressively tune the spirit under such discipline to the point where that spirit is able to surrender to love.

35: You seek to wend your way from the penumbra of articulated thought to the daylight of love. We wish you every good fortune in your seeking and we commend you for your awareness of the basic situation.

47: We are those known to you as the principle of Q'uo, and are aware of your query, my brother. We tread close to the limits of free will as we respond to this question. In our opinion—and we offer it for what it is worth—the pattern which you describe is that of a sixth-density wanderer whose fifth-density experiences were felt by the sixth-density entity to have too marked an effect upon the basic ground of being

which is represented by the pallid word "love" and by the activity of the student of fourth density in realizing fully...

50: ...the depths of that ground of being. The Thought that created all that there is was not a thought of wisdom. It was pure, unconditional, love. Consciousness is a Thought which creates and destroys the universe. That consciousness is a consciousness of love.

51: It is difficult to bring into focus within third density the function of wisdom. Perhaps the most skillful thing we could offer at this juncture is that which has been noted by all, we feel sure, and that is the difference between the thinking of the intellect and the thinking of the heart. Each entity knows people who seem to think with their hearts. Whether their intellects are great or modest, the solutions to the catalyst within their lives seem to involve the creative aspects of love.

56: Wisdom has a tendency to create within an entity the feeling that he or she is powerful and self-sufficient. In truth, when power has been wedded to peace and light has been wedded to love, true power emerges. And in that power is rest. In that compassion is wisdom. But the ground upon which you stand in order to do this work of reconciling and harmonizing those factors that blend into who you are is love.

62: Now that the era of service-to-self activity on this planet is coming to an end, are there scholars in the inner planes who are tallying up the lessons learned? What do we do better to understand now about the lure and the explication of violence and selfishness? From observing such difficult passage of a planet to fourth density, how can we better understand the properties of the service-to-self vortex as it reflects to us a distorted image of unending love?

64: We truly have no words to offer but only the humility of silence to those who would seek to know the one infinite Creator. When such hopes and desires are expressed, it is time to move to the bare beginnings and to take up with joy a condition of infanthood, and then to surround that beloved, precious, infant spirit self with the greatest of faith that you as an entity may find within your self.

35.20 2006/04/16

9: The one known as Jesus had another kingdom in mind than the kingdom of the world. He called that the kingdom of heaven. He was interested in turning people's minds from the world to heaven, from fear to love.

21: Thusly, treasure this incarnation and realize the gift that it represents for each of you. This is your last opportunity to make and sustain the choice of polarity that shall lead you through graduation and into your taking up higher-density work. Those who do not make a choice of polarity and sustain that choice until polarity is built up to the point where you are able to bear the light of higher densities shall experience another cycle of third-density incarnations upon another planet and shall once again take up the lessons of love. 26: And we would ask each of you to be aware of this tendency in the human heart toward aggression instead of patience insofar as you are able personally. We would encourage each of you to choose communication over aggression, patience over impatience, love over fear, and hope over exclusion.

28: Yes, you are that powerful, that magical, and that influential! You have within you the consciousness that was in Jesus the Christ. It is buried, in some cases, beneath the rubble of a carelessly spent life. Begin this day, then, to live with care, patience and love, being consciously aware that you stand for Earth this day not only for yourself. Do not let this concern you or weigh you down. But know that your choices truly make a difference.

32: To those who persist in their choices, graduation is almost inevitable, for you are full of the desire to move on and when you organize that desire into a focus and point your will, nothing can stop you. You can be in prison and you can still make your choices for love, service, devotion, joy and gratitude. You can be on your deathbed. You can be on your sickbed. You can be in any circumstance whatsoever, and as long as you have the will to make these choices, you are already in paradise.

52: And we say to you, your heaven and your hell lie in the present moment. You make of your world a heaven or a hell. He who approaches life from an attitude of love creates a heaven wherever he goes. We find in this instrument's mind the example of an entity named Dietrich, who in the Second

time been a part of third density upon the Red Planet.

12: The Guardians' mistake was in creating better physical vehicle with the attitude that these physical vehicles were better and that the people that inhabited those physical vehicles were special. Naturally, the Guardians were very fond of the incoming population and felt great love for them, as they were placing them carefully and gently upon planet Earth to take up again their search for love.

16: As the population settled in and began their cycles of reincarnation to gain experience and learn the lessons of love, they spread out, becoming the populations that you now know as the Russian and Eastern Orthodox churches, the Christian church, and the Christian Protestant church as opposed to the Christian Roman Catholic church. All of these populations are heavily "larded" with those originally from planet Mars.

19: You will note that in the Moslem church, the Christian church, and in the church of the Jews that there is a strong tendency to exclude certain of their members who do not believe specifically in the points of dogma in which they hold to be true. The tendency of this energy of belief in one God, then, has its challenging aspects when it comes to using that religion as a springboard for the lessons of love.

22: What are those of Mars doing these days? As the one known as J said jokingly earlier, they are running your countries, parking your cars, taking care of your children, and doing every other human thing you can think of. For there are millions and millions of those who came from Mars. They are, as are all of those within third density at this time, striving to learn the lessons of love.

23: Many of those who come from the Red Planet have earned the right to graduate into fourth density. They have achieved that shift in consciousness from fear to love, from war to peace, from doubt to faith, and from despair to hope. There is no stigma in being from Mars, anymore than there is a stigma to anyone for being born of a certain genetic heritage.

24: It is not that the physical vehicle that you inhabit is unimportant. It should be honored, respected and loved, for it has given its life so that you and your consciousness may walk the planet and learn the lesson that you came to learn. It is that body whose hands reach out to do the service you would do for your fellow human being. It is that voice that sings the praises of the one infinite Creator. Without your body you would be unable to have incarnation.

28: If so, then you have every necessary capacity and have probably already made the choice to turn your back on violence and negativity and to choose love as your expression, your being, and your goal. We encourage you to trust yourself and to give all that you have into making this shift. It is not too late. The decision to choose love is a matter of a heartbeat. Each decision to choose love is a matter of a heartbeat.

35.16 2006/03/28

12: However, it is far more often the case, when entities enter into such games, that quite another psychological structure is being expressed. Rather than there being a conscious awareness of love and a desire to maintain that love by bleeding off negative emotion, the intention of the majority of entities who choose to play such aggressive games is to enjoy the process of being powerful and able to defend the self successfully. This motivation is fear based.

43: And when you are an adult dealing with children there is a special element of the desire to lead them in the right way. Be honest in your opinions. If you find that a game or anything else that a child is interested in has negative or troublesome aspects, discuss them with the child. Be frank and open and share your heart. That way the relationship is clean and clear and the love of the one infinite Creator will find ways to enter into the conversation.

44: Your goal is to be with that child. The direction of the conversation is unimportant. It is the heart listening to another heart, the thoughts interested in another's thoughts, and the atmosphere created of love, encouragement and support that are important.

35.17 2006/04/01

5: A key concept to remember when thinking of your guidance is not what form or shape it takes, but what its essence is. The essence of that spirit that companions you throughout and incarnation is unconditional love, absolute support, unending compassion, and a clarity of understanding that takes in the full sweep of the octave of densities within which you now enjoy consciousness.

17: There are so many sources of guidance that are around you that to discuss them in depth is impossible, but we can simply name them. They include, as you said, angels—and there are many varieties of angels—pixies, elves, fairies, nature divas and spirits of all kind, the essences of elements, their spirits such as undeens, sylphs, niads, dryads, and all of the totem with which you have been associated in past lives. As well, there are many entities in the inner realms who are drawn to you when you are conspicuously loving, patient or intent upon the truth. Passion for goodness, for fairness, for love, or for devotion to the one infinite Creator all draw to you entities that dwell within the inner realms in one capacity or another. And so you may have about you literally dozens of helpful, loving sources of inspiration and guidance. Each is in harmony with the other sources of guidance that are about you and they constitute your family in the unseen realms. Also to be considered are those entities which are associated with you in other densities, especially for those of you who are wanderers.

60: We who are not of third density incarnation, whether we are dwelling between incarnations or are essences that were uncreated and therefore have not incarnated at all, are part of this dance. It is the dance of the heavens and the Earth, the elements and the essences of creation. In infinite variety and color, the patterns of the dance swirl in sacred geometry, in joy, in thanksgiving, and in grace and symmetry that create a beauty that is never ending, ever flowing, and an expression of unconditional love in its every facet and coloration.

85: The seed of any thought is thought itself. The Logos is the original Thought. All thoughts spring from the Logos. Unconditional love is the essence of the Logos. Therefore the seed of every thought is love.

35.18 2006/04/02

40: This instrument was telling the one known as B earlier about a vision that she had several months ago, when she read an article by a scientist who had done experiments with water crystals.² He asked entities to project as pure an emotion as possible to these crystals and then he photographed the results. Interestingly enough, the crystals, when magnetized by thoughts of thanksgiving, joy and love, developed beautiful, flower-like patterns of crystallization. When ugly and angry thoughts were projected to these ice crystals, the ice crystals became malformed.

41: The intimacy of thought and water is very appropriate to consider as you look at your physical body. Your thoughts are impressing every cell of your body. You are a very watery being. A large percentage of your body is water. You are, therefore, a creature of the tides of your inner emotions. Be aware of how easy it is to magnetize water with an idea or a thought or, most importantly, an emotion. Tend your everyday self to thoughts of thankfulness, thanksgiving, praise, appreciation and joy. Remember how powerful you really are and impress your own body with the fire of your love. Let that love do its healing and organizing work within your physical body.

45: We are those of Q'uo, and are aware of your query. We do not know a great deal about the one infinite Creator, for the Creator is shrouded in mystery. We know that the Creator is not a being and does not have organs or eyes or a physical vehicle of any kind. We know that the Creator's very nature is love. We know that the creation which the Creator cobbled together out of this Thought of love and free will is a creation of love. We learn about the Creator by observing ourselves and other beings, all of whom carry the energy of the one infinite Creator within them.

58: We would develop an operating manual that would let people know that they were creatures of love; that their consciousness was love, but that they were carefully blocked from a direct apprehension of their nature so that they could use the school of third-density life in order to find that nature

was the work of literally decades for the instrument to come to a day in which she gazed at this distortion within herself and realized that she had fallen in love with herself, that she could forgive herself this: that there were, in her newly expanded way of looking at herself, more important things to focus upon than the details of a personality shell.

38: Once this lack of judgment began to filter into the roots of personality, relaxing this skein of judgment that had netted and twisted itself about the personality shell, that energy to judge the self faded for this instrument, thus freeing the ability of this instrument to love other flawed personality shells and the souls which they contain. The fourth-density attitude begins with the awareness that each entity is divine, yet a portion of that which we may call the "Godhead principle." The physical being, the personality shell, the thoughts of the surface of the mind itself, are layers of an illusion which is held in place by that system of energies which is at this time beginning to falter and weaken, beginning to give way to a fuller and more generous light. Allow and call for this golden light. Know that you are as capable of receiving it as you are as asking for it. We encourage each to begin to find ways to fall in love with the self. This resource that you have within you of forgiveness is extremely powerful and it connects within the tree of mind with those energies which are far more powerful than those archetypal rulers of third density. This is, may we say, a fascinating subject which we could speak upon for some time yet, but this instrument informs us that we must stop speaking and so we accept that it is time for us to release this instrument from discussing that main query.

32.8 2003/03/16

5: The profoundly militaristic energies that your peoples experience at this time are, as has been discussed by the one known as J and the one known as Jim, the fruit of repetition and iteration over many civilizations, many wars, and even many planets. Those upon your sphere have experienced misalignments of energies and misjudgments of polarity in honest but misguided efforts to attempt to serve and to grow. And the nature of the decisions which have capitulated previous societies into catastrophe, catastrophic war, the leveling of that which was wealthy and sophisticated to the so-called dark ages, is a pattern that has been repeated not once or twice but many times. Consequently, your present harvest has overtones and undertones from many previous expressions of the iterating mechanism which turns love into fear and fear into aggression. The energies that are present at this time are iterative energies, energies that have become mindless, that have, in a tremendously profound sense, become obsessed, obsessed to the level of the archetype, so that it is as though your harvest expresses the archetype of the lightning-struck tower with an intensity that could only be achieved by mindless repetition past the point of self-knowledge and into a state of mind of slavery of which at this time we see your peoples attempting with ever fresher energy to snap and break the control, so that the human spirit might once again become liberated from this endless round of fear and hostility.

9: As the one known as J has said, some entities must draw the short stick, some entities must accept being the bad example. Each entity which is perceived by the seeker to be a service-to-self entity bent on the destruction of the good is also a soul who is serving perfectly, in his own way, attempting to learn the same lessons, those lessons of love and how to love always the choice of how to love. For those who are on the service-to-self path also have passion, but it is the passion for the self, to arrange the world in which the self is satisfied, safe and comfortable. It is easy to see a display of evil and good, dark and light, yet we ask you to move beyond this somewhat limiting image of the present harvest, for it not a battle betwixt good and evil. It is, rather, a battle for thought. It is a battle betwixt those who would wish to enhance and lift and enlighten in a great outpouring of radiated love and those who would control, contract and shepherd the world as they would wish it to be controlled. Expansion or contraction? You are experiencing the contractions of fear of those who are in power and, yes indeed, because of these encroachments of aggression, upon the very citizens in whose name they are promulgated. This pressure has produced a kind of explosion of healthy, blossoming, passionately engaged hu-

man beings who have now experienced themselves as souls; who have a deep and passionate feeling about that which is the appropriate action for themselves, their families, and their country.

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

11: Each of you is a wonderful flower that blossoms daily, that opens to the light, that has your own unique aroma and habit and form. Each of you is a tremendous blessing to this planet by your being. You are as those who have fought alongside each other for many, many years. This is another time, another opportunity to stand together and to fight for the light, not [to be] against anything, but to do the inner battle that wins through to the armor of light, to face the self in every day, in the morning light that shows all flaws clearly. This is your geste¹, to gaze in that mirror and see the flaws and see also the one infinite Creator, to gaze into the world as it is and see past the rind of militaristic thinking, see past this deadening infection that has blotted the surface of your thoughts with a kind of mildew. Remove yourself from the surface, remove yourself from that which is not truly your own thinking. Come back into the heart of your flowering being and feel the strength, the passion, the love that resides and rests there just as it has always rested over the deep before any form was. That is the peace that lies within your heart. It is a sweet peace, it is a true peace, it is the original peace. And it is a piece of you, that which can never be separated from you. Nothing can separate you from the love of the infinite Creator. Nothing can separate you from the truth of your being. Nothing can separate you from yourself.

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

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

completing of this ritual of freeing oneself from unwanted energies by the grounding of this ritual either by the words, “So may it be done,” or similar words or by the stamping of the foot upon the ground, or the hand upon the surface, with this motion completing the ritual.
46: I love you Q’uo. It is so good to be with you.
47: I am Q’uo. And we are most overjoyed to feel the love and compassion, the sense of proportion and dedication from this group. We are always pleased to be able to join your group and this day has a special feeling about the open-hearted sharing that has occurred.

32.9 2003/03/21

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

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

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

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

11: The strategy that we would recommend for working upon this primary contractual obligation or what the Ra group called “honor/duty” is that heart-opening discipline, for which the one known as J has so richly prepared himself by many resources and many experiences that hone and refine the strategies and processes that this entity may bring to

bear upon that seed that is within that blooms in the spring of awakened consciousness. The seed has fallen in good ground and there is every hope of a good spring and we just encourage the one known as J to bend to the Earth of its planting, to tend the buds that come, with great love, with great awareness of the sacred honor in drawing breath at this time, in this place. We encourage the openhearted attempt in each day to gaze at the household of the self with first interest upon the lowest of the floors, that level of survival and sexuality that perhaps the cave and the more primitive parts of a house would suggest, the first floor, a ground floor of personal relationships and the family and group relationships that are intimate in the personal life. These small concerns, these incidental chores and experiences of day-to-day life contain most of the grist for the mill of the metaphysical learning which you indeed did come to do.

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

21: The one known as Gaia or the Earth or Terra groans in a despairing labor at this time. She has become somewhat encouraged as more and more entities send light and begin to grieve for the suffering and feeling of fear that is being cast about the surface of your globe like a pall. This is encouraging to Gaia yet she needs ever more reassurance that her children love her and wish her well and assist her in the travail of the birth of her fourth-density self. Entities such as this instrument and its group and other groups like it have begun to become aware of ways to intensify and strengthen the one known as Gaia and especially that fourth-density labor. The tool, as is so often the case, is the human crystal placed in visualization or meditation at a particular time, thus joining wills into a more and more giant and strong will that may bring many others to it by the sheer energy of its light.

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

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

32.10 2003/04/06

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

through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit.

19: Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades.

20: We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any, including ourselves.

26: That resource of the self speaking to the self, then, is the self at its wisest and most loving. The concept, unlike the concept of the Holy Spirit, creates an atmosphere in which the self is seen specifically as sacred and no less of a Creator than the Creator itself but rather seen as a young Creator in need of advice.

30: As a bit of religious fiction or myth, shall we say, it is unsophisticated and simplistic and we would not know what to do with a question about this concept. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative.

33: We would say to you that our perception of you is entirely different. In our perception you are extremely powerful and magical beings. Even within flesh, you have within you the ability to access the divine. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart.

36: What you are attempting to do when you pray to this Holy Spirit is to become enspirited. You are asking the higher, better, wiser and more loving part of yourself or of the creative principle to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love.

37: As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are incredibly strong. And you begin emitting light. It is not coming from you but rather it is coming through you. You’ve turned the switch by turning your mind to love.

39: But help is available. That help is the Holy Spirit. And when the life is given over to that higher and better self that is love, when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day.

45: Oh, my friends, if you could only know for sure who you are, your hearts would soar. For you are love. You are a consciousness to whom the worlds are open. You can create and you can destroy, and, my friends, you do this each and every day.

46: For your thoughts are powerful things, and as you gain in power as a being you are ever more capable of creating metaphysical hurt or healing by the thoughts that you think. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion, and when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more fully that joy that comes from knowing who you are and why you are here.

50: ...with regard to their planetary resources, that time that is hospitable to third-density life has been shortened to a certain extent. It is normal, at a time of shift, for there to be as much as a thousand years after the shift while third density clears the planet of all energies that have been unfriendly or inhospitable. Unfortunately for planet Earth, the entities

upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. They do not see the beauty of harmony.

51: There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. It is only in this atmosphere of separation that it is possible to consider slaughtering one’s fellow beings as your peoples do each and every day.

53: You do not have to rescue planet Earth! However, there is a karmic energy within many of your peoples which comes from actions in other lifetimes which resulted in making third-density environments uninhabitable. Therefore, the karma is involved in restitution and stewardship of planet Earth. And there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. We would encourage this line of thinking, for truly all is one and your planet is a part of you.

57: See what you can do, my friends, to elect officials who are not caught in that “glorious Gotterdammerung” vision. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful.

65: I have one. You mentioned we are beings of love and beings of consciousness. What’s the difference between love and consciousness?

66: We are those of Q’uo, and are aware of your query, my brother. Love is an essence. It is not necessarily tied to a point of focus. It is rather that focus that creates all that is and, as such, its nature transcends consciousness, as we use the term to indicate that portion of a human being which is not caught in space and time.

79: I was wondering if you could clarify how love is destructive.

81: That which is the Creator is that which equally creates and destroys. To the Creator, the two are part of one process. There is a dynamic between light and dark, creation and destruction, love and fear, and so forth. It is one of the powerful dynamics that are a part of the illusion which you now enjoy.

83: And rather than feeling that there is a wickedness involved in nature, “red in tooth and claw,”1 as the one known as Alfred said, it is to be seen that this is all a perfectly acceptable part of the dance of life in which entities eat food and are food in their turn. As your body dies it shall be food for worms. And the Creator has provided natural ways in which the seemingly destructive process of various creatures, like worms and other bugs eating the body, makes it a part of the Earth once again and the cycle of that particular body is complete: dust to dust, ashes to ashes. That is the sense in which we meant the destructive nature of love. It, in being creative, must also complete the cycle and be destructive as well in the natural and organic whole of a 360 degree world.
89: [footnote start]Alfred Tennyson, “In Memoriam”: [lyrics start] Who trusted God was love indeed

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5: We are those who greatly enjoy speaking concerning spiritual principles that may be of service to you in your seeking. Information concerning where the various populations of your planet come from is fairly dry and mechanical information which we cannot infuse with a great deal of spiritual meaning except by the indirect references to what has occurred with those of the Red Planet and to some extent as to why things might have fallen out the way they did. Therefore, we would ask you to seek this information concerning the what and the when of the immigration from the Red Planet in the knowledge that our voice is a voice of love.

6: The details are never as important as the source of all the details, which is the one infinite Creator. The love that created the planets and their courses and all the mysteries in the universe has also created each of you, regardless of whence you come or whether you shall go in the worlds of illusion which abound in creation.

7: Therefore, no matter how interesting the details, we ask you to reserve a part of [your thoughts] for love itself, that great Creator that has brought into manifestation all that is, including each of you, whether or not you might have at one

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

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

29: This does not make it easy to say goodbye to a beloved person. And certainly, as the one known as B2 was saying earlier, in the case of someone like the one known as V, where a twin has been lost, there is a physical, although difficult to measure, loss as well as a metaphysical loss. For that entity was V in the sense of the DNA being united. And it is particularly dislocating to experience such a death when one is an identical twin. Even a fraternal twin, which in this case was the relationship, has a unique link with its twin and consequently the loss of a twin is especially difficult. It is as if something were torn from you and there is a wound that bleeds. Rather than blood in the physical sense, there is the heart's blood, which is the emotion. These emotions have been wounded and there is raw and painful discomfort from the shock of the loss.

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

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

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

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

75: From the fourth-density position, your options are greater than in third density. In fourth density, you are able to choose what group of entities with which you wish to work. You may choose to be a wanderer and to come immediately back into third density, as the one known as B2 did at a time when he graduated from the third density of this planet with a few friends only to find that his concern for his beloved tribe of humankind would not let him rest until he had done his best to call as many people to follow him to a larger life, wider vistas, and increased opportunities for service and learning as he could.

35.13 2006/03/18

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

25: The need, then, before opening communication of any kind, is to go through a lengthy process wherein an entity discovers himself, defines his nature, and explores thoroughly those principles and central themes for which he is living and for which he would die. When an entity knows himself so well that he knows the ground upon which he stands, he has then become an entity in the metaphysical world of time/space. For the first time he has achieved the discipline of a personality. He has examined the self. He is aware of what he be-

lieves; what he loves; that for which he feels most passionate; that for which he lives and that for which he would gladly lose his life if it were necessary.

32: Being a part of the good in a child's life begins with that which the ones known as R and A are already doing, which is simply to love the children involved with all of their hearts and to wish them well. The atmosphere of unconditional love is a tremendously powerful influence on a young child. In a world in which seldom does anything go unchallenged in terms of the life of a schoolchild and a child in general learning how to be a part of society, such beings as doting uncles are definitely appreciated. Be assured that those whom you love are aware of your energy and feel the sunlight of that love as warmth and healing.

39: And notice what certain particular time [there might be] that is just the right time for you to offer them a seed thought. Do not feel that you must lecture or teach but rather be yourself. Keep your heart open and allow the natural radiation of love and the light of the one infinite Creator to radiate through you. It is a matter of continuing to be aware of the present moment as you go through your day. Bring yourself back to the awareness of that love. Allow that love and light to remain in your day even when it becomes a matter of routine, of fulfilling the [duties of the day.] Keep moving back into that space of remembrance where you connect with the core of your being which is wholly involved in the business of sacred living.

42: We thank you for the love which informs this question and wish you every opportunity to offer love and light to those about you.

53: In either case, it is well to be absolutely sure that there is energetic closure before one begins an intentional and conscious program of prayers or good wishes [for] a beloved entity.

54: Again we salute the loving heart of the one known as R in asking this question. It is very well indeed to realize that all entities with whom one has come into contact in a meaningful and a deep way in an incarnation are those entities who have come there as the one known as Ray says, perhaps in this case or that case, there was pain because of such a relationship. This is often the case with any two entities that spend deep time together.

56: This is seemingly a difficulty, looked at from the spiritual point of view. For in order to enter the open heart, every part of the self that has not yet been loved, accepted and blessed by the self must be brought before the self so that you can do the work of loving your entire self, including that part of your shadow side which does not [seem so attractive.]

57: Once the work has been done to sever any lingering energetic dynamic between two people, it is perfectly acceptable to offer prayers at any time for an entity. You are offering prayers to the higher self of that entity rather than to that entity. And that higher self, the spirit, will direct that loving energy where it needs to go or will lovingly shunt it aside if it is inappropriate. As long as there is not an adhesion of energy between two people this is the spiritual rule that manifests.

35.14 2006/03/19

9: This instrument has a long and intimate relationship with the Holy Spirit as it is understood by her. She calls this entity, "Holly." She talks to this entity many times each day. She begins each day by calling upon Holly and asking for her help. She does not know what the day will bring but she has learned that it will bring something. And so before she arises from her bed in the morning, she calls upon Holly. She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument's eye.

12: Come Holy Spirit. Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth. Oh God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit I may be truly wise and ever enjoy its consolation. Through Jesus Christ our Lord. Amen.

18: This Creator has a nature. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn

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

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

17: The simplicity of the solution is funny. For the solution to the awareness of trouble is in the turning of the consciousness to the love of the infinite Creator. We do not intend this as a greatly abstract concept. We intend this in another way and we would ask you to open yourselves to the concept that you are the peace and harmony that you seek, for you are a spark of the one great original Thought of the infinite Creator. Say that the Creator, in its infinity, in its impossibility of being described, is a vibration. You have that original vibration, which is unconditional love, as the basis of every cell of your being. Without that Thought of love has nothing been made that is made. It is not something you possess, it is your very nature, it goes far deeper than the marrow of your bones, it is far closer to you than your breathing. It is far more real than the impressions of sense. For it is that impulse and spark without which you could not take thought, take breath, or enjoy existence or consciousness. This nature of the principle of Deity is the heart of you, is the truth of you. You are as the stone within which the perfect sculpture hides. Each detail, each chore, each duty, each disturbance, each warfare chips away, pounds away, hammers away, rattles away, and aggravates away bits and pieces of detritus, of those things that are not you, gradually beginning to shape that faceted gem that lies within the details of a busy, earthly existence. How blunt are the instruments of catalyst! And yet how effective.

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

22: Those who remain silent may be those who have the most wisdom. Those voices that speak the loudest in your society may well be those voices which offer the deepest confusion. Consequently we encourage your appetite for the silence. We encourage plunging into that muscular silence that is the speech of the one infinite Creator and going as deep as you can for as long as you can whenever you can. If you only have thirty seconds or two minutes, or five, you may visit the gate-

way to intelligent infinity. Take the time, whenever you can, to release your energy body from its very strictures to refresh it, open it up. And when you find yourself in the open heart, we greatly encourage your sitting there for awhile with that one great original Thought that is love itself. Rest in the love that lies within the heart and know that it is the truth of you, it is your deepest self. And then go forward in your armor of light, knowing that those things which are of earthly origin will express as they must and that all things that live shall die and all that passes from illusion shall once again come into being. Rest in those cycles that lie beyond sense. Rest in that mystery that lies beyond mind. Rest in the feeling that you have...

38: I have what I wouldn't say is really a question but more of a statement. I notice as I go through life with family and friends around me, that sometimes I take [them] for granted, and don't always show my appreciation and gratitude. I'd like to include you, Q'uo, and, as you say, the heavenly hosts and to express my gratitude and appreciation of [your] being there when I feel like talking to you or just knowing that you're there, and the help and love that you've given. I just want to express my love and gratitude again for all that you've done.

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

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

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

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

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

32.11 2003/05/03

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

10: We would wish to say, my brother, that in no way have you been deficient. In no way have you stepped away from every challenge. In all things you have attempted your best. And we share with you the fundamental and absolute perception that this is enough. This is what has been. Were it not enough, yet it would be enough. For it is what has brought you as a blooming, gem-like, crystalline entity to this moment, which is full of infinite possibilities. Had you hoped to be closer to your goal at this point, my brother? How do you know how close you are to a given goal? How do you know what the nature of your future may be? Indeed, no one, and we say this absolutely, no one caught within the bounds of space/time can know the future. For although the future has been formed from the standpoint of eternity, it has most decidedly not been formed from the standpoint of third density. Indeed, you at this time, shall we say, are on a time lateral, a sidetrack, not even upon the main track of evolution, as you work to move through this illusion which is so cleverly designed to give you the maximum opportunity to change, to transform, to make new choices and find new balances within the spiral of ongoing learning, evolution and service that is the essence of the love and light of the one infinite Creator.

13: You have harmed no one. We may say that the attempt to take on another entity's difficulties in order to free him of them is, to our way of thinking, somewhat distorted. Might we ask in this case if it would not have been more skillful to take on that entity's perfection and know that it was the truth? By believing that which you saw, and not believing that which you did not see, you were more skillful upon the level of what this instrument would call the akashic plane and less skillful upon the level of what this instrument would call the outer planes. Universally, it is less skillful to choose the near target, of working with the pain, the behavior, and the illusion. Always, knowing the truth of perfection is the more universal and the more truly metaphysical solution to gazing at distress, difficulty, damage and distortion in general. That which seems utterly dark is also the light. It has become distorted. As this instrument often says: it has departed the factory specifications. Yet it is still the light. Like all true vines, it is attached to the one great original Root, the Thought, the Logos that is love.

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

32.12 2003/05/04

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

6: It is a specific kind of classroom. The subject of this particular grade which this instrument calls third density or human existence upon planet Earth is, "How To Love And Be Loved." The paths that each entity enters into in this life are in one way fated and designed ahead of time; in another way,

completely and specifically a matter of free choice, so that each turning in the road offers the choice of one or more differences of direction which may seem small at the time. But down the road a few paces one finds the roads diverging rapidly. A few paces more, and the two roads, or three roads, have moved in such different directions that one road no longer gives a view of any other. And then within that road that has been chosen, another series of choices opens up that may just as rapidly move one forward into yet another situation. This is a beautifully designed, though paradoxical construction of synchronicity and will, in which the soul coming into incarnation, along with its guidance, decides upon what particular lesson shall be the focus of the incarnation.

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

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

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

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

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

15: Certainly the one known as T1, who has asked this question, is aware in many ways that there is no firm ground upon which a conversation concerning things dear to the heart of either self or other-self may be voiced. For the blockages and distortions within the body of that relationship have become by repetition hardened in the way of thought forms into that which is set up as the situation in which the feeling of be-

by that great and unending source of light and love, gaining inspiration from the same guidance.

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

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

35.11 2006/02/26

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

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

7: Each change, each aspect of the one infinite Creator, is beautiful and worthy of love and we share with you only that which we are given a hundred-fold, a thousand-fold, and a million-fold. Rest always in the knowledge that you are loved completely. There is no part of you that is not loved infinitely. You are cherished as the children of the Creator. You are the treasure of great price that the Creator has tossed forth, with total trust in the outworking of the present moment, into the field of the creation.

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

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

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

29: The ability to speak of things that are too precious and too dear for words will not come easily, not only to the one known as B but to anyone who attempts to share the astounding richness of the experience of life itself. For there is an infinite flow of riches, beauty, truth, strength, peace and joy that flows throughout creation at all times. Tuning into that is like opening a door in the summer. There is never any need to feel alone, abandoned, neglected or discouraged in a universe so replete with loving energies of every imaginable nature that cluster and gather around each soul that is attempting to seek the infinite Creator.

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

31: As you seek to understand love, know that you already

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

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

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

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

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

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

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

35.12 2006/03/05

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

14: We salute the tremendous love that went into these rituals for the one known as E. And yet we simply comment that, were the culture to be more comfortable with the concept of the physical death and to be able to separate this event from any thought of an ending of any kind for that soul, the obsequies would become festivities and sorrow would contain a great deal more of joy among your peoples.

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

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

sistance that is like a meniscus1.

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

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

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

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

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

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

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

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

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

35.7 2006/02/05

32: This instrument has [mentally] requested that we ask a question that she received from the British Study Group. That question, as it is within this instrument's mind, is, "How can one love unconditionally and yet hold the sword of Michael?"

33: We are those of Q'uo, and aware of this query. The one known as Jim, when apprised of this question, simply said, "One cannot do both. One either must love or one must tell the truth." And we agree that that is the dynamic that this question raises. If one is to be loving, how can one be wise? If one is to be wise, how can one be loving?

34: My friends, this query, in and of itself, is a paradox and cannot be answered in words. Yet, we would call to you, for you know and have in your mind and in your heart, live exam-

ples and those examples in history that have embodied both love and wisdom. How you shall embody both in your life is great challenge. But we urge you to face it fearlessly.

36: It is an energy that does not seem to bear a relationship with unconditional love and yet, the life of fire is light. Light represents that which was thought by that Thought which created all that there is, which is love. Michael, as an archetypal presence, holds the sword of truth, but it is a truth that gives life. We cannot encourage you enough, if you are interested in this paradox, to go into a meditative space within your mind, within your consciousness, where you will allow the blazing fire of truth and the absolute blessedness of love to occupy you.

45: Within incarnation it is likely that you will not know that you are the Creator without some point of infinite realization, which comes as a gift and not as a plan. But you are well able to approach that within yourself and to know that waiting for you is an entity who loves you with an energy that is indescribable and complete. The devotion is already flowing. You are approaching that place where devotion flows. It flows first from the Creator to you and it is only reflection, then, to allow that energy to flow back to its source.

48: You are right, however, my brother, in desiring to penetrate this mystery within incarnation. For those who move from devotion, the goal is to seek wisdom. The goal for those who move from a point of seeking devotion is to move the balance from wisdom more towards unconditional love.

35.8 2006/02/06

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

35.9 2006/02/07

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

35.10 2006/02/12

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

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

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

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

ing of service is impossible to receive because the capability of other-self to express to self and the capabilities of self to express to other-self have been compromised. When service reaches an impasse in a deeply central relationship, such as the one known as T1 experiences at this time, the possibility of being gratified by a sense of having served becomes distant and rare. For that other-self which is being served is unable to become aware of the nature or the purity of the service. May we say that this in no way etiolates or annuls that service of true love freely given which the one known as T1 offers. This is a service. There is no hesitation in our stating that all who love serve.

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

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

19: What does this develop into then, as one shifts from the being of the loving heart to the doing of the outside world and the conversation at breakfast, and the conversation during the night-time news? We do not know, we cannot know. Each entity and each moment are as those stepping-stones which springboard into "we do not know," for each of you has an exquisite amount of free will and each of you has infinite possibilities.

20: When service is occurring it will become clear to the self only gradually and only by hindsight. And the hallmark of that service will be the awareness that the heart remained open throughout the decision-making processes of everyday life. There shall be many words in working out any tangled relationship; there will be many feelings and many balancings and rebalancings of the energy between the two. Yet when service is being successfully offered, there will be the continuing stubborn, quirky and absolute insistence upon continuing to see self and other-self as both worthy and loving and compassionate entities who are striving to solve that mystery which is implicit in humanhood: how to express the metaphysical nature of the self within the material world. The material world seems often inimical and unfriendly to the spirit. Yet indeed it is not, or need not be. For within that

material world lie not just concrete and computer chips and men's dreams of empire but also the call of the birds that the one known as S was mentioning earlier in your conversation as being such a blessing to him within his new abode, the feather of the eagle as the one known as F was mentioning, and all of the blessings of earth and water and fire and air and the plants and the animals which make up your second density. All of the entities and energies are messengers, easily impressed and magnetized with news that is just for you, just for today, just for right now. We cannot tell you ahead of time what winged or furry beast, what street sign or road sign or chance-read word shall be a signpost for you but we can assure you that, as you look for them, they will crowd around hoping to be noticed. Information lies thick upon the ground, flies in the air about you and comes to you in every ray of light that the infinite Creator sends. The universe is alive, it is intelligent and it is working as one infinite being. You are a part of that. Not a mechanical part, but a living, breathing entity which breathes the air of eternity and whose concerns are beyond the trammels of the apparent passage of time.

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

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

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

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

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

32.13 2003/05/11

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

time in that the catalyst of self is accelerating, much as in our racetrack analogy.

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

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

17: This instrument has been encouraging each in counsel to investigate and get to know that dark side, for it must be loved also, and more, it needs to be disciplined and to be brought into the circle of self that is working together, for there are many selves within. And there are many voices that come to one who is seeking upon the path. Not [only is there] the voice of guidance that is primary to a certain entity, but also many other voices that, as an entity moves through initiations and various levels of realization, will come and be attracted to that seeking self who is blooming in a certain way which calls to the sense of beauty or the sense of spirit, these two things being so close within fourth density we find trouble choosing our metaphors, which, by the Law of Attraction, bring these, as this instrument would call [them], angelic entities, these essences of spirit, these entities that are based upon purified emotion, into the extended family of guidance which increasingly becomes available to the entity that begins to take hold of the process of spiritual evolution and begins to make those difficult choices of what to observe, of what not to observe, what to pick up and what to put down. Indeed, these ways of becoming more aware of the true nature of the self are very important to the eventual success of the mission of each of those within the sphere of the planet Earth at this time and incarnation.

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

19: As the one known as Carla stated, there are partial ways, so far, that your scientists have found to pin down the energy nexi of the incoming grid. There is only that portion of the science of consciousness which has been available to be

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

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

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

32.14 2003/05/18

13: You are so much more than you seem. And so much of what each seems to be is only the shadow of the essence of the gifts that are burgeoning forth from that fountain of catalyst and emotion. Each gives so many gifts that each is unaware of through each day. Within the confusion and the turmoil of the rat-race, the crowded schedule, the endless chores, there is no end to the interaction which each has with all the inner sub-densities of this particular experience which you enjoy at this time. At the level where the resource of intent is most effective, intent may be set in such a way as to call in help which is unseen and which is the other side of the story of that physical persona which is flesh and blood and has only two hands and must be responsible. This help has no hands, has no feet, and for the most part it has no voice. This help is unique in its pattern, its structure, and its way of communicating to you. For each of you is a very special and eccentric kind of "energy ball" that draws to it, because of its beauty, entities from the inner planes which this instrument would call angelic, which wish to help. They wish to help with gifts of spiritual presence, inspiration, laughter, healing, and any number of invisible yet very real sub-rays of that sun of love, that Logos of unconditional and infinite love. They will not aid in doing more chores more quickly, but rather the help, when remembered, is as that blessing which pours like rain upon the thirsty soul, smoothing and washing away the corrosive acid of catalyst and offering the healing balm, the inner touch of that company which touches the heart, enters the heart, and settles there, spreading like the balm of Gilead the feeling that all is well; in the midst of this chaos, all is well.

14: This instrument at one time had a motto that hung on her wall and it said, "Bless this mess." And we find that the energies involved in this sentiment have a good deal of the energy of which we are speaking: that feeling that it may look as though I am alone, and yet I am not; this may look like a mess and yet it is a blessing; this may look like confusion, yet all is well. The key to this expanded kind of awareness is remembrance. It is very helpful, as the one known as T said, to place within the consciousness little helpers that bring the mind back to the vital questions, "Who am I and what am I doing here?" Quite often, "Who am I?" is a very provoca-

to balance love and wisdom. You have often referred to Jehovah, the Christ, as demonstrating the highest expression of love but perhaps not [of] wisdom. Is there any example of someone known to us in third density who has balanced love and wisdom?

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

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

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

35: He found ways to encourage fairness and justice while never releasing concerns for love itself. In the writings and actions of this entity also lie valuable lessons in the keys to combining love and wisdom in creative and sustainable ways. 47: For instance, this instrument had the impression [during tuning for the session today,] when she called forth her male and female guidance—those aspects of the Holy Spirit, in other words, that have to do with love and with wisdom—that both the male and the female figures were wearing white. And, indeed, they were not wearing dresses and pants, they were both wearing robes. This instrument did not question this impression but spoke to herself, saying that she felt that this probably indicated that the entity that was connected with the channeling—that is, the one known as K—was in essence a priest or a spiritually mature, magical being that was calling for information on the level of a priest or a ceremonial magician. This created a feeling of great comfort and sympathy within this instrument because she herself is of a priestly and magical nature although she is not a practicing priest nor does she practice ceremonial magic. Her basic nature, however, is one which is comfortable with the specifically spiritual or monastic in energy, in service, and in learning.

35.5 2006/01/20

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

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

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

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

35.6 2006/01/23

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

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

20: You have been a judge instead of a redeemer to yourself. This is acceptable. Again, this is not a mistake. However, your faculty of judgment, honed brilliantly as it is, is not that all-compassionate and all-loving faculty that waits for you in the open heart. Therefore, judgment itself, as a part of your personality, needs to be called into that outer courtyard of the open heart. Perhaps you may create for yourself a conversation with this judge that is a portion of your personality. 22: There are times when a love of detail and the desire to find the bottom line and solve every problem do not serve you well. When you are attempting to love, forgive and come into a deeper understanding of yourself, such rationalization may well be a very blunt instrument to use in comparison to your faculties of faith and intuition.

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

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

28: It may help you to relate to it intimately if you can find a face for that image. There are many mythological, philosophical, religious and cultural figures from which to draw. We have suggested to some whose feelings ran along lines of thought that took in the Oriental world, the face of Quan Yin, Buddha, Mohammed or that unnamed God of Yod-He-Vau-Heh. There are many images from which to draw. Personalizing that loving presence that awaits you with open arms and a full heart is often helpful in creating the environment for you to move forward through this period or place of re-

gize for the 19th-century, politically incorrect use of “brothers,” where clearly the plea goes out to brethren and sistren both! This is the first verse: [lyrics start] O Jesus, thou art standing outside the fast-closed door;

35.3 2006/01/15

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

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

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

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

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

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

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

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

35: You have created this pattern because there were things about it that appealed to you for one reason or another. Do not judge yourself in any way for having made those choices but rather start with the assumption that you have done a perfect job and that that which looks like a great big mess is actually a pattern that is too big for you to see at this time. Resolve to continue to gather information and meanwhile lean heavily into your knowledge that you have done a perfect job and that all is well. Your guidance is right there with you, waiting to be asked for help. But first rest in the unconditional love of your own heart. Become healed. Allow love to be you and you will find that you are ever more healed and ever more balanced.

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

you have made that choice to give back love for discord.

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

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

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

35.4 2006/01/16

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

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

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

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

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

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

29: Q’uo, you often comment that a major lesson for many wanderers who are incarnated right now in third density is

tive question and very pointed. “Am I the mother? Am I the seeker? Who am I? What am I doing here?” Usually when that question is asked it is in the context of a relationship. And we may say that a shortcut to the second question’s answer is to know that love is always the reason that each entity is in a given situation at a given time. Consequently, the question becomes, “Where is the love in this moment and how may I witness to it?” When that realization comes, the ensuing action carries with it the energy of soul growth. For in dealing with the practicalities of the small significant life, the fundamental bases² for that life have been invoked and, consequently, the energy body is balanced within the awareness of identity and purpose.

17: Remember that the deeper self is seeing a different kind of light. The inner self is already dwelling within that state of knowing which exists within all densities but your own. The plants, the animals, dwell in a state of complete knowing that all is one, that all is in harmony, that all is working out as it should. Those within the angelic realms of your planet are also full of this consciousness. It within the physical illusion, that is made with the light of photons, atoms, molecules and much, much of what you call space creating this vast illusion that you now enjoy, that power is limited within the physical body. Within the mind, it is operating as the second density, as the fourth density, in a state of unity and awareness of infinite consciousness. In that light there is no space. In that light, there is more peace. In that light which is that shown by unconditional love by the open heart, the stresses that wind one up like a spring are released gently and repeatedly as the moments of remembrance circle around and a deep breath may be taken in and out, pulling in the oxygen to the mind, pulling in remembrance to the intention. There is no physical action that is proof against the consciousness that is hungry to remember the vibration of unconditional love. In the seeking for that one great original Thought of love, the seeking itself develops its own answer within you so that as you seek, already the answer lies within the open heart.

32.15 2003/05/25

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

4: Now the love of a Creator is a love that cannot be said to be pallid for it creates, it destroys, it makes manifest, it hides, it is mystery, it is experience, it is nothing, it is everything. Yet this Thought has a certain vibration. This vibration has the power to create movement. Movement is that distortion that you call light. So Creator, then free will, then the Logos, then light, in the manifest universe. That is the progression we would describe to you as a way of saying that free will is not binding merely upon us. It is the first and primal characteristic of the creation of the Father, or that which this instrument often calls the Logos, or the Godhead principle. It is the nature of the Creator; it is the nature of the Creator’s parts.

8: As you dig with a trowel of, “Who am I?” and the weeder of, “What am I doing here?” you are preparing the ground and planting the seeds that blossom into the gifts that you came to share, the essence of self [that blossoms into] the committed and loving compassion of those dwelling within the illusion but knowing that they are not trapped in the illusion. The one known as E reached for his pillows of Faith and Hope, those words written upon those particular pillows², and we encourage each to take those pillows, those words, those tools, those resources that hearten and strengthen each of you. For you came here to be strong, you came here to offer

the power that is yours in active and personal compassion that reaches out and embraces the planet and its peoples. Not because there is a wish to rescue them or to change them in any way but because entities are there to love, just as the you are the object of the love that is all about you, not simply from those entities within the flesh that may express love in their halting words but more, from those entities which are unseen and whose presence uncovers in silence that state of unconditional love in which the self can finally feel safe, secure and able to rest within that holy place that is the heart, the heart of self, the heart of the planet, the entity of self, the entity of [the] planet. Are these not one thing? Need we intervene to rescue your planet when there are millions of sparks of the Creator upon your planet which are capable of tuning themselves until they burst forth into the most beautiful and harmonious song of love that the world has ever felt?

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

10: One cannot address your world’s situation, may we say, to use a cliché, upon the level of the rescue of third density. Entities shall move into early fourth density no matter what happens to your sphere as the density changes and [they] will repair the planet with the planet’s cooperation. Indeed many entities even now are repairing their little bit of the planetary surface by loving and talking to the Earth, by cooperating with what this instrument would call nature deities or divas, by relating to the surroundings of self with the understanding that all things are alive, all things work in rhythm and in harmony, and all things except those sunk in the mire of third-density forgetting not only love each other but know that they are one. In this atmosphere, the possibilities of becoming a powerful, magical person are great and as the time sharpens the focus right unto the moment of birth of fourth density, there is in effect a fourth-density energy that is now as real upon your sphere as the third-density energy. It shows up within the physical world only by creating anomalous effects [in terms of physics’ sub-atomic particles] but it shows up within the inner life of that wonderful multilayered being that each of you is in a much more clear and obvious way, as the interpenetration of the two densities becomes such that it is much easier for nature, or for the forces of coincidence, to work in order to bring things to your attention which you have asked to be brought to your attention. That is why, in the midst of such challenging times, such times of transformation and change, yet still each of you has had the feeling of entities helping along the way, unseen hands giving a boost and angelic guidance coming through unexpected and unusual means.

12: Much simplicity lies in true love. Living in this simple atmosphere of the open heart, entities are able to do precisely that which they can focus into, love with all their hearts, and release all attachment concerning outcome. This instrument, for instance, has great hopes to serve the planet by the campaign of information and persuasion which would coax all entities into tuning to that harmonic tuning of love and light and personal compassion which is the true tuning for you. Yet she is aware that, of herself, she can do nothing. But what she can do is pray, daily, sincerely, wholeheartedly, “Creator, teach me your ways. Show me the path that you have prepared for me to walk in.” This in a sense is the giving over of the power into guidance, yet it is the taking of power to ask for guidance and to use it. This is a different matter than asking to be rescued because each feels powerless before the

problems of the world. We assure you, in the ways of spirit, each is profoundly powerful and as each becomes aware of the dynamics and the strength of groups who are together tuning their will to love, this power and this beau geste shall come clearer and clearer into the vision, so that it can be seen in ways that are difficult to describe but very real. [The vision is] that the truth can never be hidden, that the light has never been extinguished by darkness, that all is well, and that there is the profound satisfaction and the responsibility of knowing that the combined energy of groups such as yours, in coming together to affirm love, light and unity, have already made a tremendous difference in the progress of this shift into fourth density.

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

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

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

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

ing to cease the hostility in order that this entity might cease his fast and remain among them.

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

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

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

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

55: [footnote start]Carla: For those wondering why we do not capitalize the word, love, when it is used to indicate the Logos or Word which is the Creator, we refrain from focusing on this word, since it is so greatly overused in common, everyday language. The "love" that would be capitalized is a love far beyond the general usage of the word, which tends to be used for romantic, sentimental and casual feelings.[footnote end][footnote start]E had exchanged his throw pillows, which he was using to prop himself up with for meditation, for ones that had the legends, "Faith" and "Hope," saying that he had need of those qualities.[footnote end]

32.16 2003/07/17

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

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

34.39 2005/12/19

7: And let us be specific concerning the nature of this time lateral. It is not a time lateral that concerns the planet as a whole. The planet as a whole is unimpeded in its entry into fourth density. The energies of a living third-density system have been encouraged to continue for the approximate ten to twelve years further that this shunt can stay physically open in terms of space/time. This is to say that, by the energies of unconditional love which are generated by the prayers, meditations and visualizations of groups such as this one, the bridge or reconnection point has been maintained for those who would wish to awaken and make their choice of polarity by the date which has been set as the last possible date to keep this connection point open, which, as we have said before and still find to be true, is the date of the winter solstice of the year 2012.

26: The desire to change this pattern is a key to the activation of the will to choose in many entities whose energies are unconsciously but deeply involved with connecting with restitution and the energies of stewardship and unconditional love, not so much to the people of the planet as to the planet itself. 32: We ask you who wish to serve at this time to look to your own self-awareness and self-knowledge and to be aware and trust completely in the fact that you are part of a web of love. Your work has been effective because you have chosen the very difficult path of working in groups. The energy of the group and the energy of groups of such groups is now that which is challenged to undertake what this instrument has called a new paradigm.

34: You are those who stand as guardians and anchors of light, holding that bridge open, and, by your vibrations and your thoughts, radiating the love and the light of the infinite Creator with your own coloration out into the ambient atmosphere. You are an agent of infection. You are infecting people with the highest and the best of your love. Witness your opportunity to offer your love. You will find, as you attempt to do this, that there is resistance down every path. This is inevitable and ever more inevitable at this fairly radical and extreme point at the end of your cycle that you are now experiencing.

47: Whenever entities are attempting to serve and lend their aid there is the possibility of infringement upon free will. Looked at from a system-wide point of view, there is certainly the possibility of feeling that the Confederation, choosing to make this experiment occur, were in error. In the ways of all energy, such errors shall and will be balanced and it is our intention to be part of the energy that loves, accepts and embraces all of those who are engaged in this experiment on all of the inner and outer planes connecting with this planet.

58: We are those of Q'uo, and are aware of your query, my brother. We find it most humorous that you would ask this question because of the burden of our comments today. They have been about an experiment in beauty and truth which is called planet Earth. The time lateral experiment, which is your planetary school of learning, was crafted by us with tremendous creativity, love and caring.

35 2006

35.1 2006/01/01

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

11: We are without concern as to whether this happens because of our being [unable] to do anything about it. We hope that each of you can take into your prayer life, your meditations, and your interactions with others the awareness of

that shadow side which lies within the heart and the makeup of each human being on planet Earth. Where in your energy do you see the desire to destroy rather than communicate, to blow something up rather than take the long and sometimes messy route of discussion and heartfelt reaction that results in creating light where there was darkness, love where there was bitterness, and so forth?

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

56: No, thank you, Q'uo, that was lovely.

35.2 2006/01/09

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

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

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

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

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

70: [footnote start]Carla: This song was written by W. W. Howe in 1867. The message of the song can be taken better by people who do not enjoy working with the concept of a person named Jesus if they substitute "unconditional love" for "Jesus" and "lightworkers" for "Christians." I also apolo-

30: I found love by seeking the truth and it's been my perception that truth and love are different experiences of the same energy—like two sides of an energy coin. Is this at all accurate?

31: We are those of Q'uo, and are aware of your query, my sister. We would say that this concept is quite accurate, my sister, and would add to it the suggestion that there are other words as well that fit within this basic unity of meaning that goes beyond words. This instrument was speaking yesterday about the relative uselessness of a word such as love. It has been robbed of its meaning by being overused and used for trivial emotions and those ephemeral feelings that run along the surface of life so that one is perfectly able to say that she loves a certain type of food or a certain type of activity using the same verb that you use to say that you love the Creator or that you love service to others or that you love a friend or a mate that has shared history with you throughout your lifetime.

32: In such a trivialized landscape as that which your language offers, it is difficult to get a grip on words like love and truth. We would add several other words to this short list of concepts that represent powerful essences that have a life of their own within fourth density and higher densities in general. Those words are beauty, wisdom and peace. We might add the word faith to that as well with the understanding that faith is not belief nor is there any content to faith.

33: What these words have in common is that they represent a pure vibration. The vibration of love, in the sense of unconditional love or Logos, is a particular vibration that has created all that there is. Consequently, we cannot say that love and truth are absolutely equal. For in the sense of the Logos, that is a way of describing the Creator Itself.

34: However, if one steps down from considering love as the Creator to considering expressions of love that are pure, then we find true evenness of equivalency of meaning. Then, such words as truth, love, beauty and faith become separate, shall we say, or recognizably different but equal in the purity of their vibration.

35: When you come upon a moment within your process in which you sense the presence of absolute love or absolute beauty, absolute truth, or absolute faith, you know that you have found the guiding star by which you can set your rudder and steer the ship of the progress of your process.

48: In higher densities and especially within the fifth density and the sixth density, the refinement of the personality shell and its discipline has moved through so many cycles of refinement that it is no longer the tremendous challenge that it is within third density to pull away from the details and the minutiae of a relationship with another entity to see into the deeper threads of commonality in love, in devotion, and in service to others that truly bring two people together.

56: Since they have not been balanced, they represent that which can be a stumbling block that will discourage you from pursuing relationship. We do not ask you to ignore such stumbling blocks but to work with them and to see them not as that which stops you from community but that which enables you to be able to become more able to offer yourself in community. That energy with which you work to heal the shadow self, as you perceive it within yourself, becomes then that compassion which enables you to love that same energy as you see it in another, not condemning it in any way but holding it in honest affection and trust and waiting for that development which will enable you to move forward in commonality.

59: I find myself uncomfortable praying for a specific outcome. Even if someone has asked me to pray that their cancer be healed or something of that nature. I'm more comfortable praying for divine order or divine will, like, "Thy will be done," or that the individual see the truth about who they are in terms of the love and light they are. My mind gets all muddled trying to sort it out. I guess it's that I don't trust that anything that I could pray for could be better than praying for divine order or divine will. I believe that we have a lot of power in our prayers and I get lost with how to apply that.

70: Consequently, it is very wise and very loving of the one known as J to be aware that divine order is not necessarily that which looks like order to the physical eye.

78: Some entities have dynamics which have to do with truth and justice, as opposed to love. Some entities have issues about the dynamic between wisdom and love. Some entities have dynamics with even more complicated structures such

as truth, power and love.

89: And therefore you have come into a far more balanced and correct relationship with yourself simply by attempting to consider what is best for you. It is extremely helpful to consider such things and certainly this instrument has spent a good deal of time in the last five years or so gradually attempting to acquaint herself more and more with how she can most effectively nurture and love herself. The slang phrase that she uses to express this is "the protection of the package."

90: And it seems, in a way, a very glib way to consider such things as how to exercise and how to eat and so forth. And yet you are a package of consciousness which has been all wrapped up at the factory at birth and sent forward into the world. So protecting that precious package of selfhood is protecting that which truly is sacred and that which came here for high and lovely reasons.

91: So we encourage you by all means to follow that inclination which has taken your mind recently wherever it may lead you and to realize certainly that what you are looking for always is not to be perfect but to be as pure as you can be. There is a natural limitation within humanity that eliminates the possibility of any self-perceived perfection. So, consequently, realize that what you are attempting to do is not to perfect yourself but to work at loving yourself, accepting yourself, and respecting yourself.

94: Yes, there is. I loved the cat that I mentioned earlier, Max. I believe throughout our relationship, the message I kept getting back from him was to love myself equally. And I very much want to give the four cats who now share my home the best experience I can. But I'm not sure what that is. It is my conscious intent to give them the experience of being cherished, enjoyed and loved but I'm wondering if there is a better way that I could serve them than that?

95: We are those of Q'uo, and we believe we understand your query, my sister. The sharing of love, when it is felt from an honest and open heart, is that which does not need to be planned or guided or angled in any way. We suggest that you simply let the love that you have for these precious beings radiate naturally from you to these entities, [knowing of] their ability to grasp emotions and unseen energy. That energy in and of itself will be the gift that is yours best to give.

96: Naturally, it is always helpful to attempt to come into individual relationship with each pet, for each pet may require a different amount of affection or a different way of expressing affection. Yet the underlying knowledge that they are loved and welcomed is that which they crave.

34.38 2005/12/18

36: Only when one moves into the open heart can one begin to share energy; to exchange energy with another; to give love and to receive love. The great blessing of opening the heart and keeping it open is that, working from the open heart, all of the functions of the lower energy centers are recreated as sacred.

43: Each of you within this circle and each to whom we speak in the extended family of internet and listener and readership that is constantly growing contains a large, loving, extended family that awaits your focus and your request for help in order to become more active within your life. It is important to remember, therefore, to request help from your guidance system.

45: We are aware that this information, by itself, is sterile and barren. We speak here of structures. It is you who draws the infinite love and light of the one Creator up into that structure, up into that energy body. It is you, by prayer, meditation and other forms of requesting guidance, insight and vision, who draw from the energies of the one infinite Creator teaching entities such as we and many, many other types of entities that do not speak at all but who stream from the point of entry at the gateway of intelligent infinity down into the energy system that determines what kind of life your energy system has.

46: Picture with us, if you will, the creature that you are. You receive this information along your spine, in the physical lines of a system of energy, reception and usage. It is fed infinitely, in an unending supply, by the love and the light of the one Creator.

the nature of the self. What is the nature of the self that is free to love?

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

8: A boundary is crossed when an entity chooses to enter incarnation. In some ways it is a boundary from great freedom to infinite limitation. Great vistas of awareness are shut down, closed as if they were slats in a Venetian blind which are simply turned and pulled shut to keep out the light of true awareness, of unlimited light, of unlimited knowledge. It is as if the soul coming into incarnation comes in from outdoors and forsakes the illumination of the sun in order to turn on the puny bulbs of 100 watts of artificial light that may or may not be there, depending on whether the power is on, whether the jerry-rigged ways of producing an equivalent light, without the infinite love being the source of that light, have sway.

11: Truly, if you allow the heart to express, the heart itself with every beat, rhythmically, profoundly, simply expresses the truth of incarnation: love, love, love, love, love. The pump that pumps blood through the veins of the physical vehicle moves in waves of love. The second-density body which carries you about has no thought that is not steeped and marinated in love. The second-density vehicle is aware in every cell that it is the Creator and that it has no need of reasons to exist or to learn or to serve or to suffer and die. Is it ignorance or is it freedom that allows every cell of your body to give one hundred percent of itself in every moment for its continued existence and no less for the existence of that whole being of which it senses itself to be an integral part. As an entity, one not yet fully in communion with all other entities within its, shall we say, soul group, you have a great lesson to learn from those simple cells of your body, each of which is instinctual and vital with its identity, its every possibility and its readiness to respond to the stimuli that meet it in any given moment and so does your body, without question, without doubt, respond to that which it perceives. Is it experiencing freedom? Or is it experiencing a mindless, reactionary, slave's existence?

14: Naturally we are not suggesting that, as an entity becomes spiritually more mature, it may then stop listening to those voices that are around it. We do not for a moment suggest that ignoring those precious other-selves about one is in any way a useful exercise for one wishes to know how one may serve, how one may be served, how one may love, how one may be loved. One does not come into incarnation to avoid catalyst, yet at the same time one does not come into incarnation to become a slave to catalyst. One is neither greater than catalyst, nor less than catalyst, but rather, one is one with the catalyst.

19: So perhaps freedom lies in having the most utter faith which is possible for you in the moment. Faith in what? Faith in the self, as limited as that self may seem. Faith in the energies that delivered you to this present moment, as peculiar, odd and unlikely as they must seem. You are indeed, most free to love at will. The life experience may be seen, in one way, to be that environment in which the will itself, that is, that energy of the soul piercing through the illusion of mass and time and space, chooses its light, focuses its love, and opens the door to the great mystery that lies within, that mystery that is love, that is loving, and that is loved.

25: I certainly do. Thank you Ra, Hatonn and Latwii for being such loving guides to me during my own journey. My first question is: can you tell me what the splintering agent is that you mentioned in my last reading and what I can do to heal

myself of its effects. Is there anything I can do to heal myself of its effects besides engaging in daily meditation, so that I may become whole again, restoring the vision and restoring the sight?

65: On the question about weariness and food intake and so forth, I've been going from the assumption that it might be substances or it might be the quality of love in the food and so I have focused more on putting love into the food than in being really sensitive about certain substances. Could you make any suggestions as to whether this is a basically good way to value and also if there are substances to which this particular soul either has need for or needs not to have? Is there a possibility that you could share those with me?

66: I am Q'uo, and aware of your query, my sister. We find that the menu is heavily laden toward the quality of love, which is most nutritious to each seeking soul. We are also aware that the one known as G has a quite clear understanding of his own dietary needs. Perhaps there could be the inclusion of more substances which this entity prefers. However, that which has been prepared is prepared with care, concern, love and great affection. Thus, we cavil not at the diet and applaud each in his and her approach to the intake of foodstuffs.

32.17 2003/08/24

3: All that is visible, all that is invisible, is vibration. The vibration of the Father, as this instrument is wont to call the godhead principle, is a singular vibration which we are used to calling that term, the Logos, which is a term in this instrument's vocabulary from its Christian heritage—Logos, the Word, the Word which is love, unconditional love. That vibration is the vibration of the Creator. Those vibratory nexi that manifest as each person here, each of you being a sub-logos, in part, of the infinite Creator, have the goal of moving in vibratory level more and more close to the vibration of the Logos, to the energy of unconditional love. Regardless of what outer gifts you have, this gift is at the heart of your experience of yourself as an essence, of your getting to know yourself as a true being. As you are able to come more and more into an awareness of what the energy of unconditional love feels like, you are coming closer and closer to your own heart.

4: The days begin to grow shorter at this time, and your planet turns on its axis in such a way that the seasons turn with it, the days grow shorter, and the dark grows larger until winter comes to your planet. And in the heart of that winter there is always that moment of what this instrument calls Christmas when attention is paid to a tiny child that is love made visible within this instrument's religion, that time when Jesus, the Christ, comes into the world as a tiny, helpless baby. We ask each of you here to open your heart and to see yourself in a manger, a new being, my friends, a soul, fresh, untouched, inviolate, waiting, hoping to be loved, to be recognized, to be swaddled and nurtured and held and taken care of and protected. This child within you is the spiritual self that you came into this world to find, to embrace, and to nourish and nurture with your outer life and your inner life, always opening to the vibration of unconditional love that floods the heart when there is no resistance, that waits within the heart, that is surrounding the manger of spirit within you. Pay attention to that child that is your spiritual self, for it is tender and young, and while you have become experienced and wise in the ways of the world, perhaps that has caused defenses to rise within each of you so that you are defended and armored against those who would hurt you. Yet, to those who dwell in unconditional love, there is no man, no woman, who is an enemy. There is no entity whatsoever that is not part of those souls which are yours to love, to help, and to wish well on their way if they perhaps do not agree, but never to armor against, to defend against, or to harden the self against. For the gift of the heart, the gift of love, is that it is fearless. It does not need to defend; it does not need to protect, for it rests in the vibration of unconditional love.

5: We would take a moment to experience the silence with you. We ask you to allow that silence to blossom within you, that you may feel that love of which we speak. We shall pause. We are those of Q'uo.

7: We are those of Q'uo, and are again with this instrument. Continuing to feel that energy within you, now, we ask that

you begin to allow it to rotate about the circle from you to the person to your left and so forth, receiving the energy from the person on your right and moving it on. Feel that energy begin to spiral and grow; feel that sacred space that has been called into being by the one known as M and then fill it with the flame of love unconditional.

8: We would speak to you, as this energy rotates and builds, about mission. We do not mean to imply that anyone comes into the world with a contract, "I will do this and this and this, and then I shall be ready to abandon life." Rather, we suggest that each of you, before this incarnation, along with your guidance, sat together and planned, oh, what a glorious plan, choosing parents and mates and siblings and friends and that which is called among your people, enemies, all so that certain lessons, which you had decided upon beforehand, would have regular opportunities to be visited and revisited. For there are certain things which each of you hopes to learn, to work on, not simply learning for the first time, but refining and exploring the subtler reaches of these themes of incarnation for which you did take on flesh. There are other gifts which you chose because you felt perhaps they would be helpful at this particular time, at this particular juncture. The learning and the service bring certain people, certain lessons, certain themes into the life again and again, and we ask that you do not be discouraged when you see these lessons seeming to repeat. Rather, think to yourself that you are spiraling, you are visiting these lessons again, not at the same place, for you are not at the same place, nor is the lesson in the same place, but, rather, each time you visit it, if you are working with the lesson, you learn more, you go further, you become wiser, you become more compassionate, or you simply become more balanced between the all-embracing love of compassion and the more intelligently-guided wisdom of compassion touched with that wisdom which suggests limitations, boundaries, precision, where before there may have been a vagueness or an unsureness. These do not add up to a "mission"; these add up to a life experience in which the possibilities are literally infinite but in which there are, as Dr. Thompson said, certain avenues which open up before one as the blooming of a flower, and things begin to fall in place, and there is that feeling that one has caught the rhythm of destiny and one is now cooperating with it.

9: What we suggest, if you do not sense where destiny is taking you, is simply, each day, to sit in meditation and listen. The silence expresses much, as well as those undertones and overtones that your dreams and your visions and the street signs and the birds and all of the information thickly strewn in life seems to bring to you. The silence organizes and reorganizes and gradually there comes an inner sense almost as if the creature within you that has energy has found a way to take a deep breath, not the physical breath but the meta-physical breath of, "I can expand; it is safe." Move into that space whenever you can. Certainly attempt it daily, for there is information for you in that silence. And that guidance system that loves you, is part of you and is always with you will find it easier and easier to touch the life of you with this and that hint and inking until you find it easier and easier to cooperate with the forces of what seem to be destiny but indeed are rich in free will.

10: We ask simply, if you think about mission, that you think first of the mission that is common to all who take breath upon the planet. You came to love and to be loved; you came to learn about unconditional love; you came to choose between love and fear. When you see fear within yourself, your mission is to sit with that fear, not necessarily to kick it out. You may not be ready. But, strand by strand, you take it away just at the rate of speed which makes you comfortable. That idea that continues, the idea that lifts and helps, is that idea that love is the truth and that fear is independent of that truth. So, where there is fear, all openings to love that can shine light upon that darkness are encouraged.

17: Each of you hoped to rebalance that balance between love and wisdom when you came into this incarnation. You hoped to refine yourself. It is as though each of you has within you a wonderful gem, yet, in order to polish that gem, much surface material must be taken away. And so the suffering is that which blasts and chips and picks at the outer shell that is not the gem, knocking away all of those things that are not the real you. The suffering is that sense of pain as the emotions and the mental structures are in the process of changing. It is the change that is the root of most of the suffering of your species. It is the kind of pain that exercise

creates. It is flexing the muscles, perhaps beyond the capacity of the muscles before this exercise. Yet, each time that entities undergo this suffering, they learn or have the opportunity to learn more about how to sit with that suffering, how to take it in, to love it, to work with it, and to allow it to seep through the self, doing those things that it came to do, easing the imbalances in the energy body and approving the overall situation which exists in your soul stream, not simply in this time and space. But you are doing work which transmits itself to the infinite and eternal stream of energy that you are. 28: The next density is the density of love or understanding, to use general terms. This density is that which seeks to learn the lessons of love. Unconditional love is the chief lesson of your density. Once an entity has grasped the beauty of unconditional love, once the entity has placed itself into a practice of self-sacrifice, of loving others to the extent that they would give their lives for the others, if they could, in order to spare them, once this has been taken as the path that is desired, then the earthly journey becomes a life of service, a life of giving and, increasingly, a life of receiving. For, as the one known as Dr. Thompson says, all that is given out comes back again in a way that is irresistible and cannot be stopped, so that you are soon surrounded with the lessons of how to accept love from others. For you have learned how to love others. When you are at this state, then you are ready to live in a more love-filled atmosphere, and that is what the next density is in relation to third density. The fourth density, then, has a different kind of light, a light that is more densely packed with light, so that there is actually more light in an atom, in a particle, of that energy. It is that shift which is now occurring upon your own planet. Your entire planetary system has spiraled into a brand new area of space/time in which the energies are different, the energies are shifting. There is dramatic change, and your entire planet is recreating itself from birthing itself as the fourth-density planet. Consequently, as each entity reaches the point of leaving the earth plane through the normal processes of what you would call death, there is the opportunity at this time to graduate from third density and move into the fourth density and what is often called ascension. In this process of ascension, the soul energy that is you, the essence of you, takes up a fourth-density body for its next incarnation and therefore takes up a whole different environment with a whole new set of lessons. So, in general, moving into the next density is as moving into the next grade in school. It is an exciting thing to move ahead and start the first day of the school year, when all the lessons are brand new and all the lessons seem good. And this is the experience to which you may look forward, as you look into that next life that may come after this one.

32.18 2003/09/07

5: There are certain organized features of the change within an incarnation. There is an organization of lessons, shall we say, a curriculum, that was chosen by you and your higher self prior to incarnation. Those who incarnated at this particular time within your planet's density have incarnated because there was a desire for a more intensive experience of change and transformation and the opportunities for rebalancing the wisdom and the energy within the energy body of the self that was irresistible. Consequently, each of you has chosen certain courses for the particular term that is your incarnation. These courses or lessons or curricula have names such as "Loving Without Condition," "Creating Sacred Space," "Sanctifying the Rays of Living," [including] the ray of survival, the ray of relationship, the ray of working, the ray of communicating, and so forth. Different entities have chosen to take somewhat different courses. Each has a different course load; a slightly different experience.

11: As we said earlier, there is at this time a particularly intensive process of change moving through the planetary energies as a whole. It is the end of several cycles within your planet, small and large. The planet itself transits at this time. Consequently, many of you came here in incarnation at this time with extra-curricular activities planned having to do with service to others, service to the planet, and/or service to the people of the planet. We put before you these two slightly different vectors of service to others because that is the mix that we are experiencing within this circle. There are those within the circle that feel that they are Earth natives, that that they have a love of Earth, an affinity for the

ing the light on planet Earth by their loving affection for it, it is as though this change in magnetic polarity is being accomplished step, by step, by step, rather than all at once.

21: Each of you, by your very nature, is a crystal that receives, transmits and transmutes energy. That energy is the infinite love and light of the one Creator, which streams in infinite supply from the heart of the planet itself into the energy bodies of each of you and out through the crowns of your head, where you function just as does a pyramid.

22: The energy that you create, bless and give to the Creator by keeping your heart open and your love and faith strong winds itself into a golden net that surrounds the planet with love.

23: Angels guard this work and join you in weaving this net of love. This works by blending third-density energies with the fourth density that is birthing at this time.

26: Many are the entities on your planet who have destroyed other planetary vehicles for existence such as Maldek, Mars and other [planetary] entities outside of your solar system. We ask that you become more and more aware that you have the opportunity, at this time, within this incarnation, to turn that energy within yourself around and to become stewards, loving and wise, of whatever little acre or square foot that you may have of planet Earth.

32: The healing begins within your own heart whether you live on a large parcel of land, a small parcel of land, or in that high-rise of which we spoke earlier. Heal the pollution within yourself. Love yourself. Be a steward to your own body, your own mind, your own nature and your own advancement.

48: As live your life, breathe in and breathe out, you are planting seeds that shall be reaped by those that come after you. We ask you to plant the seeds of love and faith with a happy heart and a peaceful mind.

52: In the face of fear, remember love.

34.36 2005/12/11

9: Firstly, the basics of language—or as the one known as R pointed out, the basics of its synonym, communication—are two: love and light.

10: The very nature of nature, Creator, and created is a living Thought. You are a thought. That thought translates into your language as love. This instrument was speaking recently of the hopelessness of using language and especially of using the word, "love." We would agree. Yet, we have no choice. We can attempt to throw up a hedge of adjectives and qualifiers to indicate the kind of love of which we speak when we speak of the one great original Thought. It is a Thought of unconditional, absolute love.

11: In and of itself, love is pure being and being is pure love. There is no vector implicit in love itself or in you as a being, purely considered. The vector is provided by that thought that you are, with all of its distortions, as you exist in incarnation in third density acting upon that love that you are.

12: It is light that has molded itself into each atom of your body, into the various energy fields which control your various organs, your elements of sense, such as sight and smell and taste and hearing. It is light molded in the ways of energy as it is received from the infinite energy of the one Creator that the love which is you molds into your distorted pattern of energy expenditures. That use of energy, endlessly creating and recreating itself as unique catalyst and response to it, is at any moment the sum total of expression of who you are. You are love using light to experience the incarnation you now experience, to process the catalyst that you are now receiving, and to explore those regions of feeling and concept which are sparked into awakening within you.

19: Now, this being said, it is helpful to realize that the first communication that you give, in terms of metaphysical—not physical—discussion, is being or love. The precise distortion of love at which you are vibrating or expressing at this moment is the beginning of all communications from you. Admittedly, in human conversation, the beingness aspect may or may not have much impact depending upon the quality of the entity to whom you are speaking, the quality of yourself as a self known to itself, and the quality of the conversation itself.

22: The qualities of self and feeling are ever blended, just as love and light are blended constantly throughout your incarnation, playing and dancing back and forth so that you have an ever new opportunity to explore the present moment as if

it were a brand new thing, and, indeed, every moment is a brand new thing.

40: Then would you equate the music to love and the words to light? In the relationship you indicated earlier we're love moving toward the realm of light.

41: We are those of Q'uo, and, my brother, we cannot entirely agree with you on this point. From the standpoint of you as a collector of information, both words and music to some extent have elements of both the love and the light vibration. However, we would say that it is certainly accurate that there is more beingness or non-local-ness in the musical portion of a song with words than there is in the words.

55: We have spoken through this instrument before concerning the rivers of emotion that you are purifying as you dip into them. You hit a surface emotion and it is muddy and unclear. But through time, through the loving perception of your own pain and through your working with that pain, you begin eventually to have sympathy for yourself. There is a sympathetic vibration that is set up so that when you encounter these fell and swift pains in your daily existence, you do not simply react to defend or to seek revenge for painful feelings, but, rather, you ask for clarity. You ask to sit in the fiery furnace of that suffering and ask for clarity. "What is this about? Where did this come from? And how can I use this gift to grow?"

66: That which has the tendency to create that shaking-up, breaking-up action is love.

68: Remember that your experiences within your birth family of what love is have not been those experiences which were very encouraging in terms of the safety of one being in the arms, the heart, and the words of another. That safety, that intimacy, those great possibilities do exist but not in your personal memory.

69: You shall need to create that safe place where you may be true, vulnerable and loving. This is new territory. We wish you every good fortune but must say to you, my brother, and to all who seek to press through pain to the land beyond, that it takes courage, persistence and raw faith.

34.37 2005/12/12

11: The principle of service to others is to love the neighbor as the self, as this instrument would put it from her Christian background. To pull back and look at it from a wider point of view, service to others is always service to the Creator and in that sense we believe that both you and she have a firm grasp upon the highest and the best service to others that is possible within your third density.

18: I feel a deep and abiding love for the animal kingdom, especially the felines. And I wonder if you can share anything about the meaning or significance of that and particularly about the beautiful and most instructed relationship I had with my beloved cat, MaxCat?

20: The first layer is simply that of a person whose life is such that there are many times when the unjudging, unguarded affection of a living being is a very healing and comforting thing. It is as healing for the pet as it is for the so-called owner. This instrument is also a lover and a keeper of cats and we find from gazing within her mind that it is her opinion that the cat owns her rather than the other way around.

24: The energy balancing factor is extremely helpful when one is going through the rapid changes that are occurring as a matter of global nature at this time among your people. The waves of energy that are moving through the planet at this time are many and intense, as befits that time in which you are now living, where fourth density has completely interpenetrated third density and there is a strong energy of unconditional love that is flowing through the inner planes and effecting sharp shadows when energies within the third-density existence are experienced that are not in harmony with fourth-density values.

27: We encourage you, therefore, to open your senses when you have the opportunity to share time with a pet and to have that awareness that the possibilities do not begin and end in simple affection and shared love but they penetrate that level of the subconscious where thoughts become things and where an object that is seemingly physical like a cat can become a spiritually wise and very aware messenger that brings to you information from deep within your own subconscious process, thereby acting as an archetypal force within your process.

34.32 2005/10/16

10: For the one known as C, dedication to the outcomes that she feels are important has resulted in her being an effective and loving manager of her family and her business.

11: And for the one known as T, dedication to the outcome of those things which he feels are valuable in his life have resulted in a well tended, loving relationship with his mate and creative and effective work at accomplishing a long-term and substantial goal and in writing the thesis that this entity is now finishing up.

16: Spirit has a predictable and useful tendency to want to change the visualization of that creation to which you are dedicating your will. There is the predictable and cyclical desire of spirit to take down the structure of that visualization. Spirit wishes to undo and rebuild your universe day by day; even moment by moment sometimes. And over-dedication of the self to specific outcomes can hinder those energies of spirit that would like to help you grow, change and become more loving, more wise, more powerful, and more self-aware. 36: Yet there are times when such substantial relationships come to an end. The one known as Carla has experienced it and we would say to this instrument that when she made the decision, nearly forty of her years ago, to allow that relationship with the one known as D to die a natural death, she made a wise and loving decision for herself and the one known as D.

51: Indeed, surface emotions are energies that we might wish for another word to use to describe! Because emotion itself is enormously valuable. As you are able to purify the emotions of anger, love, discouragement, despair, grief, jealousy and so forth, you begin to enter archetypal rivers that flow deep within your mind, taking you to truer and truer places within your being and to places where power is gathered as water is gathered into a cistern.

64: There are no limits as to where this energy can reside. For as the entity in time and space which is the human being meets the self that is without limitation, it has literally no limit to how the tuning of that system can be affected by the appropriate placement of the will and the faith of the entity and its openness and hunger for the love and the light of the one infinite Creator.

73: If this appeals to you, then we would suggest that you remember that after this conversation is over, the energy has not been appropriately addressed until you have followed whatever instructions you have received during this session with your guidance system. Follow through on whatever suggestions you received. Pay attention to the wisdom and the love that your guidance offers you and take it seriously.

88: There is value in every distortion in a system. It should not be excised as if it were a growth that needed to be removed. If there is use in low self-esteem, find it. If there is value and information in low self-worth, dig for it, not with an idea that you will find it to get rid of it, but with the idea that you will find it to treasure it, appreciate it, and love it.

34.33 2005/11/06

12: The third-density planet which gave birth to baby Gaia, that entity which we may call third-density Gaia, has expressed a great deal of her energies in the nurturing of all of her third-density tribe and family. The Earth being that you call Gaia or Terra is a mother in love with her children and blissfully nurturing of them, always protective of them and yet, at the same time, in harmony with the desire for growth and transformation that exists within the heart and the soul of each one of her children.

19: The one known as C was correct in saying that the cycling, thematic challenges of an incarnation are not intended to be solved. And the one known as Carla was equally correct in describing the condition of being as that of dancing with the situation without any hope of solving or affecting the situation. These are positive and loving perceptions of a situation that might otherwise seem to be very frustrating.

47: As far as we know it is not possible intellectually to conceive of infinity. It is, however, possible to experience the infinite. The infinite is that world in which you exist without masks. You have journeyed to the world of finity in order to do work in consciousness that must be done without recourse to that point of view that is full of love, wisdom and knowledge.

58: When a community such as L/L Research gathers and begins to attempt to work as one, the original impetus that drew entities together must be tested. And so the mirroring effect sets in. Each looks into the mirror of the others' perceptions and begins to see all of those parts of the self that the self least wishes to see. That is because it is a very positive and helpful function of the community that is operating on a spiritual level to help each other to grow closer to the one infinite Creator. And the way that this is done is by bringing up all these lost sheep of self, all these parts of self that are not redeemed, loved and accepted.

34.34 2005/11/20

32: By the very nature of the being that you uncover by doing spiritual work, you are aware of the direction in which you are going. You know that as you learn the ways of unconditional love, you shall prepare yourself for graduation into an environment in which unconditional love is manifest, obvious, overt and apparent.

33: Can you live in a private universe: the universe inside your own being and inside your own heart where unconditional love has become the order of the day? Can you love without expectation of return? Without blinking at those who detract or scorn or ridicule you?

36: Nor is she overly concerned that ridicule or scorn of her would make any difference in her ability to love the entity who is scorning her. She has earned the right to her opinion. She dares much in attempting to express, awkwardly and in this shadow world, an atmosphere of unconditional acceptance and love.

48: There are many within your age group who are ready to awaken to this common and shared vision of living the ways of love. This is why we said to you that it is well to realize that much of the work of bringing entities together physically is contacting them in ways that are not immediately physical. The technology which your people have created which this instrument calls the internet offers ways to communicate globally.

49: Therefore, we encourage you to use the simple, ordinary and everyday aspects of your life to create ways of communicating via the internet with those entities which you are faithfully and peacefully sure exist, sharing in the ever-imperfect ways of words the love that is held in your vision.

58: Each moment that you are able to live there fills with you the love and the light of ten thousand years spent in the hurly burly of normal living. And yet it is very difficult, perhaps nearly impossible, to live day to day and moment to moment resting in the present moment. Distortion will call you forward. You will be pulled one way or another and you will be lost to that clarity that you had when you were undisturbed.

59: My brother, we would encourage you to embrace the colorations of distortion as they pass before you. Love them all. Look at them carefully and let them go. Do not be overly impressed with any of your distortions, be they seemingly negative or seemingly positive. They too are masks and that which you discover when you take that mask off is also a mask. There is no end to the roles that you are playing while upon the stage of what this instrument would call earthly life or third-density existence.

73: We are aware through this instrument's mind that you gather together to give thanks at this time and to feast together.3 May you feast not only on food of the physical [kind] but on the food of your laughter, your love, and your shared energy, for you are blessings to each other, dear brothers and sisters, and together you truly are beautiful to us.

34.35 2005/11/21

6: Indeed, in time/space you are already solidly and completely within fourth density.2 You dwell in a third-density energy that is now completely interpenetrated with unconditional love and complete understanding of your true nature.

8: You cannot, however, join fourth density. Dwelling within your house of flesh and bone, you cannot know beyond a shadow of a doubt that all is one. You cannot know that that one thing is love.

17: Thanks to the many loving efforts of lightworkers such as this group all over your globe, working in relatively unconscious unity, but nevertheless being very effective in increas-

Earth, and a long association with this particular planet that you call Earth, which we call Atlantis, actually, this being the name of your planet among the metaphysical or time/space entities which live within what you would call circular time and have experienced the entire gamut of the various experiences of your planet through what you would call your past and what you would call your future.

12: The energy of your people is that energy that is called Atlantis. And this at this time becomes more pointedly relevant in that your peoples as a whole are visiting at this time and attempting to rebalance those energies of Atlantis; those energies that fed into the build-up of the civilization of Atlantis and of Egypt; the civilizations that learned technology and skills of the scientific kind and did not learn the disciplines of the personality that would enable them to make use of such technical expertise in a way that was positive and unconditionally loving.

13: The very stuff of your density is love. The overriding lesson of your density is love. And yet, it is not a romantic love, it is not the love of brothers, it is not any love that you can imagine or speak of or wrap your words around and contain. It is that love which is the infinite Word. It is that love which is the one infinite Creator. It is that love that destroys and creates equally, generously and eternally. The concepts of love and wisdom seem separate, yet they are simply two shadows within illusion. That truth which lies beyond all illusion is the infinite love of the one Creator. Consequently, when you are attempting to learn love without end, sacrificing, giving, crucifying the self for others to the extreme of the myths of humankind for describing unconditional love, this is but one aspect of love. There is the aspect of love also wrapped in fear, in negativity, in contraction, in darkness, in the shadows, in the depths within the self that gives substance and structure to the whole and creates within infinite light and unconditional love a place, a habitation, not for the soul only but for physical vehicles, for physical feelings, experiences and intensities [as well]. In other words, one of the blessed aspects of third-density incarnation is the ability to feel pain, the ability to be confused, the very precious ability to lose the self and to be forced out of the mental constructs of a lifetime of learned untruths and half truths that your outer civilization offers to each of you.

14: It may seem perverse for the self to cheer for the self when the self realizes it is greatly confused and stumbling and wandering, as the one known as S has said, and yet this too is a blessing. It is the blessing of opportunity. It is the blessing of darkness. For each of you has within you the potential to be a light that enlightens the darkness, that illumines the shadows, not chasing them away but simply exposing them for what they are. Darkness is rounded in light and light rounded in darkness. This is the way of your circadian cycle. Yet we ask you to see beyond the light and the dark, to see into the nature of your lessons, of your service, of love itself. To see that which is "beyond variation1," as this instrument read in her church service this morning. The Creator comes from light with no variation due to change. There is no change in the One Who is all things. Change is an illusion, which is very helpful in the process of the Creator knowing Itself, and for this process the Creator has given Itself to you, to this instrument, to all, in discrete, illusory sparks of light that can experience, and register that experience, and feel and create from those feelings a process of refining and deepening and purifying, until those emotions become truth. And that which before was the babbling of children, becomes, in the ordered experience of the true and deep emotion, a giving of the self that is a harvest of a lifetime. For as the truer, deeper emotions begin to be refined from the welter of shallow feeling, those emotions begin to contain information which is as food to the Creator, a delightful and refreshing food that informs the Creator of Itself.

15: Now each of you, in this rainbow self that you have, is constantly creating and re-creating the truth of yourself. You are in a constant state of flux. The "name" of yourself is this complex of vibrations, this rainbow self. When your passing moods strike you, they may well change some of the colors of yourself and tell less of the truth about you. So it is well, when you think of how to respond well to change, to look at the self and ask the self, "Of all of these aspects of the present scene are there those that could be harmonized within the self? Could I, speaking as each of you, find a way to add harmony, to rebalance for more truth, to more center a relationship, a conversation, a group situation, in a way that

balances the energies of love, wisdom, will and so forth?"

16: The time is such that until far beyond the end of each of your incarnations, experiences shall be very intense, for the energies of change have begun long ago and are now in full swing and move towards a conclusion that is not a moment in time precisely, and yet there is a point at which your planet shall be fourth-density positive and those who are within third density upon the planet shall only be able to endure and remain within the planetary atmosphere because they have begun living and thinking in a fourth-density-compatible manner. So the third thing that we would say, concerning responding to change, is to ask yourself, "If I were in fourth density, how would I perceive this situation?" As the one known as Ra has said to this group before, "Where is the love in this moment?" This is the thinking of fourth density. It is that thinking that assumes total acceptance of all beings, total equality of all soul streams, total oneness with everyone, and an inability not to harmonize. When one, as a third-density self, feels the disharmony, one may be aware that one is simply living and thinking and reacting according to the illusion of third density. We ask that you consider this as one of two choices. One of indeed infinite choices! But the other choice that we would recommend is that choice of moving into the sacred region of the heart. For the heart has never left the unconditional love of the one infinite Creator that exists within first density, second density, third density, fourth density, fifth density, and so on. Third density is that density wherein the mind portion of the body/mind/spirit complex is veiled. The body is not veiled; the spirit is not veiled: the mind is veiled. This is simply to produce the ability to experience this process of change, this feeling of chaos, this experience of illusion, of disillusion and recombining and creating the self as one goes. We do not have, in higher densities, that privilege. Consequently we can not work vividly, quickly and effectively to retune or to rebalance our energies. Rather, we are refining the choices already made.

22: Your question spoke of the tremendous changes going on within your world at this time. Indeed we do see the energies of your peoples ripening towards the destruction of entities by their brothers and sisters, moving into larger-scale slaughter of innocents. We see this as a possibility. We see the possibility also, of a grassroots movement, as this instrument would call it, that is impossible to stem, that is a true revolution of energies melding and entities coming together in harmony to work together for restoration, for equality, for justice, for truth, and for the cause of being. How we encourage this, how we urge you to lean into this. This is where your sense of the group's being important comes into play. Fourth-density energy, unconditional love energy, is embattled within a third-density atmosphere. In fourth density, entities work together; harmonizing, combining, each giving their own best, with the result being far better than any of the entities within the circle of creation's [individual] skill, because that which joins together is not added but multiplied and multiplied again. The group effect is tremendously supportive. This is part of why your particular group has been together for some time, and why energies are moving into it at this time.

61: We gaze at each of you in your creation. You are masters. Few of you know it. We hope to encourage you to be aware of your nature, yet we have only a simple story to tell. We have only one basic thought to share. You are one, we are all one and that one thing is love. We attempt to be creative, we use channels such as this one so that we may flash all of the colors of that channel's personality and weave such tales as that person's energy and personality shall have to give. Yet our story is the same, and it is inadequate to fuel the realization and the transformation of a single entity.

63: Consequently to teach is almost hopeless and yet, what else does a human or the spirit have to share? The rest is love and has no words. When there is the attempt to share, it must be that sharing through the structures and the limitations and the exigencies of logic depending from each structure. These limitations are almost hopeless; that is, they create a hopeless situation in which one throws pebbles at the great eternal truth that is too simple to articulate.

32.19 2003/09/17

5: Q'uo has often spoken of the validity of both dramatic and non-dramatic forms of service to others. At this stage in my

development, I feel that I may possibly be of service in just being and radiating love. Can you comment on this?

13: Dramatic service, as this instrument has termed it, is no less service than the service of being. It, however, addresses a different level of the tree of life, as this instrument would term it; a level that is closer to the archetypal and therefore more powerful to serve, although within your human consensus reality terms, such work as essential being offers has virtually no recognition or respect. And many will be the time in which you as a soul stream, within incarnation, are quite fully engaged in being of service and are wholly caught up in the honor and duty thereof, yet will find others about the self not able in any way to grasp that which is being done within the mind or to value it were they to be given an explanation of this technique. We suggest that it is well to disregard the opinion of others who do not at this particular point in your space/time dwell with you, for this particular service has both the glory and the great challenge of being utterly unique. No one, in all of the infinite creation, not even your own soul stream in other incarnational experiences, has developed this particular essence, this particular group of colors or collection of scents. There is a tactile, sensual aspect to being for which it is impossible for this instrument to find words; that is, we cannot find words within this instrument's mind to express the particularly personal and deeply intimate nature of the service of being. It is a demanding discipline to seek, to find, to accept, to love, and to give up the self.

14: There is in this instrument's experience the repeated occasion of what she calls Holy Communion, in which the one known as Jesus the Christ describes itself as the body that is broken for many, which one takes in remembrance of that being. This entity also offers its own blood, which is shed for many so that the being may take on this persona of the Christ, and in the way of "As above, so below," become that which is held in utter ideal. Within each self there is the Christ or the Christed consciousness that is the very essence of self. That self of Christhood is pure and is uncolored by that energy or entity which wears the cape or coat or cloak of Christhood. Each entity, in coming into incarnation, is as that being which is the Christ, yet which may be in any stage of development within the heart of the incarnational being. Consequently, the hope of one who is seeking to serve in the ministry of being is seeking to open the self up from the level of the personality shell, with all of its limitations, its desires, and its needs, so that, more and more, the self may descend from the surface of self, which is those honestly felt things which bear little of truth, to that inner level of self that opens and opens again and opens again, as the self is able to become honest with the self, to gaze within especially those shadow portions of the self, so that, as those shadows are found, they are welcomed, accepted, loved and used to move ever deeper into a state of unconditional love of the self as it is perceived by the self to be imperfect. To have love for the self at this level flies in the face of culture and nature in terms of the human tendency towards thinking less of the self and more of outward authority figures and other perceived judges of the self.

16: Consciousness is that which you partake in, in the semblance and illusion of individuality. As you hook into that consciousness from the eccentric surface of your personality shell, [you] become more and more able to trust that path of light that leads from that crooked and sometimes tormented surface to the still, clear, lovely waters of the deep self. It is not that the one known as T has no capacity or opportunity for dramatic service in the sense of teaching or offering other outer gifts to be shared by those in need upon the Earth plane. Each entity within this circle came into incarnation with some plans in that regard, with some hopes of sharing deeply felt gifts with those who might appreciate them. Yet those dramatic gifts have a way of being offered only when the time has been put in, in clearing the energies, in disciplining the personality, in falling in love with the self, and more than all else, in becoming aware of the way the self is, the way it feels when one is in that holy of holies in which all things are one. Become more and more conversant with moving through the levels of being, knowing that perhaps for many a month after starting to gaze at the various depths of perception, there will be some real question about what level the thought is upon at a particular time, and ah! the mind has many twists and turns to cause the surface mind to misperceive. However, there is always a stream of information coming from the system of guidance that is your own

and this stream will for the most part be in synchronicities and coincidences that point up, certain trains of thought that isolate and underline, shall we say, or emphasize certain key concepts. Once the entity begins looking for such, the incidence of them begins to rise until one begins to feel that indeed the universe never stops speaking to the self. And indeed this is so.

22: At the same time, there is within the group an abundance of certain energies which the one known as T has in lesser degree than perhaps others within the circle of community and is of service therefore to the community in being able to accept and appreciate those love offerings of energy in which inspiration and to some extent information is exchanged that creates a sense of appreciation and a sense of being at home, which in turn reflects back into the group in a way that increases the energy of all. This particular entity fits into the circle of growing group energy which the entity known as L/L Research has begun to build with this new grouping in a way that is most beneficial.

33: We are the Q'uo, and are aware of your query, my brother. We find that this is too close to your process for us to be able to comment upon it at this time other than by saying that there are materials upon this organization's website and upon other websites which deal with the quest for a planetary visualization of peace and of planetary restoration that can be sought while the self is tuned not just to those suggestions but to that which draws sparks from the inner fire of self. So, our suggestion would be, first, to find that inner fire to refine the focus of desire and, when it is one-pointed and singular, to open the self to some suggestions from others and to find those threads which lead to other threads which lead to a feeling that, yes, this feels very rich for me, this is my method of bonding with the Earth, of loving Gaia, of relating intimately to those energies of restoration, peace and safety that are the hallmarks of fourth density.

42: Entities within incarnation upon planet Earth tend to build for themselves a defensive shell designed to protect the self against the slings and arrows of outrageous parents, teachers and other critics of the small child. The criticism begins early and stays late and so the self becomes more and more embattled behind the armor of defensiveness. And this is held together with the rivets of fear. There is the fear that one is not good enough. There is the fear that one will never be good enough, but good enough for what? That question is seldom asked because it has no answer. How can one be good enough in a situation in which each and every human, by virtue of its incarnation into the state of humanness, is imperfect? The human animal, as it were, is designed to be imperfect. It is not intended that any human being learn the ways of love to such an extent that they become flawless. It is not intended, it is not expected by those who appreciate and love each and every soul stream that is taking incarnation at this time upon planet Earth. You are greatly...

32.20 2003/09/21

4: We found the conversation preceding this time of working most interesting and were pleased to hear the one known as R say that when she was seven years old, she decided that she loved herself and wanted herself and was there for herself and that this was the foundation of her ability to love and to be loved in the rest of her incarnational experience. May we agree with the one known as R that this indeed is the foundation for all relationships. This instrument has often spoke of the first challenge of spiritual seeking [as] being that of falling in love with the self. Not because the self has become perfect. Not because the self has many virtues. Not because of anything except the fact of being. Each entity is a being of a certain kind. That certain kind happens to be a very specialized way of structuring a being. It is multi-leveled. There is a portion of the being that you are that comes from eternity and that dwells in infinity, so that there is no limitation to the circle of self. It is infinite and eternal. Out of that being has come a spark of that soul stream that is you. And you have found a habitation within a temple of flesh and bone. And again, as the one known as R has said, it is as a vehicle that is able to motivate, to move you physically through the many levels of physical, emotional, mental, and spiritual catalyst that you have received and that you will continue to receive during your incarnational experience.

5: This self is at once the most simple of things and a com-

her intellectual mind. So she will say, "Come Holy Spirit! Fill the heart of your faithful and kindle in her the fire of your love. Send forth your spirit and she shall be created and you shall renew the face of the Earth."

60: It does not, to our mind, much matter how you define the qualities of masculine and feminine, yang and yin, negative and positive. It is more important by far that you see the dynamic between love and wisdom, and so forth.

62: It is not necessary to give this third entity a habitation, a place, a seat with you, and so forth. It is far more necessary that you come into contact with the dynamic of masculine and feminine, yang and yin, positive and negative. In your very body, mind and spirit you unify this dynamic. But it is well to invoke spirit, if so you do, in a way which specifically honors and respects the dynamic of love and wisdom in your guidance system.

74: They may have to do with a dedication on your part to working through a specific issue with a specific entity; that is say, a parent or someone within your incarnative process with whom you will have a continuing relationship. It also may be a connection that you pick up because of work that you have done in consciousness or in service in which you have created for yourself the characteristics of what this instrument would call a "lighthouse," where you are consciously and with dedication and persistence standing very close, as close as you can, to the light and the love of the one infinite Creator.

75: It is often said that when you stand in a stronger light you cast a sharper shadow. In that strong light your shadow self becomes glaringly obvious. The entity, seeing this sharper shadow, sees, then, its best route of access into your energy system. Any shadow that you cast, or to say it another way, any nicks in your armor of light that offer erroneous thinking or an immature understanding of love, light, wisdom, truth and so forth, can constitute such a point of weakness which makes it possible for entities to enter the energy system.

93: This question concerns a relationship. A man whom I love very much seems to be oriented to service to self and to be fairly polarized in that direction. He is also very powerful in the psychic realm. I see myself as being more oriented to service to others. When we started to become closer, he seemed very much to back away and I felt that this was because our connection was depolarizing him or generating fear or a sense of losing power. Is this an accurate understanding? Also, is this person possibly being influenced by fifth-density entities unbeknownst to him? This has been a concern of mine for some time.

99: In terms of your own work, use this and every relational dynamic as information concerning yourself and look always with eyes of the deepest and most sacred love and compassion upon the issues raised by this imaging process.

106: I think that's it. That's all I can take in today and I thank you so much because it's been very helpful and your services are most appreciated, today and in all the various channelings. And I also thank the one known as Carla and Vara and all the guides and other assistants that I feel have been present today, and I send you light and love.

34.30 2005/10/14

18: The most helpful way to progress quickly is never to make a choice. However, we have found that it is almost inevitable in third density that entities will make and unmake choices repeatedly, not always being consistent. And each time that the inconsistency occurs and the choice to love without condition, or whatever choice of an ethical nature that you have made, is then rescinded, this changes your vibratory level.

72: Third density itself is waning. The need for wanderers and their lightening of the planet will cease in 2012. However, the need for all of those who live and who dwell on planet Earth as natives, which includes all wanderers, continues to be that of being loving stewards of the planet itself. 85: In fourth density it is not necessary to earn money. It is, however, an absolute imperative of your very nature that you serve, love and give and that you allow entities to serve you, love you, and give to you. Consequently, you shall move where you wish to move in thought and in physicality in order to fill the niche that most beautifully fits your needs and your gifts. The overriding energy of those days will be to discover how you can create wealth in terms of multiplying your gifts.

34.31 2005/10/15

23: The heart chakra or the green-ray chakra is the first chakra at which there is the possibility of energy transfer and it contains that energy which this instrument calls Christed or that energy of unconditional love. The green-ray energy system is the springboard for the remaining chakras of your body.

31: First density is interpenetrated by second density, and the denizens or inhabitants of second density are governed by that energy which seeks growth, movement and light. Second density includes the plants and the animals that are not self-aware. The world of nature is the world of second density. Neither first nor second density is at all or in any way separate from the love that created it and so all aspects and each iota of first and second-density entities and essences have a full awareness of the love and the light of the one infinite Creator.

32: Third density, however, is a density in which the inhabitants are veiled from that primal, instantaneous and instinctual awareness of this love and light. It is not obvious to the inhabitants of third density that there is a Creator or that they are one with the Creator. The third density is inhabited by those animals of second density that have become aware of themselves. If you gaze upon your pet you will notice that the entity that is your pet is not self-aware. Without self-consciousness it goes about its life.

38: It is worth noting at this time that the planetary evolution is separate from your personal evolution from third density into fourth density. And one of the reasons that you were so happy to come into incarnation at this particular time is that it is a challenging time for your planet. Your heart went out to the planet as it entered this period of transition and you hoped to be a steward and a lover of the planet itself in that you may help it to achieve a soft landing, shall we say, into fourth-density beingness. When a planet changes densities it is then time for the entities that have had incarnations on the planet also to choose the manner of their beingness. So you are, as a third-density being at this time, in an incarnation at the end of which you shall be given the opportunity to graduate from third-density experiences into fourth-density experiences.

41: Fourth density is a density which has been called the density of love or the density of understanding. In fourth density the lessons of love will be explored. All of the thoughts of all of the entities within a fourth-density planet are known to each other and work is done in groups rather than being done singly.

43: The sixth density has been often called the density of unity. It is a density which explores the balance between love and wisdom.

54: The reason is that the culture in which you are embedded is basically a service-to-self culture, thereby creating an outstanding and substantial bias which must be overcome by those who wish to vibrate in unconditional love, or service-to-others polarity. Choosing to be of service to others at the expense of the self is difficult to speak about and, within the confines of this question and this session of working, we would only point in the direction of speaking about it by saying that there are many examples of those who have chosen service to others at the sacrificial level.

55: Every parent is an example of those who have chosen to love unconditionally at the expense of their own comfort, time and convenience. Certainly exemplars such as the Buddha, the one known as Jesus, and other gurus and masters of the spiritual path exist as obvious examples of those whose lives exemplify the choices of unconditional love.

57: Whether one chooses service to others or service to self as the path, it is a choice in how to love. If you are offering service to others you are expressing the love that is at the heart of your being by offering that unconditional love as your vibratory gift. You are allowing light to shine through you in just the way that a light house would.

59: It is your choice. How do you wish to express the love that created you? What do you feel is the truth and the heart of your being? Do you wish to follow entities such as Jesus the Christ, Gautama Buddha, or that guru that speaks to you of unconditional love? Or do you wish to follow those exemplars of the negative path which will teach you how to purify your ego and create a universe in which all things lead to you, and all other entities exist to serve you?

lessons. And so we speak to you both when we say that many of the changes in both of your lives have to do with reining in this tremendously large heart that you have and this enormous desire to serve and finding a slightly enhanced balance between love and wisdom in which you have granted to wisdom a larger portion of the value that you place upon your thoughts.

19: Wisdom does not seem to be as important as the open heart [to you both] and the absolute love that you both so value. Yet love without wisdom creates a sense of martyrdom and often an abbreviated end to an incarnation as an entity keeps giving beyond [that] which she can give, until she literally breaks her health and is therefore taken out of the incarnation by illness. Therefore, this instrument has worked long and hard on a very conscious level for some years at attempting to be more and more aware of the importance of asking for the gift of wisdom.

20: There are a number of ways to ask for wisdom. This instrument's way is to move into a state of meditation and then simply ask the self, "What would my highest and best self do in this situation?" Often, the suggestion that comes into the mind at this point is one which is not attractive to the waking personality. For instance, when this instrument first considered moving her letter of membership from one Episcopal parish to another, her warm and loving heart which passionately adores her present church, simply shut off the conversation. It was not until repeated experiences of pain and suffering caused this instrument to revisit her inner conversation that she was able to acknowledge the gift of wisdom and to move into the fiery furnace of transformation and to ask, in all humility, "What does my highest and best self guide me to do in this situation?"

38: This is the time within your life where you are collecting all the loose ends of self up. You are having the opportunity to love all of them and accept all of them as parts of yourself. If you look at yourself with judgment you shall cut up your peace and you shall be forever in a state of distress and sorrow. If, on the other hand, you start from a standpoint of absolute faith and the point of view that all is as it should be and all is well, then each thing that occurs to you can be looked at with an eye to examining how that makes you feel and what messages you are offering to yourself because of those emotions. And then you are able to examine those emotions to see if you are judging or loving yourself.

51: Faith is the final frontier. When you lay hold on that faith, even though you have had to leap into the abyss of not knowing in order to lay hold upon it, you will find, my sister, that you are firmly supported in the mid-air of not knowing. Those energies that you cannot see are with you. Angels are all around you and all they wish to do is love and support you. You are loved and you are most worthy to do this work.

55: I don't think I do. I've never felt so full of love like this before, I feel really tearful, because it was just perfect. I just look forward to having the tape and being able to go through it all and I feel really blessed. I don't, I think, have anything to say but thank you.

34.27 2005/09/18

10: You are a nexus, a crossroads, shall we say. You have offered yourself to incarnation in order to create this nexus or crossroads of illusory reality within an environment of third-density existence. You chose to enter third-density existence and create this point of potential because you realized, in gazing upon the Earth plane, that you wished to express the love and the light of the one infinite Creator within this precise environment.

11: We do not have to paint the stark picture of your environment. For all of the surpassing beauty of the world of nature that makes up the vast majority of this environment, the passion play of humankind has created a drama that unfolds before you in details and patterns of outworking expressions of the distress and confusion of a lost humanity. You did not come to add to the sorrow and the distress of this environment. Rather, you entered incarnation with a firm intention of being a part of the lightening of planet Earth at this time. You came to offer a local habitation to the ineffable and illimitable values of compassion, wisdom and unconditional love. 12: It could be said in a way that you came to save the world, and yet you did not in any way say to yourself, "I have to come to save the world." What you said to yourself, was, "I come

to bear witness to the light and the love of the One whom I follow, that Logos that is the Creator."

13: What is it to bear witness to the light? What is it to follow the embodiment of love? It is certainly no tangible thing. It is, however, more real to you than your body and closer to you than your breath.

22: But that personality shell needs not to be the one doing the work. Know that the Creator is working through your nexus. This instrument, as part of her tuning process, prays, "Fill the heart of your faithful and kindle in her the fire of your love. Send forth Your spirit and she will be created and You shall renew the face of the Earth."

34.28 2005/10/09

12: In every cell of your body you carry the imprint of the one great original Thought of unconditional love. Every cell of your body is fully aware of the love and the light of the one infinite Creator at a level far beyond conscious thought. In fact, it is far enough beyond the reach of conscious thought that this precious, infinite and sustainable resource goes unnoticed and unused by most entities.

13: We would encourage each of you to become more and more aware of the intimacy of the one original Thought. It is not far from your body, from your mind, or from your spirit. It is inherent in every cell of your body, every cell of your brain, every iota of your consciousness, on whatever level and in whatever universe is, replete, teeming, and overflowing with love and light. The energy held within your system or energy field is infinite.

42: Some stumbling blocks are easy to identify. When one sees that one's prejudices or biases have limited one's thinking, it is easy to assign blame. As the one known as T was saying earlier, his dislike of religiosity and dogma had been a stumbling block that had kept him from thinking deeply about the nature of true Christhood or that thought that encompasses unconditional love within this meeting place of flesh and spirit that each of you is. He could not think of the nature of unconditional love as embodied in the one known as Jesus the Christ because he had been so punished by a childhood within which Jesus, Mary, the Saints, the Pope and other mythical figures were woven into a seamless prison where ideas could not flourish and where love died, gasping for validation.

55: It is certain that these prayer rugs, shall we say, that you create for yourself are in and of themselves things of great beauty and usefulness that may constitute for you a resource as you move forward. At the very least, they are mementos of where you were and who you were at this particular moment. They may well reflect back into your momentary, everyday, ordinary experience and in turn, as you become more facile at toggling between the two worlds, your ordinary experience may give you inspiration to create your next prayer rug, a concept, question or love.

58: I had a question, Q'uo. To follow up on your explanations at the beginning when you were speaking of the love of the Creator being in every cell of the body and that being a resource that is close to us and yet often unused, when I look at it, I see no entry into that subject or suggestion, at least with my intellectual mind. Could you speak on that love of the Creator vibrating in every cell in some way that we could work with?

60: Every cell of your body is made up of atoms which are fields that are held into greater fields as molecules and then bound into combinations in the development of organic life that creates the cell. These atoms and molecules and so forth have energies of rotation and field values that are unique to those particular atoms, molecules and so forth. Each of these atoms is the outworking of the impression of the one great original Thought of unconditional love upon space and time in its progression.

61: This concatenation or combination of love, space and time creates light acting in ways that are impressed upon it by love which then creates the particular kind of atom, molecule and so forth that constitutes the field of the self.

34.29 2005/10/11

12: This instrument often does so because she is aware of the power and strength of her mental processes in terms of

plicated thing. In its simplicity, the self of all beings is that of a spark of the creative or Godhead principle so that each of you is a perfect, unique expression of the Creator, as if the Creator was colored with your particular way of loving, expressing and being. Each is as this note, or to be more precise, chord. As the vibrations of your being, which have their own element or range, find their ways to harmonize the various energies of the various chakras the infinite love and light of the one Creator moves through those chakras that are colored with your special blockages and over-energizings and other distortions from a totally balanced energy center. There is nothing neutral about each of you. And this is a wonderful thing. The vividness of those chords of being that each of you is, is a beautiful, breathtaking thing. Each of you is that entity that is vibrating as a melody, or as the scent of a flower. This is your gift, this very simple, very momentary expression of the essence of self. This is your gift in each moment and in each moment there is a new self, a new registering of coloration of being. It is not that all of the notes change, for indeed in many ways, that with which you move into incarnation is that which you take from incarnation. The bones, shall we say, are the same, coming in and going out. The changes that have been made, that can only be made in third density, the density of experience you now enjoy, are in the way the energies are balanced within each chakra and from chakra to chakra, so that these bones are fleshed out with different garments every day. Some of the changes are very slight, other changes, that you may feel that are very slight, go deeper, and have a more profound energy to them that makes a bigger change than you are aware on what this instrument would call the soul level.

6: So this is the simple being that you are. You are a vibration of the Logos. You are a sub-sub-Logos, a part of the creative principle. And each of you is that which includes all other beings, not simply upon your planet but within the entire creation of the infinite One. To narrow the focus a bit is to discover, in great profusion, the complexities of these connections [between] that which lives and dies and that which is just visiting the experience of living and dying while it is picking up the lessons that were prepared for this time of incarnation, and attempting to use this particular vibration that you experience for finding the self, finding ways to love, finding the grace to allow the self to be loved. In the explication and exploration of these large subjects come many, many lessons, one after another after another. In the school of life, as this instrument would call it, there are many tests. Some of these tests are never perceived by the student, other of the tests are perceived all too well and become great causes of concern, thereby snarling and sometimes baffling the energies that otherwise would be free to work. It is, as the one known as V would say, a puzzle to be solved, in many cases. The experience of a tangle or a difficulty, as this instrument was speaking of earlier, is an opportunity to gaze upon the self in the mirror of perceived experience and perceived difficulty, looking at the nature of the experience, the nature of the perceived blockage or over-activation within self or within other self and the finding of the way through the maze that does not partake of judgment, that does not partake of the consciousness of sin or error and yet that stays persistently and accurately upon the focus of self so that the maze is followed not from either emotion or intellect but rather from the heart.

7: The heart itself has a working knowledge of these complexities that create the mazes of a puzzle to be solved. And there is no maze created that does not have a solution. Within these boundaries of self lie not only complexities but complexities of various levels of profundity within the essential self so that there is much skill, when dealing [with] the self up close, in being able to slip from level to level and being able to work the maze, from level to level, so that there is a feeling of movement through time, movement through the spaces of self, movement not linear in nature but rather that movement which may seem to be very tedious and turning back upon itself and winding tortuously. Yet, in terms of the maze of self, such wanderings within the self are skillful and useful and very productive. Therefore, the first work, when gazing upon the mated relationship, is the work of coming into a fuller and fuller awareness of the self, of falling in love with the self, of becoming able to see the self without pride or humility but rather as that which is, that which has met the day, that which will express in honesty and sincerity for that day. When the self can meet the self and smile and go, within

the mind, "Oh good, I get to spend time with me today," then the self is ready to spend time with [an] other self.

8: The one known as G has not asked about relationship in a vacuum but rather within a situation in which the heart is leaping like a stag, happy and joyful in the rushing energies of honest and deeply felt, unconditional love. Therefore, as we speak we are not dealing with the ins and outs of making the commitment for the mated relationship. We are responding to this query assuming that the relationship is positive, mutually felt to be positive and inclusive of a third entity, that entity being the one infinite Creator.

10: Think back to the last time that you dealt with a situation with a friend, with a mate, with a partner, and that partner, that mate became a mirror or a teacher to you and you had the gift of sight, the sight that is not insight, for it comes by projection and reflection. Yet that sight, perhaps called "out-sight," is as the insight that has been the gift of that entity in the mated relationship whose catalyst it is not and who simply is able to gaze into your eyes, see you in the situation and reflect back that which she sees. The blessing of this shared vision becomes the greater the less clear one's own vision is. So mated relationships, and indeed close partnerships of all kinds, if based within spiritual parameters, have a wonderful, flexible ability to have two seemingly imperfect and confused people become to each other the knight in shining armor and the lady in shining armor, those who are wiser than they know because love has entered into them and that guidance system that is not working for the other self is able to work through the love within the heart of that entity for the other in ways of creating the opportunity to find a novel and creative way to witness to the truth and the love that is seen in the other self.

11: The makeup of the human heart is such that as the one known as R has said, when there is the ability to share with another self, that which is a burden to one, by that very sharing, by that very hearing, by that exchange of energy, the sharpness of the pain of living is lightened and the suffering that one perceives [one] to be undergoing is cut in half. All things that can be spoken of can be healed. The great gift of a mated relationship is that all things can be spoken of and may be spoken of. There is permission given from one open heart to live fully as one. Were only two to become one, this is indeed a great thing. Yet, the added gift of the mated relationship is that there is normally some sort of ceremony within which the Creator is invited to join the union and to give life to the union that is so dearly wished. It may be seen simply as a blessing by those who attend the religious service and gaze upon such ritual as a social exercise or indeed a business proposition in which a contract is made with no small print and a long term. The value, however, within the spiritual or metaphysical universe, that universe that does partake of infinity and eternity, is that metaphysical values are specifically brought into the relationship to enhance the pairing so that it becomes a much stronger three-legged entity that can stand on its own and be that house in which two entities may live, the walls of which are made of hopes and dreams and love, but the floor of which is made of real effort, substantial work, and deep sacrifices between each to each.

12: And we would speak of sacrifice, for there is within the human experience that which can be perceived in many cases as sacrifice, which ensues from the commitment to a relationship. The essence of love in the sense of the love of the infinite Creator is open-hearted giving and open-hearted receiving of energy which passes freely between two people. Within this atmosphere then, two people turn and face living a life together. And as the everyday life moves on from the committed relationship's start, those energies that have been working through each to create and direct the path of seeking for each become those energies that intertwine in new and original ways because of the proximity of the two and because of the continuing accretion of shared memory and shared catalyst.

13: There is that figure in the archetypal mind which has the entities upon the wheel of life and as the wheel of life is turning, the entities are turned upside down and all the money in their pockets is falling out and falling upon the fruitful earth. And indeed in marriage, the wheel turns and sometimes one is receiving the gifts of others and sometimes is losing the coins out of one's pockets, perhaps on purpose, perhaps not. Yet, it may be perceived when one is at the top of the wheel, upside down and serving by giving, that one is being badly used, that one is sacrificing and not simply able, because of

that position on the wheel, to offer a certain kind of love and support to the whole. It is well to be able to gaze steadily at the possibility, going into mated relationship, that there will be times of substantial, apparent sacrifice for, as this instrument has said many times, if two people feel that they are sacrificing almost a hundred percent for the relationship, with the other entity doing almost nothing, then it is possible that they are [each] doing their share. It is very difficult from close up to see the self and its efforts in balance with the efforts of the other self. It is sometimes hard to see the efforts of an other self and easy to see the efforts of self, and again there are times when the self is already seen as failing in a certain situation, and therefore the self is seen as not giving enough and the other self is seen as being overbalanced towards the giving.

14: We do not know and could not say if we did, what the catalysts shall be for any mated pair as they begin to ride this ark of hopes and dreams along that endless ocean of perceived experience within incarnation. It is only possible for those upon the ark that they have made by their mutual love, to shine the wood of it, to polish the brass, to clean the head, to trim the sail, to keep the keel even and steady and to gaze at the stars with sextant in hand, remembering your hopes and dreams and renewing, daily, that pride in being that makes the chores of living as one joyful. We encourage, in the daily-ness of a mated relationship, the continual return to the place of marriage where two souls united with the Creator to create the temple of a lifetime of dedicated and committed loving. Move into the silence of that tabernacle which is within the heart. Move into that shared silence in which each may hear the Creator speak. Let love be that which it is but allow a love which you know not to undergird and support that which you know now as love. For love has infinite lessons to offer and the more one is able to open the heart to the infinite consciousness that is love, the more one is able to open even further and even further. So that, as this instrument would say, one comes into one's bliss, and more and more is at rest and at peace within.

18: We are those of Q'uo, and are aware of your query, my sister. We find that this energy is both true and untrue in terms of that which you have read, and to explicate, we would say that there are many energies within the inner planes which are detailed to work with perceived difficulties that might impinge upon those dwelling within third-density Earth at this time. These energies are not physical and cannot be found in dwelling places and so forth. Yet they are real, they are simply not those within third-density or physical bodies. This entity would call them angelic but this does beg the question of their nature, for we find no real word that lacks emotional energy for beings without bodies, shall we say. These energies, however, are positive, loving and very articulated.

34: We are those of Q'uo, and are aware of your query, my sister. Indeed, the explanation is fairly simple, my sister. When an entity is honest and has insight and has moved through many experiences, it is natural to feel that one has become wiser and wiser and wiser. However, it is also true that in spite of or around any integrated, conscious, daylight personality there lies that which, culturally speaking, is simply not accepted or admitted among your peoples, and that is the full 360-degree self which contains every shadow, every evil, every darkness that can be imagined by the mind, the heart, or the soul of human beings. All of those things that have ever been imagined, good or bad, according to various people's lives, are part of that which is R and equally that which is Carla, or Jim or J. There is no lack of evil, so-called, within the heart of any, for all were greatly accepting of and wanting this precise 3-D self that has all of the light and all of the dark. As experiences continue to flow in, there are moments when the integration falters and thoughts are separated out into the shadow side and the positive side. Neither side is a fraud. Both sides are real. The action of the self towards other self expresses that which is the perceived truth of the self. Many, many shadow, dark, evil parts of the self, then, stay within the self, are processed only by the self, there being no need to have the outer mirror of other self in order to be able to see one's shadow self. The challenge then becomes internal. When the self is perceived as self-inconsistent, then whatever is perceived as the "bad self" is to be taken into the arms of that self which you experience as yourself so that you can rock that unloved portion of self in the arms of true compassion; so that you can say, "I fell in love with you a long time ago."

50: We are those of Q'uo, and we thank you again for the lovely experience of sharing in your meditation. We pray you may go forth from this meeting in joy and in peace. We are always with you by request as you meditate, to strengthen your meditation and to make the room of silence just a bit more sturdy and safe.

32.21 2003/10/05

5: However, those who are not able so to begin to open their hearts will find that the difference between the vibratory level within the consciousness and the vibratory level within the environment shall be great enough that the discomfort of living within the fourth-density Earth energy shall be too much for the physical vehicles to enjoy without significant distortion, which shall in many cases shorten lives that would otherwise have been far longer and more open to many options involved in structures of those with open hearts. In this atmosphere it becomes more and more obvious that, in the face of new structures, there is only one directive that we may offer that you may trust completely. That directive is to open the heart. This instrument said earlier, speaking for herself, that she found it impossible to keep the heart open for a prolonged length of time; that there was the natural cycle of ego and so forth that would call to any seeking soul those temptations that would take love and replace it with fear. And such temptations are many and varied. Some are obvious, some are subtle. The true nature of such temptations becomes clear usually only when one is in the middle of having closed the heart and then having discovered the closing of the heart and beginning to work backwards from that place of being stuck, or being over-stimulated, or being blocked, so that the uses of hindsight may help the seeker discover the genesis of the conflict that has caused the previously open heart to move once again from love to fear.

10: What can sitting with this node of activity and process yield for the honest and, in a way, ruthless seeker of inner balance? In each case where there is a perceived node of feelings and process, there is pay dirt. There is treasure to be found. And it is worth the time that it takes to rest within that pattern, in terms of being able to become more and more skillful in knowing the self and in seeing those habits and triggers from yesteryear, shall we say, that have crept into the present mechanism of the way the mind works, hears and sees; all of which are choices very much up for grabs many times. It is not that we wish to cause self-doubt or to invalidate the thoughts that you have and the feelings that you feel. Rather, we ask you to stay with them, to experience through intensity and time, allowing energy to move as it will and as it must, neither hurrying it nor resisting but rather embracing it with as much love as you can and thanking it for the opportunities, be they challenging or pleasant or elating, as they come up and as it is time to deal with them.

12: Let the sun be away when it seems to be night and let the moon be that witness that says to you that the sun is a reality that shall cycle into the awareness once again, in its time. Allow the roll of the pain that you are experiencing to continue so that the night hours are spent in an engaged and embracing way that enables one to be grateful for the sleeplessness of the dark night of the soul. Know, by the moonlight, that there is a sun that is still reflected into your node of catalyst. And let that reflection, dim though it may be, be that witness for the light and love of the infinite Creator and the rightness of the plan of the Creator for you. Then you are able to release the fear of the night and the fear of the water and the fear of being at the mercy of an ocean that seems, at least on the surface, to be a dangerous place to be. This instrument would say, "life is hardball." There are no soft pitches for the school of love on planet Earth.

14: As each of you becomes more and more familiar with the way the new structures of being and living feel, each will have many opportunities to get to know the self better, to become more self-supporting, to fall in love with the self, as this instrument would say. May you find the self that you are to be half as beautiful as we find you to be. As you begin to see more and more clearly into yourself, you shall indeed see things in yourself of which you shall not be fond. We ask you not be discouraged. Each of you has all things within. To expect never to encounter the shadow part of self is to expect far too much from the very dynamic energies of any human existence within illusion. The creation is designed to bring

doing a wonderful job. You are listening and seeking with all your heart. You who seek shall find. To those who knock, the door shall be opened. Do not doubt your process or your intuitions. We have perfect confidence in you. We believe in you and love you for that which you are hoping with all your heart to do, to serve.

68: In truth, all things done with love are sacred. And when you are dwelling in the universe that you create of the actions and thoughts of love to the best of your ability, you are creating for yourself an optimal environment in which, in a stable and conscious manner, to deepen your psychic abilities.

70: Rather, we would encourage your allowing this gift to develop in the midst of your daily life. We would, however, specifically encourage your seeing the value and the giving yourself the opportunity of time for yourself. We do not know what you would wish to do with this time. For this instrument, with her great love of ritual, the time that she gives to herself is time dedicated to what she calls her morning offering and her Gaia meditations. Further, she is very fond of working on tuning herself as she goes through her day, taking the time before answering the door or the telephone or starting a letter to ask for help to be sent to herself that clear her own energies so they do not pollute and spoil the environment in which the moment is met.

79: We thank you, my sister, with all of our hearts. And we thank each of you, for we see this determination and dedication and the love that you have for the Creator, for the work, and for each other. And we are humble before you.

90: But we would also encourage you to remember that you came here with the desire to love and to serve, not to judge. So in pursuit of ethical and moral action, we would encourage a dispassionate, compassionate and systematically passionate attempt to be an agent of love.

95: We thank you. This instrument's energies wane and we have been careful to allow our energies to flow in a particularly slow and careful way through her this evening. We thank each of you in the circle for lending your love and light to the circle. It has enabled this instrument to end this channeling in a far better situation than she entered it. And that is part of the power of a group such as this one. The combined energy of the group is such that, though each is imperfect and has many flaws, the combined energy of the group is far more powerful than any one of its members and far more efficacious to serve.

34.24 2005/08/24

75: May we say we believe in you. We love you. And we are most glad to assist you in that way. You have only mentally to ask us to be with you and we are glad to be a resource for you by helping you to be stronger in having a stable, conscious process.

34.25 2005/09/04

6: The sea spreads out from the land, normally content to keep its boundary and to act like the favored pet coming up to the chair of a beloved human, saying, "Pat me. Pat me." That is the way that you are used to thinking of the ocean as you rest upon its shores and that is the way the ocean likes to be thought of.

10: As we begin speaking of being your best self at a time of inconvenience, we would prepare the ground in this wise by assuring you that you are not in the grip of that which you must fear. Rather, you are part of the people of Planet Earth and you are all family, children of a mother who is called Gaia or Planet Earth. You are seeing Gaia, your beloved mother, through the birth of her child, fourth-density Earth; indeed, the birth of both the heaven and the earth of fourth density. 17: Please realize that although you and your individual hearts love your mother and have great respect and admiration for Planet Earth, as a culture you have, for some of your time, been hard-appearing where she is concerned. You have taken her circulatory system and altered it in ways which are not helpful to your planet, damming her rivers and polluting her waters.

20: As you sit in this circle, visualize it if you will. Each of you is a lovely rainbow to us. That is what we see of you. We do not see your face and your form. We are of metaphysical origin and therefore what we see is your energy signature.

Each of you has an energy body and we see some of the colors of that energy body, as if each of you were a prism and we had held you to the sunlight so that all of your colors played out in a lovely progression from the red to the violet.

22: Your energy moves downward into the very roots of the Earth as well and each of you is bringing out the infinite love and light of the one Creator into your body systems and allowing it to move through that hole, shall we say for simplicity's sake, that runs right through the energy body so that you are basically instruments that are allowing the love and the light of the one Creator to move through your vehicles, to be blessed by your conscious awareness of this process and then to be released as radiation when you are completely filled up with this love and light for yourself, so that the two are full of energy and have everything that you need.

39: But it does suggest that when such an error is perceived within the self, it be viewed with an eye not only to understanding this error but also to accepting it, loving it, balancing it, becoming friends with it, telling it your story, allying it to yourself and thereby integrating it into your being. One thing you are attempting to do while you are here is to gather up the "lost sheep" of yourself, those elements of yourself that have been unredeemed because you have not been pleased with them. You have seen them as the wolf, the vampire. You have seen these undeveloped portions of your own light as unworthy and you have shut yourselves out of your heart.

40: Part of the work that you can only do in flesh; part of this valuable experience of being in incarnation and blind as a bat to the ways of spirit is to put yourself in the position of needing to abandon yourself at last to faith. Can you believe that you are perfect? Can you believe that you are whole? We say to you that these things are true. They are not true in a localized sense or in a literal sense. They are not true upon the surface of your life or your perception. But in terms of getting to the heart of your being, getting to the "I" of you, it is central to see all that comes before your face, which you would judge, as that which is to be accepted, forgiven, redeemed and at last, loved.

41: Who are you and what do you have to offer in a time of inconvenience? You are a magical and sacred part of the one infinite Creator. Certainly your creatorship is young. You are a very young god or goddess. You are a toddler. Yet, you have in this system of illusion hands with which to offer help, a mouth with which to speak, and a heart that is willing to love and understand. These are the aspects of your beingness that your fragile, small bodies contain. All of spirit is pouring through you at this moment. And you may choose to offer words or to reach out a hand as part of the good, part of love, that in this moment.

43: Sense your beingness at this moment and know that you are at the beginning of a fantastic and powerful story. May you enjoy the drama that you have chosen to unroll for yourself. May you ride it well! May you act with passion! May you be true to the desires that brought you to this present moment. And as the energies of this time and your evolution unfold before you, may you be fearless. For you shall inevitably be transformed. And in your transformation, your light and your love will bless all whose lives you touch.

34.26 2005/09/05

16: You gave yourself gifts of personality and as well you gave yourself gifts of limitation and even confusion. Before incarnation, it was your judgment that the love, the wisdom, and the power or will within you may not be completely in balance, according to the highest and best vision that your infinite and eternal spirit would judge. And so you sat down with your higher self, or, as this instrument sometimes calls it, your guidance system, before incarnation and planned carefully the shape and the general themes of an incarnation within this system of illusions that you call reality or life. 17: Having only your faculty of faith at your side, you wished within this fiery furnace of life on Earth to take an incarnationally long look at this balance that you have within your self, largely [the balance] between love and wisdom.

18: For many entities coming into incarnation and already qualified for graduation to fourth density—which is your case, my sister—the balance between love and wisdom [is], by your own judgment, that is, to be long on love and short on wisdom. It is, in fact, one of this instrument's incarnational

enrain peoples' minds...

29: The consciousness of third density is, by its very nature, not only aware of the self but its instincts are to seek love, to seek to be loved, and to seek to become one. However, by repetitive experiences in empire, your peoples have acquired habits of mind which mitigate against a full awakening into the awareness of self as the choice-making self. And so the tendency of your planetary population has repeatedly been to give its power away to those who are skilled at the processes of creating empire. Therefore, at this time, the plight remains to help those who have been repeatedly a failure at waking up to become a success this time.

32: You must realize how close many, many of your people are, not only to awakening, but also to embracing their creator-selves, that heart of love that they feel lies within them without really knowing what it is for which they yearn.

40: The aspect upon which you consciously can do work is the individual aspect. We would encourage you, therefore, to work within yourself, bringing yourself each day and each moment to the most sharp focus you can, to the highest tuning that you can carry in a stable and conscious manner, to the highest picture of dedication and service that you are comfortably able to achieve. You cannot know, nor does it matter, that you are, at the same time as you work on yourself, working on your group, the Rangers, working on your tribe of humankind and working as the Creator. It is not necessary that you see into these deeper and wider parts of yourself. It is important simply to keep the focus of consciousness bright so that you are a candle. We have said many times through this instrument that it would seem that one candle is a very weak thing, yet one candle can be seen for well over a mile if a line of sight is unobstructed. And a candle in the darkness is hope. So you represent, knowingly, one person and one process and one offering of love to the infinite Creator; yet you also are the candle that the wind cannot snuff out, that the darkness cannot overcome, and that no amount of denial by those who would embrace the dark can deny. You exist, a point of light and love. Simply know that as you do your work, as you breath in love and breath it out again, consciously blessing that energy as it moves through you, you are affecting your group, your tribe, and the Creator Itself.

41: We would encourage you, in fact, not to crusade for those ideas which we offer you this day. It is not a matter of the sharing of information, this matter of awakening the heart of humankind. It is more of an infective process. You are the secret agent of energies such as faith and hope. As entities about you see that you are undismayed by the apparent chaos around you, that you are hopeful in the face of all that you do not at all deny but instead, embrace, there comes to light within entities which dared not hope before the attractive possibility of hope. As entities see you launching yourself into the mid-air of a fool, leaping into the abyss by faith alone and then, as they notice that you are riding that abyss in joy, there awakens within breasts to which faith was previous a stranger that possibility of another way of looking at the illusion of planet Earth. As you penetrate the illusion, your eyes seeing clearly the light and love of the one infinite Creator, those who look into your eyes know what they cannot express and see what they cannot describe, and, for the first time, they believe in the possibility of faith.

34.22 2005/08/21

7: We assure you that the love and the light that you have created in this temple that you have made of your hopes and your dreams in your coming together has been most helpful. And as you had hoped, there has been a significant calming and reassuring effect in a non-localized fashion, in a helpful fashion, upon the planetary entity you call Gaia or planet Earth.

8: At the same time, there has been great work done in open communication, springing from open hearts, so that each of you has been teacher to each and each of you has absorbed love, wisdom and power from each other like thirsty sponges. The beauty of your coming together and of the crystal that you have formed humbles us.

9: And we offer you our gratitude. We thank each of those who attempted to speak on Living the Law of One.1 Each of those who spoke has pondered long and thoughtfully, reflecting upon what to say, what to share, and how to say it. We assure you that the energy of your voices, far more than the

words that you said, has done the work that you had hoped to do and carried, in the breath of your life shared with this group, the golden energy of loving communication.

11: We thank each of you who has come to learn and has stayed to teach. Your wisdom, love and beauty are also that which opens our hearts.

18: Some of your resources were chosen for the confusion that they would bring you. Many of your relationships agreed upon before incarnation were chosen specifically for the woe and the suffering they would cause because you wished with all your heart not only to be a light unto the nations and a priestly people but also to work upon the balance between love, wisdom and power within your soul or soul stream, as this instrument often calls the entire experiential nexus that is your individual soul in its totality.

24: We have said many times through this instrument that each of you is as a lighthouse. Tend your light and let it shine. Polish the glass walls of the house of self to be sure that the light that is flowing through you may cast itself out into the world around you without impediment or smudge. You are not the light. You cannot control the light. You are an instrument that allows the love and the light of the infinite Creator to flow through you and out into a dark world.

27: This instrument was warned by the one known as B before this weekend to encourage people not to focus upon local problems, not to focus upon politics, religious structures or any perceived points of difficulty within third-density planet Earth, for this kind of concern is that which crystallizes and focuses back into third density in a way that could be damaging to the development of fourth-density planet Earth. There is no need to break structures in order to create new ones for the simple reason that you are not attempting to fix third-density planet Earth when you work upon the grid of fourth density. You are simply joining angelic forces that have already been weaving golden threads into a net of love and light about your planet at this time.

28: This instrument has often seen the angels with their golden threads blending more and more substance as they ply their needles to intensify and strengthen the web of love. This is an image you are welcome to use. It is a true one. There are many ways to visualize turning your attention and your love to the cause of Gaia. You may visualize color and many have seen a violet color as the best way to strengthen the web of love. Others have seen golden light itself as a means of focusing your own love and pointing your attention.2

30: This is something that you seem to be doing, individually, and yet you now carry an identity as part of a family. This group has become a clan built of love and dedicated to service. In jest, an entity called this the "Wooded Glen Family." You may name it as you will, but we assure you that the nature of your bond is substantial and real.

39: We would ask, as this instrument asked before this particular session of working began, that each of you spend time pondering what you would like to learn to investigate and to discover at this reunion what you hope will take place next time, so that as you enter again the clan atmosphere and come home to each other for more work together, you will have the feeling of a progressive investigation of love and light and living the Law of One.

46: We are those known to you as Q'uo, and are aware of your query, my brother. We would say to you that, first of all, before we say anything further, we would encourage you to listen to those known as V and B as you visit that place known as Avalon Sacred Growth Center, that part of L/L Research dedicated to harmonizing the densities and creating a safe place for them all in the valley of Avalon. These two entities have had much experience working with the deva kingdom and they are glad to create a teach/learning circle as you walk that sacred ground that has just begun to be given full permission to thrive and to speak truth to those who walk upon her meadows and hills. After you have heard a few thoughts from these very dedicated lovers and stewards of Gaia, you shall perhaps feel an inspiration that has a vector that points you in a direction that you may understand.

61: We are known to you as Q'uo, and are aware of your query, my sister. We examine this question for that which we may say to you, for there are many things that we cannot say to you. You are working to make choices as part of your process at this time and we would not infringe upon your free will at this time by making specific suggestions. We can say, without hesitation and with absolute sincerity, that you are

you out of yourself and into empty rooms where there is as yet no structure. Let those times be your friends, for they are part of a greatly beneficial and satisfying process.

18: We are those of Q'uo, and are aware of your query, my brother. We may say about your experience that certainly it includes those things of which you are letting go, those shifts within your own definition of yourself that require the loss of structures that were in place and that are no longer appropriate. We may also say that it is extremely positive to move through such times and we see, in the way that you shepherded yourself through this time, that love of self that opens the heart and teaches it how to love others as well.

19: The time of such movement cannot be planned. It is only necessary to set the mind towards service and love and the heart towards living, open and vulnerable to the catalyst that arises in a moment. The natural rhythms of experience shall bring to you those moments as they are appropriate.

26: We are those of Q'uo, and are aware of your query, my brother. The power of a service-to-others entity is that power to love without reservation. The way of love is simple in the extreme in its effect. However, as the one known as S noted, in the energy system of a physically incarnate entity, there are many ways to become hindered or blocked, in which one becomes the one who cuts off the power for oneself. There are many ways to choose to diminish the forces of love within the self. It is a challenge indeed to find those ways in which love has been too tightly held or too dearly given, given as a miser or a pinch-penny, or given without thought when thought might create a better gift.

33: Okay, Q'uo, assuming that the work of power is the work of higher energy centers, I know that green ray is the great resource of all spiritual work and that the blue and indigo-ray activities await only the will of the seeker once green ray has been activated. My question is, the moment that love is felt, can an entity "move up," so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time? Or does the state of the open heart need to be reliable and consistent for work to proceed into the higher rays?

39: ...for however long they need to stay. In reality, much of getting to know the self is not pushing the self around as much as it is gently sitting around the campfire with all of these different parts of self and allowing each to tell its story. For there is good in many different points of view within, all of which may come together in ways that are not helpful. Yet each item within the mix is helpful to consider, helpful to gaze at, perhaps over time. It is a subtle thing to become more familiar with the self without judging the self, and this is the goal of one who is attempting to free up those stuck places within. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Energy is finally able to move through into the heart in a powerful way.

32.22 2003/10/19

0: [overview] The question today has to do with fear and love. We are assuming that fear and love are on a spectrum of... there's a connection between them and we would like Q'uo to give us some information about how we can deal with fear; any kind of fear. Fear of doing something we haven't done, the fear of doing something that seems difficult. V mentioned that focusing on the love aspect tended to make the fear dissipate. Is that correct? Is there anything else we can do to deal with the fear when we feel that it's taking too much influence in our lives?

3: There are two questions posed within the energy of this instrument's mind, although we have only the one on the tape recording which was done prior to our speaking, and we find it interesting that although these two subjects seem to be so far apart in nature, they benefit from being looked at together. The two subjects, being that of fear versus love and what the nature of various kinds of nature spirits is, would seem on the face of it to have little or nothing in common. And yet, indeed there is a great essence which they share.

4: The great jihad1 of the struggle of love and fear is that rock upon which many have shipwrecked their lives, their spiritual ambitions, and their hopes of progressing according to some self-made, or authority-driven plan. Energy gets stuck.

Energy that has been bruised and stricken defends itself. Everything that can be imagined has an energy, if it is imagined. This is not to say that when we are speaking of nature spirits we are speaking of imaginary beings, for we are not. Rather, they are imaginary in the same way that you are imaginary. You are illusory in a certain order, or grade, of illusion. You vibrate in a certain series of energy fields or spheres, which have their own order and their own purpose. And they communicate with each other throughout that grade or gamut of energy vibration. Consequently, all physical bodies are communicating.

6: This group has spent a couple of days exploring caves recently and has a special reason to become more and more aware of the power of the everlasting rock-ness. Many are the spirits that can be seen from these elements. They are seen by an eye that is not physical because their energy is that of the metaphysical energy that occupies time/space. Consequently, it has no body in space/time but only the impression, or the shadow, of the truth of such an entity. It is as though you were attempting to prove that you had ideas, ideals, hopes and dreams. Can you show them to someone? No. Do you still have them? Oh yes. In just this way, the mountain, the ocean or the wind has the expression, the thoughts, the hopes, the ideals, the process of its nature; and because it has no hampering of self-awareness, it never moves from love. It remains blissful in its ignorance of any other choice and simply expresses its essence in a dynamic combination with those energy fields of time/space and of space/time that it may meet. Consequently, as you walk in nature or down the urban sidewalk, you are coming in contact with the sprites of the air and the undines of water and the salamanders of fire and the gnomes of earth, all unknowing because you cannot see them with the eyes of daylight. There are always special people who can see into inner planes, for weal or for woe.

10: Coming to a moment is coming to a banquet. How shall you enjoy the rich array of incoming experience? Shall it be a thing of love and joy and laughter or shall it be a thing of fear and defending? Each of you is painfully aware that you are not a flower, you are not the wind, you have not been a tree for years and years. And as a person you have been cast forth into an illusion which is bound to hurt and disturb and upset any shred of routine and surety that you may have; for all things pass and the experience of the third-density entity within the illusion is that infinitely renewable feeling of being behind the power curve, unaware of those things which it would have been good to know in order to plan for this change that seems somehow to be taking place. The one known as John3 wrote in a song, "Life is what happens to you while you're making other plans." This is the cartoon-like nature of the catalyst that is available within your third-density world. It is always aimed at moving you from a balanced and comfortable place into a place where there is a risk to take, a challenge to meet, a cliff to walk off of, so that you may have the experience of choice. That is the one thing that is your glory and your challenge. You have the responsibility that is God-like: of choosing how you shall go on, how you shall think, how you shall meet the day, how you shall treat yourself if you're not happy with how you met the day, and how you shall treat those other-selves that are a part of you. Shall you see them as other? Or shall you see them as the self?

12: The education between those two points is vast, immense and unimaginable. Each of you has spent lifetime upon lifetime attempting, with a pure heart and a good will, to penetrate the mystery of oneness. In a world where nothing looks like it is one with you, how can you catch on to what is not being seen? How can you hear what is not being said, what can not be said, for there are no words? The secret is energy, that energy about which the one known as J will speak4, sharing her passion for the beautiful simplicity of the healing touch, and not even the healing touch, but the energy of the healing heart. Indeed, it is that environment that is beyond words that moves into that walk of faith that exists only in midair. For in that particular discipline, as in so many disciplines that go under the modality of the laying on of hands, the true healing is not in a touch, but rather, in the love that that energy of the touch carries, because of the work that that particular instrument has done as a messenger of healing. The energy of other-selves can be a palpable thing and interestingly enough, you can affect the energy of others. How can you do this? You may do it mechanically by thinking to yourself, upon looking at someone else, "This too is me. This is my

brother and I love him,” or alternately, “Thou art God.” Or alternately, as this instrument often says, “You are my mirror.” You too are a mirror. What you forget, because you are sitting within your own space, is that you are radiating. Each within this circle is very powerful, has done a good deal of work, no matter what the biological age of those in the circle. Each of you has a metaphysical essence that is powerful. As you allow that feeling of your own self to open up, as you simply allow yourself to be yourself, to flower, to look out of yourself at the beauty of all of those around you, as you listen to each energy and “feel into” the energy of those who are speaking in desultory tones about the room, you can begin to make those heart connections with each mirror, with each part of yourself, thanking each part of yourself, knowing that if you were to pursue that particular person, that particular relationship, that would be a very valuable mirror that you could not get from anyone else. Each person then becomes a treasure trove of undiscovered things, [undiscovered] simply because you have not spent the time to open up to that person and to share what the energy has to offer each of you in that dynamic between you.

14: What you are attempting to do as you filter the experiences of your life through the processes of the disciplining of the personality is to become easier and easier with yourself, and easier on yourself, while at the same time, remaining honest concerning your process; that is to say, it is well to be ruthlessly honest with yourself and with the Creator, in your continuing conversation with the Creator, but it is not a good idea, no matter what your basic feelings of irritation may be at the self, to berate the self, or to lose respect for the self, or to act in such a way that there is the expression to the self of dissatisfaction, of feeling that the self is unworthy. These things are all too easy to promulgate within the inner life. They are those stumbling blocks that trip up your feet and keep you from moving forward. They have been put there by voices not your own, but in many cases you have accepted them, internalized them, and made them live far past their time of truth, if there ever was a time of truth for some of those deeply painful childhood insults. See the pain and the suffering that has been endured by you, that has caused fear to become a habit returned to again and again. See with eyes of love and compassion. This instrument carries a doll frequently when it is at home. It talks to the doll and it asks the doll to tell her its dreams. It is in this way that this particular entity seeks to undo damage done to her as a child by those who did not make her feel wanted, needed or listened to. There are ways to work on these difficulties that can be perceived as perhaps being the foundation for those fears that now trouble the seemingly grown and adult life. It is most helpful to open heart and mind together to the processes of seeing where these threads of fear take you. They are the breadcrumbs along the trail that will lead you to a deeper appreciation of self and a deeper ability to interpolate and amalgamate the self of all of those perhaps slightly separated parts of self that have moved away from other parts of self because of wounding, because of difficulty in holding the energy of self completely together.

32: We are those of Q’uo, and are aware of your query, my brother. You are indeed correct that it is a larger query than some, and perhaps we shall make this the last query of this particular session because of that fact. For most entities brought up within your culture, the difficulties of knowing what feelings are one’s own and what feelings are not, is not a problem because there is a characteristic self-involvement that dictates that there will be no confusion between the feelings of self and the feelings that are not of the self. However, when one has begun a process of opening and sensitizing the self to that which is more real, more true, more beautiful, more to be admired, the self does become less aware of the boundary between one’s own universe and the universes of others. This is due to the fact that there is no boundary between the universe of the self and the universe of others except those boundaries that are created by the mind of the person. If it is assumed, as this instrument often does without realizing it, that all are one and all are thinking as one, then one sees one universe and one’s feelings naturally move in that one big happy universe where all is known, all is good, and all is loved. This instrument has done a great deal of work in the past few years learning how to make boundaries so that it is able, as a person, to take care of itself and also to have the ability to love others as the self; as opposed to thinking that all feelings were her own and all needed to be

addressed equally. It is a very confusing universe to one who has become unable to make those boundaries between self and other-self and as you have said, my brother, it is especially difficult when those feelings which are being imported into your system from a system of another are perceived as negative. It becomes a most uncomfortable and pertinent question as to how to make the boundaries that create comfort zones within the situation where there is overlap in aura, as there is in virtually every urban setting, and certainly in a household such as you enjoy at this time, where there is a constant presence within the dwelling of people whose auras do indeed overlap.

38: There is also the entire arena of physical cleansing that is helpful in creating boundaries, the smudging of the self with the sacred sage; the ritualistic immersion in meditation of the preferred kind in which that question is put to the self, “Show me myself, show me the shape of myself.” There are many ways to ask and indeed, for each person this is a very personal and very idiosyncratic work. Be open with the self, feel confident in following the intuitions and the hunches of self. Use journaling, use the dream process of writing the dreams down and thinking about them, use the conversation of others, and use all of those mute signs of the energy of the environment about you, the wind and the birds and so forth, all of those messengers that have spirit and wish to share energy with you. There comes out of all this amalgamation a growing sense of being able to be a discriminator and that is a very important feeling to gain. So we greatly encourage those disciplines that put one in touch with one’s own powers of discrimination. It is a beautiful thing to know that all is one, [but also] that each of you is unique, each of you has your own shape, your own bloom, your own pollen, your own scent. Nobody like you ever was, nobody like you ever will be again. Only you have that breath to breathe, those words to say. We bless each of you as you move into your hopes and your dreams. May you walk with faith, may you walk with joy and may you know that you are never alone, and as the one known as D so often says, that you are loved more than you can imagine.

40: [footnote start]jihad: “a campaign for or against an idea; a crusade” as well as the more usual meaning of “a Moslem holy war.” The Q’uo intend the first of the two meanings, the campaign in question being for love and against fear.[footnote end][footnote start]This phrase “to become acquainted with,” is a typical way of defining the word “gnosis” in Gnostic literature. It suggests a kind of knowledge beyond words or explanations.[footnote end][footnote start]John Lennon, from “Beautiful Boy,” on the album Double Fantasy. The actual quotation is, “Life is what happens to you/While you’re busy/Making other plans.”[footnote end][footnote start], a Reiki healer, was speaking to a college class about healing energy in the week ahead.[footnote end]

32.23 2003/11/02

17: We are those of Q’uo, and we understand your query, my sister. The DNA of which you speak is affected by thought. Consequently, if, by the disciplining of the personality, an entity is able to begin to tune the heart to living in an open, loving, and vulnerable state, such as that state fourth-density entities [experience], the perceptions that come into the mind and that tell the body what is occurring are those perceptions which will automatically hook up that which is not hooked up within the DNA strands. The stimulus for the body is the mind; so in working with the mind to move from what this instrument would call mental thinking into heart oriented thinking, it is the movement from third-density to fourth-density thinking. As the heart is allowed to think and to be strong in moving into a major part of the process of perception, the body will follow, being a creature of the mind. 45: Picture yourself holding yourself as if you were a baby. Rock that baby, and rock that baby, and rock that baby again. And rock that baby all night if that baby is upset, because sometimes only human touch, only the human love of a parent can get a child through a cranky night. Perhaps we could say that we see you cutting new teeth, as children will do. It is a very painful process. One cannot move with one’s normal comfort. One does not understand why it must hurt so badly because one is, after all, just a baby. We would say that this is the equivalent of that which has occurred within you. It is a natural process. It is a process that promises good growth

nity which is represented in fifth density and in sixth density families from which you came to serve upon planet Earth as wanderers offering, at great risk to yourselves, your very self in the hope that by your very being living in flesh and bone, strangers in a strange land indeed, you would be able to offer that energy of unconditional love that would help to anchor the fourth-density energies that now are being seated within the planet that is being born as we speak, that Gaia that is a fourth-density, positively-oriented planet.

7: Each of you, then, represents not only the self but an extended family, as it were, of beings that have allied themselves in various partnerships for this period of time and space. There is a time upon your planet that is ongoing wherein all of your energies have been called to bear witness to the light and the love of the one infinite Creator. We, ourselves, as those of the principle of Q’uo, are part of two of those groups: that of the fifth-density social memory complex known to you as the group Latwii—we are speaking through this instrument at this time—and those of the social memory complex known as the group Ra, which are part of this principle and with whom we of Latwii and also those of Hatton discussed matters before taking up the time of channeling through this instrument.

10: It is our hope, as regards the planet you know as Gaia or Earth, that we may be a tiny part of your own efforts to anchor fourth-density light by your very being. We hope to be responsive to your needs and to offer ourselves as requested. Each of six civilizations that are relatively near you in space/time are the founding members of this Confederation, with many, many others moving into alliance with us as the plight of your planet has deepened. We became concerned for your planetary civilization some of your time ago. The second of three harvest-times upon your planet, 25,000 of your years ago approximately, had come and gone, with only approximately 150 of your planetary beings achieving the right to move through the harvesting procedure and enter fourth density for the lessons of love. It is to be noted in humility and gratitude that, rather than move ahead as a small but significant social complex to take up the lessons of fourth density, all of these entities chose, as one group, to remain within third density and immediately to seek reincarnation as third-density entities, having only their hearts and their wills upon which to rely in order for their memories of who they were to return. These entities have been called by this instrument the Elder Race and it is to be noted that there are those within this circle that are also representatives of this group as well, Earth’s first graduates, who have immediately and unhesitatingly sacrificed any future lessons of love that may be in their future in order that they may spend not one incarnation or two or three, but 25,000 years’ worth of constant and unrelenting reincarnation into the planetary miasma and confusion as the third harvesting cycle has proceeded.

11: We have called ourselves Brothers and Sisters of Sorrow because we are the Brothers and Sisters of the unrelenting sorrow of Earth. And why do we describe it as sorrow, my friends? It is due to the increasing heartfelt suffering and woe experienced by those who have attempted repeatedly, over and over, to awaken within the dream of incarnation, to remember who they are and why they are here, and to take hold of their intention to become fully conscious and awakened creatures of love. The yearning has not died at all among your peoples. It cries out in its yearning to be a part of the awakening to love that the very planet under your feet is experiencing. Yet again and again there has been the seduction from love to fear, from unity to disharmony, and from that incredible experience of working truly together for common goals to the voices of division and hostility.

12: You have, in fact, through repeated exercises which have ended in empire, warfare and division, been trampled and beaten down by those which have seized power and leadership upon your sphere to the point where your entire planetary sphere has been placed out of the normal stream of time/space and space/time onto what this instrument calls a time lateral. It is a kind of shunt where a train can move away from the main track until it is repaired. Your planet, in short, is undergoing repair and this not simply from one or two repetitions of empire but from, let us say, at least half a dozen majestic and substantial experiments in empire. Again and again those entities within your population who are inspired by the one infinite Creator have called the people of this planet to the reality of your unity as humankind to their

planetary responsibility, each for the other, in love. These clarion calls to ethics, virtue and the higher morality have been heard and many are those who have been inspired to seek the one Creator and service to that Creator. Yet again and again the forces of fear have seduced entities enough away from the hewing to the light that the light has been unable to establish the kind of energy within your planetary sphere which would begin to accumulate mass of a spiritual kind, of gravity of, again, a spiritual kind or metaphysical kind.

14: This basic breakthrough is recent and is indeed a product of many groups such as this one which have attempted to speak their truth with power throughout the last forty to fifty of your years. Great waves of entities have come among you and have begun to remember who they are. They have shared humor, art, stories and songs. They have lived lives that have inspired many. They have loved in ways that are as individual points of light that have begun to anchor, in a very real way, fourth-density values even in the apparently hostile fields of your civilizations.

15: We are as those who represent your ties with the larger family of the creation of the Father, as this instrument has often called the creation that is metaphysical in nature. We have an energy that this instrument would perceive as feminine. The balancing energy that is critical at this time in anchoring the love and the light of the one Creator for this passage for Gaia is the Goddess energy, shall we say.

17: You may observe many figures which have attempted to express this feminine energy. The one known as Jesus, the one known as Mary, the one known as Quan Yin, and many others have expressed that yin creator-energy which is all-compassionate, all-loving, and all-understanding, all-inclusive and without the faculty of adhering judgment. Our hope, as a Confederation, then, is to rest in the love and in the light of the one infinite Creator within the inner planes of this planet, which this instrument has often laughingly called the parking garage. Many of those who come from elsewhere within the creation dwell now within resting portions or parking garages of your inner planes, in the sub-plane which is resonant with our vibrations. We rest here with many allies, those essences of all of your densities, first, second, third and so forth, which animate and enliven your inner planes and help to create a fruitful Earth plane for those within third density at this time.

24: The plight is very dear to our hearts, as it is dear to the hearts of wanderers and those Earth natives who have awakened at this time. It is as though you are extremely close to developing a large enough group of groups of entities which, together, remember who they are. But they are on the verge of being able to firm into crystals that choose to vibrate, as one, the love and the light of the one infinite Creator. When this is done with enough mass of intelligent, conscious, choice-making entities joining in, there is a speeding up or a multiplication effect. The crystal that each of you is can choose to become a great deal more powerful as commonalities merge entities into groups and those groups into light sources.

25: Efforts such as this group’s Gaia meditations, occurring daily, are one such crystalline effort which has indeed, over a period of your years, begun to affect the planet. Its choice of a non-location-oriented, daily witness to prayer and meditation on behalf of the planet has created an energy which is common to many points upon or, shall we say, close to your planetary surface which are yin rather than yang, shall we say, in their energy focus, which have represented or created the opportunity for, shall we say, the infection of larger groups of entities by the enthusiasm felt by individuals in becoming a part of the Gaia meditation. These non-local points of love call in a way we cannot describe rationally to the awakening processes within those who have not yet made their choice, acting as what this instrument would call “snore alarms” to bring them to some point of increased wakefulness where they are more close to being able to see what this instrument would call the bigger picture of who they are and why they wish to wake up and what they wish to do when they wake up. However, that point where the hundredth monkey effect is triggered has not yet occurred. There is not yet quite the mass of light workers awake. And so the plight, basically, is to call people to awakening without infringing upon their free will. May we say that those who are service-to-self oriented among your peoples and are in positions of leadership are attempting very consciously to

ing. When, as this instrument said earlier, you move from a point of saying, "Where is the love in this moment?" and you take the time, whether it is an instant or a real minute, to look for that love, to look for that point of infinite intelligence that informs the situation from the standpoint of spirit, then you have begun to see into the deeper levels of the present moment. And when your heart opens and you say, "Oh, I really see how I can be a part of that love in this moment. I see someone who needs help," or, "I see where a good word would make this person feel more comfortable," then you may, perhaps, be doing something very simple, but you are coming from a point where you have centered yourself into your deeper essence.

12: What does a flower do? Each of you is a flower. What is the worth of a flower? The worth of that flower is that it has grown from a seed. It is expressing its own kind. It has color, it has scent, and it has its moment in the sun. You, my children, have your moment in the sun. You are breathing the air. You are blooming in the sunshine of the Creator's love, and for this tiny speck of time, yours is the choice of how you shall spend that time of blooming. When you find yourself being pulled and tossed, ask of yourself, the consciousness, to stop the doing, to center into the heart, and to become aware of the moment. There is love in this moment. Where is that love? Does it not begin with you?

15: Thank you, Q'uo. We have observed people suffering sometimes throughout their lifetimes. We wonder if you could speak to the nature of suffering, the purpose of suffering, and, perhaps, the attitudes in how we see the love in suffering?

17: The Creator is not interested in your suffering. However, you, as co-Creators, looking at your incarnation to come, thought long and hard about how you wanted this incarnation to go. How did you want to bloom? What service did you wish to render? And, as you looked at yourself, the soulstream that you, as an incarnate being, are only a part of, you said, "Spirit, how can I better balance the forces within me? Do I have too much power and too little wisdom? Do I have too much love and too little power? Do I have too much love and not enough wisdom? How can I arrange these energies within me, in a more balanced form, so that I am truly of more service to the one infinite Creator?"

18: And you began to make a plan. You chose for yourself your major relationships, your birth family or those who brought you up, your spouse or mate and those lovers and friends that have been important to you. You carefully chose even your enemies and those who wish you harm because you did not wish to waste the relationships in this life. Rather, you wished to use them in order to refine that within you which is yourself. Just as that which is crude goes into the fire that refines it, you chose a certain kind of refining energy that would circulate throughout your life as if it were a theme or a motif.

19: In your suffering, begin to look for the pattern of it. It is a good thing on which to use your head, to a certain extent. Analyze the pattern of your suffering. You can even analyze it in terms of what part of your physical body might be suffering. Are you carrying too much on your shoulders? You might be expressing that with shoulder pain. This instrument does. This instrument is not carrying too much. She is carrying just enough to give her the lessons that she wished to learn. Her choice was to learn to love without expectation of return and she carefully chose for herself entities throughout her life [for this lesson.] [She chose] not just her parents, for parents die; their gift has been given. What is balanced between her and them has been balanced and they have moved on through the gate into larger life. Yet the need to work on this theme continues throughout the incarnation.

20: Now, each within this group has chosen for itself incarnational lessons. And, every once in a while, you get that theme popping up, whatever it may be. And again we say that each lesson is different. Some have to do with the right use of power. Some have to do with love, and sometimes that moves into questions of worthiness and unworthiness. Some lessons have to do with the right use of wisdom. You can be very smart without being kind. Where is the balance? Whatever your incarnational theme, it is relentless. And you created it to be so.

26: Let the healing of your suffering begin. Let the healing of your incarnation begin so that you can, as this instrument said earlier, stand on your own two feet and look the world in the face, saying, "I know I make many mistakes. I am heavily

flawed. Sue me. This is who I am and I am still ready to explore the possibility that love is the answer to all suffering." Lift up off the cross of thinking it is necessary. Realize it is a training aid. When the training aid is no longer necessary, then you may spend your time rejoicing and giving thanks. 32: It is not that she chose for herself the pain or the suffering. She chose the limitation. When she accepts her limitations impeccably, she is able to skate through her days and her nights without perceptible pain. She occasionally achieves this state. For the most part, she slips off of the razor's edge and experiences a certain amount of discomfort because she is attempting to do too much. And why did she choose this but because she was a greedy woman? She wanted to express, in one incarnation, the power of love, and in order to focus her very active mind, she chose ways of limiting herself so that she would continue her internal process without a let-up or a rest for the incarnation.

37: Thank you, Q'uo. We've been talking this evening about learning to love and to see the love in the moment and, with regard to the exercise of looking in the mirror, the faces I have seen often appear dark and gnarled or as if they are earthy, or nature-like, in appearance, even decomposed. Could you comment on what it is that I am seeing?

40: We would suggest that you gaze, first, at the nature of your interest in yourself, at this moment, whether it is in life or death, in power or in peace, in love or in fear, in sadness or in joy, and as you sense into the environment which you have created in your path of seeking at this point, and you see whether you're in the noontime of joy or whether you are in the darkness of the dark night of the soul, then you may begin to sense into the reason for your seeing those faces of some darkness and roughness as you look into the mirror that opens your subconscious process to you.

44: We are those of Q'uo, and are aware of your query, my sister. Indeed, this instrument has experienced many years of dealing with the dynamic betwixt an inerrantist, I fundamentalist Christian brother and herself. So, through this instrument's memories, we are very well aware of the pain that ensues when a beloved entity, who wishes only for your best interests to be observed, seems to turn into an enemy of your process and your truth.

45: Let us take a step back from personality and circumstance into that great hunger that this instrument was talking about earlier that entities do have to know the one infinite Creator. In many cases throughout the history of humankind spirituality has hardened into religion. Religion is something this instrument enjoys. This instrument has been an Episcopalian all her life. She loves the spiritual community. She loves singing in her choir. She loves praising and worshipping and giving the Creator thanks in the distortions of her church. However, to this instrument, there was never any thought of believing dogma. 2

49: This instrument was very fortunate. For many people, the only way that they have found to approach their love of the one infinite Creator is to buy, as this instrument would say, hook, line and sinker, the dogma of a particular sect of a particular religion. For those entities who wish to do this, we may say that it is a valid path to the one infinite Creator. We would point out, however, that it is trammelled and slowed by the dogma which it carries and by those entities which are excluded from the love and the light of their Creator, in their story of the Creator, by judgment.

50: When you see judgment, you know that you have, somehow, lost the way to a true understanding of unconditional love. The one known as Jesus, this instrument's Master, hung from the cross, unjustly judged, in the story of its Crucifixion. And, in that story, two thieves and murderers hung, one on each side. And one of those thieves said to the one known as Jesus the Christ, "I know I don't deserve it, but, Lord, when you come to paradise, will you think of me?" And the one known as Jesus said, "This day you shall be with me in paradise."

34.22 2005/07/16

6: Each of you, as you sit in this circle of seeking today, represents not only you, yourself, an unique and precious flower in the field of the Creator. You carry with you a family of unseen presences. Within this circle, for instance, there are overlapping groups. More than one entity within this group is not only an individual but also a family member of the commu-

and new "teeth." However it is a process that is most difficult to move through.

46: So we would ask that you nurture yourself. Realize, whenever you can, that there is a tremendous amount of love around you, not simply from friends such as these within this circle or from family but from a very extended family of those who are with you as guidance and simply those who are with you because they have been attracted to your goodness and to your seeking. This support system is strong to save and quick to respond, and we encourage you to use it. We, ourselves, are available at any time to give you a deeper meditation or a stronger feeling of presence. Lean into the help that is there and above all, believe in yourself, believe in this process, and know that each dark night ends with a beautiful sunrise.

32.24 2003/11/13

13: However, there is another kind of mind that exists within the same space, shall we say, within the same "gray matter" as the mind of the body, and that is the mind of your heart. It is that portion of the mind that comes from the metaphysical side of the creation rather than the physical, from the time/space portion rather than the space/time portion of the creation of the Father. The mind of the heart is not bound by the need to survive, for it is eternal. It is not bound by the need for advantage, for it knows all things are one. That mind is, when allowed to be completely uncluttered, as free and full as is the universe itself, as aware, as gentle, as powerful, and as all-knowing. This mind has few or no words. There are many times when its nature suddenly springs forth and you are suddenly aware that your mind indeed has a consciousness that is eternal and that is not bound by those human fleshly desires and needs for advantage. Usually it is because you have come into the radiant aura of someone who is acting from the open heart. And, in one way or another, you see an entity that is loving and you catch it, you pick it up as if it were a communicable disease, which indeed it is. Like any other state of mind, the state of mind that is unconditional love communicates from one entity to another and it is through contact that most entities within incarnation begin to form their ideas about what it would be like to be a creature of soul, a creature of the spirit, an angel that is here on Earth, but is not of the Earth. Perhaps you have someone in mind that has been to you such a loving presence, that has given you that blessed aura in which the consciousness of your heart can come alive and communicate freely. Does not your heart soar within you when this occurs, when the fetters of earthly thinking fall away and the only horizon that is yours is the horizon of the highest and best that can be imagined by you?

27: It is well to examine those areas in which you have discussed feeling discomfort. The area of the stomach is that area of orange and yellow chakra energy in which personal relationships and interactions with groups such as family and jobs are experienced. As you sit at the end of the day, it is very helpful to look back upon those things which have moved you one way or the other during that day, which tightened your stomach, which tightened your shoulders and your back, which made your emotions tighten up. In all of these contracting energies lies fear. Where have you picked up that fear? Where are the threads of that fear? That is for you to examine and to probe. And we may say that in some cases, entities have chosen the recurring of physical symptoms to nudge them back on a track towards the inner life during times when they have taken on inappropriate amounts of physical work. In this instrument's case, this instrument often will take on physical work because the instrument, unconsciously or consciously, realizes how much easier it is to do something in the outer world than it is to turn within and seek service in that way. The instrument has been raised in an atmosphere of the work ethic and perhaps you also share in that prejudice towards rejoicing in those things that are done, those items that may be checked off of the list of chores, the list of duties. And yet many chores and duties are those things that lie within, that take time and delicacy of thought to plumb, even to begin to understand. So we would suggest the evening discipline of moving through the thoughts of the day and seeing how the self is reacting, seeing what is causing those contractions. For every contraction is that which we would call fear. It is the opposite of that ex-

pansiveness, that radiancy which is light. When there is no fear, and there is only love, then the energy body is flowing completely. When there is a contraction in any of the chakras, then that infinite light of the Creator that always is flowing through one begins to find its way trammelled, blocked or partially blocked. This in turn communicates itself to the body so that, if the emotional self has not been able to open the heart, then the physical body will express the imbalance that the mental bodies were not able to work out. When you see physical illness or conditions that do not seem propitious, think of those as the last stand, the last way that your system has of expressing, "Stop. Look. Listen. Think about this, for there is imbalance here."

32.25 2003/11/16

5: Since that sounds like such a delightful state, one wonders perhaps why the Creator would indeed create a house, such as the universe which you enjoy, which is nothing but an illusion, or a system of illusions that are interpenetrating. The reason is that about which we were speaking recently, that first distortion of free will. The Creator chose to know itself. And in order to know itself, It created, with love and with light, a creation in which entities could examine whatever of the material of their essence or Is-ness that they wished to examine, against a backdrop that seemed plausible and solid so that there would be a believable, self-correcting, consensus-reality dream in which all of those within a planetary system, such as yours, could take part and help each other to learn more about that entity which all of you are or which each of you is. For, again this is difficult to say. While each of you is utterly unique, at the same time each of you is a part of one energy system which is the Creator. You are in the process of learning from your inner self with the help of your outer or other selves.

29: If you are so inclined, I would love for you to answer further but I don't have a further query so I'll pass it to T1.

39: Q'uo, you have often described the process of coming into that relationship with that self, that undiscovered self beyond the personality, of accessing those deep stores of self-knowledge, as a process of "courting" the subconscious mind. My question is: how does one go about, as you say, "wooing" that lover, and courting the subconscious in order to retrieve that needed information and to create that authentic contact with love and with light and with the Creator?

40: We are those of Q'uo and are aware of your query, my brother. Each lover must woo in its own way. Let us consider the object of love here. That object of seeking is the self within. It awaits the reaching in the archetypal manner of the Matrix and the Potentiator. The self within is as the unread book, the unknown mystery. In the archetypal tarot images, that is pictured as the woman who is veiled. One can barely see the book of wisdom that she holds at her heart. You are attempting to lift the veil from that book of self. How would you court that self within? We have at times suggested to you to think of that not as courting but as parenting, as if the self within were a child that needed comforting so that you take that self within and rock it and ask it what it needs, what its dreams are, what its hopes are, and then spend time listening to that self.

41: The ways of courtship are slow and sweet, they are full of passion and yet full of restraint, for the object of love is sensitive, young, inexperienced. And certainly as an essence, living within consensus reality, your hearts are indeed innocent babes in a wicked world. So there are the hints that we give you. It is not seeking as a man seeks a woman and yet it is, in that there is passion, there is true love, and there is the hope of serving.

32.26 2003/12/06

14: During this period, the one known as Jesus had for the most part kept himself apart from any personal relationships, either with men or with women. But certainly this entity was not without those men and women that he loved. The life of a wandering preacher is not a life which can easily be accommodating to a mate and a growing family and it was the one known as Jesus' feeling that these were not pleasures of which he might partake. Consequently, for the most part,

this entity held himself apart and was content to have unspoken yet very deep relationships with his mother, his brother, his cousin, and those disciples, both men and women, whose hearts he could see to be of that same thirst and hunger for truth that his was.

46: I've had some insights, intuitions, of work that I would be doing and though it may be much the labor of love, there is a certain lump of fear in me. I know I shouldn't have that but it's there and I was wondering if you could give me your insight on a way to get past that?

32.27 2003/12/21

8: In the darkness within the self lie both the riches of the soul and the less appreciated of the riches of the shadow side of that soul. As you bring this infant that is you as a soul into conscious awareness and begin to nurture that part of yourself as if it were an infant that needed love and tending, you begin to pull that structure within you that is the witness to all that you undergo in incarnation into more clarity. It is that witness that can release thoughts of the darkness and thoughts of the gaiety and simply continue witnessing as that child within begins to express itself, to reach towards the light that it sees, to begin to have the energy and vitality to move upon its own and to begin to grow within incarnation. As you go about nurturing this beautiful portion of the inner self, we would ask you also to look very carefully to find the wolf that bites, to find the murderer, the thief, the adulterer, to find that entity within the self that truly does partake of the darkness of self-good, that part of selfhood that is self-involved, that has the impulse to think first of the self. This is a good time of year to focus into that neglected portion of the self and to invite it into the warm and gently lighted circle of your own heart's hearth.

10: Many are the times that this instrument has asked the question, "What is peace?" For she meditates on behalf of peace each night.1 And one of the keys to understanding peace, the concept of peace as a living thing and not as a dead idea, is to realize that peace is the complete and harmonious integration of light and dark, so that all is in balance within the whole entity and all of that entity's faculties are brought to bear on a situation; not simply those faculties towards the good but those faculties that might be considered towards the negative. For the thief, the coveter, the lazy one, all of those dark voices within, can be charmed into becoming the bedrock of will that puts grit into the expression of love that the "light" part of self has no trouble expressing. Yet when the going becomes rough, it is that dark side of self that is able to take hold in difficult situations and endure. That same darkness that could be the wolf that bites, then, has become the best support possible for the light. And this is the hoped-for result of an incarnation full of both the light and the dark as the seasons revolve and as the seasons of inner life revolve as well.

11: So we take this opportunity to praise the dark as well as the light and to ask each of you to work on embracing all parts of the self, loving, honoring and respecting each and finding ways each day to come into more conscious harmony of being. As you are able to find your kingdom within becoming peaceable, just to that extent shall you be able to be a force for peace to those about you. No matter how you strive, if you do not embrace the dark side of self, you shall ever be less of a messenger for peace and more of a voice that has not the force and directness to project into the Earth plane with all of its inner planes of energy.

33 2004

33.1 2004/01/04

11: Can one find resources for knowing another without distortion? We believe so. But we couch that with all the foregoing limitations to attempt to indicate the difficulties involved in attempting to understand the system from within the system. It is very difficult, if not impossible, to be clear. However, there are resources available for demystifying and simplifying relationships with other selves and for bringing clear sight to the vision. This work is not concerning the other self,

as the one known as V intuited. It is work done within the self. If you consider yourself as a crystal, you may see that some crystals are reflective and others are transparent. The reflective personality is that personality that is not known to itself; the transparent personality is one that is known to itself. This instrument has often said that her goal was to become transparent. And her strategy has been to live as open a life as possible so that others may know all about this instrument, whether it considers those facts good or not good, positive or negative. By opening all parts of the known self to being known by others, this instrument's hope has been to become that personality shell which may be seen through, so that the love and the light of the infinite Creator are able to penetrate the personality shell and become that selfhood that is chosen as the truth of the self. We see in this instrument's thoughts that she does not consider that she has done very well with this goal but she continues to work day by day upon being a self better known to herself, a self more freely and unselfconsciously revealed to others. It is as though she were wishing to lose solidity or density of being in order to be clear and transparent and able to be seen through.

15: The intention to know the truth is key. Keep the intention pure and the heart open so that all have the benefit of that great sun which is unconditional love. That shall ripen the fruit of your acquaintanceships like nothing else can. Resting in love, letting unconditional love flow through the being and out into the world, is the best start one could have at seeking the truth of another self.

43: May we thank all of you for resting so sweetly within this circle and sharing energy with each other in such an unselfish and beautiful way. It is a great inspiration to us to see entities come together on levels that are deeper than words and deeper than the conscious mind. We thank you for helping to support and enrich each other with your thoughts, your experiences, and your sharing. We thank you for your studies and your seeking, and for all that you are. Each of you is most beloved to us and we appreciate the beauty of each. Thank you so much for sharing this time with us. It has been a great pleasure.

33.2 2004/01/12

2: Still, I can be a very confused personality. I have reached into those places which I have so eloquently heard described in your words shared with this group and I have just barely touched what I feel to be Christ consciousness and have had brief moments of feeling what freedom might feel like in an awareness that has penetrated the veil to some extent. I see these places and burn to live an identity from those spiritual altitudes; I yearn to be a representative of what true life is to the people of this planet who only know of it in myth, religion, story and dreams; and desire with all my heart, in moments when I actually feel "all my heart," to serve as a channel for a higher will, a higher love, a higher light and a higher way to a world that chose to forget their rightful and divine place in the kingdom of the Creator.

10: This instrument was much moved by the reading of that more elaborate letter that follows the basic structure of the opening statement but in far more detail.1 We find that the instrument's heart was touched and confused, for in her own personality the instrument has no awareness of the neighborhood and precincts of despair which have been some of the places into which your mind and spirit has wandered. This instrument's incarnational gifts have been far more of, shall we say, a match with the one known as G than this instrument's particular lessons. Consequently, the flavor of deep suffering which came through to this instrument's senses in that letter, have no answering echo within this instrument's experience. And as is natural with those whose hearts are full of love, there is a sadness and sorrow for a fellow being in pain. Yet from our standpoint, the raw and harsh feelings described within the letter are a cause for rejoicing. It may perhaps not have been fully seen by the one known as G that the greatest breakthrough in dealing with a strain or thread of deep fear is to become aware of it fully, to face it, to rest with it. As this instrument is fond of saying, sitting with the pain is the beginning of transformation.

16: Fear is a word that entities use upon your planet as though it were fear of something, as though fears had a reality only in contact with a certain vector, and this is not accurate. It is helpful in working with one's deeper fears to realize

done. The road, as it is said in this instrument's [memory] of songs sung, goes on forever. The group is known as the Allman Brothers and this instrument greatly loves that song. The road, my brother, indeed, goes on forever. Nothing is finished, it merely spirals upward, ever seeking the love and the light that lies not without you, for you call it down into yourself by your seeking and seat it in the depths of your heart. Therefore, in that mid-air of faith, know that you rest in your own open heart.

34.19 2005/06/18

3: I wrote an owner's manual for people, actually. I finally decided we need one! We have spark plugs; we need to know how to change them! So that's called A Wanderer's Handbook. There are a few copies back there. And there are some tapes of my beloved companion and research partner, Don Elkins, called The Spiritual Significance of UFOs. I wasn't too careful about recording him in his many, many times of speaking about his research, but this one time that I did record him we got a good speech from him and if you'd like to listen to what he had to say, there are tapes back there. 5: There are coloring books. If you have children and you're looking for something that's spiritual, there's a coloring book called, What Is Love? that your kid can color.

16: The next thing is we need to find a way to tune the group. We're a little bit scattered. Is there a song that you all love to sing that we could sing together or would you like to do the Lord's Prayer? I'd like to find some way of bringing our voices together because the breath is the spirit and we are wind instruments, so as we speak those words... would the Lord's Prayer be all right?

42: Do you know the image from the tarot deck of the Fool that is stepping off the precipice into thin air? This is a helpful image to carry with you when you doubt your guidance. Doubt and fear take you away from your guidance. Take the image of this fool and, like the fool, step off into the thin air of faith. When you ask, invoke faith, and then wait for the universe to speak to you. To this instrument, with her long history of working with spirit, she actually converses with the Holy Spirit within. She will say, "Holly, help!" and immediately Holly helps. This instrument and the one known as Vara were driving here this day and they got lost, not once, but several times and Vara would look over and say, "You're praying again, aren't you?" And this instrument would admit it, so Vara would say, "And who is it this time?" And it might be Saint Patrick, whom this instrument invoked because Saint Patrick drove the snakes out of Ireland, so why couldn't he drive the confusion out of our roadmap? Or it might be St Alban. Why not ask St Alban to draw us to himself, to his seat within this beautiful land of Britain. And once, when [Vara] asked, this instrument was simply breathing. She was breathing in the love and the light of the one infinite Creator because she had forgotten to be herself and she was beginning to enter into fear. And may we say, from examining this instrument's mind, the possibility of having fear in the middle of the M25?

56: The Confederation of Planets in the Service of the Infinite Creator speaks through many channels and, indeed, there are many within your inner planes who also speak through many channels. There are very many different ways to hear the message of love. Those of the principle of Q'uo who speak through this particular instrument speak only through this instrument. The reason is that this instrument tunes for channeling by asking for the highest and best contact of the Christ energy or consciousness that she can receive in a stable and conscious manner. She's very precise about that for which she asks, for she wishes to make the best use of her energy and her time in terms of offering clear and transparent information that may constitute a resource for those who are seeking.

64: We realize that you are young spirits. You are young co-Creators. And yet the power to create is yours. That which you forgive is forgiven. That which you lift is lifted. That which you reach forth to heal is healed. It is difficult to take ultimate responsibility for Christhood. And yet we say to each of you, that individuality that you see as yourself, that which you say is "I," is an illusion. The personality shell that you experience is very helpful for working within the field of Earth, for doing what you came to do, living and breathing and being and blooming. Yet it is not all of you. It is not the

earth of you. And as you ask again and again, "In each day, create me to see who I am, help me to realize my true nature," you are opening the way, little by little, to begin to feel that essence, that "I" that is the consciousness of love.

66: My brothers, my sisters, we are humble before you. The beauty of your seeking astounds us. Through so many difficulties and through so many trials, your courage and your determination to seek has carried you to this moment. May we send you forth rejoicing in the power of your spirit. May we encourage you to know that you are that which you seek and that you can do this that you came to do. And not by doing but simply by being who you are. We are there with you, as are so many angels and guides, to help you deepen your meditation and to help. In those little moments where you ask for inspiration, may you feel our presence when you ask. May you know that you are not alone. May you know how deeply you are loved.

34.20 2005/06/19

15: We are those of Q'uo, and are aware of your query, my sister. We would say to the people of your planet that we and you are creatures of a certain kind. That kind is love.

16: We would say to you that all of us and all of creation are one thing, and that one thing is love. What does this word mean to you? How do you feel to express the truth of that word? Can you come into some sense of identity with the quality of unconditional love?

42: We are those of Q'uo, and are aware of your query, my sister. We find that although we would love to serve you, we are not able to address this question for you. When you plant a seed, it is as it is. Its habit, its form, its bloom and its harvest are all present to see. We perhaps could ask you if you feel that the seed of your film concerns itself with the environment in which it shall grow?

45: I'd like to ask you, if the truth of love becomes more obvious in the higher vibration now coming through on our planet, is the experience of love amplified with the higher frequencies? And how might we see that visually in a way that is not cloaked by illusion?

50: I have a question around the heart and love. My concern for the film is obviously whether it is visual. What does love look like? Does the opacity change? Are the colors different? As for myself, I imagine colors that don't exist on our three-dimensional plane and it is for me to get that over to the audience. So what else can you tell me about what love looks like?

52: The experience of color in fourth density is different enough that it is as though you were, in the third density of consensus reality, in a black-and-white movie and suddenly walked out into the colored natural light. Color, like everything else, is alive in the creation of love. It is not held into limits by the physical limitation of the physical vehicle of your species.5 Therefore, it flows like a river. It has dimensionality rather than being a flat perception.

54: We believe that there are many unseen and, shall we say, mysterious ways in which each aspect that is mechanical or technical can be enhanced by the devas or spirits of all of those entities whom you interview and all of those places that you choose to hold those interviews, so that you are in fact receiving a great deal of assistance in creating magical and enhanced qualities in your filming. By the purity of your focus, you create the capacity of your machines. You use their lenses to see what you feel. May we thank you for the love for which you have brought to the creation of this instrument of teaching, sharing and learning! It is a blessing for us to share with you at this time.

59: You are working at a certain place in the inner planes which we can only describe to you as the point of the capstone of the pyramid where energy changes from one kind to another. You are attempting to catch the spiraling upswEEP of the light/love vibration as it moves from what we can only offer through this instrument as the final point of the indigo-ray center, where it spirals into fire and becomes the time/space continuum of the dimension or density of love.

34.21 2005/06/24

11: When you move from an idea of what you should do or what you must do, you are letting your doing inform your be-

Creator knows the song. And when the moment comes for you to sing, you shall have the notes that the Creator has given you. When asked concerning such experiences, share freely. When not asked concerning such experiences, relate from the level of the self meeting the self, that is to say, the Creator meeting the Creator.

47: We and all of those of the Confederation who serve at this time serve because we have been called to your people. We have been called to your group. We have been called to the service of planet Earth. We are called because it is time for your planet to be born. There is a tremendous focusing of love and light from all of those who respond to this calling from your peoples. It is our privilege and our blessing to be so called. There are also those with darker energies, which this instrument calls the service-to-self polarity, and to some extent they have also been called to your planet by those desiring to move ahead on the path of service to others. A wide range of information is available. Those who wish to receive messages of hope and truth along the path of service to others have called to us, and to you, children of Earth, the brothers and sisters of sorrow have come. We are your kindred and we feel your sorrow. We cannot take your suffering upon us. We cannot participate in your choices.

72: However, there is more depth to the symbolism of the bleeding, for both of them consciously chose the separation in order to be of service. And as is the case in a substantial number of sacrifices, blood is, shall we say, the physical expression of sacrifice. It is in its way holy or sacred and it serves as a representative emblem of the depth of dedication and of the cost of this service. It is in fact the chalice offered up to the one infinite Creator. If concern enters either the one known as Jim or the one known as Carla's minds, there could be toxic repercussions. If it is taken to be an offering and offered freely, it shall pass. There is in many cases the concept that suffering must be costly, and we say to you, suffering does not have to be costly. Suffering does not have to be blood in the chalice. Yet if there is the necessity for that emblem, let us remember with you, for we too admire and follow unconditional love and its servants, the teaching of the one known as Jesus the Christ, who said, "This is my body; this is my blood; it is given for you: take this in remembrance of me." Take your own blood, symbolically speaking. Know that you are a body to be broken in service. And therefore give yourself, bless your sacrifice, break that body, offer it up and rejoice, for you are not your body. None is body, all are the result of the sacrifice. Move beyond the emblem of sacrifice and what do you see? Remembrance of the one infinite Creator; knowledge and understanding of the power and the peace that lies beyond; all giving and all receiving. And that lives and rests in joy. Nothing is lost, no matter what occurs, for all is one. May you then rejoice, lift the self from the cross and choose the ascension into bliss, for that too is an aspect of service.

80: And remember that you have entered into this service and you, as well, must be tended. You must tend to yourself, for this instrument is frail. Therefore, we would ask that you, after you tend to this instrument, with equal love and appreciation tend to the one known as Vara.

34.18 2005/06/17

11: How difficult these things are to examine. And yet this is the work that you came here to do. You came to develop the undeveloped portions of the self and so to integrate into your circle of being, that they too may become able to catch the light, to focus the power and the peace of the one infinite Creator, and to integrate themselves as the deep underside of your being that gives to you your grit, your determination, and your persistence. These are wonderful parts of yourself. When developed, they constitute the best of you, just as every facet of your being constitutes the best of you. And as you integrate them and begin to see the commonalities throughout the circle of being, for the first time in your incarnation you become able to love yourself.

12: Why is this important when the whole point of a service-to-others incarnation is to love and serve others? My brother, we say to you, the point is that you cannot love another beyond your capacity to love yourself. When you have ceased to judge yourself and have forgiven yourself for being error prone and human, for having undeveloped light that you didn't find yet, then you are able to understand and forgive

the frailties of those about you. You become, in your very being, a nurturer and a lover of souls, and this you have craved and sought.

15: This instrument has often talked, in the context of her life in community in the last several months and years, of the experiencing of community as a hall of mirrors and she has often said, "The most you can hope from the hall of mirrors is that the mirrors speak to you gently, lovingly and honestly." Everyone that you meet is a mirror to you. My brother, most of them are not kind and they are certainly not capable of being honest. Therefore, you feel as though you are in a carnival, in the house of crazy mirrors that show you to be too tall or too short or too fat or too thin to represent your true image. Let this be so. Let the distortions be as they are and then say, "What do I see in this mirror that can help me to grow?"

22: For some, the choice of focus is one which does not take on this laser-like quality. There is a softness to the focus. You would even perhaps see it as fluffy or marshmallowy or sweet. That does not mean that they are not doing their work. It means that [what] they are suffering will be of a different quality. It would be, shall we say, of a quality that you might call messy or vague. Yet they are suffering and their process will go on much longer than your own in terms of getting to the point where they can begin to relax into their own truth. You wished for a steeper path on hard rock and so you have been climbing a mountain. And now, we must say to you, here is another challenge. Have you heard the saying, "First there is a mountain; then there is no mountain; then there is."? This instrument knows these words by the song by the one known as Donovan. It is time for you to see no mountain but only the love and the light of the mystery of the one infinite Creator.

24: Now, the world where there is no mountain is a mystery too. A laser-like view has no value for it can bore through infinity forever and still there is no mountain. There is only a state of being in which the truth expresses itself in essence rather than in light. To say this another way, at a certain point you enter that nexus of self between the balance of love and the balance of light and you move from light to love, from wisdom to love, from articulated understanding to essential understanding. The adjustment to accept a mystery you cannot plumb and you cannot express is substantial. Give yourself the time to make these deep settling-in motions that you would feel when you settled into a new chair or when you first took the controls of a new car. It's a little different to drive the car of essence than it is to drive the laser beam of seeking the truth. Know that you have not stopped seeking the truth but that you must balance such precise work with periods of allowing all that there is to be the ocean in which you swim, the air in which you breathe, the earth upon which you walk, and the fire which warms you. You cannot get hold of things in this period to talk about them or to penetrate them. In a way, you are in mid-air. You have walked off the precipice. Shall you fall or shall your faith that all is well keep you comfortable and safe?

30: When such imbalance has occurred, through distortions created and enhanced during childhood especially, the inner self must choose its method of coming into balance again and becoming once again a more true, tuned instrument. The Creator wishes to play you most sweetly. The decision that you made was to pierce through the gloom of confusion, and so you did. This was a costly decision in terms of the suffering involved. It was also highly efficient. You burned a great deal of accumulated confusion. You polished the facets of your gem with great vigor and nerve. And we salute you, my brother, as a man of fire and principle, as a slayer of the dragon, shall we say. You have created for yourself a very friendly dragon who still loves the fire but will make you toast. You have come more and more into balance.

31: Where shall this search take you? We do not know, this is entirely your decision. But by such extremity of suffering, you not only climbed upon the cross of your perceived incorrectness, you have also freed yourself from that cross and ascended to your next paradise. There you shall also find ways to suffer, ways to learn, and ways, above all, to be kind and compassionate to yourself. As you rest in the mid-air of faith, know that you are a creature of unconditional love and that as you achieved the cross of suffering, so now you have achieved the redemption, the understanding of yourself.

32: This point of balance is always moving and your work shall never be done, any more than anyone's work is ever

that fear is a state of contraction away from love. It is not, in its essence, connected with a source or a cause; it is the instinctual contraction around information that concerns one. When the feelings of contraction occur, the emotional body is moving away from love and towards fear. Fear does not always look like fear. More often than not among your peoples, fear is experienced as anger. Whatever the muddled emotional set which is the product of this feeling of fear, its message is always unitary. It acts as a siren that says, "Look out, there is an emergency"; it acts as the watchman ringing a tocsin that says, "There's someone breaking into the storehouse."

33: Treasures, Q'uo, you give me treasures. I am employing my discrimination and I disagree with nothing at all. You picked up on deeper layers to my previous question in your answer. I was going to ask you a question about referring me, if you couldn't answer, and you referred me to those that I live with and love.

34: In the interest of saving time and the instrument's energy I had a page written asking a question about a girl named T. I have it in my mind, I have it on paper, and B has read it so I hope that will suffice and I will just cut to the end of it and ask if there is anything that you can give, any clarity that you can offer, to my situation with her? Can you bring any light into these processes and offer me things to mull over so that I might come to a more balanced point of view about this deep and heartfelt love I feel for a girl who can't and/or won't reciprocate it as I feel and give it?

35: We are those of Q'uo, and are aware of your query, my brother. We may say little, but that which we may say we do say with a full and happy heart. There is no mistake in all that has occurred within the teach/learning relationship between the one known as T and the one known as G. There is no lack of love or the ability to love. Indeed, the one known as T is fully and completely loving towards the one known as G. The one known as T, in her own processes, has encountered a stumbling block that this entity has encountered before within previous incarnations. This cannot be seen as that which is correct or incorrect about the one known as T. It is simply her incarnational lesson and her incarnation healing, which at this time she has chosen to ignore because of devotion to a higher ideal than the self.

36: The tangle for the one known as T, then, is within her own purview and not at all a reflection of anything which has to do with the one known as G. The love story, shall we say, of G and T, is a true one, regardless of the outcome upon the level of the physical illusion. The love has been healing, energizing and revivifying for both entities. Each has given all that each is able and that has not resulted in any expectation being met for either. Rather, each has felt disappointed and incomplete. Yet the energy exchange has been extremely beneficial and may well continue to be extremely beneficial if it is released into the creative Godhead principle. It is within Christ consciousness, as this instrument would say, or within the Godhead Itself, within the deepest aspects of your and the one known as T's experience, that this relationship has health, strength and meaning. It cannot be brought into the physical illusion in a way that is balanced for both entities and, consequently, it has been necessary to create space between the physical being or presence, of the one known as G and the one known as T.

37: There is no limit or end to love. And that has been felt purely and deeply. Allow that channel to be a source of living water, not because it is spoken, not because the other is present, but because the connection has been made. Love has been given and received and it has remained as pure as both know how to make it. Allow that gift to be what it is. There is no failure. There is no loss. There is only the expansion of two lives because of the love that each can feel in the other. Great gifts have been given and that which has not been given was not able to be given. This is perhaps all that we may say in this wise.

43: There is, shall we say, a tremendous amount of help available to the entity who releases its own effort after it has been made and rests in the fellowship of guidance, Godhead and the creation. The drive to intensity is in part based upon a perception that one is going it alone. Yet indeed there is never a solitude when it comes to spiritual evolution, for you dwell within a family of those seen and those unseen, in the inner planes and in those environments which were yours before coming to the planet you call Earth. We suggest that you lean into that peace that comes to one who has endeavored

well. When the endeavor has been made, surround it with thankfulness and open that thankfulness to all of those, seen and unseen, especially those unseen who are part of the guidance system that is helping you with keels and rudders, that in truth you cannot know but that are there to help guide and point you in the right direction. Lean on that help, rest into that help, and when the aggravations and the irritations become great, allow yourself the escape, but at the same time, send a message to your family that help is needed. Do not attempt to go it alone. There is never a need to feel that one is alone. We are with you, the Creator is with you, many entities attracted to your hopes, your ideals, and your process are with you. The strength of that is palpable when called upon. And we encourage that source of comfort to be used when it is needed. We are all—incarnate, discarnate, inner planes, outer planes—one being. There is one love, one hope, one vision, one truth. It will never appear the same to two people, yet it is infinitely unitary.

33.3 2004/02/15

15: Sometimes a great deal of the moisture of spiritual water must come and, for a time, blind the vision, and it is then that faith is a powerful support, that faith that all is well. It is not a faith that things will turn out appropriately, because things actually never turn out. You may have noticed this quality of life. Things spiral continuously, moving through many scenes and moods. Nothing ends or, to put it another way, everything ends, and the story moves on without missing a beat. There is no grand finale; there is no dénouement. There is simply the ongoing spiral of light and dark, laughter and tears, suffering and joy. Yet, beneath all of those experiences, surrounding all of that seemingly outward miasma of confusion, there remains always the place of center to which you may go. It is the closest thing to you. You may amputate arms and legs and not lose your center. You may glow incandescent as a candle without clothing, without occupation, with only the consciousness with which you came into the world of consensus reality, and you will have that center, that center that links you to all that is, to all that has been and all that will be. All you need is in that center. Perhaps that is the fundamental message we have to share this day. Rest and know all is love. All is one; all is love.

17: Notice those groups about you. For this instrument, it has been a year or more of very obvious building up of the group, but, in all of the years of this instrument's life, there has been that same process going on, and, in each of those in this circle this day, this process has been taking place. Gradually the currents of self and other-self have circled and spiraled until each has met each, and each has been drawn into this group on this day. Each entity that you meet is a portion of a group, a soul group, as the one known as S has called it, or a group of those who have often incarnated together, to work together and to serve together. So, when you are touching entities, you are touching the groups with which they are involved, and you are binding yourself and others in streams of love and mutual hope and ideals. As you go about your daily life, and as you meet each entity, see the relationship in its deeper terms, and know that energies are involved that are far, far below the level of one's awareness. They may be sensed, and they may be followed, but they may usually not be understood. Follow those relationships, and consider the relationship and your part in it, in each case looking for the ways to support and encourage each other. There are higher selves involved in each of these groups as well and higher hopes that each of these groups may have in terms of the service of the members of that group to the planet and its people. Trust this network to be there, and expect to meet old friends as you move through the days ahead.

36: We are now far more aware of your query, my brother. The social memory complex is as if you had opened your arms and said, "Everybody in," as if you were the Creator and you had accepted everyone that was about you into your heaven. The energy of this formation enhances and intensifies the purity and the clarity of the individual's ability to open into unconditional love, or, in other words, to become a part of the social memory complex. So, as soon as a social memory complex begins to be formed, simply by leaning into the power of that group being or essence, you are allowing the self to become more and more attuned to that sublime or supernal nature of the self which truly feeds into the social memory

complex.

33.4 2004/03/07

4: The one known as B invoked the principle of the honor/duty that the ones of Ra had spoken of before with this group in saying that every honor is a duty and every duty an honor. It was the one known as B's thought that perhaps when one is attempting to make a truly correct choice for the self, however one wishes to define that word "correct," that perhaps one would do well to think of what one feels one's honor would require in a certain situation or what one's duty might require. It might also and equally be suggested to invoke the principle of unconditional love. Where is the love in a decision? It was the one known as T's hope that, in making the decision for his own right livelihood, he would be able to find that choice that most truly and deeply opened and revealed his heart, a deep and true center of self.

9: So when one attempts to begin healing the self, it may perhaps be seen that a substantial amount of deconstruction becomes necessary. There is a stage that one goes through that is analogous to that which the one known as B, C, and D have been doing within the structure of the dwelling place in which this meeting is now taking place, the house that this instrument calls the Magic Kingdom. Indeed, it has been remarked often within the last few weeks, as disaster after disaster has been narrowly averted and repaired, that the angels that have stationed themselves as part of the loving system of guidance that surrounds this group have been working overtime! And each time that the one known as B has identified an electrical fault or found a gas leak or the one known as D has seen a fire start and put it out, that the house itself is expressing the desire to heal. The people within the house have banded together in an increasingly tight-knit group with the desire to create new life, new energy, a higher and a truer sense of self for each and for the group as a whole. And in this increasingly intense environment of idea, ideal and focus, the house itself is experiencing a deconstruction as old wires are pulled out and new wires must be put in, new wires that can hold more of a charge; that can sustain more of an effort. And indeed when one is attempting to heal, it is as though one were going back into the wiring of the self and needing to deconstruct some of that wiring, pulling out the inadequate wiring, checking the system for leaks, checking the system for truth, shall we say, checking the new "wire" that one is putting in to carry energy, to see if it indeed has more strength, if it indeed can carry more energy safely and at a stable manner and level.

14: Once you feel that you have gone through a time of coming to your own essence, once you feel that you have begun to be able to identify what it is to be you, that you that you will know as well ten thousand years from now in another incarnation as you do this day, then you can begin to ask the questions that the one known as B was asking, but only then. You cannot simply begin by saying, "This is who I am and therefore these are my duties and these are my responsibilities." First and foremost you must come into a relationship with yourself that is loving, unified and compassionate. In the words of this particular instrument, you must "redeem" yourself. For as long as you feel that there are parts of your personality that are the shadow side, that have not yet been claimed, they will continue to indicate their lack of being integrated by expressing themselves as negatives within your life experience and they will draw to you catalyst that is designed to uncover and delineate the particulars of these biases.

15: However, there does come a time when that first cluster of work is done and you sit, shall we say, in terms of the Native American way, on your blanket, in meditation, with the creation and the twelve directions spread out, the creation emanating from the center of the self and the wheel of unity spinning endlessly and fruitfully around that center in a way that feels powerful and full of life. In that centered position, then, you may ask yourself, truly, "Where is the love? Where is my heart? What are my duties? What do I wish to honor in my life?" And all of these questions are worth time and contemplation and a process of asking, and resting, and asking again. For such questions will remain with you as part of the spiral of learning and service that is the evolution of mind, body and spirit within incarnation.

17: The one known as Dewey I, in speaking of how his learn-

ing as a physicist affected his own thoughts about spiritual matters, chose to describe the way he saw the "new man" as an ethical biological unit. The "old man," he said, "was simply a biological unit." It worked from instinct, it made its choices, and it protected that which was its own and saw to the survival of itself and its family unit. However, when one moves into the new definition of self that is the conscious self, that self that is aware of itself as a soul, the word that is added is "ethical." An ethical biological unit is one who does look to the honors, to the duties, and to the love that is theirs to judge and deem appropriate and choose.

18: How true it is that one must, at some point, make a positive choice or the choice will simply make you and that choice may be a choice in which all of the old unconscious patternings of what the one known as Eckhart Tolle called the "pain body" may be thriving in glorious health. So it is well to take hold of the decision-making process, especially in such deep matters as right livelihood and self-healing, and to move through the most conscious effort possible of gazing within the self, moving the self to the best-judged center of self that can be found, and from that point, asking the self, "What do I love and where is the love pulling me? What do I honor and how can I [give] honor to those things that I do so honor? What are my just and fair responsibilities and how can I best fulfill those?"

20: Think of a root system that may be fouling a structure like a sidewalk or a pipe system. Some roots need to go deep, perhaps some pipes need to be moved. You must determine in the system of your own working spirit and its connections with the body, with the mind, and with the emotions, what is working and what is not working. "Where do I need to focus my redeeming love? Where do I need to embrace a part of myself of which I have been unconscious and which has been leading me around into dark places?" For indeed it is very true that the structures of suffering have to do with the thinking of the individual. It is not that you would not experience pain if you were completely without bias and exposed to fire. You would still burn. However, when the entity can see fire not as something from which to contract but as a brother or a sister, then certainly appropriate action may be taken to avoid immolation by such a force in one's life but at the same time there is nothing to fear, literally, no thing to fear, for you are an entity far beyond the limitations of these illusory husks, the personality, the body, the face, the package. Do not identify overly with the package but seek to begin to know what is inside and let that center of self begin to act as the gyroscope that is whirling inside in rhythm with the heart of the Creator so that, as the Creator seeks to know Itself, so do you seek to know yourself. And from that center all things have their right pattern.

64: We are those of Q'uo, and aware of your most kind thoughts, my brother, and we thank you for them. We are indeed most pleased that we have been a resource for you at this time and we hope that we may continue so. Indeed, we hope that we may continue to serve each of you as a part of your system of guidance and strength. Please know that, whatever your self-doubt and whatever your process, we are there and so much is there for you. You are surrounded by a great web of love and we cannot tell you how strong and how bright that web is and how far it goes. Indeed, in the end all are connected to all.

33.5 2004/03/11

15: We are again with the instrument. Gazing into a mirror is gazing into the eyes of the Creator. Implicit in that flash of light that you are able to see into, in the eye in that mirror, is the gaze of The Lovers³ which has been given flesh and is fascinated to find what it may find. This is your quest. To be and to learn and then, with the harvest that you have learned, to offer the gift of your observations to the one infinite Creator. For in learning about yourself you give the Creator the opportunity to learn about Itself in ever richer detail of understanding.

33: We are those of Q'uo, and are aware of your query, my brother. We find we have only to say to you, "Be of good heart." There are many about you in the unseen world and some of those in the seen world who are angels and who wish only to help you. There are many ways of giving messages and leaving one's opinion to mix into the thinking process and those who are in that web of love about you are actively

are learning lessons but that you are learning how to give yourself as a gift in every thought and in every action to the Creator whom you love so unconditionally and who loves you so unconditionally.

32: We are those of Q'uo, and are aware of your query, my sister. My sister, you are not the first entity to ask us concerning service to these infants and we may assure you that you are being a very real and genuine service to them by the love with which you nurse and embrace them and the care which you take of them. May we say that indeed these entities are not of your race, yet they have intimate ties with your planetary sphere and with humankind and are, in their own way, wanderers in your so-called inner planes where they have come to serve. Your service to them is very real and we thank you for the fastidiousness with which you approach this highly unorthodox service.

33: They are indeed cared for by others as well as yourself and by realms other than that which you experience in the dreaming state. The theme of your service within incarnation at this time, as you can see, is little understood among the people of Earth, for you have come here to love. And we thank you, my sister, for the great care that you have taken in every way that you may find to dedicate yourself to this service and to this incarnation with a whole heart and an untroubled mind.

38: We are those of Q'uo, and are aware of your query, my sister. We believe that you have stated the situation fairly. You are as the lighthouse and you shine over stormy waters, giving your love and your light that is as a beacon. Your fidelity to unconditional love, by its very nature, is able to create [awareness] within entities which may be being tempted to join what you would call the darker side of the left-hand path of service to self in such a way that such entities cannot deny the truth of that light which they see before them. Naturally, their will is free and they may choose that darker path...

41: ...but they choose it in [a] full awareness that only your loving presence can give them of what their situation actually is. Please be aware that many things within this particular construct of your dreaming time are archetypal in nature rather than literal so that the infants are not truly infants, the spaceships that seemingly are going to other planets are actually within the inner planes of this planet, and so forth. Yet the situation itself and the entities that are moving within this particular pattern and hope in their own way to be of service at this time are extremely grateful for that energy which you bring to their situation. It is yet one more example of the incredible oneness of the infinite Creator so that each becomes a teacher to each and this stretches across bands of race and star location and all of the infinite sub-planes of your inner realms.

34.17 2005/06/14

19: We would also encourage you to rest in the arms of what this instrument would call the creation of the Father to a degree that may seem excessive to some. This is due to your being both a sixth-density wanderer and a sixth-density walk-in. You have difficulty remaining grounded. This is entirely understandable and it can be quite sufficiently balanced by contact, and we mean this literally, with the earth. We might even encourage the one known as J or, should we say, the ones known as J to interact proactively with the more highly developed intelligences among the second-density animals and especially your trees. Know and depend upon the strength, the power, the love and the dedication of such entities as these trees to sustain and to encourage the balance of your power and your peace within you, for trees act as a kind of sieve, straining away the useless, the transitory, and the incorrect. 20: There are many ways in which those who remember better times can become distracted from the main agenda of their incarnation. My brother, your main agenda is to learn to be yourself. You had complete confidence in yourself when you chose to enter into incarnation. As all humans and as all entities of which we know do, you have made errors in judgment. Do not be distracted by the process of learning. You have striven to be yourself by removing yourself from environments which did not feel to you like the real world. We would encourage you instead to ask each day to remember that faith that you had in yourself, in your power and in your peace, for all entities of whatever density of origin are magical, crystalline beings of tremendous power and at the very

heart of that beingness lies the utter simplicity and peace of unconditional love.

21: The one known as J had asked earlier about what the Logos is, and we say to you, my brother, in potential you are the Logos, the living Word. You have bought at a dear price this precious flesh that is often seemingly so inconvenient. You have purchased the opportunity of your lifetime because you wished to become the light upon the hill that radiates the love and the light of the one infinite Creator. How can you radiate that light? By becoming more and more aware of who you are, and being that entity that you truly feel yourself to be.

22: This instrument recently heard the words, "Lift up your heads, ye gates, and be ye lifted up, ye everlasting doors, for the King of glory shall come in." "I Say to the world each day, "Lift up your heads, oh ye gates, for I carry in my heart the identity of unconditional love and that unconditional love lives in me, unworthy and error-prone as I am, and the King of glory shall come into this world only through the likes of myself." Then pray, my brother, for transparency. Do not be brought down into concern by your frailty but allow all concern and worry to flee away before the light that flows through you and flows through all who choose to become transparent to that which they carry. What a precious task, my brother! And it is one that is new each day, as new as the dawning.

31: The more important point that we would like to make is that at all times and in all places you are in complete contact with your higher self. It is not dependent upon the self-perceived state of being that you are experiencing. Complete contact with one's higher self may or may not be ecstatic. It may or may not be joyful. There are many, many ways to access the higher self. However, as this instrument said earlier in conversation, the higher self is in the innermost part of your heart, to use a much overused and misunderstood term. It is the innermost part of that essence of yourself which does not experience much change within incarnation. It is the innermost part of the heart of your true self, which as you have said this day is a citizen of eternity, and to capitulate further things that were said earlier in a non-sacred environment, we would say within this sacred space that you live and move and have your being in the unity and in the love of your open heart.

33: You are a very young Creator. You are a toddler. You are in third density and you cannot remember the things that you have already learned. Why did you do this to yourself? You did it because you wished to serve. How inconvenient it is sometimes to serve! How maddening! How frustrating! And yet it is for this that you took flesh. And you did not take flesh alone. You brought with you all that you need but you must ask for it, not once, but every day and every moment. This instrument prays each morning at her morning offering, "Help me to remember and focus on who I am and why I am here." We cannot promise you an easy life, my brother. We cannot promise you the sense of things accomplished for there is always more. Many have said to this entity, "You seem so driven." It is very simple. This entity remembers why she is here and she is greedy: she wants to fill her life, every moment and every breath, with love. Her problem is to remember to allow herself to be loved, and, my brother, we would ask you to remember also that being of service to others is at least as much a matter of allowing people to love you as it is remembering to love people. Energy moves circularly and in a spiral, always upward, always seeking, but it must not stop and it must not simply go one way. Think of the way the spiral in DNA rises. It does not rise in one spiral, it rises in two and this in the fairly primitive DNA of your third density. One spiral is the loving, the giving. The other spiral is the accepting of love and the receiving. Let yourself become that entity who does not know if it is loving or being loved, but only knows that is a creature of love.

37: We are those of Q'uo, and are aware of your query, my brother. We may indeed speak to this query, for it is indeed very simple. Service can only be performed when it is requested. One cannot serve proactively by reaching out and collaring someone with information. One may serve at all times by radiating the love and the light of the one infinite Creator. Unless asked concerning either your experience or that type of experience of which your experience is an example, we would suggest that you serve by loving, by resting as an instrument rests in the hands of the musician that plays it. Let the Creator play you. You are an instrument. The

decided until that moment.

61: We would encourage you in the context of being still within third density to focus upon living from the open heart so that you are already living in unconditional love and are harvestable. You remember much as soon as you clear the process of death, but it is your state of being before the death process that determines whether you are free to move back into higher densities or whether you have been caught by the third-density energies of light and dark, good and evil, and so forth so that you must again take third-density existence. We do realize that you, like many wanderers, have no great affection for the environment of third density and so we would greatly encourage you to look to the wholeness and integrity of your heart energy and attempt more and more to live very genuinely and naturally in those sacred precincts of unconditional love which are so dear to you.

67: Our reflections upon leaving you, my brother, are simply to thank you with all of our heart for the beauty of your spirit and the richness of your blooming. We cannot tell you how much we admire and love you and at any time you would wish us to be a part of your meditations, you have only to ask for our presence. We do not offer words or images but if you ask for our presence what we will do is to enter into your meditation with you in such a way as to deepen and help to stabilize your basic level of focus within meditation.

34.16 2005/05/20

7: The wanderer is as one who has sacrificed a great deal in order to risk the forgetting process and enter into incarnation for service to others. It is a courageous decision to make and we congratulate the one known as C on having plunged into incarnation in third density for such a loving and service-to-others reason.

17: We are, however, aware that your query involves the reason for your awareness of other entities' patterns and we would at this time offer a few comments on the kind of service for which you provided yourself with this information as a part of, shall we say, your personality shell. Before incarnation, you and your guidance system together spoke in many different ways concerning the hopes that you personally had for your service to the people of planet Earth. You responded greatly to the concept of helping all of humankind and yet there is a portion of your soul stream that wished to bring service down to the small details and to the individual entities that you would meet within this incarnation. It was your hope that, by giving yourself these awarenesses of the subconscious material involved in the entities with whom you came in contact, you would be able to see into these patterns in a way that was filled with compassion and unconditional love.

18: You have, in past incarnations and between incarnations, done a good deal of work in loving entities and whole cultures and societies. This is an activity which involves a great deal of concentration and focus for in doing this work you are not accomplishing anything but the radiation of absolute love as a coherent stream, rather like what this instrument would call the stream of a laser, so that the entity or civilization upon which you bent your loving gaze would feel there was absolutely no doubt that they were loved. This stream of love, through time, regardless of all obstacles, is an activity at which you have in the past been extremely good. It was your hope that during this incarnation as well and in spite of every obstacle thrown up by the many distractions offered by the physical body and the stray emotions of the personality shell of that body, you would, when prompted by being around entities which were in need of this kind of reassurance, be able to love, not simply in general but very specifically, according to the subtleties and nuances of the patterns of personality and the dynamics of that personality's interaction with what you could call the forces of polarity; [that you would] be able to envelop and embrace them in the light of your living and consciously sent love. Many are the entities which are not vulnerable to love offered in open communication because of damage that is done to them in their past within [this] incarnation. The gift that you are able to give to these entities, without any obstacle or resistance on their part, is this unspoken, unannounced, silent radiation of unconditional love.

19: We are not suggesting that you have nothing to offer such entities. We are simply suggesting that the service which you

created for yourself before incarnation having to do with this ability to perceive patterns within other entities was simply to be there for them as a loving presence. It would not be surprising to us if entities which had found their icy hearts thawing in the presence of your loving heart began to find it possible to enter into communication with you. And certainly, my sister, you are free to offer any information and inspiration that comes to you if such communication is undertaken by the other self whom you are loving. Nevertheless, we ask you to realize that this is as, what this instrument would call, the icing on the cake. It is wonderful if you are able to share helpful thoughts and opinions with such entities but your true service is accomplished when that entity is loved by you.

24: We are those of Q'uo, and are aware of your query, my sister. To the one known as C we would say that, indeed, she has done a great deal of useful and helpful work in perceiving that incarnational lesson of loving through perceived negative responses such as abandonment, rejection and betrayal. We would not say that the one known as C has mastered this catalyst. Indeed, when one chooses an incarnational lesson, one is working not to master the lesson or to pass some perceived outer test. One is choosing a theme or a motif that will last for the duration of the incarnation. When such a lesson is chosen, it is chosen, at least by those wanderers who are from sixth density, almost surely with the intention of striking a finer or more refined balance between the energies of love and wisdom. The energies of love, by themselves, do not have the balance, nor do the energies of wisdom by themselves have the balance. They are as the dynamics of your soul stream after it has chosen its polarity and while it yet retains the shape of an individuated soul. In other words, my sister, you chose this theme of the apparent perception of being abandoned or betrayed in order to give yourself experience in responding to this perceived catalyst not simply with love and not simply with wisdom but with an ever increasing awareness of the balance between those two energies.

25: If you are abandoned and you respond completely with love, you have very successfully balanced the negative emotion that was handed to you with a responsive, positive answer. And yet, you yourself are responding from the position of being flattened by the emotional impact of the experience as it has worked its way through your chakra system or, as this instrument would call it, your energy body. If you respond to the experience of being abandoned with wisdom that is unalloyed or pure, you do not have that experience of being emotionally flattened or crushed by the experience. You simply move on, choosing not to react at all. However, this action does not embrace, envelop and accept in fullness the worthiness of the entity who has abandoned you. Consequently, you have designed for yourself this theme or motif, this incarnational lesson, as it were, so that you may work on striking the balance in your response that is, in this instrument's terms, the most musical, the most crystalline.

26: Think of yourself as a wind instrument, say, a wind chime that responds to the wind. As the elements of the wind chime are blown and tossed about by the wind, they strike each other and create sound. Your hope in this practice is not simply to love, embrace and accept the entity who has seemingly offered you negative catalyst and not simply to remain uncrushed and unflattened by the experience, but so to combine these elements that you are lifted up and free of the flattening effect and at the same time your continued and abiding love of the one who has seemingly wronged you has lifted up that person also. In this way, your hope, then, is to have balanced the forces of love and wisdom within you while remaining highly positively polarized in service to others. In this way, the suffering that is inevitable when catalyst strikes the seeker is honored and then the experience is raised up as an offering to the one infinite Creator. And there is the experience, in a very small way, as the one known as Jesus the Christ [had], of the suffering having been redeemed by great and unconditional love, so that you have the experience of the cross and the experience of resurrection as well.

27: In general, we may say that within the incarnational lessons that each wanderer chooses for herself, the goal is not simply to learn a lesson. The goal is to practice a kind of lesson in such a way that the soul stream that is practicing this lesson is, little by little, purified and refined in the fire of planet Earth and the incarnation that you are now experiencing, so that that soul's essence becomes ever more beautiful and is ever more completely dedicated to serving the one infinite Creator. Thusly, it is not so much that you

attempting to find ways to send a symbol, a hint, an inkling or even something very obvious to let you know that they are supporting, encouraging and attempting in all ways to help bring you into alignment with those things which are most deeply within your heart and within your incarnational plan. We would say to you, simply, "Take heart." Rest in quietness and confidence in that peace that the world knows not of. And from that consciousness know that all is well and all will be well. That which you need shall come to you and you shall, no matter what it looks like from the outside, be making those choices which help...

33.6 2004/03/21

5: So part of each of you is an I AM. Can you feel the difference between "I" and "I AM"? Can you feel the shift from personhood to essence? It is an important shift of which to remain aware, not simply for the purpose of this discussion but in terms of the basic skills of living life awake and conscious of who you are and why you are here. What this instrument would say about the relationship between the I and the I AM is that she hopes, in each day, to allow the I that is I AM, to become her, so that the I of her is what she would call the Christ or Christ Consciousness or unconditional love. It is not a taking of the self, tossing the self away, and then replacing it with the Creator, the Christ, or the Christ principle. Rather, it is allowing oneself to remember that the I AM is the deepest essential self that is a true part of the whole being that is the one known as Carla.

16: The one known as V was speaking the other day of the connectedness of all things, the labyrinth that turns out to be that which connects everything to everything. It is at that point, just within that tiny room of prayer, that that connection point is. So the more interior that you are able to make your seeking, the more quiet, private and special, the more opportunity you will have to move into that deep rest that lifts you in a hammock just where you wish to be and allows you to rock, waiting in total comfort, resting in the cradle of the love of the infinite Creator. If you can do this for yourself, daily if possible, when working through a situation, you shall be touching into the most efficacious and helpful place within you for truly listening to that still, small voice of the one infinite Creator.

48: No, no thank you, Q'uo. I just want to send my thanks and love to you and also to those of Hatonn.

33.7 2004/04/04

10: The current atmosphere is one in which your best allies are your guidance system, your consciousness, and the world about you. The world about you, being first and second density, has never been separated from the love of the one Creator and it constitutes a powerful resource for those who are contemplating change. The guidance system that you experience has a great deal of information and many resources, many layers or levels of help that are available in various ways, in various times. As we have said before, we do not wish to pry too closely into that guidance system, which is a very individualized system. Yet it is there, whatever its characteristics are, whether it is, as this instrument would call it, a Holy Spirit or any other description, such as higher self, that you would wish to make as a characterization. This energy is a true part of who you are and it is never apart from you. So there is always information that is coming in that is fully intended to be helpful.

11: Consequently, those two allies are the most powerful. Your third ally is the consciousness that you carry. That consciousness is not your thoughts. Your thoughts are riding on that consciousness like whitecaps above the water. Your consciousness is that which lies beneath, around, permeating what you think of as your consciousness. It is your essence. It is that part of you that also has never been separated from the creative principle. Within it lies your sanctuary—that point of contact with the one infinite Creator, that tabernacle where you may go in at any time and find rest and comfort for your soul. This instrument likes to picture the one known as Jesus as having a huge hand and she climbs into that hand and falls asleep in that palm, resting in safety. In other times she imagines crawling into the lap of the Creator and being rocked like a little baby. And when she is feeling sore and

weary she does go into her sanctuary. Each of you has that sanctuary within. Not because of what you think or because of how you feel. The water within you is deeper than any of those surface disturbances. You are also that deep water which is eternity and infinity. You are love. You are light. You are the one great original Thought, which is the Creator Itself. This asset is that which is so easily missed in the search for help without. And there is no entrance into this powerful ally except silence, time and asking. So we encourage those times of silence, and asking, and knowing that that which you are asking is being heard by the one infinite Creator Who is closer to you than your breath.

33.8 2004/04/18

3: Often the Confederation channels with which this group has long been associated have called third density the density of choice. It is a vivid, intense, rather brief period, in cosmic terms, during which an entity, as the question suggests, moves in consciousness from the consciousness of late second-density life-forms, such as your predecessor, the great ape, to the nascent life-form of an entity with a fourth-density body and fourth-density lessons to learn. In between that second-density experience of the animal kingdom and the vegetable and mineral worlds, and the experience of the density of love or understanding or compassion, lies the density of choice. That is the experience within which you are immersed at this time.

16: The things that separate entities within third density are those things which are assumed. Some assumptions must be made in order to function. What assumptions entities have in common is very critical. The choices made by entities striving as this group is striving become more intense and more capable of making powerful changes in consciousness in the process of their being made because of the purity of the desire to stand in the light of love and be unified with the higher forces of love. This also creates an atmosphere in which experiences which are garnered from the ambience of such an atmosphere are very sharp and often painful. It is, as this instrument would say, a very fast track, [one] that enables one to lift up and bring the self into an atmosphere of change and learning and energizing of that learning by conscious dedication. It is that which tests the mettle and the determination of the seeker. Any time an entity attempts to do what this instrument would call light work, to better the planet and its people, to serve as a beacon, and so forth, that choice brings into being a time of testing. And the more there is the desire to serve and to learn, the more the testing shall occur. It is a self-governing system that must operate as it does in order for free will to be preserved and in order for choices to be tested, refined and evolved. For a choice tends to move to another choice, to another choice, and so forth, so that it is a spiraling system that builds upon itself; each choice building upon itself or working to correct a previous choice made. Again, this is always at the discretion of the individual.

17: The late third-density entity then, the one who is ready for graduation, is an entity who knows itself well enough that it is ready to open itself completely to the offerings of all other entities with which it shall work. It has re-entered a group mind but it is not the same as any other of that group mind; rather, it is appreciated by the group for its flavors, no matter how harsh or pungent they may be. The group will use that uniqueness where it is needed according to the genius of that group. It is very difficult for a third-density entity even to believe in, much less experience, the power of the oversoul of a group and yet as soon as two entities make a true bond, there is a group soul. As soon as three entities are able to unify to a certain critical mass there is a group spirit, [just as there is one] to the L/L Research attendees that has grown over a period now of some 40 years and it is a very real source of guidance to those who call upon it. There are potential training wheels available for a nascent fourth-density type constructed at this time simply because this group has continued for a long period of time to attempt to unify itself, more and more, so that all within the group are attempting to serve together. There is a tremendous collaboration in service and in learning that comes into being as fourth-density ways are taken over from third density and at this time within your planet's experience, these possibilities for fourth-density structures and interactions become more and more viable as, as the one known as Bob Dylan said, "The

times [they] are a changin’.” The energy is changing, the vibration is changing, and fuller love is possible.

37: The general purpose of my question was more towards the deceased friends and loved ones. Does this apply in that area?

43: Reading your highest words I feel that opening the heart to another, accepting another unconditionally, and learning how to love is the crux of this density. I believe an entity may be mistaken to appoint themselves to a role in which they can administer a negative form of catalyst. So how does an entity, if an entity can indeed properly do this in a balanced manner, become so qualified? What in their being (experiential learning) makes this a balanced and loving service?

33.9 2004/05/02

7: Every time you are able to identify the catalyst and the trigger within you that caused an otherwise harmless detail to become powerful in your life, you have learned about yourself and have begun to take responsibility for learning in a conscious way what you would inevitably learn without consciousness, no matter what, by the sheer pressure of repetition. Each time you are able to get on board with the game plan beforehand, or during the catalyst’s coming up, you become more able to retain your power. And eventually you become able to use that power wisely and with compassion. And this is particularly important regarding yourself. Although it is very helpful when you may achieve that same compassion for others, in the case of the identification and the working with catalyst, the primary player in the drama is the self and therefore the entity to be forgiven, accepted and loved unconditionally is the self.

15: Now, we speak repeatedly of balance and usually it is a balance that is between love and wisdom; between the green ray and the blue/indigo/violet trinity of rays. It is very attractive to many wanderers, especially in incarnation upon planet Earth, to stay within the upper triad of energies, using this system of seven chakras and an octave. It is similarly attractive to others who have come into incarnation from a point of different balance to lean into the green-ray open heart and to see everything in terms of keeping the heart open. Either focus, if taken to the extreme of not invoking the other, is unbalanced. So there are entities who are attempting to balance their energies more into the green ray, into an integration with green ray of their blue-ray strengths, and there are others who are doing precisely the opposite, attempting to soften their green ray with wisdom. Perhaps this may help in thinking about this very interesting subject. To become able to work with catalyst, be unafraid of catalyst, refrain from contracting when catalyst is felt, is a tremendous aid in becoming able to live consciously and she who lives consciously is she who is truly being that light that is upon the hill.

44: These children are far more able to do this than those with only the yellow-ray body activated because their DNA is already altered to some extent. However, their purpose here is as pioneers. They come in, in terms of fourth density, within very basic and primitive conditions, and are giving their lives to help establish fourth density and to be bridges of light for those who would listen to that which they would have to say and to live in such a way as to follow such advice as they would give. To put it another way, they are here to radiate light and love, as are all entities. It is hoped by their higher selves that they will have more efficacy in doing so than those who have not the advantage of a double-activated body.

56: Perhaps might that sudden change not only reflect through the outer physical in synchronicity but might that look or feel or give one the space, the freedom, to love that which was before was unlovable?

67: We thank you, my brother, and we thank each of you. This group is such a blessing to us and it is such a pleasure to speak with you through this instrument. We thank you with all of our hearts and wish each of you to know that you are in our hearts. At any time that you wish to have our company during meditation, you have only to ask, for we are those who love each of you. Certainly the beauty of each of you is remarkable and we thank each of you for sharing the experience of this meeting with us.

33.10 2004/05/16

10: So to the question of whether there are different kinds of mirrors, the answer is yes. And the first way that we would note the difference between certain types of mirrors and others is that some mirrors have no backing. The ideal mirror, in fact, is a plate of glass that has lost its backing completely so that no matter what an entity gazing at the mirror of you looks at, all it sees is the sunlight shining through—the love and the light of the one infinite Creator that is able to pour right through that transparency of spirit and that openness of heart.

13: When an entity begins to do conscious work in creating for itself a predisposition to a certain point of view, then the mirror of his self begins to refine what it shows. For the mirror of this particular type of crystal being that you are does not simply show a flat image, it also shows how that image feels. It shows how its essence wafts on the wind and what its odor is. It plays the melody that that particular nexus calls up. It is a full-service mirror in the way of expressing the nuances of attitude. And as you work on your attitude, you are creating an ever more articulate mirror which can show to an entity a more and more refined image. Perhaps each within this circle has met an entity whose love and light were such that in their presence you could see yourself in a different way. When you looked into that mirror, what you saw was a “you” that was only possible looking in that mirror. Was it an idealized portrait or image? No, it was a possible image of you aided by the positioning of an attitude with which that self was viewed. The more open you are able to lift the gates of the heart, the more compassion that you are able to let in when pride and arrogance are let out, the less the self chooses to partake of the judgment, the stronger will be the extra-dimensional aspects of mirroring that your mirror is capable of offering. Again, this is not something that can be consciously created at the time of the mirroring moment. Rather, it is that with which you come to the moment in all your own fresh novelty that defines what will occur when a mirroring moment happens.

33.11 2004/05/17

45: This entity is a principle and by that we mean are made up of three distinct social memory complexes: one from the level of love, one from the level of wisdom, and one from the level of unity. We who are speaking to you are those of Latwii, we are fifth-density entities. Our teacher is that entity known to this group as Ra and that entity is also a part of this principle. And the one known as Hatonn is most often with this group as well, not in order to express the self but in order to love and express that unconditional vibration that is so much needed within the Earth plane at this time. So we who speak to you are a principle that is made up of a range of entities, shall we say, a group of those who have learned and taught together for a very long time. Is this information satisfactory, my brother?

53: We thank you, my brother, for this time together. It has been a great blessing to us. The time together has certainly been a pleasure and we hope that we have been able to share a few poor thoughts with you at this time. We are always with you and if you wish a deeper meditation or a deeper sleep, we ask for you to call upon us. We shall not speak with you. We simply shall be there, and it is as though there is a carrier wave that is helping you to meditate, helping you to sleep. That is what we are able to do and we are most happy to be with you. And we express love and blessing at this time.

33.12 2004/08/04

4: This creates a situation in which an entity is free to choose the location of his dwelling without being overly concerned as to whether or not that particular location may hold power for the entity. We would only recommend against the insertion into a truly urbanized atmosphere as the efforts to insert oneself into the spirits of such a geographical location are greatly blunted by the density of those living entities present which inhabit that space without having any desire to so link with the spirits of that place. This, over time, causes the spirits of such a place as an urbanized dwelling to become insensitive and even resistant to the insertion into the true

34.14 2005/05/17

10: We do not deny that these details remain important to any entity within third density for the duration of their incarnation. Many of these primary relationships represent agreements for what this instrument might call lessons that one has agreed with another entity to undertake because of that relationship. In this instrument’s case, for example, this instrument agreed with both parents to come into an environment which required that one of her incarnational lessons, that is, one of those lessons that would loom large for the entire incarnation, would be given a good start by them in that they would require her to love them without any expectation of return. This instrument’s parents have passed through the gates into larger life over a decade ago in this instrument’s life and yet she does not find any lack of those who would help her to practice this incarnational lesson of loving without expectation of return.

12: The yeast, or growing agent for incarnation, lies within you and is part of you. It could be called love. Love is that word which is so overused by your culture that it virtually means nothing and so we would ask you to take a fresh look at what loves is and how it acts to grow the elements of your personality into a cohesive, rich and fragrant offering to the one infinite Creator.

13: In your Bible are the words, “In the beginning was the Word.” That creative Word is love. And we use that word as we would use the word, “Logos,” and as the one known as John used the word Logos in writing that opening phrase to the gospel of John, “In the beginning was the Logos.” You came here to incarnation upon planet Earth as a certain kind of creature. You are a creature of love, you are a child of the Father Whose name is love. You are an agent of the creative principle and you have dropped into awareness within this very skewed and delimited version of awareness that is life on planet Earth in order, basically, to bloom.

34.15 2005/05/18

3: Let us talk a bit, my brother, concerning this concept of being on a journey within incarnation. It is indeed a long and winding road upon which this journey takes place upon. It begins before incarnation with you and your guidance system coming together to choose carefully the resources with which you would choose to garb or clothe yourself for this incarnational experience. Indeed, you chose your gifts as well as those things which you might consider your frailties or your faults. You chose people in your life which you felt would make excellent companions for you and you chose those people within your life which you hoped would serve as catalyst for you, giving you what in incarnation you call pain and suffering. For, although your main reason for incarnating was that which you wished to offer and give, you also chose certain balances on which to work, most notably the balance between love and wisdom. Like many entities, you chose lessons such as learning to love without expectation of return, and learning to listen with compassion to those entities who do not think as do you and whose logic does not run as does yours. The choice to focus on compassion, patience and tolerance was part of the reason that you chose some of those entities within your life with which it is less than comfortable and convenient for you to deal with.

6: My brother, you have indeed penetrated the outer surface of your incarnation to a substantial extent. You have begun to see into who you are. We would say that, in terms of those hopes that you had before incarnation, you have more successfully achieved things in the outer layers of living, such as right livelihood and excellent companionship for the journey of incarnation than you have achieved substantial success, according to your hopes before incarnation, in penetrating to the very heart of who you are. We say this not to chastise you, but in order to motivate you to continue the exploration of who you are in an ever deeper and more profound sense. The very center of your hope for incarnation, in terms of achievement, was that achievement which we would call “blossoming.” You are, as any living entity, a being which first comes into bud, and then, through the application of much sunlight and water and the right environment for growth, into bloom. Your hope was to blossom and to yield the harvest of that blossoming to the one infinite Creator, to the planet into which you incarnated in order to serve, and to all of those upon the

planet, that race of humankind which you love so dearly and wish so keenly to help.

23: Nevertheless, these facets of self exist, not only in yourself but in all people. Nor are they to be ignored, abandoned or denied. Rather, they are to be understood as parts of the 360 degrees of self that make you up. You are a spark of the one infinite Creator and within that Creator lies all that there is, both of the light and of the so-called darkness. We do not encourage you to develop that darkness by loving the darkness and encouraging within yourself the energies of selfishness and service to self. Rather, we ask you to realize that these darker energies within you are a part of you that you can redeem and balance by your loving of them within you.

24: It is these darker energies that, when beguiled and charmed by you in the fullness of your soul personality, become within incarnation those deeper elements of your will and your focus which serve to stiffen and make strong your spine and create within you a real edge to that determination to use your will and your focus in order to refine your personality. Loving and accepting these darker images of self does not mean encouraging illicit or immoral behavior. Rather, it encourages you to integrate the darkness into your whole self, to accept the wolf within, as this instrument would call it, to embrace those things about yourself that are the least attractive so that you can cuddle them, lull them into sleep when necessary, and create a structure for them within yourself in which they are given useful work to do for the light, realizing that you have only to love those portions of self in order to place them where they belong in the balance of your energies. You are then freed to know yourself in a more complete way.

43: Let us look first at the opening of the heart chakra and all that it entails. Basically, the opening up of the green-ray chakra or the heart chakra is a tremendous job. It involves much more than simply the opening of the heart, for there is a two-fold opening of that heart. The first opening is simply the lifting of all concerns into the heart. There are many issues concerning survival and personal relationships, as well as group relationships such as marriage and the workplace, within which many people get stuck. And [so they] never bring these issues up into the heart. You, my brother, long ago began to do so and through the years you have penetrated the first heart, that outer temple, shall we say, and moved into the inner temple of unconditional love. You have brought more and more of your whole self into that inner temple. However, my brother, we would say that you have not brought all of your self into that inner temple as of yet. It is the parts of yourself that are as yet unredeemed by your love, your compassion, and your full acceptance, that are creating for you at once an under-energizing and an over-activation of the blue-ray chakra. These are two separate concerns and so we would look at them one at a time.

46: As you know, my brother, there are various techniques, dealing strictly with the physical body, for enabling the actions of swallowing to improve. And we would encourage you to look into those techniques. But we would also encourage you to go on a hunt for your lost little dogies, as this instrument would call those stray parts of the self that are still wandering in the pastureland of your unredeemed and unforgiven self. Find the lamb that is not yet in the fold of your forgiveness. Go and get it, bring it home, and love it, forgive it, accept it, and know yourself to be fully there and fully worthy.

60: We are those of Q’uo, and are aware of your query, my brother. You asked us, since you came from sixth density to third, upon being harvested, where do you go? Do you go to fourth density or back to sixth? We believe we understand your query, my brother, and we would say that it is unknown to us at this time as to what your decisions shall be once you have graduated. The challenge for each entity that goes through the veil of forgetting and takes incarnation in third density is so to recapitulate the lessons of third density that you are able to clear third density and walk the steps of light into fourth density. For all of those who are able to graduate, that is the first destination, that being the larger life of unconditional love. Once you have cleared the barriers that keep you from moving again to the place of your choosing beyond third density, you shall then undergo a period of reflection and a discussion with your higher self such as you had before incarnation, discussing the possibilities as you see them at that time and where the resonance for you, the place of service for you next seems to lie. It shall not be known or

36: The one known as R2 said that he distinctly remembered reading many times that we have said it is the questions that you ask that are truly valuable rather than the answers which you receive. Let yourself be curious. Let yourself ask. Be bold. For you see, what you are trying to burn through is the numbness and the resistance that you have learned to defend yourself by using in your daily life. You want to get to that place where you are in the default setting and yet you are kept from it by the cotton wool that you have battened in order to protect yourself. Wonderful is that moment when you blow it all away with the true wine of unconditional love and acceptance so that you are in full body contact with yourself, your essence, and who you really are. These are times to be prized, remembered and found again and again.

42: Here is where faith enters in. By faith, you can simply affirm that all is well, that what you need is coming to you, and that what you have to give is something for which there is an audience. By faith, you can know that you are useful, even if you are stuck in bed, sick as a dog, and unable to do anything. By faith, even if you are stuck in a job where you do not see how you are truly helping, you can know that you are helping [because] you are you and the love with which you do that job is the greatest gift in the world and one worthy to be given. We ask you, then, to explore that resource of faith and to ask for help because there is a strong support system available, designed specifically for you and involving quite a few entities who have been drawn to you because of the beauty of your soul and the fervor of your seeking. They must be asked before they can help. Once you ask for this support, you will find it everywhere.

34.13 2005/05/15

13: In many cases, this person was chosen specifically so that you could work on loving yourself. It is often very difficult to approach in a direct way the central challenge of loving the self and so you are given mirrors. Sometimes the mirrors are loving and honest and you get a pretty fair image of yourself, one that you can look upon with some feelings of stability and trust in that image that you are seeing.

14: When you look at yourself through the mirror of other entities, such as those about whom we spoke, those that give you the catalyst, the interference and resistance, you are a looking at a very skewed and distorted mirror of yourself and yet it is a mirror of those parts of yourself with which you have had arguments in the past, perhaps not even in this lifetime but in between incarnations or in other incarnations. Perhaps you do not have adhering catalyst with this entity. Perhaps you put that entity in your life simply to learn to live without expectation of return. However, as you forgive that entity for its skewed picture of you, you begin to see that you have only to forgive yourself in order to create room within that portion of yourself that we would call the heart.

15: Now, we have spoken of the heart chakra and about how that, although it seems that it is a wonderful place, always open, always loving and so forth, actually the heart chakra is a real challenge to negotiate. As you move through clearing the red, orange and yellow-ray chakras, as you move through issues of survival, personal relationships, and group or legal relationships, you are able to become clear because you have done the work associated with those energies. They do not include the energies of loving. They include, rather, work done in balancing, accepting and understanding the nature of those energies of red, orange, and yellow ray.

16: When one reaches the heart chakra, one enters an outer courtyard in which, in this instrument's system of images, is seen the sellers of sacrificial doves and other temple accoutrements, postcards and tourist items. You see crowds of entities associated with all the work that you have done in the lower three chakras, entities and situations which you have not entirely digested, entities and situations which are unloved by you, unforgiven, unaccepted and not seen as a worthy part of the self. Do not fear that you shall be offenders in entering the sacred space of your own heart with all this baggage, for there are lions at the gate of the inner temple.

17: Fortunately, at any time that you wish to circumnavigate the detailing and processing of all these entities, the lions at the gate are satisfied if you can simply accept that, as this instrument said earlier, you are a flawed human entity whose nature is to some extent to be distorted and in error.

If you can let that suffice, you may put down the baggage of the crowds. You do not have to chase the moneylenders out of the temple today. You do not have to forgive all that you have brought into the outer courtyard of the heart today. It is enough that you love and accept yourself as you are. For such a one, the temple lions bow and welcome you in.

18: You are immediately and without any more hesitation in that place within the heart that is sacred and in which the Creator sits waiting for you with infinite patience and love. There you have a place of rest and renewal. We do encourage each of you who seeks to let go of old pain to meet the lions at that gate squarely, daily, to walk in and sit down and let yourself be loved, understood and totally accepted. The part of you that is the Creator can only come into its own when it is nourished by companionship with the divine. Silence within this sacred space is a powerful resource that will offer you much clarity through time, whether or not you have any awareness of work done or things understood or any sort of mystical satori.

34: You are not alone and you are not "part of the group." You are a cell in the body of the Creator which is manifested at this time upon the surface of your planet. You have very special gifts. You are a specialized cell. Some of you are healers, some of you are communicators, and some of you are those who love. There are as many specializations as there are parts of the body and it is a very complex body. But you are doing what you are doing as part of that body and you do not know what effect you may have outside of your own sphere of awareness. Yet we assure you that no loving acceptance that you are able to achieve of yourself stops with yourself. It echoes, as the pebble into the pond, to the very edges of that pond.

35: The Archangel known as Michael is that entity which expresses the gifts and powers of fire and that entity at this time is at attention on the behalf of planet Earth. Be aware of the power that you wield at this time. Know that the sword of truth was never sharper and never more ready to sever you from old pain. We encourage you to embrace every seeming obstacle, resistance and difficulty, asking it what its gift is for you, embracing it, accepting it, and loving it.

43: Therefore, we would say to you that it is well to take a good rest when you see such a test coming up. Focus not on more study, but on getting the metaphysical equivalent of a good night's rest. Consult your guidance system, root down into your earth, your environment, your relationships, and especially your relationship with yourself, and then sail on, fearless and full of love for the moment, for the test, for the Creator, and for your part in it all as a cell of the creative principle.

50: We are those of Q'uo, my sister, and are aware of your query. We would content ourselves with saying that, to the best of our knowledge, the energies having to do with the closing of these bases does not fit in at all with the energies of fourth density. Rather, they fit in with third-density energies which are reacting quite violently and negatively to the incoming fourth-density positive energies of planet Earth, as it shall be very soon. The reasons for these closures are very involved in third-density political and economic agendas which do not, shall we say, have that stamp of unconditional love at all. Further than that, my sister, we would prefer not to explore for we do not feel that it is our place to discuss the machinations of the world of illusion of your peoples. We can simply say that your natural tendency to distrust and suspect less than pure motives for such fairly substantial and massive changes is fairly accurate. We do not say that there are interment camps in your politicians' minds but simply that there are wheels within wheels and machinations within machinations among those who hold power among your people.

51: We would also offer our humble suggestion that, in terms of metaphysical progress among your people, the goal of understanding such machinations may helpfully be described as knowing what [it] is in order to love it and forgive it unconditionally. Recall the plight of the thief and the murderer upon the cross next to the one known as Jesus. When this entity asked the one known as Jesus if Jesus would remember him when he came into his glory, the one known as Jesus replied, allegedly, "This day you shall be with me in Paradise."⁷ As we said earlier, you are not moving into Paradise by yourself. Your culture and all of the people of the tribe of humankind hope to come with you. Love them.

essences of that location, as these essences and entities have been ritually and habitually abused over long periods of your time. It is well, therefore, to focus upon dwelling in somewhat rural or completely rural locations where the land has been able to establish trust with the humans which dwell in that geographical location. Indeed, we believe that it is true that, for this entity as for many wanderers, the ability to insert the self into a place which has begun to awaken to the partnership possible between nature and humankind is the more desired location in order to be able to reap the harvest that has been sown by the unconditional love and the good work of those who went before.

6: Your question also concerned right livelihood and, in truth, we have little to offer in this query except to reassure the one known as P that when an entity is serving the infinite Creator, in terms of his point of view, there is virtually no work that can be considered ill-chosen, even when an entity such as the one known as G, who is within this instrument's mind at this time, chooses to work in a situation in which he is, in the eyes of the world, a simple server of beverages and food. This entity, because of his attitude of service to others and his determination to make a difference with his open heart and his loving energy, has fulfilled the requirement of right livelihood, which is to serve the one infinite Creator with, as this instrument would say, singleness of heart. The purity of desire to serve is powerful in metaphysical terms and once this determination to serve the infinite Creator in all that is seen and in all that is sought and in all that is beheld is adopted, the service is established in a way that shall never be true within third density alone. For within third density, thoughts are not things. Thoughts remain in the mind and it is the doing of them that is therefore so impressive and so talked about within the consensus reality that this instrument and those within this circle enjoy. Nevertheless, what lies behind consensus reality is not a world of things. It is a world of thought. Thoughts are the objects of that realm which is entered in what those of Ra would call "time/space," or the metaphysical or inner realms of existence. Within those realms, we do not believe, my brother, that there is anything which you can do to earn money which would not be considered a right livelihood in terms of your intention to serve the one infinite Creator.

11: There was also the query as to the right companionship for this particular time within your life and, my brother, we may say to you on this point that it is correct that you are seeking proper companionship. However, the companion you seek is named P [himself] and he is hungering for your true dedication, commitment and love. This entity that is you is that first entity with whom you need to fall in love. For, indeed, it is true some entities must have that within their lives that is exciting and that nourishes in the companionship. However, my brother, there is a stumbling block when one begins to feel that without this companion one is less than one can be. This is in no case so. The value of an other-self who is loved and who is able to love you as you truly are is inestimable. And yet, until you, yourself, are able to be unconditional about your love of your self and able to embrace even the darkest shadow side of your personality, you shall not be able to nurture and cherish another soul. First you must learn to be your own best friend, your own lover, and, indeed, as this instrument has often said to many, to fall in love with yourself. This does not mean that you become blind to your warts and your immaturities; indeed, for this instrument, loving oneself is an ever-expanding adventure in learning more about those insecurities, those follies of self, those many, many warts and freckles, shall we say, of personality and point of view. How many, many ways there are to discover that one has been lazy in examining one's assumptions, that one has allowed many things that are not true about the self to become assumed as true.

15: We would encourage the one known as P to lift up from considerations of the details of an incarnation, as important as those details are, for a time each day long enough to enter the silence as an infinitely aware, completely unhindered and unlimited citizen of eternity, resting in the essence of you, loving that, trusting that, knowing that it is part of what this instrument would call the true vine. This instrument's holy work, the Holy Bible, has a portion in several of the Gospels of the teacher known as Jesus the Christ, where this concept of the true vine is brought up by the teacher known as Jesus.¹ In this particular parable, the true vine is seen as that which is of the kingdom of the Creator, and from this true vine

grow true branches. Sometimes, grafted onto this true vine are other species that do not contain the virtue of the true vine. And for a time, these grafted branches may grow, yet they shall inevitably express themselves in such a way that the evolving seeker may come to the conclusion that indeed they are not part of the true vine of self and in that case the entity does not reject the self, the entity simply starts moving down the vine, past the graft. Where did it get grafted in? Where is the error in thinking? Move below that level of choice into the pre-choice self and the true vine is there in all of its vitality and health. It has not been compromised. It has not been ruined, and nothing has been lost. When time has passed and the questions have been asked and a sense of the self does come that says, "All right, here is where the graft lies and here is where I would like to make the cut to remove that false portion of self," then, strength will be given to the self to know just how to do the pruning, not the destruction or the rejection of self but the pruning of the undisciplined self so that the remaining self is true to the self. This is subtle work. This is work done over time and it cannot be done quickly or impulsively. Rather, let it be, as the Beatles wrote. Trust that things are moving as they should and that your job is not to be the director of the ship; rather, it is your job to learn the ship, to learn the ocean, and to penetrate, by instruments known only to you, your direction and your destiny enough that you may then cooperate with the time, the tide, the gifts of the particular barque upon which you have set sail.

16: You are a partner with many other unseen entities in this work of art that is your life. Take the time with it that you would take with any work of art. If you think of it as a poem, work endlessly to clean the language of your life. If you think of it as a complex image that you paint, take the time to place every stipple of light, every touch of the brush that shades and defines and reveals mystery so that your finished work shines with the deepest truth of you that an image can. And if you think of it as this instrument does, as a tapestry that she is weaving as she goes, not only with words but with the fragrance of her love and the touch of her heart and with all of those senses that each entity possesses that move far beyond the descriptions of words. She works to make a tapestry of real depth, truth and beauty. It is a challenge, for many truths are dark, many colors do not seem on the surface to be pretty or to be able to be wound into a tapestry in such a way as to make it better and yet, those are the challenges that make the finished tapestry interesting, and rich, and detailed, and textured. As you work with this concept of your life as a beautiful gift for the Creator, perhaps you shall begin to see what we mean by saying, work systematically, not always upon the details but at least a bit, daily, move into the truth of yourself as a whole being and see that the truth that lies there will endlessly deepen as you allow yourself to fall in love with yourself.

17: In general, the challenge of a wanderer who comes to this planet is duple. The first challenge is to engage the self with the environment in a way that honors that environment, that does not separate the self from the environment and that effects a positive connection between the self and the third-density milieu. This is the personal work that each entity has on his agenda when he arrives. It has to do with the balance of the vibrations between the fourth-density concepts of love and the fifth-density concepts of wisdom. Many sixth-density entities are here attempting, as is this instrument, to rebalance in favor of the true middle between wisdom and love. There is the personal judgment involved in this questioning that there was room for improvement and each entity will have its own biases about the direction of such improvement. It is, however, not at all the majority of the reason for entering third-density incarnation.

18: The choice to do such is in no way shallow. It is a profoundly uncomfortable thing to enter third density from a higher density, especially upon your planet. There would be no reason to undergo such suffering and to put oneself into the maelstrom of such near insanity as this particular planet has entered into as a culture except to serve, and to serve in such a way that one person makes a difference. You are familiar with the concept of the Peace Corps where ordinary citizens go into a culture which seems to have needs which they can help satisfy. They have only themselves, their hearts, their willingness to serve and yet time and again if one interviews those who have been a part of such a program, they state that it has truly been a wonderful thing in that they re-

ally did feel that one person could make a difference and they saw that it was so. In this case, you came in as a member of a Peace Corps, a Peace, Love and Light Corps, shall we say, your aim being to make a difference even though you were only one being. You are already making a difference, as is everyone upon planet Earth. You are not part of an elite simply because you are a wanderer. All of those upon planet Earth at this time are harvestable. In terms of how they came into the incarnation, there are no hopeless souls here, all are able to make a difference, all have what it takes to love in a powerful and real way, to love beyond judgment, beyond limit, beyond holding back something for special people. Every entity here has the potential to make this difference.

19: The advantages of being a wanderer are that your memories of how things can be are much clearer, much closer to the surface and less veiled by the veil of forgetting than those who are native to the planet and are simply waking up for the first time. You have awakened once, you have done the work once, you are now in boot camp trying to get it back. "Where is that memory? What did I know before that I have lost?" These are the questions you are asking. But you do not have to reach for this knowledge. As with all wanderers, that knowledge is fairly close to the surface. You do remember better times; you do know how to love. It is just so dangerous in the way it feels to be so vulnerable and so open to criticism as to love without expectation of return in a world which is very cruel to those who love in such a way. Be prepared to feel the slings and arrows of those who would be cruel to idealists who refuse to become cynical. Be proud when you are reviled because you are an idealist, because you love when one could so easily judge, when one could so easily move into a separate and safe mental configuration where all is judgment and all is cynicism.

20: My brother, you are on trail, you are on task, more than you know. And yet you worry and you fret and this is understandable. We cannot wave a magic wand and cause you to stop doing so. We cannot wave a magic wand for this instrument and cause her to stop doing so. We can not do that for a single soul. You can probably not even do it for yourself, not all at once. But if you can repeat a few home truths when you are troubled, you may perhaps begin to change long-standing habits. If you can repeat, "All is well, all is well," when all is obviously not well, that will be a start. If you can ask yourself as those of Ra suggested, "Where is the love in this moment?" that is a start. These things are helpful, these short, pithy ways of nudging the mind into the act of remembrance of who you are and why you are here.

29: We are those of Q'uo, and we are aware of your query, my brother. Ah, my brother, to speak of loneliness, how we would wish to be able to express ourselves to the extent that you would know that we truly understand the agony of a wanderer who wanders in a strange land and who is often unable to speak words that resonate to those who would be able to hear that resonance and confirm the usefulness of such thoughts. How blessed it is when one simply feels understood and loved, encouraged and supported. It is part of the wanderer's suffering to feel isolated. And why should a wanderer not feel isolated? For he is the one known, as Heinlein phrased it, as "a stranger in a strange land." Of course you shall feel alienated by things that make no sense and that is all around you, my brother. We can only encourage you to move within and to begin to sense into the tremendous strength and power of the network of unseen entities that accompany you at all times. It is a crowded universe. No entity who is consciously attempting to stand close to the love and the light of the one infinite Creator shall ever be without a tremendous body of helpers. To this instrument, who is steeped in the Christian tradition, her mind goes to angels and archangels, seraphim and cherubim and all the hosts of heaven, and yet to one who is involved in other means of [religious] expression, it is just as valid to look at the animals who surround you, the elements of earth, air, wind and fire that surround you; to name those same energies and essences which this instrument would call angelic [thusly]. And, for those who worship the ancestors, for instance, in the process of acknowledging the enormous body of the roots of the physical being, the ancestors, the place from which one came and so forth, these essences and energies, in their own way, move into the same body of those who serve the Creator by serving those of the Godhead principle which are incarnate and sentient such as yourself, this instrument, or those within this circle and any living human being that is doing the work

of third density.

30: Shall you ever be fully content within your isolation? This is unknown. This is more a question for the personality shell than for the essential being that you are. However, shall you be able to find joy and companionship within this incarnation? Yes, you must simply open to it. Work upon that love of self. Work upon truly being able to be in love with the self, to see the self in all of its flaws as a wonderful, brave and quirky oddity that is a treasure and that will always be the only one of its kind. See that as a wonderful thing and when you look up again you may see someone walking beside you that is also ready to embrace the self and in so doing, is ready to embrace a true companion of the soul.

42: [footnote start]Holy Bible, John 15:1-12: "I am the true vine, and my Father is the vine-dresser. Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it, that it may bear more fruit. You are already clean because of the Word [from the Greek, Logos, or unconditional love] which I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me. I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me, you can do nothing. If anyone does not abide in Me, he is thrown away as a branch, and dries up; and they gather them, and cast them into the fire, and they are burned. If you abide in Me, and My word abides in you, ask whatever you wish and it shall be done for you. By this is My Father glorified, that you bear much fruit, and so prove to be My disciples. Just as the Father has loved Me, I have also loved you. Abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments, and abide in His love. These things I have spoken to you, that My joy may be in you, and that your joy may be made full. This is My commandment, that you love one another, just as I have loved you." [footnote end]

33.13 2004/08/18

11: At the point at which you became aware, you also became able to affect the rate of change of your spiritual evolution. You became able to decide consciously to accelerate the pace of this change, to lean into the wind by asking, by seeking, by looking. Those things are as the powers that raise the winds in metaphysical waters: every focus of meditation, every focus of visualization, every focus of affirmation, and every moment of disciplining the personality, bring up the wind. And as you have set your sail by your desire, so the wind moves you in such and such a way. Consequently, check your desire, check the alignment of your sail, if you will, and see that it is working with the wind. When you get into port and have a moment, sit in silence and check, shall we say, in inner dry dock, the health of your vehicle. Are you creating wellness in your body? Are you creating enough rest for your emotional body? Are you creating enough lack of tension, enough balance between motion and stillness, seeking and resting, wisdom and love, attention paid to the self and attention paid to the milieu about one? This is what we would share with you upon working with yourself.

12: We come to a more difficult part of your question when we begin to look at the other selves about you. It is rare, indeed, on such a voyage, that one is able to take other selves with him. Most general is the case that you experience, where other selves that are dearly beloved to you and are part of your family are not able to take this voyage with you but must remain upon the shore which you have left. This simple separation of attitude and the direction of hopes for the future between mates and between family members has the strong and understandable tendency to create strife and discomfort on both the side of the self and the sides of other selves involved. Even if there are no hard feelings, the dislocation is felt and it must be dealt with by the other selves about you. 16: What a blessing it is to be able to rest back in the essence of who you are. Rest in that essence as much as you can with your family. Stay at the soul level with them, relating to them as wonderful, unique sparks of the Creator, just as are you. So much is veiled, so much is unknown, and yet you can always love, you can always console, you can always lift up and support and encourage and offer hope. You can refuse to shut down, you can refuse to stop being vulnerable, you can refuse to close your heart against anyone or anything.

change are those opportunities for souls who wish to learn from the two entities which exchanged energy in such a way as to make an opportunity. The bodies are more refined. Sexuality does not have those physicalities of third density. And yet there is the possibility for enormous love. And when it is seen between two entities that there is this unique potential for teaching and learning together, a mating is formed.

34: Yes, the Rangers' third query reads, "Of the worlds Q'uo evolved from, how did they typically enter into fourth-density service? Namely, what cultures and sociological constructions did they move through on their way towards living in love?"

39: This instrument has talked about letting the sorrows and the sufferings of herself and others flow through her, but she does not do it. Oh, she is in love with suffering; she is ready to give up her life! Yet, when she can do that, then she is free within incarnation. And to some extent, little by little, she has let portions of herself fall away. She is ready not to hold on to difficult energies; here and there, now and again. And so we say to each of you, "Awake to love and joy and allow the dead self to bury itself, dust to dust, and ashes to ashes." We speak now not of the dust of the body, which is easily seen, but the dust and the ashes of old emotion held in their imbalance as if they were treasures.

51: [footnote start]This phrase is a quote from an answer to a previous question to Q'uo in the March 20, 2005 session about finding a loving companion. The complete thought was, "And how shall you prepare to walk side-by-side with an entity that speaks to your deepest heart and that satisfies you, not for a day or for a week but for all of eternity?" [footnote end][footnote start]This source has often spoken of the entire octave of densities in which we are now experiencing third density as one heartbeat of the Creator.[footnote end]

34.12 2005/05/01

11: It is a rare entity that is able to do this work fully. Perhaps the parents have disappeared because of death, divorce or some other means of removal of those people from the environment. Perhaps there was such damage done that there is not the possibility of being able safely to go through the process of reintegration with the childhood environment. Whatever the reasons for an inability to fully come back into the original home within the memory, within the consciousness, and accept it fully with trust and love, the lack of that original goodness of home bears on the rest of the incarnation in terms of creating an environment in which the personality shell carries those original wounds from early childhood without being able to process them.

13: That is the situation for each of you as far as what this instrument might call baggage that you carry and do not even know that you are carrying. But as the one known as C said, when she gripped the courage fully to face herself and ask to be shown by her guidance system the suffering that she was carrying, she was overwhelmed with the richness of her load. Each of you has a suitcase full, shall we say, of real gems of pain and suffering that are neatly packed away, waiting for you to return to them, and, with love, to lift them to the light and to work with them.

14: Now let us talk about joy. The one known as R1 said that he wondered if joy and discipline were somehow incompatible, that perhaps if one were joyful one did not have discipline or somehow discipline might not seem to be that which would produce joy. And yet he sensed that discipline may be involved in discovering joy. As it happens, this instrument is more familiar with the landscape and the environment of joy than most because of what she would describe as brain damage. There is a much stronger link in her energy system between mind and consciousness than is usual among your people, and this entity toggles up into consciousness more often than not. When one is within that part of the mind which we would call consciousness, the default setting is joy. The nature of the one infinite Creator is joy. We might move beyond that word to the word ecstasy. We might even move into the word called orgasm, for the default setting of the creation and the Creator is absolute and infinite joy. In terms of your experience of it within a third-density body, it is orgasmic. In terms of consciousness—which is that which you carry within you at a deep level in incarnation and out of incarnation—it is simply that constant radiation of unconditional love which is like an infinitely rich experience of the most joyful and light-

filled sense of self that can be imagined.

19: What have you thought about today? What of those thoughts have you taken seriously enough to listen to? Do you listen to your thoughts and do you follow them? We recommend it. The clues for where pain lies are embedded in your everyday thoughts. Certainly, it is helpful to use dreams, because dreams are the conversation that your consciousness has with you when it finally gets a chance for the floor. Your mind has been filibustering all day in endless conversations about how to do this and why to do that and you become mired in details. During your dream time, all of the things that you shoved aside because you really did not have time to think about that now have a chance to spring up and up they come. Listen to those things in your dreams that do come up, that you can remember. But more than that, listen to the seemingly trivial thoughts that pass through your mind during your day, in the midst of the hustle and bustle of life. And when you begin to see a pattern, think about it, follow it, pursue it as if you were a lover and that pattern of remembered pain was your sweetheart. What alleys and doorways you go through in pursuing that pain are out of time and out of place, existing in that closet, shall we say, within that haven that you created as a child. Your safe place has these treasures stashed away, safely stored until you get back to them and take them and look at them fully and lovingly.

20: You will predictably feel a good deal of resistance around doing this work. These things were put away because there was enough intensity and fear surrounding them that you felt unable to deal with them at the time that you experienced the catalyst that was the original wound. Taking it out again, you will experience all of those feelings. This instrument was speaking with the one known as Vara not too long ago about the nature of puncture wounds. [Vara and Carla] had both experienced puncture wounds and were talking about the fact that they cannot heal from the surface down. They can only heal by being exposed and healing from the bottom of the puncture upwards to the surface. Digging at an engram is much like this [in that] you are finally opening that place where there was infection, if you will. You must let the sunshine of your love and the rain of your faith cleanse that wound.

21: Interestingly enough, once you set yourself to do this work, the process can happen so quickly that your reaction to finding the source of that particular pain finally is joyful laughter. You look at that pain and experience the deep humorlessness of that moment. For pain, once exposed, once seen for what it is, is not at all the monster that you hid away and the relief is palpable, the joy is intense, and the reaction is laughter. We hope that as you find these engrams, as you love them and look at them straight and embrace them as the wolf that bites, you will find that deep humor and that reaction of laughter coming to you.

23: The one known as R1 said earlier that he was finding in his spiritual search that the direction is from complexity to simplicity, and that he rather liked that direction. And we say to you as well, when your life has become truly yours, when you have found the freedom to be yourself, you will find that life has become very simple. Certainly, in terms of the details of the day, life is seldom simple. But in terms of knowing who you are and choosing what you wish to put your energy and time in on thinking about, each time that you are able to shed a layer of falsity from your own pattern you will find that you have simplified the life because you have been able to simplify your thoughts. The one known as Ra said many years ago that it was helpful to think this thought, to ask oneself this question, "Where is the love in this moment?" When you ask that question, you open your heart.

35: We would say, however, that it is also helpful to realize that doing this is a technique which bypasses the inner work in any direct manner. So it is well, say, at the end of the day to come back to that concern in a contemplative setting and to ask yourself at the end of the day, "What do I still see here? What is catching me? Where are the triggers involved in this situation and how does my highest and best self see into this situation, given that love and that wisdom that have come to me in this day?" For you truly have grown today. So it is helpful, shall we say, in the evening or before you go to bed or as you are going to sleep to move in a peaceful and contemplative way into your own thoughts once again, asking yourself what the harvest of the day is. What have you gained, what have you released, what has caught you, and why?

the sounds of the buoys that float upon the ocean and warn of peril and sing of home, perhaps you can begin to see how much of a blessing it is to create the harmony of all of each of your very personal and unique sounds coming together in the harmony of the expressions of love in one sacred space. Can there ever be a disharmony in such a choir of individual and authentic bells ringing because of the rocking of the waters of manifestation and the wind of spirit?

11: That is why we say to you again and again, my friends, how precious is this moment, how dear is this breath. Feel, in this moment, how beautiful, how profound, is the quality of your love. Feel the devotion that lies beneath the roiled and stormy surface of the everyday. Feel at this moment the truth of the essential self. Feel the beauty of it trembling within you, too precious to express. And then breathe out and know the power of your every intention, thought and expression.

28: The other aspect that we would point out, in terms of the commonality of these movements, is that they have in common being much more native to and obvious to the nature of those who are awakening as wanderers or as those who are ready to be wanderers; that is, who are ready to graduate from third density into fourth; who are ready to drop the flesh and live in love. In a sense, this is about the release of fear. Love and fear cannot co-exist and the expression of love is the release of fear. It is the movement from death to larger life.

32: We are those of Q'uo, and are aware of your query, my brother. In terms of specifics, it is not possible for us to discuss one entity such as LeCorbusier. However, it is interesting to look into the nature of how creativity works within a life experience. The same creative wind blows for all and on that wind lie melodies, themes, motifs and other avenues of intelligent expression of the fire of spirit. The energies of suffering and learning catch the facets of personality uniquely for each unique entity. And as an entity awakens within incarnation to the truth and beauty of its own being, possibilities open up in this and that way, unique to each entity. One entity may express creativity by growing a family and helping the young souls within that family to flower. Another entity may hear the call of a certain kind of expression of devotion and become a guardian of truth, an upholder of justice, or an agent of the healing power of human love. All professions call with the song of the muse to those entities whose personalities are shaped so that those structures hold their passion and give them avenues of expression. Every artist catches the wind of spirit and finds ways to draw images that catch the light and share the vision. Every musician hears those melodies that are drifting from angelic essences embedded within the inner planes and responsive to the winds of the times and the energies of the generation now alive. And so it is with those who see the value of shape and ratio and wish to create places for the heart and the spirit to thrive.

34.11 2005/04/17

6: We have little to say but we would say a bit before we ask for the first query. First of all, this instrument was concerned earlier because the one known as Hatonn, which is part of our group, had expressed itself in that she had caught the quality of the word, "Hatonn" [when challenging], and we would express that there is within this group the calling for unconditional love in its purity and that is the service which the one known as Hatonn so joyfully provides. We would at this time pause that the one known as Hatonn may express its nature in the silence between all of you and ourselves.

8: We are those of Q'uo, and are again with this instrument. May we say that the one known as Hatonn expresses that which is truly unconditional. It is pure presence. This instrument often prays, "Be present, be present." And yet, love is always present. It is your minds which are distracted from that presence. That presence is the heart of who you are and we hope that you will stoke up on those energies as you rest in unconditional love. For truly the days are here for each of you to experience incredible waves of energy. Some of the energy is what this instrument would call the highest and best and it enlivens and energizes you. Others of the waves of energy are those which are shrinking from the light and the love of the one infinite Creator, energies that are fleeing from the lucidity and the clarity of these times that are among you now. The new heaven and the new earth lives upon the

planet Earth. It is being born, more and more. And so there are retroactive energies that are shrinking away from this clearer and brighter light, shall we say, not very accurately.

9: When these waves of energy hit you it will feel to you as if all things are resisting and are failing. We ask you to know that this is baffled and confused energy that does not tell you the truth, for you are succeeding. You are thriving. You are growing. And in that growth, things must fall away so that new things can emerge. We can only say to you: let it flow through you, let it fall away as it will; cling not and do not reach, but be. And allow the energies that are yours to come to you. Your desire is honed, your focus is becoming more and more clear. Trust yourself. Trust the system of guidance that surrounds you. Trust the Earth beneath your feet which is learning little by little to trust you. You are becoming creatures of love involved in a loving environment, and from the earth to the sky, from the East to the West, and the North to the South, your planet is coming alive with love. Can you hear it in the politics of the day? Only if you listen carefully and with selective ears.

10: Know then that this which is unseen has a power and that you are part of the web of love. Open yourself, therefore, to those energies of love that are awakening within you, more and more.

13: Thank you, Q'uo. We do have three queries from the Rangers. The first of them is: "What is the nature of that pairing between two beings who find in each other that love and wisdom that connects them 'not for a day, a week, or even a year, but for all eternity'?"

18: And so it is as entities move upwards through the dimensions of relationship, exploring the aspects of relationship which have to do with becoming a family and then exploring the aspects of relationship which have to do with opening the heart to each other's humanness. There is almost always a delimiting factor involved in this opening of the heart. It would seem, once an entity has climbed up through the first three concerns of relationship into the open heart, that the way would be free and clear. And yet this is not so. When one at last enters that sacred precinct of the open heart and one rests together in that place of clear light, one views in the other the beginnings of great knowledge. And with this great knowledge comes a great price. That price is the shadow of all that is true about one. When one is heart to heart, when at last [one] is exposed and the humanness of the self is undefended, not simply from the other self, for the other self is ready to love unconditionally, that other self becomes a mirror which then reflects back to you for the first time, so that you can see it yourself, the picture of your own shadow.

20: Once you have faced yourself squarely in the mirror of the other, sitting together in the lap of the Creator, surrounded with arms of love, tickled by the beard of the Almighty, blessed upon the breast of the Mother, loved at last for all that you are, then at last you are free to begin what is sometimes a lengthy process but a joyful one. And that is the moving on from the open heart to the articulated heart. That is what this entity would describe as the energy of the blue ray or the throat chakra. Once you have begun the process of open communication with another, you find that miraculously that which used to divide you now begins to unite you. You find that the truth which seemed before to beat you down and to make you feel less now blesses and redeems and heals and clears the way for you to be.

21: Let us take a moment and look at that verb, to be. It is so underappreciated among your peoples! And yet this is what you came to do. You came to do something that has no doing to it, for being is more than anything else a matter of allowing yourself not to act but to express as an essence beyond thought, beyond deeds. What is the scent of a flower? What value can you say it has? It is beyond words. Can you see that? And can you see that the bouquet of your being is the most precious gift that you will ever have to give? It is your gift to the other, to the creation, and to the Creator. And what but the forces of great love can give you permission within third-density beingness to explore that essence of self?

28: Within fourth density, the casual sexual expression is not simply common but is as much a part of courtesy as shaking hands is within your density. It is as if when entities meet, they have sex. That is the way that you would describe it within your density. The potential difference between the two entities is expressed naturally and without any shame, removal of clothing, or the exchange of bodily fluids. It is an energy exchange. The children produced of this energy ex-

You can endure whatever pain will help those about you as you listen to them express their difficulties and as you work endlessly and patiently, insofar as you can see a way to help them through what they are experiencing as they experience the catalyst of your change.

18: This instrument was talking to one of those within this circle earlier about the reason for continued tempering and continued testing in the fire. "Why," this instrument was asked, "would that be necessary on a continuing basis? What is the purpose for such a sharp edge when the desire is to love and to bring love to the planet?" And we say to this one, to this instrument and to the one known as T that the continued tempering is that which brings one into the present moment. It is not yesterday's tempering that will keep one flexible in the catalyst of the day. As each lesson is learned, a new vista opens and when the student is eager, those new vistas demand further tempering, further work, further catalyst, further opportunities for learning. Why is there no end to it? For the same reason that there is no end to spirit. When there is oneness, there is infinity. There are no markers, there are no stops, there are no categories, and that infinity becomes that great Celtic knot that moves from Creator to Creator with an octave of learning between.

20: It is very helpful to remember that this experience is surrounded by supernal and infinite life. It is a blessed journey and even the pain of those about you is a blessing as you work in humility with the awareness of yourself as part of a pattern over which you have no control. Your only control is the choice to love and that choice of loving is endlessly subtle and always in the present moment.

26: We recommend, most of all, that you yourself live in a way that you may endlessly explain and defend. This is painstaking work. If you would like them not to watch television, turn yours off, not once but as a habit. If you would like them to respect the rights of others, be sure that your converse and your comments constantly express the deepest love that you can find for every entity and every situation. Whatever it is that you are hoping for your children, rather than telling them, sit in counsel with yourself until you can find ways to live the life that you wish to embody for them. Be a living example to them, not by what you say, alone, but by how you are, by how you live your day. Do you, for instance, make a point of spending time with yourself and the Creator in silence, every day? If your children see you living a religiously or spiritually oriented life, they will know beyond a shadow of a doubt that that is of value to you and because you loom large in their small lives, that will have every reason to be considered as a value to them.

30: ...finding out what their process has been like this day, what their walk has led them to see and think about, what their dreams have told them, not with any view to commenting or improving upon their thoughts but simply to knowing them, they will feel worthy in a way that you cannot create by any other means. If you think that their small affairs are important, so will they know that they have a right to be and that what they do is worthwhile. These things cannot be taught. They have to be picked up from the attitude with which people hold them. As a parent you have tremendous ability to give them this kind of nourishment of self. As they talk themselves over with you, they begin to get their own bearings and the feeling that they have their own reality and their own process. As you give them credit for being people, even at a very young age, they are able to begin to grasp more of this double-activated nature. As you live a loving, radiant life, you are basically living in the fourth-density energy for which they so hunger since they are prepared to take it in and since your surface environment is so lacking in fuller light. See what you can do to be an unconscious but ever-present radiance in their life.

32: They can easily be distorted by disappointment and the typical disappointed, double-activated Indigo child can be a tough cookie. So we would just offer you the encouragement to stay within your own integrity, offer what encouragement that you can, and by all means do not assume that your child, being double-activated, has no need of guidance. Such children, like any children, do need persistent and firm limits. We simply say, make those limits loving, understandable, simple and then be willing to explain them, to stand by them, and to take insults and disagreement when it is inconvenient for other selves to observe those boundaries. Do not let that faze you, but keep the boundaries that you feel are important, not combatively but persistently, quietly and firmly.

33: Above all, find ways to express your own belief system in the tiny things of everyday. This way there is no preaching involved. There is no discussion of dogma or the lack of same, but only the expression in everyday life at the smallest level of thoughtfulness, desire to help the family system, and those other values that feed into a harmonious and loving family life. If you have not investigated fully the joys of doing laundry, scrubbing the toilet bowl, doing the dishes, or any of the other thousand and one things that a household takes to keep going, dig into it and investigate to the best of your ability all of the above and anything else that you can see that will help the family move more smoothly through the day. When entities are not afraid of cleaning a toilet with great love and great thoroughness and a delight in the result, then the entities around him can begin to see that all things are holy and that there is no unjust labor, or work to be scorned. In living a spiritually oriented life, this is a key concept and it cannot be gotten at with words. Those about you must see you participating in every way. This will enable them to find that same perspective within themselves gradually becoming more and more understandable.

33.14 2004/08/22

6: And now look out the window and see the sunlight that pours a wasteful amount of energy infinitely into your plane, far more than any entities may use. The Creator is incredibly generous. There is no end to consciousness, there is no end to love, there is no end to that into which you are plugged. For you are as the vine branch; you are as the lamp that is lit. The vine branch moves down into the vine. The master known as Jesus said, "I am the true vine, and you are the branches." And again, he said, "You are the light of the world," "5 so do not hide your light under the bushel, do not tuck it away inside your house, inside your being, inside your practice, but allow that energy into which you are plugged in your inner heart to move ever [more] freely through the open heart and into the world around you.

8: It is a delicate thing to change the point of view from third-density consensus reality to fourth-density perceived reality; to switch from living by fear into living by love; to move from a point of view in which one defends and guards into a point of view in which one sees oneself as a crystal being that is able to receive the love and the light of the one infinite Creator, bless it and allow it to go forth from the open heart without distortion. As you are able to express the unconditional love that fuels your light and that is the source of your light, you become the light of the world.

12: We are those of Q'uo, and are aware of your query. The present moment is perfect. And yet it is as a seed that is in a process of growth. When one considers the next step, either personally or spiritually, the question becomes, "Where is the love in this moment?"

13: Your past has planted seeds in the work you have done, in the suffering you have undergone, the lessons you have learned. You have fertilized, watered and developed those seeds and they are what have bloomed into the present moment but they are not the end of the process—they are an exquisitely poignant picture that does not last except to give you wings to see your way to that next step. As you ask, "Where is the love?" you can begin to see into the relationships that you bring to this moment and the issues which you are pondering.

27: We are those of Q'uo, and are aware of your query. Indeed, we have spoken to some extent upon this subject and it is dear to our hearts. You are here this day because you are a family. You have not chosen each other in a conscious way. You do not have the entanglements with many of these here of family, previous friendships, and so forth. But there is a tabernacle in which all of you reside. It is that space or energy that is held together by those who seek the truth and who seek to serve at this time. You have come this day for reasons on the conscious level, but because of prompts also on the subconscious level. So we encourage you to see this event and this gathering as a family reunion of those who have not previously, perhaps, come into a gathering or re-union. Yet you are all called by spirit to be witnesses to light and love. And each of you has worked and played and suffered and laughed and done the living that collects life experience. You have begun to gather about yourselves a kind of spiritual gravity, a weight, a density of being that holds the

light. You see, when entities begin to wake up to their spiritual nature, they are perfectly capable of grasping the ideas because the ideas which concern spiritual evolution are fairly simple. It has often been called the universal wisdom, or the eternal wisdom. What we have to say, and indeed what each has to say this day has been said before and will be said again and yet, because of the nature of spirit, it must be said in the present moment as a spark that can ignite or as a germ that can infect.

28: Perhaps that is what we would say to you: each of you is a carrier of unconditional love. As one person becomes enlightened, awakened, and energized by the spirit, unconditional love pours through. Yet it cannot be held for long periods of time, at first. The tuning slips, the energy is exhausted, and rest must be taken. You are here to deepen your own spiritual density, to find those resources that work for you as you assume the discipline of your own personality and begin to learn how to persist in patience, in good humor, and in peace and compassion for yourself as a bozo and a mistake-maker of the first order. All of us, all of you, every iota of the creation of the Father, makes mistakes. If we did not have distortion, we would be resting in the allness of the creative principle. We would not be working our way back to the Source. You are between alpha and omega, and you are here to learn how to accelerate your pace of evolution. Each entity whom you meet this day is your teacher. Each eye that you look into is the eye of the Creator. You live in a hall of mirrors and these mirrors are wonderfully clear. Come, meet yourself here.

33.15 2004/08/30

15: So, moving back into this space of darkness, it is perhaps not simply desert but more: the womb itself, that true darkness that has never seen any light. Realize that, to the one known as G, the womb itself was a dangerous place. There was no safety anywhere. The entity which carried the one known as G was angry and unhappy. This communicated itself, especially when this entity engaged in conversation with the one known as G's father. We do not suggest that either of these two parents were negative entities. Indeed, those who are parents to the one known as G are, as is he, beautiful, loving souls seeking to learn and to serve. However, they were chosen by the one known as G as part of a setup for an incarnational lesson that was designed to open the heart. And, indeed, this has, to some extent, misfired from the beginning because of this initial decision.

42: We thank the one known as G for his work, his love, and his calling upon us. It has been our distinct pleasure to be with each of you and to work with these questions. Our hearts go out to each of you and your poignant and never-ending efforts to be. There are many challenges to uncover being, many straws in the wind, many discouragements, and many trials. We commend each of you for your courage, your persistence, and your love. You are beautiful beings and we celebrate you. We hope we may help you to bloom. You are doing a beautiful job. We are with you.

33.16 2004/09/05

7: Much of the seeming richness of detail in most change is not pattern but noise. It often does not add to the process to enumerate, detail by detail by detail, the outward appearance of a process of change through which one is moving. Often it is a more skillful approach to rest and sit with the apparent chaos of a new situation, not asking at all for order but being willing to sit in that winter's patience with that which has not yet manifested, with those patterns which have not yet come clear. There is no rush. There is no hurry. There is plenty of time, for change can happen in an instant, in a heartbeat, in a moment's time, but it is waiting for that moment that takes the skill and the patience. Those moments will burst upon you and realization will occur. Suddenly you will begin to see into the kingdom of the present moment in a way that you were not previously able to do. It cannot be coaxed forward. It cannot be produced on demand. It only comes when there is a surrender to that process, a surrender that says, "I don't care how long this process takes. In for a penny, in for a pound. I am here. I feel this is the right place for me to be and I am content to sit here with this for the

rest of my life, if that is what it takes for this pattern to resolve." There is tremendous love and faith in that surrender and there is courage in the ability to persevere, in the waiting, in the asking, and in the knowing, by faith alone, that meanwhile, despite all apparent difficulties, all truly is well. 10: When groups such as nations and terrorists groups are in the news and washing through the media-driven culture of a great portion of the global surface, it may seem relatively improbable that individuals or small groups of people could make a difference in this picture. And yet we assure you that groups such as your own have long made a difference in this developing picture. It is not a new thing for groups to come together in order to generate unconditional love. The history of religions is rife with examples of groups who have been inspired so to get together and yet in many, many cases these groups have been co-opted by less than the highest and best interests of those groups of people. The energies of elitism and exclusion and divisions have crept into the unconditional love and compromised the light coming from these groups. Yet, somehow, in spite of all the resistance of an increasingly unloving surface culture, from the very heart and soul of each human there stems its divine nature.

11: The very nature of each of you is love. You are made of it. When there is a lack of that on the surface, you crave it, you hunger for it, you yearn for it and you know, somehow, that it is there. In the darkest prison, in the darkest night, in the deepest dark night of the soul, the spark of hope cannot be stamped out because your very heart is a lighthouse and it will relight if you allow it the slightest bit of silence, the tiniest room to be who it is. How much time have you spent today simply allowing yourself to be? Do you realize that this bare allowance of the self to be is that food which the mother of your flesh needs from you? It is being, it cannot help wearing its heart on its sleeve. That heart of nature has been abused but it beats strongly. And it must be itself. It has no choice. It exists without illusion and though it is deeply wounded and greatly and increasingly suspicious of that human energy which wishes to help; nevertheless, it cannot help reacting to, responding to, authentic being.

17: This instrument was talking earlier about how she is able to feel Earth energy and has been aware of the Earth from her earliest memory. Becoming more and more aware of how Earth energy feels is a very helpful thing for the Earth as well as for you. That Earth energy is, mechanically speaking, that medium through which the love and the light of the one infinite Creator moves through the soles of your feet up into your body. It rushes up from the soles of the feet right into the red ray and directly from there, sequentially, through each chakra of the energy body. And when you are functioning well as an energy body, your chakras are balanced and opened. Full energy is moving through into the heart, and that heart is staying open no matter what hits it, so that the output, no matter how difficult your catalyst may be, is an output of love, joy and peace.

18: This is the energy that is coming into your physical vehicle and into your emotional and mental and spiritual vehicles as well. You can shape the way that you receive the catalyst that comes to you by how you choose to work with the energy body in responding to that catalyst. It is the most sensible and understandable thing in the world to react to incoming perceptions of anger and insult and difficulty by constricting and contracting the energy of the self in defensive and protective ways. Oftentimes, habits of defense and protection begin very early in one's incarnation as a response to the disharmonious experiences within the the birth family. That birth family may well have been chosen partially because of the disharmony within its system, for this sets up the arena for a lesson of incarnational level, whether it be patience, the learning to love without expectation of return, or any of the other incarnational lessons with which each of you may be working this time around, shall we say.

19: As habits begun early are repeated, the shell around them may harden so that it is seemingly at first very difficult to interrupt the habitual contraction around fear. There is no way to eliminate fear, for the incoming catalyst of any entity, no matter how well protected by wealth, circumstance or privilege, will contain those situations which produce fear. Fear is inevitable. The occasion for fear, shall we say, is inevitable. However, those who have spoken words of inspiration throughout the ages have shown over and over again that the reaction to conditions which would suggest fear need not be fearful. Such reactions can be loving under the most

each entity through incarnation and towards a fuller understanding of the Creator come into being, the smaller picture will not endure. The smaller idea of unconditional love cannot be sustained. And so one must abandon that empty tomb of old belief and allow deadness to be rolled away, just as the one known as Jesus had to ascend in order to continue that good work which he had begun. Just so, at least once in most entities' search for a true understanding of unconditional love, must the comfortable old ways become a tomb and the entity who is seeking release those old ideas and move according to the true call of the Christ within, which is "Follow me."

14: There is nothing dogmatic about unconditional love. It is an energy that rests in faith. To the faithful heart, all is well. That which is, is enough and that which seems to be needed is simply expected. There is no knowing. There is no listing of principles. There is only an underlying and surrounding feeling that all is well, that one is full of what one needs and that which one has is ample. The faithful heart rests in gratitude, quietness and surety.

15: As you seek this transformative path that spirals into the energies of unconditional love ever more fully, we hope that you are able more and more to release any fears that you might be making a wrong step, thinking an incorrect thought, or exploring in areas that may not be appropriate. For the energy of unconditional love is a part of your nature.

17: The one known as Jesus the Christ said, "I am the vine; you are the branches." "I When you consider the growing of a vineyard, you realize that many vine keepers will graft onto the parent vine other stock which will make a hybrid vine. So your first concern in being a branch of the true vine is not to take onto that vine anything that is not the true vine. This is why we began by saying that the consciousness of unconditional love cannot be bound by concepts and words. Those who attempt to teach how Jesus thought tend to attempt to bind words onto the true vine of unconditional love, as though explanation and explication will somehow create a better Jesus. Yet in truth, the true vine2 is a mystery.

18: Certainly the one known as Jesus was rooted in the earth, had an incarnation, had a story to tell, and completed an earthly journey. But as this entity attempted to express his understanding of who he was, ever and again he would describe himself not in personal terms, but in terms of a relationship. This entity saw himself as one who was called to speak as his Father gave him wisdom to speak. He would say, "When you hear me, you do not hear me, you hear the one who sent me." "3 And again he would say, "I am the Son of man." "4 He saw himself as a human, but as a human who had laid down all that his personality shell said of him as an offering, so that he could be as much as possible an exemplar of all human beings. He looked upon the distortions within himself just as he looked upon the distortions he saw in all of those around him, not with judgment but with an incredible willingness to dissociate them from his true nature. He emptied himself, in other words, of personality in order more and more truly to be the person he truly was. He actively desired for his consciousness to become that consciousness that is caught up in unconditional love. When he used the word "I," he was not speaking of himself as a man with a personality. He had penetrated to the truth of himself, and when he found his true nature he found that it was caught up entirely in the "I" that is unconditional love itself.

19: When this instrument speaks to those that are not Christians, she often uses the term, Christ-consciousness. She is attempting to move entities past the concept of Christ as a person and to penetrate those walls that defend personhood, so that entities may feel that there is the possibility of perceiving a self that is free of those bounds of personality. The one known as Jesus said, "I am the way, I am the truth, I am the life." "5 Please remember that the Creator had a name to the one known as Jesus, and that name was "I AM THAT I AM." Within incarnation this entity had opened up his personality shell, allowed it to fall away, and what was left was the pure consciousness of the Creator as this entity perceived it, and to this entity was given a perception of the Creator that was pure love.

20: Wisdom has no part in the consciousness of Jesus the Christ. There is considerably more wisdom and certainly more consolation in the energy of the Christ that is known as the Holy Spirit. The consciousness of Jesus the Christ is pure love. This is a good distinction to remember, for that which is facing each entity at this time within incarnation is

the challenge of learning enough about unconditional love to begin to follow the ways of love and thusly to walk through the transformation from third density to fourth density; from the struggles of good and evil into the sunshine of pure love. 21: The one known as Jesus faces the struggle between good and evil in a very simple way. This entity simply said, "Get thee behind me, temptation, for I will serve my Father." "6 It is not a complicated path and it is often a path which involves suffering. The choice of love over fear can be seen to be quite brutal at times. Turning the other cheek, loving when one is reviled, bowing the head to those who would harm, and remaining meek in situations where those without the awareness of unconditional love would spring to defend themselves is harsh. We can only say that the rewards of keeping it simple and hewing to the ways of love are infinite. It is love and not cleverness that will clear the sight of those who feel that they may be blind on the inner planes. It is knowing that one is part of the true vine that will give the soul rest through difficult periods when all seems confused and help does not seem to be near.

22: We ask you to rest within your energy body at this time, to breathe in deeply, and to exhale deeply, knowing that you are breathing in the consciousness of Jesus the Christ and that you are breathing out that same consciousness. It is nearer to you than your thoughts or your hands or your feet. Indeed, your very heart pumps love... love... love... Your essence is true. It has been expressing and continues to express, through a physical body, a mental, and [an] emotional body that often seem very biased and distorted. And these bodies will fail, go down to the dust, and end. That portion of yourself that came into incarnation that is of the spirit is infinite and eternal. What is the glory of following one such as Jesus the Christ? That glory is in the focus of that one being, and how that lens of the infinite Creator can sharpen and delineate your path, so that you have a blazingly clear view of who you are and Whose you are. By all means welcome back into your consciousness the teacher known to you as Jesus. Insofar as it is necessary for you to do, love him as a human being, but remember always that he wished to express the truth of the Father. He wished to be the lens that would indeed focus you to become as he, the servant of the Father, an active, living portion of the Creator. His words are wrapped in silence. His truth is wrapped in mystery. But that Word of love, which is the consciousness of the Christ, is all in all.

34.10 2005/04/03

6: How the heart opens, given such an opportunity! And when you have formed the intention of becoming part of a circle of seeking, something happens to the way in which you listen to each other. It is as if, like a shaggy dog, you have shaken yourself off and all of the thoughts and feelings that have been clogging the system have been released. Your energy system clears. Your mind sharpens. And your heart feels at home at last within you. Light begins to gather. It is not light from without you, it is light from within you. The power within you, that has been slumbering, awakens, and you minister to each other. Love that is beyond words flows from every fiber of your being as you listen to each other. Even if you cannot say one word, your heart is radiating the infinite love and light that lies within you. Tongues of fire, as this instrument would describe the action of spirit, pour down upon you as your heart goes out, literally, to each other's spoken and unspoken feelings and thoughts. And within this potentiated space and time, peace descends, that peace which, indeed, passeth all understanding, and power flows and sparkles and dances as each cares for each.

9: It is not that one person cannot do this alone, for one person can. But one person is a small group: there is you, and there is spirit. The mirroring process is lacking. You are, as it were, upon the stormy sea but without lighthouses, or, to put it another way, you are upon that stormy sea but without the buoys that ring that peculiar ring to let you know where the shore is, where home is, where the reefs and the perils may be that may keep you from that shore and from that home. Each of you becomes the lighthouse for each other person. When we say to you that there is tremendous value in the very distortions that you so bemoan when you speak of your failings, we realize that it is difficult for you to understand this. And yet if you think of the wind chime that makes beautiful music in the wind and then you think of the effect of

planes. For what the natural world and the extended natural world, leaving out third density, have in common is a full knowledge of the love and the light of the one infinite Creator. This creates within the natural world, as well as within the creation as a whole, an infinite array of possibilities. The circle of knowledge is ever expansive and this circle has no beginning and no end. And in it all things are in constant and unremitting balance.

27: There are two aspects to this symbol of the cross. There is the vertical axis and there is the horizontal axis. The cross can be seen to be that upon which hangs a Redeemer which dies on this cross in order to purify and refine the consciousness of the world as it, itself, as the Christ, was refined and purified by the sacrifice of self for love of other-self. However, we find that this instrument does not allow the one known as Jesus the Christ to lie supine⁴ upon a cross. Rather, this instrument has never been able to configure this entity as being trapped by such a construct. But, rather, it has been seen by this instrument as a launching pad for an idea. And that is the idea that there is a larger life and that it is here today, alive, and promised in the greatest of love and the absolute certainty of the one known as Jesus the Christ's knowledge that such a thing as sacrifice, such a thing as utter, unconditional love, was that engine which would launch not only himself but all of creation and create a flowing stream that would reconfigure and free humankind from those corners of limitation that are suggested by every aspect of your human experience. Every attempt that humans make to be worthy, to be perfect, is hopeless. Every attempt to become worthy of the love and the light of the infinite Creator has failed before it has begun. There is no way to earn heaven. Rather, it must be fallen into, leapt into, embraced without knowing or seeing anything; embraced only because the resonance of this truth is irresistible.

33: The discussion of this instrument's various symbolic representations and so forth need not go further for we do not intend to suggest in any way that the symbol for the group known as the Rangers contains any of these ideas. We wish only to suggest that, beginning with the bare essences of things that this group finds remarkable or interesting, [there] lies a richness that can be trusted. And we wish further to suggest that the mythical representations such as [are found within] this instrument's deeply felt and beloved Christianity are fruitful ground for digging into and uncovering relationships that may enrich and enliven and create resonances for the basic ideas that create the icon.

34: If one chose, for instance, the basic symbol of a triangle, then one would have to ask, what would the three sides represent? In terms of the Law of One, this instrument's mind would develop a simple answer: that the three sides would be basically love, wisdom, and power. This is very simple but very evocative. What is love? What does it evoke within one to think of love?

35: We use this example because, within the Law of One material, at one point the three of the research group at that time—the one known as Carla, the one known as Don, and the one known as Jim—were described by the one known as Ra as being well-balanced because the one known as Carla had a great deal of unconditional love in her makeup, enough to spill over and inspire others, whereas the one known as Don had a tremendous connection with wisdom, and the one known as Jim had an overwhelming degree of power. The differences [of the persons within the group] were harmonized in such a way as to create a sacred space. So the question that the Ra put to the group then sitting was, “How could this balance be helpful to the group and, in extension, to the creation?”

34.9 2005/03/30

0: [overview] Question from L: As a necessary part of my spiritual journey towards understanding the oneness of all in all, I long ago abandoned the practice of Christianity. This experience has taught me a lot, but now I feel that the time has come to reintegrate my path with my beloved Christian faith and walk again in Christ, but on a different level. Could Q'uo suggest some way or some path to follow which would permit me to do the transformative work I need to do, with the help of a religious faith or a Christ relationship?

4: My sister, we are aware of your question and we offer ourselves to you as those who would bring forth a series of

thoughts. Perhaps our first thought is simply to say that when this instrument challenges spirits she does so in the name of Jesus the Christ and we come to her on that vibration. It is a vibration of unconditional love, and further it is an unconditional love that is willing to lift away from all concerns of self or the cost to the self of service to others, with the only goal being that of sharing in a wholehearted and complete way, insofar as we are able, the love and the light of the one infinite Creator as expressed through the unconditional love of Jesus the Christ. This is clearly a vibration which is other than that vibration which is spoken of in the body of work which you know of as the New Testament.

5: Moreover, it is not that vibration of the teachings of Jesus the Christ which has traditionally and up to the present time come through the offices of organized religion. Indeed, this instrument has done the work to integrate that which she receives from the readings from her Bible and the preachings that she hears at her parish church. There is always distortion in any word that is spoken in the languages of your planet. We also have distortions. Our basic energy is that of unconditional love but we, any preacher to whom you would speak, and, indeed, this instrument as counselor, all have significant biases and distortions. Each attempts to be the voice of unconditional love, and yet that unconditional love is as something that is more than and deeper than any words can say. And so we do not pretend to offer you authoritative information, but only to share thoughts with you that may serve to be resources for you as you move forward in your inner seeking.

9: He cast a great portion of his consciousness upon the winds of Spirit, creating for all entities that call upon his name that energy which is of the Christ, and yet which is cast in such a way that this consciousness can come down into the energy system of each who calls upon his name. Many, including this instrument, have called this energy the Holy Spirit. We would make the distinction between the one known as Jesus the Christ and the Holy Spirit by saying that as you call upon Jesus, you call upon pure consciousness. No longer can you receive a personality, for this entity has indeed ascended. The pure gift of unconditional love, however, which he embodied remains as a perfect jewel, just as it is, and there is tremendous power in simply praying, “Jesus.” There need be no content to that call. The bare word configures the presence of the Christ.

10: In contrast, the energy known as the Holy Spirit speaks in the colors and biases of your inner configuration of mind, body and spirit. When called upon, this energy combines itself with your higher self to create a kind of principle or group consciousness. This group consciousness combines that self which you have created in the fullness of your journey through what this instrument would call mid-sixth density with the pure consciousness of unconditional love. Thusly, there lies within you a home in which the spirit of Christ and the highest and best of yourself have combined. This is an intensely personal aspect of the Creator, and is that with which you may have actual conversation, as does this instrument.

11: Certainly it is not necessarily an easy thing to achieve. Such conversations may indeed take time to configure within yourself. Yet we assure you that this room is prepared for you. Your sacred space within is ready for you to enter at all times and in all places. You cannot be separated either from Jesus the Christ or from the Holy Spirit. By your love you have prepared and made ready this place within yourself. We say this in order to encourage you to rest from any concern that you can be separated from the love of the one known as Jesus the Christ and to reassure you that there is no need to reach for the counsel and wisdom of the Holy Spirit. The tongue of flame has touched your head; living fire has touched your lips, and you shall never be the same. And, indeed, in all the years of your wandering in exile, this has continued to be true.

12: We would say further that we would agree with the one known as L that it was necessary to walk away from that configuration within which she had received Jesus the Christ within the confines of organized religion, as this instrument would call it. We often find this to be true as we have worked with various entities who ask us questions of this nature through this instrument. It is as though the teaching concerning the one known as Jesus the Christ creates a kind of box in which the Christ cannot be contained. As a realization of the larger picture of creation, the Creator and the path of

brutal circumstances, whether they be Holocaust, imprisonment, or any other oppressiveness or adversity. Prison cannot bind the free spirit. Prison is only a place. The spirit is a citizen of eternity and it can call from its larger self that knowledge of freedom and light and rightness that the world cannot know.

20: This willingness to explore the letting go of fear is a tremendous key in this process of transformation. What the Earth is going through is precisely what each of you is going through on a much smaller scale. For the Earth, a process taking approximately 76,000 of your years is coming to an end. The cosmic clock, shall we say, is striking the hour. And indeed a new hour has begun upon your planet at this time. It is having difficulty establishing itself. The labor is long and difficult. But it is going much better than expected because, at what this instrument would call the “grass roots” level, person by person, household by household, community by community, a choice is being made to embrace love and to practice a life that shines that love forth as best as those people, families and groups can muster the wisdom and the strength to allow.

23: We thank you for asking this question and wish to say that our hearts are full of gratitude for the courage that you have as entities gazing upon a world that seemingly makes little sense at this time. Thank you for seeking ways to love and to serve the one infinite Creator, that wonderful entity which you call the Earth or Gaia, and each other as souls who have embarked together upon this journey around the sun in the spaceship of Earth, shall we say. It is well done of you to come to this moment and to ask for truth. Know that day by day, and realization by realization, you shall express more truth than you can ever know. For it shall come through you as light and beauty and love. Let those things roll through and bless them as they go, knowing that you shall make many mistakes but that you can never make a mistake if you are attempting to allow the love and the light of the one infinite Creator to flow through you unhindered by fear and blessed by your intention.

24: We are with you in attempting to share our love and our light and you give us great joy as we are able to offer our service to you, which is to share our very humble and imperfect thoughts. We would ask at this point if there are any queries that come out of this initial discussion or any queries at all. Is there a query at this time?

41: We give this instrument the image of a necklace of many jewels. Such is the experience of one who opens herself to many lovers. Each gem is lovely and beautiful of its own kind and the variety is dazzling and certainly most invigorating when one has been constricted by the moral fear and torpor of an unthinking, unquestioning and blind obedience to some moral code, these restraints and constraints that are placed from without have no value to the spiritual growth of an individual.

43: How dangerous it may seem to commit the self to one shining gem. It may indeed be a costly choice. It may well be that that one gem does not touch all of the possible ramifications of beauty that are possible to be recorded and appreciated by that incredibly sensitive instrument that is you as a person, as a mind/body/spirit complex, as the one known as Carla tends to call it. And yet, that choice opens the door to a higher way, a way which can be endlessly refined. It is difficult to be of service to a whole necklace full of entities, for each has its beauty, its flaws, its ways of relating, and its ways of resisting. Each is a conundrum, a mystery, with which one can only offer one's own conundrum, one's own mystery. Each, in that varied and beautiful necklace, could take up all of your attention and you would not be bored, nor would you stop learning. Yet, you have not the time to investigate deeply the many gems of this wonderful necklace. And so you look at the beautiful colors and you see the variety. And you enjoy this particular piece of jewelry that you have chosen as a way in which you honor and love the one infinite Creator. Yet there is a restlessness there, because there is not the ability to dive deep into the waters of another human soul. There is not the possibility of exploring how one may be devoted to the soul and the heart of another, not to the appearance, or the surface behavior. Those things will often challenge and puzzle any entity attempting to love. But they are those things that allow one to do deep work and to take the time to move more and more deeply into that house of mirrors that is the relationship between the self and the other self.

33.17 2004/09/19

9: Before the incarnation, you were able to have a good overview of the incarnation to come and of yourself as a soul entity. You looked at that entity that you are and you asked yourself, where you would like to go? What path that you would like to take from the beginning to the end of that very brief period of incarnation that you are looking at? Perhaps you felt that you had an overbalance of love and needed to learn wisdom; perhaps you felt that you had an overbalance of wisdom and needed to bring that balance between wisdom and love back more towards the true center in which love is informed by wisdom and wisdom is informed by love. We cannot define for you the basic direction of that path; each entity's path is unique. Each entity, however, has in common that it is seeking an improved, more balanced polarity as it approaches that great testing ground of graduation from third density to existence in fourth density. Each entity hopes that this incarnation will be the final incarnation within third density. Consequently, the concept of polarity is all-important in understanding how the mysteries of the path make themselves known to you.

14: How to counter these triggers is certainly a tremendous challenge. Mechanically speaking, there are ways to interrupt such tapes, shall we say, from rolling. Identifying the trigger is very helpful. And any work that can be done in honest communication with the self on identifying these triggers and the really deep nature of these triggers, will be a good resource for any. But more than that, when the trigger has been [pulled] and one has only identified that trigger after the fact, it is still possible, through the discipline of the personality, to halt long enough to say to the self, “I am being triggered,” and to stop and celebrate the fact that you have realized this and are therefore taking the first step towards the actual eradication of this deeply buried trigger. It is helpful, then, if you take additional time to laugh at the self, to give the self a hug, and to ask the self, if it had the choice of any way of meeting this particular situation, what would be the highest and the best way? If there is time then for a little more thought and contemplation on seeing the best way, on envisioning the best way, and on, perhaps, moving forward in expressing this best way, then all of that is a great asset to your seeking. It has taken time to embed this habit. It will take much more time to bring it up, see it for what it is, and allow it to fall away. It must be pulled up into the light of day. It must be appreciated, and it must be loved and accepted as part of you before it can be released. So that which you can do when you find yourself expressing heat instead of light is, if you have the luxury of time, to take that time to interrupt that sequence and to redirect it.

17: It helps, in a way that is difficult to define, for you to have some model within yourself for what that path that you are on is, and how it goes. This entity, for instance, being a mystical Christian, tends to model her rule of life and her path on the teachings of the one known as Jesus. And like all paths, and all models of paths, this model and this path has obvious flaws. The one known as Jesus walked the path of the martyr and while the path of the martyr is to be seen, in the case of the one known as Jesus, as an appropriate and a loving path, yet still it is not obvious, from the surface of the story of the one known as Jesus, that this entity was at all responsible or conservative in walking that path that eventually led towards a cross on a hilltop near Jerusalem. As this entity stretched its arms out upon that cross, it lost all ability to serve within this density. That is the difficulty of the bias of the path of a martyr. And so this entity must constantly ask itself where the appropriate balance is between service to others and martyrdom. Others following other paths must look at the biases that are connected with that model and that path and then ask the self what the issues are as one attempts to follow the way of a hero or an avatar.

39: No, I appreciate that thought and for what it's worth, for all that I've been and am becoming, I do want to express my love and gratitude because you are and have been a part of that and I just give you my love and appreciation.

59: In dealing with this catalyst, when one is able to bring love and acceptance to the process, is it part of the lessening of the over-activity of the antennas that you have mentioned?

17: In many, many ways, this entity made life very difficult for those of the British rulership of his nation. Yet, never was this entity less than cordial and civil. He could not have succeeded nor could his ideas have taken hold were he not coming from a place of genuine love. If he had hated his enemy, no matter had he done exactly the same things in his political posturing, he would not have succeeded. His integrity and purity of motive were such that those of India and those of Britain alike were able to see it, feel it, and in the end, respect it and respond to it. His working to aid his people, therefore, never took on the shades of violence or terrorism but retained the goodly hue of faith, love and hope.

18: When you see small groups or large unable to resist the techniques of terrorism, we would ask you to see groups which have become entangled with issues of entitlement and justice. In each situation, there is a path to peace. This path begins in the heart. It calls for men who are both clever and compassionate. It calls for those who are able to understand the techniques for service to self but whose purity of focus and whose open hearts are such as to avail them of the techniques of unconditional love. There is no justification for violence and yet it lies within the human heart to defend the group against those who are not a part of the group. This is part of the instinct with which each human being comes into incarnation. It is part of the heritage of the physical vehicle of the great ape of which you are a recent descendant. If you examine the customs of these great apes, as the one known as Desmond Morris has done, it becomes very clear; very quickly, that violence is something with which each human being must deal, not as a faraway thing, but as an intimate friend, as a part of the household of personality. One of the boarders of each of your bodies is violence.

19: The one known as G was saying that he did not believe he would be able to pull the trigger against another human being. This is a laudable and a noble sentiment. Yet is spoken by one who has never been in the position of defending those he loves from someone who would surely do them harm. The instinct of one who is being threatened is indeed to pull the trigger. When dealing with groups, that group instinct remains as lethal as that. No matter how many layers of civility and diplomacy are offered, beneath each situation and its endless rationales on both sides there lies a situation in which two groups—which are in truth, one—have accepted a model in which one group is over against another. Once this basic and existent situation is accepted, there can always be a rationale which leads to violence, whether it is violence offered by those who have the approval of other nations as belonging to a rightful group of nations or whether it does not have such approval and is therefore, without any choice for itself, considered an outlaw. When an outlaw attempts to achieve entitlement, it is considered terrorism. That is the only difference between terrorism and war. It is an artificial distinction based upon the underlying artificial distinction of groups defining themselves as separate.

25: What shall you do to grow your world into that loving, unified, peaceful world which each of you can envision? May we say that it begins with you, this day and this moment, not in a large way but in the most small way. What are your thoughts as you approach your next decision? Is there a desire to defend? Is there a desire to protect? Examine these desires. Is there the desire to embrace and to bring into One? Examine that desire. Examine your thoughts carefully to sift out those energies which have in them a lack of that focus and resonance which you can associate with the open heart. 31: Personally speaking, it was very successful in establishing [its own] polarity. If this entity had been more subtle and clever, it might have found ways to stay alive while expressing unconditional love and therefore gained for itself the opportunity to interact further through time as the agent of the creative principle. And, therefore, it can be seen that a choice which gains greatly in personal polarity may yet create a situation in which the gain in the polarity of the group was potentially less. It is difficult to grade, shall we say, the acts which a person may do or the thinking behind them and how that was. The best that this entity was able to achieve in its incarnation, at its time of choice, was the choice that it made.

47: [footnote start]The theory that Nietzsche offered was that there was “a mode of psychologically healthier being beyond the common human condition. Nietzsche refers to

this higher mode of being as ‘superhuman’ (übermenschlich), and associates the doctrine of eternal recurrence—a doctrine for only the healthiest who can love life in its entirety—with this spiritual standpoint, in relation to which all-too-often downhearted, all-too-commonly-human attitudes stand as a mere bridge to be crossed and overcome.” (From <http://plato.stanford.edu/entries/nietzsche/>)[footnote end][footnote start]perquisites: something claimed as an exclusive right.[footnote end][footnote start]The Road Not Taken, by Robert Frost: [lyrics start] Two roads diverged in a yellow wood

33.19 2004/10/10

5: There are all kinds of abuse. Much abuse does not register as abuse, unlike [the experiences of] those who are raped by family members or physically beaten. These entities experience other kinds of more subtle abuse which are just as punishing to the spirit within and which can alienate and separate and isolate that spirit within from the ability to trust others of their breed. If every human to whom you have given your heart seems to have abused you, it is understandable that, over time, there would come to be within you a determination not to be caught again in the snare and trap of love. And we would suggest to the one known as A and to the one known as B that this is a thread of thought that can be taken further in the privacy and the sanctity of the open heart. For with each of these entities there have been experiences in the young years of incarnation which have biased and soured those chords of natural trust and faith in one's fellow human that each child is born into the world experiencing as a steady state and as a normal way of life, unless, indeed, as some in this room have experienced, there have been abuses even from the womb.

9: The Creator has more than one reason, however, for setting up sexuality in just such a way as it has within third density. For, within third density, there is a very specific, basic game plan, shall we say, for the school of life in third density and that game plan has to do with becoming able to open the heart and to love unconditionally. Now in this opening of the heart and becoming able to love unconditionally there is a choice to be made and that is the choice that the one known as G was speaking of earlier as between STO and STS—an abbreviation that many entities within this group use for service to self and service to others. It is a significant choice. It is a valid choice. Service to self is a way to evolve closer and closer to the one infinite Creator; service to others is a way also to evolve closer and closer to the one infinite Creator. We believe that the infinite One has a bias in favor of service to others and thusly has made that path somewhat easier. Nevertheless, the greatest difficulty for those who are awakening to their own spiritual destiny upon planet Earth is choosing the manner of evolution. Each within this circle has unconditionally chosen service to others and so have the one known as A and the one known as B. Consequently, we will lift up off of speaking of service to self and concentrate on the service-to-others path.

10: One of the greatest tools or resources of the service-to-others path is the attraction between sexually compatible people. This instrument has often thought that it was a kind of trick that the Creator played on us all, to make the attraction between the sexes so potent. It was as if the carrot, that carrot of attraction, were being dangled before the donkey's head; whereas, behind the donkey, the stick was being applied in terms of the results of that attraction. There is many an entity, both male and female, who, having entered the mated state, has quickly begun to feel that it is a terrible cheat for, instead of the continued bliss of the honeymoon, there has come quickly the realization that one is now responsible for that other entity, for paying the bills of that other entity and seeing that that other entity is fed and clothed and housed and, to some extent, happy. These are burdens which can be felt by many. We do not in any way deny the effort that is implied by such attraction. Once one has accepted a relationship, one is indeed in relationship and therefrom depends, if one chooses the mated state, a lifetime of service. And this is the trick that this instrument has noted: that the clever Creator has pulled people into a situation in which they almost cannot avoid being of service, for the society as a whole is quite judgmental concerning those who, in the married state, are not careful to provide for their

since childhood and have been well covered over. If you have distortions involving anger, for instance, such an entity can find a roost deep within you. And if you become interesting to such an entity because you have begun to seek the light and have therefore polarized and begun to accrue power to your being within incarnation, you will attract such entities' attention. And they will look throughout your armor of light, shall we say, throughout your energy body, to see where there is a hidden pocket of pain that is unknown or unaccepted by the conscious mind and unloved by the conscious heart. And into this pocket they will come and perch and wait for the opportunity to create fear, pain, division and so forth.

22: There is always the choice, when this is perceived, as to how to deal with the situation. If you reject yourself and judge yourself for having come into this configuration of thought, then you are increasing those divisive energies and moving further from the love that you understand is positive. You are still engaged in loving but that love has been distorted into fear and into those negative emotions which attack, defend and create barriers.

23: Moving back into a gaze of the self, you may see that it comes down, ever and always, to this moment. Here is the moment of choice; here is the arena of so-called light and so-called darkness. Shall you love what you see or shall you reject it? All of polarity and all of your access to guidance rests on your decision, in this moment, to embrace, include and love; or to reject, exclude and fear. Here is where words like faith, grace and hope are seen to be entities of great beauty, power and truth. At the moment that you realize that you must ask for help, you have already begun to receive that help. It is as reflexive as breathing out and breathing in. Know that you are never alone when you seek the truth. Know that you are in the company of those that love you and wish only to support you.

24: How to access your guidance? There are as many ways as there are people. And we will be glad to explore any of those ways about which you wish to ask. Simply knowing yourself to be the being that you are is the beginning of a great adventure. And may we say that at any time that you wish us to aid in your meditation, we are glad to join you if you will but mentally request our presence. It is not that we have anything to add but our love. That love is as a carrier wave that enables you to meditate a little more smoothly and deeply. We gladly offer that and are most grateful to serve and we thank each of you who has asked us and who has been able to feel that underlying and undergirding steadiness that comes with meditating as part of a larger group. Be assured that you have an extended family of what this instrument would call angels and beings that have worked with you before that rest around you continuously and that bolster you on every side: before and behind, above and beneath. You rest in a web of love.

30: Now let us focus briefly upon the linkage between third density and fourth density. In attempting to graduate from third density to fourth, this planetary sphere has so often repeated a singular error that it has been unable to achieve a complete planetary graduation in a long time, much longer than has been experienced by most planetary spheres. It is an extreme enough and unusual enough occurrence that it has created what this instrument would call a time lateral, or a shunt. The train of planet Earth's people has sort of gone off on a side track until it can bring itself together in love. Instead, repeatedly, it has brought itself together in fear. And this is not unusual considering that we see upon your planetary sphere those who have, as those of Mars did, destroyed their planetary surface by war; and as those of Atlantis did, destroyed their continent by misdirected crystal energy. The tendency, therefore, of this planet's people is to become wrapped in fear and cause an explosion of negative energy that is usually seen as war. This pattern has repeated itself through empire upon empire and now those who have, in the past, been a part of this pattern have almost finished what they can do to gather together what this instrument would call Armageddon or Gotterdammerung.

31: They have failed. We believe that we now see that this is so. Nevertheless, the thrashing of what this instrument would call the dragon's tail is yet mighty. Up until approximately—we give this instrument a figure of five years ago—the probability/possibility vortices were that this pattern would repeat itself. However, enough positive energy has begun to be gathered in the hearts of the planetary population of humankind upon planet Earth that the very likely

polar shift that was expected before the end of your twentieth century was averted. What is occurring now on your planet as it goes through the labor of planet Earth into fourth density is that delicate task of releasing the negative energy collected by this planet in ways that do not destroy the planet. And so, as we have said before, you can see the tsunamis, the earthquakes, the catastrophes that are terrible but not Earth-shattering, and we mean that literally. Love has transformed your possibilities and now you gaze at the genuine possibility of bringing the planetary sphere together in a web of true love.

32: My friends, how much you have to balance! It is a staggering challenge. But the hearts of the people of planet Earth are beginning to come alive with a great desire to love each other; and this is your calling at this time. It is for this reason that you came to this incarnation. And we say to you, love one another. Waves of energy both positive and negative will continue to impact your planet. Every ghost that you did not ever want to see again will come directly face-to-face with you and if you are very lucky that ghost will be shown to you in an honest and loving mirror. That is the most for which you can hope. For in order for you to become a truly loving person, you shall need to embrace these energies, accept these ghosts as part of yourself, and integrate your personality more and more into that part of yourself that is the consciousness of living Godhead.

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10: Growing from the roots of these relatively fixed parts of the archetypal mind [is] a living plant, a living tree, shall we say, of knowledge, of understanding. This is the advantage of entering into an established archetypal system such as a religious faith, a philosophy, or a mythical system indigenous to a culture, whether it be a primitive culture or a more seemingly civilized culture or, in the case of those who wish to create a group that has [not] been created before, a new culture, a new philosophy, or a new religious system. Therefore, there is an infinitely broad and rich panoply of choices when it comes to how to create the iconography and the notational system of a symbol for a group such as the name and the icon which was chosen by the ones known as Don and Carla in creating the name of L/L Research or Love and Light Research and the icon which was a symbol painted by the artist known as Pablo of the mythical character from literary culture known as Don Quixote.1 This entity, Don Quixote, tilted at windmills and the ones known as Don and Carla were attracted to this dreaming of the impossible dream and seeking the highest and best in a world which seemed not to be capable of the highest and best but only capable of a landscape of tattered windmills swinging in the sun.

11: By choosing to localize their hopes and their dreams of enlarging and serving love and light and by choosing a symbol that was meaningful to both of the entities in this group, they were able to focus for themselves a certain stream of energy that helped both of them to become the dreamers of the impossible dream. As well, their focus was contagious and some 35 years after this symbol was chosen,2 hundreds of thousands of entities have become acquainted with this particular stream of archetypal energy, have resonated with it to some degree, and have, to that degree, thought more about it, gained from it, and walked that path, enriching in ways ever unseen the path that now awaits an ever broader and easier ingress for others who come after them.

13: Now, this instrument is aware that the group which has inspired the one known as B to ask this question is a group called “The Rangers.” The Rangers is a name that is part of another literary composition, in this case a television play which was developed as a five-year story which was very consciously undertaken by its creators as that which would delve into the deeper aspects of groups and why they come together and what their goals are. In this television play, which is called Babylon 5, the Anla'shok or the Rangers are those who come from many different traditions, drawn together as a group by the desire to be of service to others. It is a kind of knighthood whose values are concerned with service to others, love for others, love of honor and duty and faithfulness to the cause that they choose to undertake.

20: This instrument sees the world of nature as a circle. That would be not just the second density but, in a foreshadowing or reflective way, the circle of all densities and their inner

then allow silence and faith to rest with you as you sit in the temple of your own heart.

27: You already have an absolute and overwhelming love for how it feels to be in the open heart. And a great deal of your service in this incarnation has been done from an open heart. Yet we ask you, my sister, "What have you left behind in your rush to open the heart, and what do you need to collect lovingly and patiently so that when you move into your heart you bring all of yourself?"

30: The one known as Jesus said, "When you see me you do not see me but you see the Father who sent me."2 Can you see how that illuminates the challenge to take up your cross and follow? You are not following an entity known as Jesus. You are following the one the Father sent to do His will. You are following an entity that was described by the one known as Jesus over and over again in ways that would indicate that this entity wished, when you said the name "Jesus," not to think of a personal consciousness but to think of unconditional love. And this entity put itself on a cross to express what unconditional love is. This entity expressed it literally as the giving without expectation of return. And in that unconditional giving lies the key to the entry into fourth density.

31: So the one known as Jesus as a teacher was saying to you, "Love is the way; love is the truth and love is the life."3 Thusly we say to you, as you focus yourself into work in consciousness, "Know who you are."

32: And in a way you are your pain. If you may see that you need to carry that cross into the sacred space of your own heart, you do not need to get rid of that pain. You need to honor that pain. And as you collect it into yourself, you are collecting all the darkness within you so that no shadow remains of which you would say, "That is not part of me." You wish to collect all of yourself into the sacred space and then you wish to follow the ways of unconditional love in that sacred space.

33: And how do you follow love but to trust it and to know that it is the truth of you? It is your larger consciousness and if you cannot yet feel every iota of that unconditional love then you should be patient and you should ask and you should await, in utter faith, the realization that is to come.

34: This instrument is instructing us that we must wind up our main question, and so we would simply once again touch upon your question concerning the balance between love and wisdom. And here, my sister, we would say to you that you have challenged yourself within this incarnation with this balance between love and wisdom. And why would you challenge yourself? It is not because you do not have enough of either, but because you may have an overbalance towards love. And in that regard we would ask you, when doing work in consciousness, to visit the blockages within those first three chakras, asking yourself the question, "Am I worthy?"

35: The open heart knows the answer to that question, but when you are doing work in consciousness you are the Creator and so you have a great deal of capacity both to learn and to delude yourself. Therefore, examine the love you have for yourself and the redemption that you know that you possess. And wherever you find yourself unredeemed by your own self, wherever you find yourself judged by yourself, we ask you to move to the foot of the cross and look up into the eyes of the one known as Jesus. We remind you of the stress of this entity upon the cross as he hung between two thieves and murderers. We remind you that one thief asked the one known as Jesus, "Master, when you get to Paradise, will you think of me?" The one known as Jesus said, "This day you are with me in Paradise."

39: No. There is a great deal here for me to ponder, digest and work upon and use. And until I do that, I won't have any further questions. I need to think a great deal and work with it. And I thank you so, so very much for all that you are doing for us. This is a difficult time right now and I cannot express how much it means, the love and the care and the help that you give us.

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9: Now, before incarnation, you created things for yourself that will stand you in good stead. You created relationships that would try you, test you and teach you how to serve without any expectation of return. You created ways in which you

could in some outer way be of some service to those around you. And it is a wonderful exploration to undergo in faith to look at each day with the question, "How can I help? How can I serve? Whom can I love? And what shall I learn?"

11: That which we offer this instrument is offered in a very careful way. This instrument tunes for this contact as if she were a radio station, tuning to her highest and best self. And when she is there, knowing she is unworthy, but asking to be of service regardless, she offers herself with a whole and utter completeness to the highest and best energy that she knows. And in this instrument's case, this instrument asks for the energy of Jesus the Christ, or what many would call Christ Consciousness, and what this instrument prefers at times to call unconditional love. She asks for the highest and best contact that she can carry in a stable manner of unconditional love. Then she gathers around herself a group so that she does not bear this upon her own shoulders, at all, but rather is simply the group's focus and the translator of energy from one density, shall we say, or level, to another. It is a fairly complex practice and is geared towards the collection of information which has polarity and which therefore has power. She selects that target to which she attaches herself or with which she connects in order that she and this energy, this source that she has sought, may come together and create a body of words with the hope that such words may inform and inspire. There is risk involved in this work. It is the risk of receiving information that is not helpful, that is not positive, and that creates fear and anxiety rather than harmony, hope and community.

14: For most entities, the first thing that occurs when you move into the silence is that all of the things at which you have not wanted to look or which you have put aside because there was no time come up and are viewed by you. Do not resist these forays into seeming thoughts, for they are the material about which the very highest part of your subconscious being has been concerned. Welcome each of them as a guest without any attachment to how long that guest will stay. Sit with that guest. Listen and observe. This is something that has been stuck in your energy body. Let it get unstuck, but do not follow it. Allow it to express, allow it to rise, and allow it to fall again. This process may be all you can do for months if you are simply a beginner to silent meditation, and that is fully acceptable. That is progress of the greatest kind. Gradually you will become able to move deeper because you have begun clearing your energy body and those blockages and distortions that were most troubling you, that were most constricting the energy on its way to your open heart, will have been released, balanced, loved and accepted by you.

15: Have you any idea how unaccepted you are by yourself? You have only to go into meditation to discover that. Let the ghosts that haunt you visit you. They cannot hurt you. You are safe. Allow them to rise, and begin to look at those ghosts and the shadows that they represent as worthy, honored, loved, accepted and embraced. This is a powerful process and may we say that, in our opinion, it cannot be rushed. It can not be hurried. It has its own rhythm in your life in spirit. And once again, as you persist day by day in the discipline of allowing yourself to get to know yourself, you are clearing the way for an ever deeper understanding of who you are.

18: In general, we would say that you must follow the path of greatest resonance. If there is a master who resonates to you so much that you wish to follow in the footsteps of that master, then you will take a certain path towards guidance. If you find that you are more comfortable following the chain of coincidences, of those things that speak to you from day-to-day, then life itself becomes the messenger of guidance. And, in many cases, by the simple discipline of beginning to record one's dreams or one's thoughts after meditation, one is able to gain access to that web of love and support that is all around you and waiting with the greatest of eagerness and joy for the opportunity to be heard. We describe this and characterize this as guidance of a positive or service-to-others nature.

20: These entities are what this instrument would describe as vampiric in nature. They are looking to feed upon your love and to turn it into fear. The path of their ingress into your system of awareness has to do with those deeply buried spaces of pain, which are usually embedded during childhood but may have been embedded more recently, in the adulthood, as well. Usually the deepest pockets of pain and suffering within an entity's psyche are those that have been buried

spouses and mates, their children and other dependants. We look around the entities within this circle and see that several have experienced long, mated relationships, while others have experienced shorter and more ephemeral relationships. We are aware that those who have been mated for long periods of time are fully aware of the duties of the married state and yet at the same time, as we gaze within the minds of those involved, we see the joys and the gratitude that each feels for the benefits of that state. Within your culture, it has often seemed to break down, for the duties and the honors of service-to-others living are a challenge. Loving well is not done briefly. It is done persistently, patiently and with a tremendous amount of understanding and forgiveness required to keep the relationship from souring and becoming bitter.

11: In the case of the one known as A and the one known as B, the energies moving into the mated relationship were neatly divided betwixt lower chakras and higher chakras. It is unusual indeed for a marriage of choice between two entities to include only those higher chakras. Most often entities are drawn first by the shallow and superficial, the surface aspects of another human being. And those are those things which feed into sexual attraction—the appearance, the physical looks, and so forth. This was not the case with the ones known as A and B. Indeed, this relationship has much more of the energies of relationships within higher densities, where the attraction is that of a soul to another soul. And we do not believe that any love more deeply than the ones known as A and B and so we say to you that you have already achieved a great deal in your choice of each other. It took great courage for the one known as A to choose to marry an entity for whom he did not feel the requisite physical attraction expected of male entities within his culture. And yet, this was a conscious choice, a prayerful and thoughtful choice and we would not in any way suggest that it has been a mistake. Rather we would suggest that it is a unique situation and one in which there will not be a great deal of understanding from others within this society. And we, ourselves, are not those who are psychologists or therapists. We cannot solve the surface of the problem that presents itself, in terms of the lack of desire between these two entities. Yet, at the same time, we may offer some thoughts which may help as the ones known as A and B explore together the ramifications of the choices that they have made.

14: The challenge, then, is to lift up from previous concepts of sexuality as being that which is involved with lower chakras only, so that sexuality may be seen as both natural and sacred. One of the archetypes with which this instrument is familiar is the archetype called The Lovers. In it, the central figure is a male and his hands are crossed so that his right hand is reaching over his left shoulder and his left hand is reaching over his right shoulder. In one hand he is holding the hand of a pure and pristine priestess figure; in the other hand he is holding the hand of a somewhat debased feminine figure which is seen to be prostituted and unclean. The virtuous female figure is veiled and almost hidden whereas the prostituted female figure is far less fully clothed and expresses great attraction. It is obvious that the central male figure is about to make a choice between two types of femininity. The one known as A has made his choice. Profoundly, absolutely, he has chosen the veiled and mysterious priestess for his mate.

15: And the question then becomes, "What does that archetypal figure do as he walks off into the archetypal sunset with his veiled bride?" And we would suggest to the ones known as A and B that the future lies open and free before them. Sacredness of virtue remains as one walks into that sunset. In a way, it would almost seem to be a debasing thing to introduce such a virtuous entity to sexuality and yet sexuality is not in and of itself that which is prostituted. Let us draw back from the physical—for the one known as A must always draw back from this in his own evolution, in his own habits of thinking, and in his own personality—and gaze at the true meaning, or shall we say, a deeper meaning of this archetype. The feminine principle is the unconscious. It is that fertile volume in which all truth is written. The male principle is that entity which reaches to know the mystery, which wishes to plumb the depths of the volume of truth. The feminine principle represents the creative principle. When an entity approaches the feminine, an entity is approaching his own deepest self. Penetrating that mystery is the goal of the male principle. Being appreciated, courted, cherished and loved, the femi-

nine principle can at last relax, release the veiling, and allow herself to bloom. And the truth comes bursting from every pore of such content. This is the deeper level of meaning of this archetypal figure.

16: We would encourage the ones known as A and B to allow whatever will occur to occur. If there comes to be desire between two such loving people, we rejoice with you. If there does not come to be desire between two such loving people, we do mourn with you for we do see the value and the beauty of the sexual relationship. But we ask each to know, beyond a shadow of a doubt, that you are doing the work that you came to do; and that as you explore this and other issues with each other, you are helping each other to bloom, you are helping each other to progress, and you are helping each other to heal.

17: We are aware that the one known as Carla has suggested to you a way in which you may learn all over again to touch each other with love. And we would commend this technique to you and suggest that if you find yourself comfortable in one phase of this four-phase progression, that you remain there as long as you are comfortable there. We would further suggest to you that when it is time to move ahead, then move onto the next phase. And if you spend the rest of your life in phase two or phase three, you will still have found more intimacy and have exchanged more good energy than many entities which have unsatisfactory, though technically perfectly functional, sexual lives. Happiness, the one known as T said earlier, is that which you begin with and then the world becomes a happy place. This is so true to us and we commend this thought to you. Allow yourselves first of all to be happy with each other.

24: We are those of Q'uo and are aware of your query, my brother. My brother, the density of choice is just that. There are no mistakes. There is as much virtue in one choice as another as long as each choice is made with a full and loving heart. The ways of love are a mystery. This instrument, for example, has memories of waiting for Mr. Right and feeling that she had indeed done precisely the right thing. This entity passed up many opportunities as well and it was her nineteenth year before she chose to offer herself to the entity to whom she had become engaged. It is also true that, in this entity's life, it was a very quick trip, shall we say, from the first ecstasy of waiting for Mr. Right and then choosing him and embracing him to being left at the altar by this entity. Was it a mistake to wait? This entity would not say so; for she developed, as a being, very naturally because she waited until her heart was completely engaged and her faith and trust were utter. And so her first experience of sexuality was utterly positive.

25: On the other hand, when an entity embraces thoughtlessly and becomes, as you have said, entangled with another entity without that benefit of utter faith and full choice, yet still, in many an instances, the carrot having been offered and the stick having been applied, the entity learns after the fact how to love because he has been forced into the situation of learning. This is why we cannot say that one way is better than another.

26: It is a matter of the personality shell of the entity and that nature which he was given at birth. Some entities are robust and relatively insensitive and take their pleasure where they find it. Others are more gentle and sensitive and must feel that they are loved and that they can love in return. They must be able to engage their faith and their trust before the picture comes right and it seems natural to move forward. We believe we speak to the latter type of entity and because of that we would say that you choose well to wait. There is no mistake in having the ideal of "the right person." We do not say that there is one right person for each entity. We do say, however, that it is well for a sensitive entity to wait very carefully and very thoughtfully and watchfully for the resonance and the depth that come when you make contact with a soul that is truly compatible with you and we encourage you to follow that way as long as it has resonance for you.

32: Yes Q'uo, I'd like to pose a query. First I'd like to express my appreciation for your wisdom and consideration—how meaningful it is to me. And I would just like to ask about the discipline of the mind. You once suggested to me that the way that you go about setting up a ritual of the mind as used to its fullest potential is to take responsibility for every thought and you asked me to query further if I required more clarification and if you'd be so kind I'd love to hear more thoughts on this and how to discipline the mind.

49: We thank each of you. It has been a wonderful experience for us to share our energy with you. We thank the ones known as A and B and we thank each of you in the circle today. Know that we are always with you if you request our presence. Our love and support are constant.

33.20 2004/10/11

4: Your query concerns your sacred contract and your divine purpose and we would take those two separately, for the concept of a sacred contract is one which we find to be full of the pitfalls of the culture in which you live. You certainly have created contracts, and we say that in the plural rather than the singular, before this incarnation. These contracts have to do with relationships. In your considerations before this incarnation, you and the guidance system which is yours, sat down together and thoughtfully, carefully considered where you as a soul felt that you were with the issues of polarity and of balance. For it is desirable to [those] heavily polarized towards service-to-other and quite common and usual that there will be an issue of balance involved in choosing the relationships with which you set yourself up before incarnation. This is the balance between wisdom and love, for those who have come back into this incarnation from higher densities. It is easy to see the great benefit of unconditional love and it is easy to see the great benefit of true wisdom. It is sometimes difficult for an entity whose previous incarnational experiences have biased her in one or the other of those two qualities to be able to see how to correct a self-perceived imbalance between those two qualities. Therefore, the relationships that are set up have the function of offering repeated or theme-like cycles of catalyst in which, again and again, you will receive catalyst that brings up not only the service-to-others question of how to be of service, whether to be of service, and so forth; but also the question of using your open heart and your wisdom to address this catalyst, this situation, and this relationship. It is hoped that through these repeated, cyclical occurrences of catalyst in your life, you will slowly win through to a felt sense of where that balance point for you lies.

5: In this instrument, for instance, it was heavily verbal-angled into love when it first began its incarnation and found it very easy to contemplate, for instance, the giving of the life for others or martyrdom short of giving the life, feeling that anything that could be done for others was worth any and all efforts from the instrument. The instrument has worked for decades to attempt to blend in the hard-won lessons of wisdom which she has recovered in this incarnation, thanks to the learn/teaching of entities such as the one known as Don and the one known Jim and many others with which she has had converse and communion.

15: Even when a momentary occurrence delights one, yet still, again, it is important to examine that to see if the light has an undercurrent of separation in it and, if so, what that was. What you are trying to do in examining these very surface events is to improve your point of view. The exercise of going deeper, looking for the love, looking for the unity beneath the separation or disharmony is cumulative in its effect upon widening and deepening one's instinctual default point of view. And the point of view is crucial, for at that point of view from which you look at the world you will see certain patterns in a certain way. As your point of view widens, broadens and strengthens in its uncompromisingly metaphysical orientation, you will begin to see a different world. And as that world becomes stronger in its metaphysical point of view, so your lessons will come to you on rounder wheels and with more grease in them, smoother, easier, more understandable. So the little irritations of the day are not simply dross to be swept away like dirt in the spume of the froth of a wave. This is good material to scoop up with the hand. Take a good look at it before you toss it out.

33.21 2004/11/14

7: How you burned to learn more about your true nature! You came into incarnation with certain prejudices concerning yourself. In your biased opinion you felt a better balance might be needed in one or another sense, in one or another phase of life and all that it has to offer. In your energy body you carried those biases and those hopes. This instrument

is familiar with a seven-chakra body system so we may say that your incarnational lessons are scattered among those seven chakras and those seven ways of seeing energy. How do you deal with survival? That's the red ray. How do you deal with personal relationships? Orange ray. How do you deal with legal groups and responsibilities such as jobs, marriages, families? That's yellow ray. How do you work within your heart to open it and to become more fully the loving entity that you are by your very nature? That's green ray. How can you communicate and relate in terms of soul to soul? That's blue ray. How can you relate to the infinite Creator within yourself, within all of creation, and within the Creator itself? That is indigo ray. And who are you, really? That is violet ray. Each of you has unique incarnational lessons that you have asked yourself by the very way that you are built; by the very way that you tend to think. Each of you has biases you encounter again and again, biases which are unique to you. Again, these are gifts of the self to the self, gifts to be unwrapped at leisure and pondered through the years and the decades of an incarnation. This is the raw material of your particular mystery. And that is the self before it meets the world that spins within your mind and before your eyes.

20: ...of bringing oneself to one's own knees outside the door of the heart and laying it all down: every idea, every concept of self, every vestige of, "I did this," and, "I thought that," and, "I'm right"—emptying the self and becoming truly able to receive. However you get there, get there before you enter the sacred space of your own heart. For there the Creator awaits you, full of love, full of Its own nature, which is your nature as well, waiting to enfold you in the embrace of absolute and unconditional adoration and devotion.

21: The one known as D often says at the end of a reading, "You are loved more than you can ever possibly imagine." And this is true. Can you feel, as we speak about it, the quality and the abundance of that love? Can you sense into how justified and how completely approved of you are? You have no faults that are not forgiven, no perceived imperfections that the Creator does not see as balanced. Whatever you suffering, whatever the quandaries before you at this time, whatever those dreams are that you have not yet come into the experience of receiving, they are as nothing to the one infinite Creator. We hope that it is against that backdrop that you may stand and observe the issues before you in consensus reality. If you can gain a sense of the depth of the stability of your essence, you will know that your feet are in rich and substantial ground, ground that will not move beneath your feet regardless of how many times everything disappears from beneath your feet within that shallow, manifested world of consensus reality. You will know that disasters and troubles and woes are indeed real in that shallow sense but they are backed up by a part of yourself that is larger and more substantial than that thin stream of event of catalyst and experience.

26: We are those of Q'uo, and are aware of your query, my sister. Indeed, each within this group has the capacity to aid this instrument in one way or another, as this instrument has the capacity to aid each within this group. May you enjoy the process of finding ways to serve each other and know that in all things there is reciprocity and balance. We thank the one known as J for this generous query and would encourage each within this circle to be aware of the many ways in which you are uniquely oriented to help and support those around you. What is your nature? What are your gifts? As you interact with those loving presences that are in your midst, you will find ever new ways to enhance the experience of the group of which you are a part.

33.22 2004/11/28

0: [overview] The question today has to do with the relationship between love and fear. We are told that there is a relationship and that if we can learn how to [find the] balance in this relationship, that we can help love to overcome fear. Could Q'uo tell us the relationship between love and fear?

3: The query that you ask this day is at the heart of the movement from your present third-density world and experience to the fourth-density world of love. You dwell at this time in a density that is attempting to learn what it is to love unconditionally. In the next density, the density of love and understanding, the atmosphere is one of unconditional love. It may seem to be paradise, standing in third density and

perceived. We do not sense within you an uneasy relationship with the wolf within, with that which can bite or kill or steal or be in any way the shadow self. Rather, we sense within you a love that is human and that wishes to embrace and heal.

43: We are those of Q'uo, and are aware of your query, my sister. We would simply say to you that we would encourage you to move serenely, to listen well, and to know that these energies too are those that are guarded by those who love you and who wish to help you to serve humankind and the Creator. Again, the secret in service is not to reach, not to withhold, but to move in serenity, in peace, and within your own integrity at all times.

34.6 2005/03/04

3: She would like some direction in her own path of seeking. She would like to polarize more positively and she would like some direction as to how she could do this more effectively. She would like you to speak to any blockages that you may have noticed within her mind/body/spirit complex and please give her direction on what she can do to unblock these blockages. She would also like some information on how she could balance love and wisdom in her own life. That is a big lesson for all of us and she would appreciate whatever you have to say in that regard.

6: You have asked this day about how to advance and refine your polarization so as to achieve a vibration that is consistent with the fourth density rather than the third density of existence as you know it and about how you can better balance yourself in each chakra of your energy body in order better to create the proper environment for this polarizing work in consciousness. You also asked about the relationship between love and wisdom and how that dynamic works and how it can be balanced, which we feel will probably take care of itself as we address the first two questions, but we shall revisit that before we open the meeting to further questions. We thank you for these questions. They are excellent and we simply hope that we may have some material that will serve as a resource for you on this great seeking that you express at this time.

7: Polarization is a matter of choice and of repeated choice and we find in gazing at your energy that you grasp this basic fact very well and that you have been working on the basic choice of service to others or service to self and not for a short length of time but for some time within your incarnation. The subtleties of choice, especially the repetitions of choice, are sometimes more of a challenge than others. Some choices seem very obvious: whether to respond in anger to anger or whether to respond in love. That is an obvious choice. Yet let us examine this example for subtlety and nuance. When someone speaks with you in a way that feels angry or hostile or jangling to you, certainly your first impulse is to, as this instrument would say, clean up your act as far as the response is concerned. And may we say that we feel that you do a fairly good job for the most part in your responses. Of course, one could find ways to criticize the self. But 9515: You begin, as you refine your own system of energy and the corresponding emotional capacity of that crystalline being that you are, to enter into the system of archetypal mind in such a way that you are in a larger company, with more people who have done more work, just as you have done more work. What you are aiming for here is not to remove emotions but to refine and purify emotions. You are looking for a deeper and deeper truth about yourself. Now, just as all water systems do, when the stream becomes a creek and the creek becomes a river, the river widens and develops energy and power and finally it reaches the ocean. The ocean of the archetypal consciousness is unconditional love. You cannot rush or hurry the sail that you are on. You can mend your sails on your boat; you can correct and re-correct your readings of the stars; you can check your rudder for strength, but you must sail as the truth of your being is ready to sail. Penetrating too quickly into the water system and especially into the ocean of the archetypal mind is dangerous for you. It may swamp your boat. And it will certainly land you in a world of confusion that you cannot sort out by yourself. So as you do this work of attempting to increase your polarization, we encourage you to respect and honor every truth that each emotion offers to you, noting it down. And if you cannot handle working with it at this time, yet still honor and respect your truth, your color, and your brilliance.

19: The reason that we so strenuously encourage this work is that where you want to go in the next chakra requires that these three chakras, the basic chakras, be in sufficient balance that the infinite supply of unconditional love and energy for life coming into your energy system from the root chakra or red-ray chakra can move upwards without significant blockage. We do not say without distortion but without significant blockage into the heart. If you cannot clear the lower chakras enough that you are getting a good supply of the infinite love and light of the one Creator into the heart chakra, then this is where you need to stop for the moment. It is important for you to be able to rest in the sacred space of your own open heart and to know yourself there before you can really do work in consciousness with any confidence that you will not harm yourself or confuse yourself more than you clarify things for yourself. As we have said many times through this instrument, there are what this instrument calls "lions at the gate" guarding your entry into your own heart. Listen to those lions and find the patience with yourself to do the work that it takes to make entry into your heart in such a way that the lions not only allow you to pass, but give you the feeling that they are now guarding your back.

20: Then take a few moments to rest in the consciousness of yourself in its larger sense. For you have, when you pass the first three chakras and move into the heart, moved from the outer personality into the inner truth, from space/time into time/space and from judgment into redemption or forgiveness. For you have become a larger you. The "I" that is the first person singular of you is significantly changed in the atmosphere and the sanctity of the open heart. When you feel that you are beginning to vibrate with unconditional love, you have then achieved that expanded awareness of the truth of who you are. Resting, then, in this truth, it is now safe for you to do your work in consciousness.

21: Your first work in consciousness is to come into open communication with yourself. You have put judgment away. That is not part of your personality any more. You have put doubt away. You are dwelling as a citizen of eternity. Your possibilities have become infinite. The world has dropped away in terms of consensus reality and you are living at this moment, doing this work in time/space and in the company of all who have gone before you, living a life in faith, dwelling in the sacred temple of the open heart. Here you are never alone. The Creator Itself holds you in an embrace that is nearer to you than your breathing, closer to you than your body. If you need to—and it is sometimes necessary to realize that this is all you need and all you can bear—crawl into the lap of that great entity that is the Creator; however you may see this entity—mother, father, great principle. Crawl into this loving lap and rest. Do no more than that if this is what you need. Let angels surround you. Let the love that is completely unconditional, that created you and sustains you, now rock you and sing to you and sleep the sleep of one who is loved as a child is loved by its mother.

23: Now picture with us, if you will, the image of this metaphysical body that is interpenetrating your physical body. There are two sources of the love and the light of the one infinite Creator. One is universal. It moves from the base chakra upwards. The other source is much more focused and pointed. It is the result of the work in consciousness that you have previously done and that exact point at which you are now entering, doing this work at this moment. And this is experienced as coming down through the crown chakra into the violet ray. It moves from the violet ray according to the ways of your energy body. It will not harm you, and if it cannot move further than the violet ray, it will remain there and it will not pull the energy upward. However, when you have achieved an entrance into the open heart and are seated, shall we say, that is, physically speaking, in the green ray, in that temple of the heart, then your hands are empty and you are seeking. Then that universal energy may be pulled upward to where the intelligent direction of your guidance system would cause it to go and your guidance system's energy, coming down from above, will meet your universal energy at that point. This is work that cannot be thought out or done on purpose. Rather it is a matter of trusting your process and offering your prayer with empty hands, not saying "Lord, I need this; Lord, I need that," but saying, "I come to you seeking the truth of myself. Show me that which you have to offer me this day. Help me to be a part of the creative or godhead system. Give me my daily bread. Give me that which I may work with and learn from just for today." And

and the light of the one infinite Creator.

34.5 2005/02/24

8: What you are doing when you become aware, as you have said, of the overlay of a greater reality, is moving through a portal which is guarded by lions, as they say in the figures of religion and myth. These guardians are there to protect you in going into that sacred space and they are there to protect the sacred space from your premature entry. You have had no trouble with these guardians of the gate but we wish you to grasp that our encouraging you always to take the time and to enjoy the preparation for work in consciousness is in order that you may, at all times, be in complete accord with these guardians so that they not only allow you into the sacred space of your own open heart, but shall indeed, as this instrument would say, watch your back and offer you their love, their light, and their protection so that no mortal error may set its foot across that sacred doorsill into the temple of your heart.

11: You have within you and surrounding you many helpers. Some of these helpers are internal to your own guidance system. Some of these helpers have been drawn to you because of the work that you are doing in consciousness and because of the service that you offer to those about you as you do your work in energy for others and with others. And again, although all of these entities, energies and essences are fully aware of your thoughts, yet still, in order to smooth and make more flowing the relationships involved in this web of love that surrounds you and helps you, it is well within yourself to be clear as to your intention as you enter into your tuning process, as you enter into what challenging that you may do in the process of your work and as you, in brief, attend to the various details of your inner processes. These need to be intimate to you and private and we would only encourage you to respect and honor your feelings, your hunches, every tingle of sensing that you have regardless of how incorrect and seemingly ungrounded these feelings are. Know within yourself and trust that each of these feelings is given to you in order that you may attend to every nuance and clean every speck of impurity from any edge that you may vaguely suspect may be there.

12: You see, my sister, the work that you are doing attracts entities that are not lovely and that hunger not to enjoy or support your light but rather to remove you from the light, or, if that is found impossible to do, to dim that light by the forces of doubt and fear. It is not necessary to guard against such energies. When such energies seem to enter into a transaction that you experience within consciousness it is enough simply to say, "You may listen but you may not join the circle; you may hear, but you may not cross the line and enter into this sacred space." It is enough to bless and to send love and to release any fear. It is not necessary to storm into self-defensive action or to call upon names of power. For you are, in your integrity, one who has those names and those powers in a certain, very appropriate, configuration around you. This has been done not by your design but by the design of what this instrument calls spirit. Much is prepared for one who has done the kind of work that you have done. And this is not true simply for you, for as you have experienced in your incarnation, there are many entities who walk the planetary surface at this time who have done tremendous work in consciousness, who have found their essential self. And you are not dismayed by the size and the power that that essential self carries but wish only to find the right use of that power, and right way of service, and to this you offer every iota of energy that has been gathered from the temple of the larger self.

15: Nevertheless, call it a jog, if you will, in the path. In order to turn the corner into the open heart, there is this matter of the lions that guard the gate to the temple. There is the path to be envisioned, whether it is a set of steps, or any other figure that helps you personally to move through this process. There is a genuine turning to the One and it cannot be done lightly or casually. Further, it is as if you were announcing to the inner planes through which this time/space portal passes that you have become a magical being. You take on the greater identity, the "I" that is all that there is or, in this instrument's way of saying it, the Christ Consciousness. You take on the energies of unconditional love and in this configuration you represent a point which spreads to en-

close your self and, if you are working with another, the entity with whom you are doing energy work. This other entity also then dwells within the sacred space that you have created and in this environment, that entity has the opportunity to make choices. It is as though you were the point within a pyramid at which health can be preserved or things can be transformed, that point at which healing takes place, at which growth may take place if chosen.

23: Such figures as this, through repetition of use, can begin to yield to you a wealth of information which is coded to you personally. This forms up over time, as many things do in spiritual work. It may be that there are repetitions that you must go through where you receive absolutely nothing. But we might suggest that you work with this figure over a period of at least a month, once a day, to develop it as a resource for you if it is indeed going to work out to be one for you, as it has for this instrument. If it does not resonate to you to bring this very specific and encircling elemental energy about you in this way, then we would suggest doing some reading for yourself in the general subject matter of western ritual magic or as this instrument calls it, white magic, looking at the figure of the tree of life, looking at the figures of those energies such as the archangels that have been used by many faithful servants of the light for many centuries. The point is not to get into another person's system. The point is to access systems that have been worked upon by pure and loving spirits over long periods of time so that in working with these figures or tropes or structures, you are allying yourself with or following in the path of those who have done work in consciousness before you, smoothing the way, moving stones out of your way, and creating a sustaining and underlying energy that helps you keep your balance in finding your own very personal way.

29: Each within this circle at this time is a crystal. It is receiving the infinite love and light of the one infinite Creator and it is transmitting that signal onward. Does it transmit it with its full integrity? Does it transmit it with an added blessing? These are questions each must ask the self. You cannot help transmitting the love and the light of the one Creator. But how it is colored is entirely the result of the configuration of energies in that energy body and the connections between the energy body and the physical body. Consequently, each seeker is as a unique kind of flower: the colors, the shapes of its opening, the bloom, the way that it reacts and responds to the sunlight and the rain of spirit, are unique to each. No two selves have the same beauty. Each is a perfect and unique treasure. And we wish for you to see yourself in just that way and to embrace all of these parts of self, not only in those moments when you can see perfectly well that all is one and all is perfect, but also in those times when you are most fragmented and least aware of the truth of the wholeness and perfection of your being. Value the self in those times of seeming chaos with precisely the same energy and enthusiasm that you have when you feel and know that all is well and all is one.

30: The truth, my sister, is very simple. You are already, in terms of time/space, combining the greater "I" and the mundane "I." However, as we said before, the challenge involved in living this truth is in evaluating your energies so that when you are weary, you rest; when you are ragged emotionally, you lay down the burden of your knowledge of who you are, and you allow yourself to crawl into the lap of the one infinite Creator, to curl up in that lap, and to go to sleep being rocked by one who loves you more than you could ever know. Let comfort wash over you and let yourself take when you need to take. It is extremely well that you find those times when you have hunger and you have thirst and you have need and to ask for that food, for that drink, for that answer, knowing, beyond a shadow of a doubt, that you are worthy and that all is being attended to.

38: We are those of Q'uo, and are aware of your query, my sister. Let us look at this query, for it is an interesting one. What is an entity that doesn't "get it" but a mirroring or projection of the part of the self that doesn't get it? What is any entity out there that seems to represent those who cannot come forward into the light but a portion of the self? So, indeed, it could be said in a surface way that indeed there is a portion of the self that does not give enough respect to the shadow. However, we would not choose to frame it in that structure for the simple reason, yet not so simple, that we sense within you a full awareness of and respect for the shadow, however it may be described or however it may be

thinking about living in unconditional love. And certainly, relatively speaking, it is paradise to dwell consciously in the atmosphere of total acceptance. However, the interplay between love and fear continues in fourth density as the shadows, those shadows that you now experience in third density, are penetrated. That dynamic continues because, as light is brought into the darkness, it reveals more subtle patterns of shadow and light, so that the dynamic continues and deepens. As you move forward in the process of spiritual evolution, you will find yourself continuing to uncover areas that were previously unknown to you within the very complex pattern of your total personality. So this is not a question that will go away as you learn more. It is a question that will deepen and intensify, for there is no end to the mystery of this dynamic between love and fear.

4: In the world of ideas, qualities like love and fear are entities. To put a face and a body to love is perhaps to imagine a feminine figure, loving and maternal, with open arms and an open heart and a willingness to embrace. To put a face and a body to fear is perhaps to imagine a male figure clad in an enveloping cloak in which are gathered all of the treasures that this figure is attempting to hold tightly to himself. We describe them in this way for two reasons: firstly we wish to spark your own imagination, for it is instructive to think upon what love looks like to you and what fear looks like. But also we describe them in this fashion because there is a natural dynamic between the feminine and the male principles and in the yin, or feminine, aspect, there is the expansiveness, the generosity, and that quality of unconditional love that is personified, say, in the image of Mother Mary, the Madonna, or Quan Yin, or Mother Earth, or mother nature. In the yang or male aspect of creation as a whole, there is the flexing of muscle and the contracting around ideals and ideas and those ideologies that give rise to action. We have said before that your culture, as a whole, is overbalanced towards the male principle and has, as this instrument would put it, gotten stuck in a repetitive cycle of male energy that is aggressive and, in many ways, based upon fear and the determination to respond to that fear by acquiring and controlling resources and power. Those who are in power within your various nation-states have many good reasons for these aggressions, these acquisitions, and this use of power, saying that is for the benefit of all. And yet, if one examines the heart of such concepts, the energy is wrapped up in fear and in contraction. So the surface of your culture is caught in that contracted state where there is a constant concern for safety and security and a constant quest for having sufficient resources to meet the future.

8: The ways of fear are insidious and they have become established within your culture to the point that the natural responses of most entities to the needs of the individual or the society are almost instinctively contracted and fear-based. There is little or no precedent within your leaders or within your role models for gazing at a situation in terms of trust, faith or love but rather an almost inevitable bias towards gazing at a situation from the standpoint of concern, worry, projection into the future, and contraction around these concerns and worries and projections. It is a time for your peoples which expresses the energy of that stuck, male domination. And we do not mean this in terms of sexuality, for many are the men among your peoples who are very able to express feminine energy in their thinking and their actions and many are the female entities at this time who are experiencing their incarnations from the standpoint of fear and contraction. We speak instead of the dynamic between yin and yang. The question then becomes how to free both men and women from the strictures and the limitations of the masculine viewpoint.

13: The one known as R was saying earlier that it is difficult to see how love and fear are two sides of the same coin. We began speaking of love and fear as entities, qualities in the Platonic sense, the world of ideas.¹ And this is a very valid and real world where love and fear do indeed have infinite and ever-on-going lives, as long as they are reflected in the hearts and the minds of those moving through the illusion of incarnation. However, it is easier to see the relationship between love and fear if we move from contemplating love and fear as pure entities and look at them as applied in the lives of each of you, so that they are not entities upon their own but they are rather a dynamic of choices between which you may choose as you encounter catalyst and find yourself making a choice. When you come to a cusp and are looking at an issue that is yours to look at, whether it is the right use of

time, the right use of resources such as money, or any other issue, you come to the issue in some state of imbalance or bias. This instrument was speaking of her own fears earlier when she said that she had, consciously, to choose to substitute faith for fear. She had, consciously, to realize that all is well and perfect and when she did that, she made a new reality in which fear had no part.

14: The coin itself, with love on one side and fear on the other, is you yourself and what you think is important. You are the treasure here. You are the coin of the realm, shall we say. You are a thing of infinite value and when you have a concern, if you reach, with hope and trust and faith, you are reaching into the qualities of love. If instead you approach your issue by contracting into worry and projection, then your choice is fear. Shall you expand around an issue or shall you contract around an issue? That is your choice. Note that the energies of expansion are locked into the present moment. They do not drift into projections of the future or memories of the past. In the world of love, one begins with the knowledge that all is well. And this pulls one into focus in the center of the present moment. In truth, as we said earlier, it almost seems negligent or criminal within the society in which you find yourself to approach issues from a standpoint of love. It does not seem to be prudent or sensible to stay in the present moment and yet anything but the present moment is an illusion of mind. All that is truly yours to do with, to exert control over, or to make choices within is this present moment.

15: So if you take that image of the self in the present moment as the coin and look to see what the heads and tails of that coin are, archetypically speaking it is very clear and shining in its simplicity. On one side is love, on the other side is fear. On the one side is expansion into an infinite present with infinite possibilities; on the other side is contraction into a knot and the determination that stems from that contraction to control, to be aggressive, and to make things safe. And this involves one in endless projections into the future and endless projections into the past in order to justify the projections into the future.

17: To move away from these habits of contraction is to move from shadow into sunlight. We do not say that this journey from shadow to sunlight is going to be an easy one. It lies in the face of your cultural training to rely on trust and faith. There are many, many times in each day when you have the opportunity to move into worry. We can only encourage you to do as the known as T2 said, to remain somewhat centered and focused, more so than your everyday state; to be somewhat in a meditative state as you move through the moments of your day. For it is just in these tiny moments that the opportunities to make the choice between love and fear appear. The challenge is to be aware, when those moments arrive, so that you can stop yourself from being triggered into fear and the contraction around fear.

19: One concept we would share with you in this regard is wrapped up in a phrase that this instrument knows from her study of the Holy Bible. It is a quote, "Be not afraid, for help is near." Help is always very near. The spirit is with you at all times and in all places, nearer to you than your breathing, closer to you than your eyes or your hands.² You are truly cherished and loved...

32: As each within this circle is aware, the contact with those of Ra was a very narrow-band contact which was only possible during that window of opportunity when the ones known as Don, Jim and Carla were all in the circle and when the one known as Don passed from this third-density experience, the possibility of further contact with this particular entity was ended. However, this instrument continued to tune and pray in the same manner and those of Latwii and others within the Confederation, including those of Hatonn and those of Ra, felt that perhaps the creation of a principle would best respond to this instrument's very real desire for the highest and best contact of which she was capable. Since those of Ra could not speak with this instrument in a conscious and stable manner, there was no possibility for that social memory complex being the speaker. However, both those of Hatonn and those of Latwii had previously enjoyed sharing the thoughts of those of Ra in a teach/learning circle and the three groups decided that they would blend into one principle, with the ones known as Hatonn being responsible simply for projecting a vibration of love, of which I feel sure that each of you is aware as we speak. The ones known as Latwii took the responsibility for speaking to this instrument and the ones known as Ra were part of the process of defining

just how to respond to the question that was presented to the principle of Q'uo. So, as those of Q'uo speak, it is those of Latwii who are creating the concepts which this instrument receives and translates into words.

52: There is a true home among your peoples that is growing daily for the energies of love and trust and peace to come swelling up like buds opening into flowers in spring. When each of you chooses love over fear, you start something happening in the unseen worlds. You create an energy that is compatible with fourth density. Each time you choose to trust, to love, to have forbearance and compassion, to see the other person's point of view and truly walk in his shoes instead of your own, you are expanding the kingdom of fourth density right where you are. And the more people that begin consciously to do this, the faster this kingdom will expand. We say to you plainly, fourth density is all but complete. As you walk about in third density, the fourth density energy is stronger every day upon your planet. The Earth itself is vibrating largely in fourth density now. That is why so many entities are sensing the need to become closer in contact to the Earth itself, touching the ground, working with the Earth, working with plants and animals and those things that abide in the creation of the Father and have nothing to do with the world of the mind of man.

54: We feel very hopeful that this grass roots upswelling from the soul level, of yearning for a world of love and peace, is powerful enough to continue to create the atmosphere in which the Earth may continue its final process of labor by venting these incompatible energies. Meanwhile you may well have noticed that there is an almost runaway experience of many within your plane at this time, of conditions such as cancer which seem to take people from their lives before their time. In many cases, these are situations in which entities have become hardened and set in their habits of thinking these habits being habitual and repetitive in terms of there being anger, fear and aggression. These entities are predisposing their physical vehicles to end the incarnation because the difficulties of dealing with such a mismatch in vibration between the third-density thought and the fourth-density incoming, unseen reality, is simply too great. You will find that there are many who depart their incarnations within the next few years because of their inability to welcome the expansive and healing vibrations of fourth density.

56: We would encourage you to see yourself as a secret agent of fourth density at this time. Have you heard the phrase, "Perform random acts of kindness"? This is the very essence of being a secret agent for love. The ones known as Ra long ago channeled through this instrument, "When faced with a situation, ask yourself the question, 'Where is the love in this moment?'" And we say to you, be an agent of that love, and be an instrument of peace. In all situations, there is at least a tiny peephole, a tiny window that lets in the light and the love of the one infinite Creator. Do what you can to find it. Make this transition into fourth density personal.

57: If you think in terms of world powers and world wars, you have no control and you can do no useful thing. However, that is a mental projection. You are the center of your universe and you have power. You are a magical being and you are the face of the Creator in the little place that you occupy in this vast creation. Be an agent. Be proud and happy to be an agent of the Creator and part of the creative principle. And let your light shine, let your love embrace.

33.23 2004/12/12

8: So, moving into this sacred space is moving into a safety zone. It is moving into a place where you are loved and where you love. You have the courage and the stamina that may be lacking in the chakra system as a whole at the moment. Moving into green ray is moving into a solid and secure place, a "gated" community, shall we say. You do have to get through your own gate! There are lions at the door of green ray. So lay aside your pride, your arrogance, and your pretensions of all kinds. Metaphysically speaking, drop to your knees, empty yourself and lay down your burdens. We wish to draw attention to this point once again because, in terms of psychic resistance it is all-important: the bravest and the hardest thing you will ever do is lay down your cross. Put it down, drop it! We do not know how to express to you the power of this decision. It is easy to make that decision in your head and say, "Yes, once and for all I lay down this burden. I will no

longer be pulled off balance by this particular memory that has become an entity of childhood pain." But let an hour or a day go by and that decision made with the head alone is shuffled off into metaphysical Gehenna and a reset button is pushed somewhere deep within and that area of childhood pain is alive and well once again and angling for your next present moment.

21: Prayer is an intensely intimate, personal activity and we cannot suggest to you what your icon for unconditional love should be. We can only suggest that you develop one, if you do not have one, and then that you use it with intention, being willing, when you start with that icon and that image, to sit with it until it has done its work in you so that when you open your eyes, you are seeing with the eyes of that icon. This is deep work and not to be undertaken lightly. But we believe that, in terms of instantaneous change, the use of icons and images in the mind is a good way to create changes in consciousness at will, this being the definition of one who does magic. Be a magical person. Call upon the magician within yourself and create for yourself the world in which you choose to live.

34 2005

34.1 2005/01/02

7: We have said to you repeatedly that there is a groundswell of unconditional love that is struggling to come through, not from the top down or from the societal level down, but from the grass-roots individual upwards. And it is this energy which we would encourage. You as individuals sitting as members of this circle have full sway and complete power over your own fundamental inner energies. Whatever the signals that each of you receives from the surrounding culture, it is still a matter of your own discrimination as to what you pick up and use and what you toss away and reject. And where you encounter that dimmed, blocked energy of the society, we encourage you to reject it. Where you are picking up from the society the narrowness of judgment and the pricklings of fear, we encourage you to reject that. Whatever signals you feel that you may be picking up from the society that speak to you of cynicism and of letting the suffering and the pain of others' tragedies go, we encourage you to reject those energies completely and instead to say, "No, I do not choose to be a part of an uncaring society. I choose rather to lift myself away from the old and stale habits of a tired and weary people and to stand on new ground in a new world, a world that I, myself, envision, a world about which I, myself, can be compassionate and can come to honor and love."

12: Perhaps more than any other response, we would hope that each of you [might] create, out of your knowledge that this kind of transitory difficulty will continue among your peoples on a global basis, a daily time of remembrance for those who are suffering. For the suffering of your planet continues day by day. It is not limited to dire, sudden tragedy. There is ample tragedy, day by day, to touch your heart, to awaken you to the needs of a suffering people and to engage your passion for being part of a loving energy that stands without fear, ready to reach hand and voice in the cause of love.

33: What is faith? It is not faith in anything, it is simply faith, a kind of knowing that all is well. The one known as St. Paul described it as the hope in things unseen.2 In that moment where you wonder where your faith is, reach inward and touch your own living heart because it beats. In the sense of the world it beats, moving blood through the body and giving life to that organism. In the energetic sense, it beats the beats of eternity and it says, "All is well. All is well and all is love."

34.2 2005/01/16

8: Please realize that on this path you are not gathering as much as allowing things to fall away. The deep and true tones of your identity and your right process come clearly, patiently, sometimes plaintively and sometimes triumphantly, but unmistakably, from time to time there will come a moment—this instrument loves to call them "crystalline moments"—that ping like a bell with a very clear indication of

meaning and resonance and in that moment, whatever the realization is, it is easy, it is effortless; and you realize that you have reaped the harvest that has been in process for a long time. You finally hear and feel and see the work that you have done but you never know when that moment will come. Such is the progress of one upon the spiritual path.

21: What part of your day do you honestly feel is a distraction and only that? What thing that you do can you say has no spiritual value? If you can identify some of those items that can be seen as distractions, perhaps you could sit down and contemplate whether there is a way you might invest these chores with the sacred character that comes from service, from love, and from an awareness of who the self is in the spiritual sense. In our opinion, there is no true distraction to an entity whose heart is set upon the Creator because each and every action available to an entity for choice has the potential for being seen in a spiritual light.

31: What is there in creation? Whatever you see, that's you. Any murderer on the block is you. Any thief on the dock is you. Any hero who has just saved the world is you. You are the soldier, you are the bread-winner, you are the mother bearing a child, you are everything. And you don't get to choose whether you have good in you or bad in you, so-called. You have it all. The strictures and disciplines of the parent for the child attempt to train the child up so that he will behave well and you have learned to behave well. Loving good, seeking the light, you have more and more been able to place yourself in situations and in environments where you were able to live in the sunny side of self, enjoying service and learning and devotion. And these things about you and about all entities are true. However, equally true is that self that does not get encouragement from virtue.

34.3 2005/01/20

21: It is well, whatever the ritual developed be, that it be seen as a cleansing and closing that is specifically sacred or spiritual in nature. Indeed, all of our recommendations have to do with investing this process with polarity or with the energy of love, so that the entity J, doing this work, is engaged and fixed into the process in a specifically spiritual or sacred way.

27: Framing your intention sounds as though it is a matter of identifying your goal. And the one known as J has explained that there is no specific goal to this process: it is a process that can be used for many different goals. However, the one known as J has said repeatedly that he wishes to be helpful, to be of service using this technology, using this ARV. And this is the direction in which we would suggest that the one known as J move in his thinking. It is helpful to realize that the goals that are blessed by the forces of spiritual guidance are those goals in which the intention has been carefully crafted and focused towards helpfulness, compassion, kindness and other ways of describing the attributes of unconditional love.

43: We are those of Q'uo, and are aware of your query, my brother. We are certainly able to describe to you some characteristics that would be helpful for you to consider in a coworker. But we would say first of all that there are times when an entity is creating roadblocks for himself and in this wise the one known as J has inadvertently created a block to finding that perfect partner in that the one known as J has not surrendered to his own deeper nature. It is difficult for us to give this instrument words that can reveal what we mean but it is as though the one known as J has locked a door against himself. The key to that door is a question or a hunger and we cannot give the one known as J this question or develop within him this hunger, yet it is within him and it is strong within him at this time and thusly we would suggest to the one known as J the value of love.

44: This is a key word and it is almost meaningless when said because it has been so abused. But the very nature of each entity in creation is love. The very nature of the Creator is love. All the energy, no matter what it looks like in creation, is some form of love. When the one known as J has found this hunger and has asked this question, rather than being a being standing outside his own heart he will be in that sacred space of his own heart. And it is from that place that life and love open up. We do not mean to be cryptic but if one's nature is love and if the question has to do with love and if the place inside the heart is described as unconditional love than perhaps we have offered you the help that we can offer

you here.

34.4 2005/02/06

1: And also, as a second part of that, what is the most loving way to deal with any member of a group which is seen to fall short of the group ideals?

19: When you choose to come together as the kind of outer group where there is a perceived center of authority, it is much easier to move forward in ways that everyone can understand than it is to do so when the group is as yours: stubbornly dedicated to a center that is unseen, hoping just as stubbornly to serve in ways that remain mysterious. This entity, for instance, has hopes of developing a sacred growth center in the country, a place where a community was designed to be set down to live. This entity, therefore, is attempting to sense into what it is to create a community. "What will be needed for that kind of community?" this instrument has asked many times. The sense that this instrument has had is that the main need is to keep the focus pure, to keep the love unconditional, and we could not argue with such simple intentions. But how difficult it is to keep all things loving and all things pure when one is dealing with entities within third density who are necessarily imperfect and unaware of many of the ramifications of the things that they do and say! This is where the question that the one known as V had becomes very important and that is, what is the best way within such a group to communicate? The luxury of full communication is not one that is offered to third-density entities. It is a luxury within third density for even two entities to be able to communicate fully. It is extremely rare for non-telepathic communication to be entirely successful.

21: You also asked what is the appropriate way, when one entity in the group has failed to meet the criteria of the group, to deal lovingly with that entity. And, indeed, this is a question that is close enough to the surface of consciousness of this instrument that we find it impossible to move very close to discussion of this aspect of the question. For, indeed, as this entity was saying earlier, it has attempted to be impeccable in open-heartedness, in the loving quality of communication, and yet it realizes that it has failed to serve, in a pure and full way, the forces of love in this moment. For there have been hard feelings, disappointments and other emotions that tend to pull groups apart and to tear down the very work that the entity known as Carla was attempting to do.

25: We cannot say to you that spirit has the answer for you. We cannot say to you that there is one right outcome. All the outcomes possible are equally right. It is in your hearts, in your hands, and in your speaking. We feel the tremendous love each of you has for yourself, for each other, for the one infinite Creator, and for your planet. We sense the depth and the richness of your intention to serve and we gaze at the beauty of your being. And we know that you shall create light and life and new things. We are glad to be a tiny part of the energy that you have together.

57: Not on that topic, thank you. We do have a separate question from our friend, B. He asks, "If a wanderer kills another during his third-density incarnation but also spiritually awakens to be of service to others and strives to love all from the heart, will he still be able to make the harvest?"

60: It is not for us to promise paradise, for we do not hang upon a cross. We do not gaze upon other crosses and say, "This day, you shall be with me in Paradise." We can tell the one known as B that the forces of unconditional love would indeed speak from the cross of suffering and redemption and say, "Yes, you shall be with me in Paradise." And we can offer that hope and that truth to the one known as B. From the standpoint, however, of one who is upon the ground, gazing at that cross, there is the self and the life that is left to live and the realization that each and every day of that life there is a choice to live in self-forgiveness, in service, in faith, and in hope.

61: We would urge the one known as B to work on the depths of forgiving the self, for, indeed, it is, we would say, impossible to plumb the depths of human judgment. Release those forces of judgment and know that you have come into the present moment and in that present moment lives a new life, a new hope, and a new being that is you. In this present moment, choose and dedicate that moment to the service of the one infinite Creator, and we do not feel that there is a single force in this universe that could be denying to you the love

this light which attracts our attention, this love that imbues the light with compassion, concern, and all of those qualities which, as seekers of truth, you value so highly.

42.2 2016/01/16

4: We have walked your steps; we have felt your emotions—the sorrows, the joys, the confusion. We are aware that it is not an easy path to travel within the third-density illusion, for nothing is known for sure—your intellectual mind cannot be satisfied. It is your intuition, you heart, your spirit that must guide you. Your mind, of course, can play its role and it does indeed have a role to play as you are, as has been noted, a mind, a body, and a spirit complex, which means that you have at your disposal, at the level of the soul, you have these three instruments which you may use in your seeking of what you call the truth: the true nature of the reality in which you find yourselves, and the nature of that toward which you move into, that which has been called the Fourth Density of Love and Understanding.

5: The spirit is that which is one with all of the Creation—it is the same as the One Creator, the holographic portion of the same creative force which has made all that there is. You have asked this day how you may use this spirit, this mind, and this body, in a smoothly functioning fashion in order to promote your own journeys of seeking the truth in the positive polarity, that which seeks to serve others, that which is radiant, that which gives of itself to all who ask, and whose very being radiates those qualities of love, of light, of unity, of joy, about which you have queried this day.

6: Thus, each soul begins with a portion of the One Creator as his guiding star, that which leads the way through the third-density darkness that must be experienced as you move through the veil of forgetting, that veil which that allows you to forget that you are one with all, that love made you all, that light guides you all. Outside the third-density illusion these qualities are quite readily apparent and learning takes place at a much slower pace because there is no doubt concerning these qualities. However, within your illusion, it takes a great deal of what you call faith, of hope, of motivation, of inspiration to continue upon the path of seeking; for as you know, understanding is not of the third-density illusion, you cannot prove what you are doing to anyone else; however, to yourself, that still small voice within (that some call intuition, or some the voice of God), will lead you forward if you but feed it your desire and your will, and continue in a daily fashion to practice those rituals, you might say, of prayer, of contemplation and of meditation; to speak to the Creator and to listen to the Creator and to see the Creator everywhere.

11: Thus, if you are successful in one incarnation after another, you begin to accumulate a body of knowledge, a reservoir of information upon which you may draw, either consciously or subconsciously, as you continue to utilize the incarnational process and learn more about your own nature as the Creator, and how you have been able to express it previously: whether you have been able to love effectively, fully, appropriately; whether you have been able to give and receive love; whether you have been able to take the larger point of view or have honed in on specific points with a laser-like beam discovering the minutest of details in one area of endeavor or another.

18: The fully activated mind/body/spirit complex is quite rare, my friends. It does not usually occur within the third-density illusion. There is, however, a lower limit or threshold, shall we say, for the mind, the body, and the spirit to function in order to move into the indigo-ray energy center and begin the experience of what you may call joy. The indigo-ray center contains the ability of the entity to experience its true beingness, which is a being of unity made by the One Creator from the power of the Creator's love which has condensed into light and formed the Creation as it is known, and that which is unknown as well, for the Creation, my friends, is infinite.

45: I am Q'uo. We have apparently utilized this instrument's energy to its completion for the nonce. We would therefore suggest the closing of this particular session of working. We are most grateful to each for having called us to your session. We are most gratified to join you in your love and in your light, that which you produce by your very beings in your daily round of activities; that which, when you join in a circle of seeking such as this one, produces a great brilliance of

light that reaches far into the heavens and is noticed by many who are appreciative also of being able to see this love and light emanating from this weary world of yours which seeks so diligently to become able to move into the fourth-density illusion which beckons.

42.3 2016/02/06

4: This afternoon you asked about the harvest upon your planet earth, that great time when souls are able to be graduated from the third density, that density of conscious choice-making, into the density of love and understanding, as many have called it. Those here, of course, are interested in what might be termed "the positive harvest," that harvest described by serving others more than serving the self, for that is all that is necessary my friends, is that you serve others more than you serve yourself. With that simple choice made, much study and learning is possible, within the great reaches of the fourth density that is now surrounding and imbuing your planet and its population with the energies of all compassionate love. Those entities who are able to experience and express this love in their lives are those which are making themselves available for this harvest, and indeed the planet itself shall be harvested into the fourth density, for it, as an entity, is progressing as well.

5: You ask what is the progress of the harvest for this planet and its population at this time, for many have been the predictions of this great event throughout the history of your planet. Indeed, the one known as Jesus the Christ said that there were those among his group that would see the harvest. The harvest is that which begins first in those minds and especially in those hearts that are prepared to welcome and enjoy the vibrations of love and understanding. Thus, there are many who have been able to harvest themselves into the fourth density positive over the last few thousand of your years, and they, at this time, are preparing to welcome their brothers and sisters of the greater population of planet earth that will be harvested at the, shall we say, striking of the hour, on the infinite clock of destiny.

6: Your harvest is that which has begun. Those entities now passing from your illusion, through the door that you call death, are walking the steps of light to see if they have the ability to walk and enjoy the brighter light that is a significant portion of the fourth density experience. As these entities move into this light, they move as far as is possible without the light becoming too glaring. When it is too glaring to continue, they step aside, and notice whether they have passed the boundary, shall we say, of the third density into the fourth density. And those who have become as the gathering choir that sings the glorious "Hallelujah" to the One Creator welcome others who also pass through the doors of death only to be reborn into the love and light of the One in another illusion, a grander illusion more densely packed with light, with love, with understanding, with cooperation, with community, with a joint effort towards further seeking of the One Creator.

7: Thus, in this sense your harvest has begun, but we realize that you mean, when shall it be complete? This, my friends, is that which is the question for all entities who observe now the little planet earth upon which you dwell, for there is much confusion within the populations of your planet at this time, and there is the free will of so many entities, cultures and nationalities, creeds, religions, sects and so forth, that see this great time, each through individual eyes, though all share the feeling, the desire, the promise of the One Creator to welcome the children home to a grander home, a more loving home, where all are welcome eventually.

12: Thus you may see that though there are difficulties ahead, the difficulties shall be surmounted. All compassionate love shall find not only its day, but its cycle upon this planet, and this planet shall be as bright as a star in the heavens of a new creation.

25: And so it is that the creation itself is at present divided amongst those in the higher densities which are still seeking along a path of the negative and those which are still seeking along the path of the positive, and between these two there is a struggle, a contest, but at some point this contest will need to be resolved. It is our conviction, and the conviction of all those who have sought their seeking along the lines of positivity, of love, of compassion, that it is love and it is compassion which in the end will embrace even its opposite, and that the polarities will inevitably be recombined in a glorious

way that they are able to interpenetrate each other in true sixth-density unity.

28: In the Reiki energy exchange, infinite love comes into the physical and electrical body system of the practitioner of Reiki. That practitioner breaks itself open, blesses its unique vibrational characteristics, and offers them to the energy that is coming through. The energy that is coming through is then particularized and colored by the crystalline properties of the Reiki master, and the Reiki master blesses the resulting energy that is moving through it, and releases it in its altered form to flow into the energy system of the patient. Thereby, an impersonal, universal energy has been particularized and personalized by the genuine love and the open-hearted compassion of the practitioner.

49: The addition of Shin to Yod-Heh-Vau-Heh was chosen by Yahweh in order to adjust the vibrational nuances of its name in order to indicate Christ Consciousness. It is as if Adam and Eve changed its name to Emmanuel. There was a move from the feeling of the Old Testament to the feeling of the New Testament. That was a move from worth by being chosen people to worth by a certain level of consciousness which was love. This was indeed, for this entity, a valuable adjustment and one which has reflected down from the heaven worlds into the Earth world as that environment into which the one known as Jesus the Christ came.

60: Find a way, if you must follow a regimen, to inject joy into it, and then even the bitterness of herbs, even the most stringent of diets, even the most aggravating of exercising routines will be part of that which makes you joyful, peaceful and strong. No matter how essential it is that you take care of your health, remember always that your health begins with thanksgiving, praise, joy and the open heart that embraces the Creator, the self, and all other selves as one beautiful, perfect, interrelated pattern of love and light.

66: The Earth is dancing a dance of love and joy. Every flower and tree waves in harmony and ecstasy, dancing perfectly with all of the other elements of Creation surrounding it. We feel that many of you have had experiences where you tapped into this dance, the song of nature, the wonderful jig of Creation. Some of you have seen the mountains clap their hands, and the seas and the oceans leap for joy.

35.24 2006/07/07

32: The second distortion of the creation is that Thought which chose to create the universe that you experience at this time, and that the rest of those parts of the Creator that are we, this instrument, those in this circle, and everyone else, experience also. Remember, this love was so powerful that it set into motion those forces that have created all that you see and all that is unseen as well in endless and amazing order.

33: Find the springs of love within yourself that are not attached to any students or any personalities whatsoever, but are attached only to the Creator, so that you are seeing the Creator in these flowers of the field that have come to you. No matter what they are doing, their nature is love. Let the love within your soul respond always to that same love which lies within them. They may not have become acquainted with that portion of their personality, but as you look deeply within them, past the misbehavior and the personality quirks, and see them clearly, so shall they then see themselves as in a mirror for the first time and perhaps even begin to recognize their own true worth.

36: There is much that we could continue to say to respond to this question because in being a teach/learn learn/teacher, you are entering into a transaction that is of the most deep and profound character. When you, yourself, look back upon those forces that shaped your life, you undoubtedly recall special teachers that told you that you had worth and that sparked your interest, so that you wanted to know more. What were the characteristics that you loved about them? Think about that, my brother, and develop within yourself those characteristics that you most admired in your own favorite teachers and inspirers. For you are a voice in the wilderness to which they will listen. Circumstances have brought you together. Take this opportunity to maximize that environment for freedom, for loving, for learning, and for exploration.

53: It is so intense when one is within incarnation and cannot see the greater pattern clearly, but we encourage you to find

the very center of self that exists most triumphantly through any pain and suffering and so focus on that center of self that you are able to move into an environment that is free of anything, any sense input or intellectual input of any kind, and that simply contains the love and the light of the one infinite Creator.

54: This instrument has at times been in a great deal of pain with rheumatoid changes to her skeleton and musculature, and the effects of those changes can be very limiting. Because this instrument is a Christian she used some of the holy words that she had learned as a child from her Bible. The phrase that she used over and over during this period was that which is found in the writings of the one known as Paul who said, "If I live, I live in Christ and if I die, I die in Christ, so whether I live or die, I am in Christ and Christ is in me." 4 Substitute the words "unconditional love" for "Christ" and know that this is the reality of your experience, in or out of incarnation, in or out of pain.

55: You are unconditional love. You have poured that love into a package that carries you through this incarnation, but this is your nature. Use this experience of suffering, for it is there in order for you to use it. As you use it, you may find your situation changing. Your first job then, is to embrace this opportunity.

58: [footnote start]This terminology is typical of Confederation information. The Creator is a mystery without distortion. The first distortion to this mystery is free will. The second distortion is unconditional love or Logos. The third distortion is light.[footnote end][footnote start]The Law of Confusion is another way which Confederation channeling has of expressing the primal nature of free will. To invoke the Law of Confusion is to say that a question which has been asked cannot be answered by them without their violating the free will of the questioner.[footnote end][footnote start]Third density and the density of choice are both terms for consensus reality, the life we are living now on planet Earth.[footnote end][footnote start]The accurate quotation, from Paul's Epistle to the Romans 14:8, in the Oxford Annotated Bible, reads, "If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's." [footnote end]

35.25 2006/08/25

10: We do not say this simply to you, my sister, for you are part of a very large group of entities. And we should say we talk about not one group of entities but groups of such groups that have all come together as planned to help to shift the consciousness of this beloved planet which you have so enjoyed, and which you so dearly, dearly wish to serve at this time.

11: That which shall freely shift consciousness upon this planet cannot be found in the patterns of your culture. Although a listening ear may hear them in the patterns of your religions, the public and overt side of religion has left those voices out. Those voices of love must be your voices and they must sing a new song. And they must not do this singly. They must do this globally.

12: And so it is occurring. As more and more entities awaken, you and many others shall conspire, in the name of love, to create an increasingly powerful paradigm that is new. How shall that novelty be shaped, when that which you already know has proven to be effete?

17: As that energy flows through you, allow it to rise. And note and observe that which keeps it from rising. When you have a chance, sit down and look at that again and see what you think. How can you nudge that rug or that chair, or that little side table or emotion, or opinion, or judgment, out of the way? Don't manage it. Love it! Appreciate it! You spent years coming to those opinions. Value them! Just don't let them block the light.

27: When you move into that part of yourself where the seeds of these questions truly lie, and from which they grow into that bloom which is yourself within incarnation, you move into common ground. You move into nested realities of who you are. You are you, of course, within incarnation. You are the only you that ever was and ever will be. But you are nested into your soul stream along with all of the "you's" that you have created in many blooming incarnations. You are a full garden of beings in one. You are nested into your soul group, which is nested into the entire societal clan which de-

cided to come to planet Earth to be part of the light and the love of the one infinite Creator.

32: As you get to this level you begin to see that who you are changes, the deeper that you go. At the bottom of that digging is a place in your heart where you are unconditional love. In that place, the Christ waits for you. To some entities the Christ is a being, a person, with eyes and hands and a voice. To some entities Christ is the energy, the creative principle that created the world, wrapped into a cloak which any entity may choose to prepare the self to wear.

33: The cloak of love that is unconditional may be seen as a crown. It may be seen as a mother nursing its child. It may be seen as the figure of the Christ washing the feet of his disciples and saying, "Follow me and be the servant of those you love."

67: It is an interactive universe, my sister. And all of it is in love with you. And all of it thanks you so much for loving it. Keep that feeling. Remember it and let it bring you home to yourself.

35.26 2006/09/03

9: It is a handicap of this particular distortion of a way to study the one infinite Creator. However, in the rich coloring of the story of sacrifice and resurrection, the emotive qualities of the story create an atmosphere in which it is far easier to understand the nature of redemptive love. Consequently, this is the glory of the Christian faith: that one glyph of a suffering and fully conscious Creator, perfectly willing to go through the pain of death in order to demonstrate its illusionary quality and thereby offer the realization of larger life to those who are able to view the stunning reality of the transformation of the light-struck tomb and the empty grave.

10: The glory of the Yogic system, however, is that concept of perfection. The Yogi is not afraid of becoming the Creator. The difficulty with that system is the opposite of that difficulty with the Christian system. Some may say that the system lacks a certain amount of color. It is more difficult to achieve an iconic representation of unconditional love from studying the systems of Yoga. It is not impossible. It is simply not as easy to choose that central icon and say, "This is unconditional love."

13: What you do when you bring the passion of the heart and the desire of the mind into harmony is to yoke will and love into a working pair of creatures that can draw the cart of your seeking process forward and engage your will, the faculty of your purified desire.

15: The work that one does upon the chakra system in order to raise the meeting point between the incoming love and light of the one infinite Creator and the downpourings that are called forth by questions and in prayers, creates the point at which work may be done. Normally the untuned and unconscious entity is not capable of effectively desiring in a focused manner in terms of spiritual things. The prayer or regard for the infinite Creator expressed as devotion that drives mystics tends to be missing in the makeup of the unawakened soul.

16: Therefore, the energy within the energy pipeline flows at a variable rate and with variable efficiency. Work in consciousness cannot be done with any degree of stability underlying or undergirding the effort. There may be flashes of great inspiration and clarity in anyone, because of special occurrences that catalyze a moment of clarity and an opening of that faculty wherein the guidance system of an entity may pour in love and inspiration. And there may be long periods wherein there is no apparent connection betwixt the guidance system and the self.

38: But you cannot simply desire to love the Creator and expect to have full energy into indigo. You must keep the pipeline clear while keeping your desire clear. It is a true discipline of the personality to pursue this goal and it is one which is like housework: it never ends. There is always, in the moment after a fully experienced perfection, something that pulls you back into the world of maya or illusion. And there, you must get a grip upon your new situation. Then you assess it. You sit with it. And you use it in the way that you feel is the highest and best.

39: Naturally, it is always important to ask for help in making these decisions. Invoke your guidance as often as you can. However we would advise you, in order to have a balanced invocation, to spend time daily focusing not on what you need

but on your thanks, your gratitude, your joy, and your devotion to and love of the infinite Creator. Do not be reactive but proactive in this regard. For it is not the entity who waits to have a conversation with the Creator until there is a need to whom realization is given but rather it is to the one who goes to the Creator as to his lover because he cannot stay away, because he cannot stop thinking about the beloved One.

48: Once that sacred space has been built according to the precise desires of your heart, then it is available for you to go to, to enter and to rest. If you are too tired, spiritually and emotionally speaking, to seek further than simply basking in the presence of the Creator then you may rest and be fed, and this is a positive step. Perhaps it is all you may do for a while but you are gaining in battery strength, shall we say, until you reach a point where your light is able to be switched on and in that light you are able to descry some of the mystery you seek. Even a tiny rune of the great tablet of wisdom and love available to the seeking soul is often enough to recharge the inspiration that has gone lacking for lack of exposure to the process itself.

35.27 2006/09/17

7: These energies connect with you where you are working within your energy body. The infinite love and light of the one Creator flows through your body system continuously. The energy is caught by weakness or over-activation within a chakra or ray within the energy body, or perhaps a chakra is simply blocked completely because of serious distortions within that particular kind of energy.

10: There is a great deal of life as you experience it that seems to be intransigent and unable to be dealt with in any way except to accept what is. However, there is always a creative way to find the love, the thanksgiving, and the joy that are inherent in that pattern, however difficult it is.

11: It may be that you see the love in that moment coming from the beauty surrounding the situation, whether it is physical or whether there is something about it emotionally which is touching.

12: It also may be that you are the only love in that moment and that creates for you a tremendous opportunity to settle into your true vibration and share that with the situation. It may not change the outer situation, but your use of energy, your expenditure of energy at that time, has made a difference, not only in the local atmosphere surrounding the situation in which you applied love without judgment, but also because such energy expenditures are added to the fund of love upon planet Earth. For your energy expenditure, when it reaches the level of ethical choice, redounds to the tribe of humankind, not only to your own spiritual evolution.

16: We ask that you not concern yourself with such fear-based thoughts as what might happen to you that is difficult or challenging or causing death in the event of the interpenetration of third-density vibrations by fourth-density vibrations. This is not an occurrence that we see happening in your Earth world. We do not see a possibility/probability vortex at this time, in terms of the natural run of things in the metaphysical world that would cause a planet-wide catastrophe. Your planet has received enough love and understanding from the many, many groups around your planet that are attempting to communicate that love and concern and sense of stewardship and partnership with the Earth.

20: We believe that there is a tremendous possibility that these pockets of love and light and cooperation will begin to proliferate as loving people find other loving people and form local groups to solve local problems in all of the different areas of life.

26: When you are giving thanks for this catalyst, you are releasing from yourself pride and pretension. You are emptying your mental pockets of all of the tools that you have in the everyday world that are supposed to fix things. You empty yourself of these tools because that which is hitting you is not to be dealt with from the level of third density. It is to be dealt with from the level of fourth density. There is no concern as to what this means, my friends, for you have heard it many, many times, in many different ways. You are love. You are light. You are all that there is. You are not going anywhere. You are never at risk.

28: This is not a call to martyrdom, my friends, but rather it is a call to ethical behavior. It is an encouragement to make of life a spiritual, sacred, game in which you attempt to

tion on the part of the other. Under these conditions, it is well to exercise some restraint in that which you have to offer, for the best of intentions can go awry when the circumstances are not right for the reception.

19: Now in the process of self-examination, you will almost inevitably find strands of intention which do not fully harmonize with the primary intention which you have proposed. These are strands which perhaps carry as a distant memory some pain, some hurt, some resentment, some reaction or fear, and which, while not having arisen to the state of complete cognizance, continue to dwell in darkened corners of your life experience. It is a part of the significance of the life experience which you currently enjoy that these elements of your being shall be ferreted out, shall come to light, shall be given an opportunity to discover themselves, and in discovering themselves begin a process of being transformed by the loving energies with which they may be surrounded.

20: These loving energies are already well underway to the extent that you have dedicated yourself to a life of service, and having dedicated yourself to a life of service, have brought yourself to the point of the difficult enterprise of opening the heart. Oh, how many are the opportunities to shut down that heart. Oh, how many are the invitations to recoil back into a more protective configuration of the self where you might decide it is far better not to risk rejection, where it is far better not to risk misadventure, where it is far better not to risk getting the little spiritual fingers burned, shall we say. Oh, how easy it is to decide that the game is simply too risky to be played. And oh, how easy it is to find catalyst coming from within precisely to the same effect; that is, it is easy to suppose that one is so unworthy that to mount an effort to be of service would be inevitably to offend, would be inevitably to expose the impurity of one's own motives, would be inevitably to sin against the clear motive of service. 33: I am Q'uo and am aware of your query, my brother. In all such group situations there is a group consciousness which each within the group will hopefully identify in such a manner that it would be possible to explain that there are certain situations and circumstances that are expected to be observed when partaking in such a group. This would be much like the requirements for any group that would be presented to potential members. If this is understood in the process of forming the group and admitting new members, then it would be possible to explain to any member who was not able to express the necessities, shall we say, the ways of performing or behaving, shall we say, that are required of each group member; then in a loving fashion, it could be suggested that the entity take a break.

42 2016

42.1 2016/01/02

3: We would ask of you, before we begin, one small favor. It is the same favor that we ask at each session in order to help us in sharing with you that which is our service. It would be helpful if you would use your own powers of discrimination and take only those words from us that have meaning for you, leaving behind all others, for we wish to serve as best we can, and do not wish to appear to be authorities that are infallible, for indeed we have walked, and continue to walk, the same path as you walk. We have felt the same feelings, the joys, the sorrow, confusion, frustration, anger and so forth, and have made our way through this dense forest of emotions in our own third density. We are very appreciative that you have taken the time from your day to work through the various catalysts that are yours to make your way here to this circle of seeking where each joins with each other, in love and in light and in seeking, to be of service, and of seeking to know more of the love and light of the One Creator in order that your service may be enhanced.

5: You are upon a planet which is populated by many of those who have had this third density experience previously. They have attempted to learn the lessons of love either of self or of other selves, elsewhere within the infinite creation, and as their planetary cycles revolved and graduations approached, were not able to make the graduation upon their home planet. Thus they found it necessary to travel a great, what you would call, distance in time and space to make this

planet their home for the master cycle of 75,000 years—or, in many cases, much less time, for many have come in late, shall we say, within this last 25,000 years to attempt to repeat the lessons of third density: the making of the choice either to shine the light outward or to absorb the light inward and to use it for the self.

13: So you seek in prayer, in contemplation, in meditation, in your daily round of activities attempting to take this attitude or vibration of unity with you so that when you pass another on the street in some fashion you can share your love, you can share your concerns, you can share your desire to be of service; for make no mistake, my friends, if you desire to share your service, chances will come your way. It is not by chance they come your way, it is by design, a design in which you have partaken before this incarnation and during the incarnation, as you consciously seek the One.

27: The conscious seeker of truth, (as we have heard it called), of love, of light, of the One, of service, puts these qualities first in their life pattern, lets these become the foundation upon which the rest of the life is built. It does not distract from your spiritual seeking to partake in the daily round of activities, the meetings with friends and the celebrations and the observing of rituals, of anniversaries and birthdays and so forth, of enjoying the activities offered by your arts, the music, the dance, and so forth. If you are, at your heart, experiencing the love and the light of the One Creator first and foremost, all the rest will be added unto you. If you seek first the pleasures and comforts, they will be given to you as well, for that is the law—what you seek, you shall find. Thus, it is your choice what you seek, and how you seek, and the priority which you give that which you seek.

47: We are aware that you have begun a great undertaking in becoming what may be called a "satellite" of this particular group, that known as L/L Research, and we are most appreciative of your great desire to serve in this fashion, for as entities such as yourself [who] take upon themselves the responsibilities of making information concerning love, light and unity, available to those who seek it, this is seen as a great service by those of the angelic realms, and there is a great feeling of gladness and rejoicing as each entity such as yourself upon the planetary surface finds more ways of sharing the love and the light of the One Creator that grows within the self. For this is the process, my friend. As the love and the light grow within you and you become aware of it, it is a natural function of this love and light to move from you to others, to discover love and light, within, makes possible the sharing of it with others, and as it moves through you, it is magnified. There is no end to this love and light. You cannot dissipate it, you cannot use it up, shall we say, for it comes not from you, it comes through you so you will find your efforts of serving others to produce more ability and energy and desire and inspiration to serve in such a fashion. We can say no more grateful words than these that you have blessed the Confederation by your service and we thank you, my brother.

53: Yes, this is the challenge. The opportunity which you have mentioned is one which is accentuated in its ability to challenge the seeker to share the love and the light and "the One" with one who seems not to be of the seeker, or of the One.

55: In your meditations take the one who would have the gun and point it at another and take the life, and look beneath the surface of that entity, look to all the times in this entity's life that it has been molded in such and such a fashion by forces perhaps beyond its control [such] that it has become itself a victim of such manipulation that it cannot find within itself the love and light of the One Creator. Cannot you feel such great compassion and sorrow for an entity that does not have room for the Creator, or love or light, within its own mind, within its own being, within its life? Though it may wreak great destruction upon others, it is itself a victim of the same bullets which it shoots from its gun. Though it still walks the earth, it walks in paleness and in sadness, waiting, waiting, for some opportunity to seek and find the One within, if not in this life then in another or another.

58: At this time we shall thank each entity here within this circle of seeking for being here in this circle of seeking, for by your presence, by your love, by your questions, by your concerns, by your conscious attention, you make room for us here with you to provide a service to you; and by allowing us to serve you, you serve us, giving and receiving an unending circle of being. We cannot thank you enough for providing

lend an assistance of inspiration, or of example, so that each within the group is bolstered and strengthened by such sharing of the love of the seeking, the love of the journey, and the love of those within the group.

46: I am Q'uo and am aware of your query, my brother. Those positively polarized entities who exhibit the strong will, shall we say, are those who have been able to increase the nature of their own beingness so that the positivity begins to be shown about one, much as the sun upon a cloudless day. Such entities are more likely to show by example than by word, are most likely to seek to share in service when asked, and are most likely to continue their journey of seeking in a solitary fashion in every level of their daily endeavors so that there is no portion of the daily round of experience that does not benefit from what this entity seeks within, for a positively polarized spiritual seeker seeks the One, and finds the One, everywhere, for there is nothing but the One. Such an entity will see the Creator and give the Creator the love that is the Creator's own given to this entity and shared back and forth. For such a seeker, the daily round of activities is a continuing opportunity to seek and share the love of the One Infinite Creator.

41.5 2015/11/21

4: Your planet, as you know, is quite well-seated within the fourth density in the time/space realms of your inner planes. There is a great movement of thought energy into these realms by many upon the surface of your planet, as the experiences, the times, the intensities, and the varieties shift and increase, and move from entity to entity, from country to country, allowing the hoped-for expansion of the green-ray energy center that will be able to share its unconditional love and understanding with all about upon the surface of the planet.

6: Thus, each entity has programmed, shall we say, the opportunities for the learning of those lessons which will allow for the opening of the heart chakra, so that unconditional love may move through from the red, through the orange, the yellow, and to the green heart ray, and therefrom shine outwardly to those about each entity. As you would imagine, there are various levels of success in this program of opening the heart chakra. Entities may program any type of experience that you can possibly imagine, and many that you cannot imagine, in the hopes that this opening of the heart chakra be accomplished.

28: It seems to us, my friends, that the second path is the more useful for those who would open the heart, but we will admit that the second path is, in many respects, more challenging, because this requires that you take on those portions of the self, those portions of your own personality that have learned to dwell in the shadows, that have learned to embrace the shadows, that have learned to love the shadows, and have learned to speak from the shadows, and to call these portions of the self part of yourself—to acknowledge these portions of the self as part of yourself, to accept these portions of the self that to you now seem unacceptable, as indeed, acceptable.

29: Now, that is not to say that you are now inclined to celebrate the little mischievous imps that dwell inside your personality; that is not to say that you wish to embrace—as a principle of your own future development—any of these stray darkshades that yet reside within you, but it is to say that these voices that speak out in anguish are voices that are also in need of love. They are voices that ask not to be judged harshly, but to be given a space, to be given a hearing, to be allowed to speak out their agonies so that when the echo of these cries of anguish finally dies out, the voices may begin to look to a deeper source. And find there are different modes of expression beginning to become available to them so that in that chorus of voices which each self is, new harmonies may be seen slowly, and we emphasize this point—slowly to arise.

56: When one finds the news, shall we say, disturbing and disharmonious to the extreme, one may send the light-filled vibrations of healing and love to such areas or entities in need of such, or indeed may send it to the entire planet, for that which you see upon your news is only a small portion of the difficulties that are being expressed on a planetary scale. One may keep the eye open, shall we say, to the opportunities that come one's way, for there are no true coincidences, and

those opportunities to be of service in an expanded fashion will, if they are appropriate for your being, find their way to you so you may say give energies of either the activities of your physical vehicle, the financial means by which energy is offered, or in any other fashion; the creation of poetry, the creation of music, the creation of the surroundings that are supportive of those who need support in any of the many ways that entities are failing in their daily round of sustenance and liveliness.

63: I am Q'uo, and as it appears that we have exhausted the queries for the night, we shall once again express our great gratitude to each present in this circle of seeking for sharing your love and your light with us, and allowing us the opportunity to partake within your circle of seeking. This circle is, once again, producing a great beam of light which reaches into the starry skies beyond all eyesight or vision.

41.6 2015/12/05

7: However, each of you, as you have moved through your incarnations, has become aware of the journey of the spiritual pilgrim, and has studied in many areas that are available to you on perhaps an unconscious basis so that it may become the fabric of your own being, thus not requiring as much careful preparation in the attempt of serving others as might be necessary for those who have not studied as long or as hard as have you upon the path of the spiritual seeker. So when you are in the midst of the service, shall we say, interacting with another who is requesting of you—by perhaps word or deed or previous arrangement—to be able to take advantage of that which you have to offer, it is well to see this other being as another portion of yourself, as a portion of the Creator, and to look upon this entity with love as the foundation of that which you wish to offer. If you can color or imbue that which you offer with the quality of love, you have done the greatest preparation possible and have made the situation far more amenable to a successful service, shall we say.

8: Thus, beginning with this view of the other as the Creator itself, another portion of yourself, then offer yourself as freely as you can in that which you share of thought, of experience, of possibilities, of questions, of doubts. Allow an interchange and exchange of information so that the flow of energy is a two-way flow, so that you are both teach/learner and learn/teacher, for this is the situation in which all entities find themselves, even those who are far more learned in a particular category that is being discussed than are those who are receiving the information for all teaching results in learning, and all learning results in some form of teaching. There is a balance to each experience; a balance to each incarnation, and the balance to the teach/learning process. Thus, when you give of yourself in this fashion, based upon love, sharing freely from the blue ray (or throat chakra) as well, you are offering in a balanced fashion that which is the best of what you have for this particular moment, calling upon those inner reserves and resources which have been dearly bought by your own study in service. We feel that this is a beginning exploration into the nature of service, looking at it from the point of view of one who wishes to be a conscious server of another. There are other areas in the process of service which we would discuss now through the one known as Steve. We would now transfer this contact to the one known as Steve. We are those of Q'uo.

11: We are those, as are those of this circle of seeking, as we understand it, who seek to serve others first and foremost. To us that means to serve with an open heart and in such a way as to honor the free will of others who seek each in his or her own way. We feel that we have, through the instrument known as Jim, come to the heart of the matter in saying that the nature of service is of the nature of love, and that where there is love, there is no mistake in service.

14: With these points of observation kept in mind, we can say that on the positive side of the ledger with regard to the function of judgment, there is, in every case, a considerable amount of personal experience that you may draw upon in forming an estimate of how your service might be taken by another or a group of others that you intend to serve. Therefore, it is well to take into account those anticipations which you may have of areas of difficulty widely experienced, either by another self or another group of selves, such that a service which could well come from the heart, may well be grounded in love, might yet be seen to be unlikely of a positive recep-

move yourself from the still point where you neither love others greatly or yourself greatly. We encourage you to make a choice. If you wish to polarize in service to others, start gazing at others with the realization that you are here to help them just as they are here to help you. Open your minds to the creative question of what seed might you plant that may be helpful.

30: It is quite possible for such entities to make graduation and harvest, for the energies of graduation and harvest have to do with unconditional love, it is not a book-oriented test. It is not an information-oriented area. The final will simply be your vibration at the time of your death. If it is a fourth-density vibration, you will graduate. If your vibration is still involved in the earthly things from the standpoint of Earth, you will continue to spend time on an earth-like planet until your eagerness and your hunger for more has driven you to move beyond that particular so-called box.

34: The last category, of course, is those service-to-self oriented entities who have decided that their way to the Creator is to love themselves more and more purely and to attract to themselves those entities which will help them and then put them to work as, shall we say, slaves or very obedient servants. You may see this kind of structure in place in organizations like your armed services and some of your churches. 37: For those who have not opened their heart because they refuse to do—and that is the conscious choice of a service-to-self entity—the incoming vibrations will not be particularly troublesome. Such entities have long chosen to put themselves under the most rigid discipline. Emotional affect does not serve them. Being out of control in any way does not serve them. Consequently, they cope very well with a surprising amount of difficult catalyst because they really have to be firm in their desire to love themselves and very confident before they can make any progress whatsoever in that very difficult polarity.

40: We see the economy with which this time of inevitable transformation is progressing. We encourage each to realize that they are powerful. Each and every one of you is a sun, radiant, infinite and loving. As you sit in this circle in the gathering twilight, feel the power of your combined love and let it bless the world from your open hearts.

45: The first asset that we would encourage you to consider is the strength of your own love of life. If you are glad to be somewhere, the discomfort involved in being there is less. Therefore, in your mind, ask the witness that is within you to pay more attention than you have been to the little things. For it is in the little things that sacredness most often shows its face.

48: Secondly, develop for yourself an intention. When this instrument happened to be in a great deal of nerve pain from the shoulders, spine, neck and arms, after a good deal of searching for a good focus for intention, this instrument, because of her Christian background and because of her love of science fiction, chose two points of focus. One was intended to take away physical fear. The other was intended to take away mental fear.

35.28 2006/09/26

8: Moving a bit closer to consensus reality, moving down from an infinite Creator who is a complete mystery to the half-revealed mystery of that expression of unconditional love that this instrument call Jesus the Christ, it may be seen that you are one with the unconditional love and compassion which Jesus the Christ carried upon his human shoulders as the regal robe of kingship that was his.

17: The one known as Eckhart commented upon this concept, saying that was characteristic of the unconscious or egoic self, that it liked to be right and, therefore, it identified others as being in the wrong. Structures which include pride, no matter what the source, are structures that tend towards splintering the light and dividing the power of love into smaller and smaller fractions.

19: The humbling of a proud man is a gift that is difficult to receive, we are aware. Yet at the same time, there are gifts at the end of the process of emptying your pretensions. One gift is that you are indeed empty, with nothing to prove and nothing to defend. In that state of emptiness, you then may ask to do the will of the one infinite Creator, to serve with love, compassion and a far more directed will.

20: When one does not distinguish between tasks and when

one does one's tasks with love, all tasks are equal. Pour your pride, then, into a new vessel and let it be transformed into the will to serve at whatever lies before you in this day.

21: If you are able to find an exalted place of employment that stretches your creative abilities and offers you a great deal of the world supply, then do that work with absolute love and passion, do your best.

22: And if fortune sends you labor that you feel is beneath you, yet you can do it, and it can pay the bills, then find the love and the pride that you would take in that exalted work and apply it with utmost integrity to the work that lies before you to this day.

23: Do not distinguish between kinds of work but rather focus, in all that you do, on creating a poem of your love and your movements in the work of your hands, your mind, and your heart.

31: If the fear that you feel is at heart a hollow thing, it is a matter of becoming more aware of the dynamic to fear. The dynamic to fear is love. Fear and love do not coexist, any more than light and dark coexist.

32: And just like light, love cannot be killed by fear. It shines even in the most hostile environment, just as does light. Even the light of a tiny candle creates a significant glow and illumination to the eye. The love within you is waiting for you to embrace it. It is something that you can do quite consciously. However, there is a significant amount of discipline involved in availing yourself of the catalyst that is incoming at this time, and using it in a positive manner.

33: When you sense fear within yourself, do not devolve into an inner atmosphere of self doubt and upset. Look at that fear. Intensify that fear. Become fully aware of your fear. And then ask for its opposite. Allow yourself to become aware of love, that love that flows all around you at all times; that love of the one infinite Creator which is without any limit.

34: Let that feeling of unconditional love lift you and help you to glow as if you were a lighthouse carrying this wonderful Pharos of love and light that express through you. Feel that glow, and know that it is as real and as true about you as the fear that you are carrying.

35: You are not attempting to destroy your fear. We encourage you, rather, to think of it as a balancing mechanism. The human condition will always include fear, but it can at the same time include an equal and balancing amount of love, so that you as a being are one of 360 degrees, the light and the dark, the difficult and the easy, the sorrowful and the joyful.

42: It is well to remember that while this work is extremely solitary, in that it is inner and subjective, nevertheless, you are never alone. The hosts of the unseen worlds vibrate in sympathy with those who seek the love and the light of the one infinite Creator. Your hopes and your seeking and your persistence draw increasing numbers of helpful souls to you.

35.29 2006/10/01

17: This arrangement of energy expenditures is a part of the structure within which all of those parts of the Creator which you represent may move through the dance of the densities, seeking the truth, learning what it is to be, to be aware, to be aware of the self, to be aware of love, to be aware of wisdom, and to be aware of unity. To attempt to understand the Creator by understanding the Creator's house is, in our humble opinion, an indirect attempt.

43: Indeed it is very true, my brother, that there is a death and a rebirth involved when this ritual is done correctly. There is that giving of the self to the heat, knowing that the heat will destroy and burn away all the dross and the chaff of the being, leaving only the shining, glowing, glorious essence of unconditional love. That is the truth of your nature.

35.30 2006/10/08

29: As you observe yourself from a standpoint of unconditional love, you will begin to self-correct the extreme behavior because you will have been able to interrupt the old pattern that acted as a trigger for the despair. We cannot say what that pattern is. It is different for each entity and in each situation. We simply encourage you to note carefully those moments when extreme feelings are triggered.

35.31 2006/11/12

5: My sister, we thank you for this query. Our response must be somewhat indirect as we cannot make a frontal approach to your query. We are those who come on a vibration of unconditional love. Our contact, and our type of contact in general, does not have the facility with detailed, earthly information of a practical nature that, say, an inner-planes entity might have. It is not our place to interfere with the governance or the affairs in general of planet Earth.

13: We would encourage those who wish to make a difference on planet Earth to gaze at the planetary dysfunction and then to internalize that gaze and find the dysfunction within. It is not difficult for most humans to do. Both the one known as J and the one known as T were talking (during the round-robin discussion that typically precedes a Sunday Meditation) about how easy it is to move from a mental and emotional attitude of unconditional love to an attitude of irritation and hostility when the catalyst of an unhappy and abrasive person breaks into the peaceful world of home and family.

15: We ask you to realize that we are speaking on the level of a causality that is far beyond the causality of worldly things. We are not saying that if you heal your sense of separation today, the world will change tomorrow. We are saying that when individuals who belong to the tribe of humankind choose one, upon another, upon another, to serve the love and the light and to refrain from fear, that attitude will spread. That emotional safety net will begin to spread out. And the more people that are doing this kind of work within themselves, the more the environment will shift on the inner planes in such a way that those who come after you will be able to do this work in consciousness more and more easily.

18: The fourth density is being born normally and in a healthy way. The efforts of many groups, including this one through whom we speak this day, have spoken of light and love and the word has been passed, more than perhaps you might realize, at the grass-roots level, at the level of indigenous peoples; and at the level in civilized worlds of the first fumbling and reachings for something that has substance.

19: We see the world waking up to love. We see it beginning to identify the hunger that it has. We see it beginning to respond, love being reflected in love. There is great hope at that grass-roots level, below the radar of politics and empire.

21: We come to tell you a story about love: love unconditional, love unlimited, love that creates and destroys. It is a simple concept: this one great original Thought of unconditional love creating the universe in order to know more about itself.

45: We would encourage you to see yourself as a lighthouse. The lighthouse lights its lamp and keeps its windows transparent. It gives to that lamp the power to turn in endless circles, so that those coming in from the open water may see the rocks and avoid them and come to a safe harbor. A spiritual lighthouse has its own kind of light and when you become aware of the power of your beingness, you may, if you wish, consciously become that kind of lighthouse that radiates love and light into the spiritual space around you.

46: All the speaking that you might do is not one-thousandth as powerful as the focus of your very nature when it is focused upon unconditional love. Let your answer to fear be an openhearted, sunny, carefree, joyous, confident feeling of love and rightness. Develop that environment within yourself: lightening up, looking for the laughter, looking for the fun.

53: It is difficult to communicate in words how helpful it is to release worry and concern. These energies are energies of exhausting power. They rob you of your natural optimism and confidence. It may seem that we are suggesting that you turn your back on the facts and dwell in an ivory tower. We do not intend to suggest this. We intend rather to suggest that you love the world and accept it as it is.

54: Once you have chosen that fundamental attitude of loving the world no matter what, then it is not going to unbalance you to investigate as much as you wish into the structures of politics, economics, social living, culture and the formation of myth. Learn all that you can.

55: Absorb and consider and mull over information as long as you wish, as long as you are able to do this within the context of loving that which you understand ever better. Un-

derstanding is a positive thing. When you gather information so that you can find more things about which to worry, then you have begun to take the world too seriously.

66: Come to the great cross of life: the vertical reach to the infinite; the horizontal reach within incarnation to loving and being loved.

35.32 2006/11/16

6: The main question is, I'm seeking to understand the dynamics involved in relating to my indigo child. It seems to me that my child has such a powerful psychic link to me that even slight variations in my mood and in my ability to tolerate frustration are reflected in my son's sometimes challenging moods of anger and frustration. Is this an accurate perception? If so, are there metaphors, fields of inquiry, images, analogies or spiritual principles which come into play in this developing relationship, which will help me experience this relationship and treat my son in the most loving and skillful way?

11: The first generation of wanderers was made up of those such as this instrument, which responded to the call of Earth by coming from a higher density to move into incarnation and share the love and the light of the one infinite Creator with those of this planet in an attempt to shift the planetary energies more towards the light.

12: The second generation of wanderers was comprised of those who also were interested in helping planet Earth. However, this second generation of wanderers is characterized by more confidence than the first generation of wanderers, but also less of a dedication of service to others in that their chief motivation for coming into incarnation at this latter hour of your third density was to use the boot camp like atmosphere of planet Earth to do what they would consider "quick and dirty work" in adjusting the balance of their energies between love and wisdom. For some, this means emphasizing the heart and the opening [of] the heart. For others who already have their hearts opened, it means emphasizing wisdom and asking the open heart to receive that highest and best self's wisdom which comes from guidance and informs loving compassion in such a way that there is equanimity to match the passion of your dedication to service.

13: The third generation of wanderers is made up of what this instrument and many others call the indigo children. There are many other terms for these children. However, in general, they are the first graduates in this harvest from the third density of planet Earth. These souls have moved through the gates into larger life. They have dropped their physical bodies and entered into a healing process with their guidance and with all of those forces which protect and nurture entities in the inner planes who are moving through the processes of death and rebirth. Further, they have moved through the steps of light and have passed their graduation test. These are fourth-density wanderers, whose first act, upon choosing what would please them the most to do next, was to return to their beloved home planet in order to assist not only the people of planet Earth, but also, and perhaps more principally, the planet itself.

19: When you and he are doing loving and positive things, the dance is a happy dance, or so it seems to your judgment. When there is challenge, upset and hostility, then it seems to be an unhappy dance. However, in order to play your game more skillfully, we would ask you not to label your various moods as good or bad. We would ask you not to label the exchanges of mood between you and your child as good or bad. Rather, we would ask you to see the whole of the pattern as an ongoing dance.

23: We are not encouraging you to find some method of teaching this child. On the other hand, we would ask you to be quite responsive to any questions or comments shared by the child with you. Such expressions are your invitation to tell your stories, share your wisdom, and embrace the child in an atmosphere of acceptance and love.

29: As we finish answering this query, we look at that word "dream." You have dreams, my brother, and so does your child. You are those who dream together. And so are we all. But you and your child have special dreams known only to you. Forget all except loving, being loved, and sharing your dreams.

30: Let imagination wing its way through your relationship with your child. Let your creativity blossom as you surround

equilibrium of the self does not inflict harm on the self's capacity to go forward. Thus, day in and day out, one deals with events, some of a nature that gives promise and gives hope and gives love and gives life, and some of the nature that, to all outward appearance, works in a direction quite opposite to these. Thus one takes the good with the bad and carries on as one is able.

16: Now during the course of one's life, it will generally occur to those who struggle through your density to question what it's all about. "Is this really all that all that life has to offer?" And the opening of that question is the first salvo, shall we say, of a realization that there is something more to life than simple self-maintenance. One feels, for one thing, that something is called for one. That one is called to a sense of purpose that is higher. And one very often feels this sense of purpose in the responsibility one takes for those other selves that one has learned to love along the way.

17: To love is an activity that begins a process of opening the heart. The heart is a dimension of the being which tends to be closed off precisely by the armoring that has been developed as a means of fending off that catalyst which one feels one cannot process, and learning to deal with other selves in such a way that one is not vulnerable to their actions so as to damage that very fragile and crystalline structure which is the fledgling self.

23: A little act of loving acceptance, that is the key. One act of acceptance opens a small door—and this door leads on to another, which may be opened again by acceptance. And in this way, acceptance builds upon acceptance, and little by little those afflictions which one has built up, those difficulties one has stored away, become healed. A healing heart is a heart which begins to show the ability to reach out into the world in a way that heals also that world.

35: Thus we would suggest that each look for those areas within the life experience which can be simplified, that the focus of one's mind, body and spirit might be centered upon the ineffable and infinite qualities of love, wisdom, and sharing these qualities with all whom one meets in the daily round of activities.

40: I am Q'uo and I am aware of your query, my brother. Indeed for most of the population of your planet, the opportunity to achieve that which you have called graduation of harvest into the density of love, has brought into that realm of experience a great many types of busyness that need some kind of attention. In order to be able to sort through that which is available one must wend one's way through much which is as you have said, the product of the ending of this density's cycle of being. It is, as we mentioned previously, the seeker's ability to respond—or responsibility to decide—those areas into which it shall seek. We shall pause briefly.

60: At this time we would thank each present for offering the energies which have made this circle of seeking possible, for blending your love and desire to be of service to all others here and all others around the planetary surface, so that there are many, many beacons of light joining their energies together at this time and the net of light grows upon and within your planetary surface.

61: There are many seekers such as yourselves which offer a great deal of love and support to all entities who wish to open their hearts in love in an unconditional fashion, to all about them, to all other entities, to all other surfaces of the planet, shall we say, to the things, to the trees, to the birds, to the flowers, to the air—seeing the Creator everywhere. This is the way of the seeker of truth. As one moves further and further along this path, there is the ability to see the Creator more and more fully and frequently, and to experience the love of the Creator within all things, all entities, all times and places. The end of your third-density environment, indeed, is providing opportunities for this kind of experience. We are most grateful and gladdened to see entities such as yourselves taking advantage of this opportunity.

41.3 2015/10/17

0: [overview] In the past, those of Q'uo have drawn a distinction between the "mind of the world" and the "mind of the heart." Q'uo describes the "mind of the world" as the analytical judging mind which we have been conditioned to use almost exclusively. They describe the "mind of the heart" as being a consciousness of love.

11: This imprisoned self, however, is not without resources

of its own. Over and over again it will make an effort, over and over again it will look to find those little apertures in the incrustation around it which will give it life, and which will let the light of the world flow in even as the inward light of the self begins to flow outward. With every additional act of acceptance of self by self, the crust begins to thin so that, over time, when this process is consciously empowered, eventually the crust may become thin enough that it no longer holds the heart in a constricted space, and the heart is allowed to expand and to inform the world with its love. When the heart reaches outward to the world in love, the world is reflected back as love, lovingly, and heart then begins to sing that song which is its native tongue, so to speak.

15: The heart is the organ of acceptance. It opens the gateway to a world which is loving at its core, but we will say that there are, in this love, many layers of what you experience as emotion, and the emotion does not always seem immediately to be of a loving nature or to be of the nature of that which encourages a further opening of the heart.

32: Find more than one or two such passages. Use these in conjunction with further mentation and meditation until you feel that you have equipped your heart center with the trappings, shall we say, of unconditional love, of the giving and receiving of this love. Perhaps you could make it a personal experience in that you could then find a friend or family member who would perhaps enjoy and appreciate further discussion and elaboration of a mental nature upon these crystallized feelings and expressions of unconditional love.

33: Use the responses of family, friends, and so forth to further enrich the heart center activity so that there is a kind of priming of the pump, shall we say, no pun intended. Then you are able to feel the flow beginning in the heart center so that there is the automatic response within this center to your daily round of activities. When you see or hear a situation that, as one might say, tugs at the heart strings, allow the heart its response. That which perhaps has been neglected or repressed in past experience, allow it to come forward and to be able to share this burgeoning energy of acceptance, of love, within your own being before another being or situation. Your world, my friends, has many such situations easily accessed through your news media, if necessary. However, we are also quite sure that each entity has within its own realm of personal experience those areas that could benefit by receiving the love offerings of your heart center.

34: What we are recommending is that you become more and more familiar with the qualities of love in an unconditional sense, and what they might feel like after having considered their mentally descriptive parameters. It is the feeling that is most important here, for as you move from the mind of the world to the mind of the heart, you are dealing with the emotions that can be expressed in no other center as in the heart center. The heart is indeed of the same nature as a muscle. As you exercise its qualities of unconditional and all compassionate love, these qualities are enhanced and your ability to experience and express them are also enhanced.

41: I am Q'uo and am aware of your query my brother. It is always helpful to any healing process to engage in the meditative and prayerful state of mind and being which sends love and healing thoughts and energies to the one wishing the healing. We may note, however, that it is always up to the entity and its own higher self, shall we say, as to how these energies shall be utilized. Thus it is well to send them with the hope of their eventual success in providing the healing benefits, but also being willing for them to be utilized in any other fashion that is useful and helpful to the object of the healing feelings as these energies are sent.

51: I am Q'uo. We have enjoyed greatly the experience of speaking to your concerns in this circle of seeking. It is such a joy to us to see dedicated spirits joined together with hearts and minds open and sharing, creating the most beautiful vibrations of love upon the time/space planes that does indeed reach to your heavens. We commend each for the dedication to seeking that has brought you here and has joined you as a group of seeking.

41.4 2015/11/07

31: This is a journey which is not meant to be made, shall we say, entirely by oneself, although in its very essence it is a singular journey which no one else can travel for you, however, those friends and associates who are on similar journeys can

gether into groups that respond to the less fortunate develop-
ments upon your planet with the balm of their light and their prayers and their loving thoughts. We indeed thank those who are engaged in such groups and who are proactively sending light and love to all those places and all those entities who need the balm of that light and that love.

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

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

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

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

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

40.6 2011/04/02

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

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

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

his hunger and his thirst for the presence of the infinite One. 12: Why, my friends, would one not wish to take up the reins of government, military, economic leadership and so forth? The one known as Siddhartha saw no attraction, no reason to stay within that prison of concepts, ideology and the clash of wills that represents the government, the military, and the halls of power. This simple turning away, this freeing of the self from the prison of things, stands as a beacon, letting others know that it is possible to free the self of the burden of the love of things. It is a powerful lesson indeed.

41 2015

41.1 2015/09/19

58: I am Q’uo and as it appears that we have exhausted the queries for the nonce we shall say how delighted we have been to be able to speak to this group and to express—we correct this instrument—and to experience the collective energies of seeking of joy and of the sharing of love and light that is within this circle today. The light which you have generated may be seen on the inner realms of this planet as a beacon that shines brightly forth into the time/space portion and alerts all the angelic presences of your song of seeking, your expression of joy and your open hearts of love. We look forward to speaking with you again. Go forth, each of you, in joy, in peace, in love and in light. We are known to you as those of Q’uo. Adonai, my friends, adonai.

41.2 2015/10/03

4: We do not wish to discourage you by telling you that you have chosen these paths, for there are no mistakes upon any seeker’s journey. That which you experience has been placed there by your own choice previous to your conscious assuming of the identity which you see as yourselves. Before the incarnation began, you made these plans to offer yourselves these challenges to learn how to love and accept all about you when it seems quite unacceptable to even have to deal with some situations.

5: We are aware that many feel that there should be an end to worry and burden, and to the cares of the day which do not go away. And there should be a reward, a time of peace and quiet and what you would call, joy. And there shall be, my friends. For upon all journeys, these qualities exist, especially for those who are able to open their hearts in love and compassion for those times which are most difficult—those times in which it would seem a better choice to ignore or run away from the difficulties.

6: So how do you go about opening your hearts, to allow the divine guidance, the divine presence, the one Creator, a heart of love—whatever you wish to call it—this quality that may aid you on your journey by changing your point of view, by changing the nature of your beingness, by making you able to channel through your being those loving energies which encircle and enwrap all difficulties, and destroy them with love by making them also love. How is it that one can do such a work of what would seem to be a magical nature? It is not often possible to go directly to the heart and to command it to open and expect it to do so. It is however possible to approach the heart from another direction, shall we say the chakras that precede the energy reaching the heart. For each of you, my friends, receives this intelligent energy, or love, from the one Creator upon a daily basis. It moves through your lower chakras beginning at the red ray level. That level which deals with your very survival as a physical being upon this planet. And which expresses itself as well in your sexual nature where you are able to reproduce your species, able to refresh your being and that of your mate, and allow those energies to move even higher so that the intelligent energy or love of the one Creator begins to make a pathway or channel through your system of chakras.

15: Needless to say, the sustainability of the equilibria that is achieved is constantly being challenged as each is put in a position over and over again to have to adjust to events which are unanticipated and very often unwanted. The adjustment is generally not such as to want the unwanted, but to learn to make accommodation so that, that which challenges the

this child with the essence of your unspoken love. People his kingdom with your fairies and gnomes and archangels to keep him safe. These are all the creatures of your honest and heartfelt love, and they will be good companions for your child.

33: I believe the viability to act as a loving parent to a son depends on how open my heart is to love. My intention is to use this relationship as an opportunity to know myself and to expand my capacity for forgiveness, levity, compassion, faith and healing. Which archetypes would you suggest which might clear up all the dynamics that work within my family, especially in relation to my son?

37: You stand for your child in some ways as an agent of the unconscious. Your child is not born knowing which way to move in terms of metaphysical principles. Therefore, allow the things around you—your books, your papers, those items that you love—to be meaningful to your child as well as to you. Invest time in responding to even minor questions, knowing that your child’s unevenness of personality will cause him to move at things roundabout and in a serpentine and indirect fashion. Move with those energies. Operate with him in his rambling so that you may come with him to a place which you have not expected.

45: When there is no content, the mind and the body become anxious. It takes time to create a habit of solitary silence so that your body welcomes it, expects it, and is not disturbed by it. Once you have trained your body, your mind, and your emotions so that you are able to sit in the silence without interference from them on the gross level of twitching, developing symptoms of headaches, and so forth, then you have the chance, at last, to rest in that powerful silence that offers you what words never can. The love and the light of the one infinite Creator are completely expressed within the silence.

48: We would suggest that you always respond to questions, but that you do not attempt to teach unless questions are asked. The times will come, as you love and care for your child, when it will be natural for him to ask along the lines of this or that spiritual concern. At that time, my brother, share your truth as straightforwardly and lovingly as you know how, knowing that there are many mistakes but that love wins through.

74: We thank the one known as W for this session, for this time together. We thank each of you in this circle of seeking for the beauty of your vibrations and the beauty of the combination of them that has made this a surpassingly lovely experience for us. It has been a true pleasure to share our energy with you and to experience the beauty of each of you.

35.33 2006/11/19

10: One cannot simply work within silence and allow that to be the spiritual practice. There needs to be a structure of thought that is able to hold and order the concerns of the lifetime. The house or chamber of the nautilus that you are born with is a small house. Its structures are simple. When you are a very small child you gain the concept of “me” and “mine” and the nurturer and the one who is loved and the one who loves you. These are very simple structures, but they are very meaningful.

17: This instrument was speaking earlier, for instance, of how she must remove from her consciousness all of the details of her present moment before she can come to that formless awareness of self that is the real self, the consciousness that is shared with the infinite Creator and with all the forces of love and light within her world.

25: Some of you felt that you were overbalanced toward love and tended towards becoming martyrs rather than applying the wisdom that balances martyrdom and creates of it continued life and continued teaching and an expansion of possibilities.

31: Some of the experiences that you receive will be sweet to your tongue and delicious to process—your lover’s touch, the cry of your baby, those wonderful times when you see the beauty of the moment in the sunshine and shadow. Treasure and store up those moments of pure awareness.

35.34 2006/12/10

4: My friends, in speaking with you about prejudice and its roots, we speak with you about two main levels of thought.

Those levels of thought are the dynamic between love and fear and the dynamic between unity consciousness and the consciousness of form. Before we move into those thoughts, however, we would talk just a bit about the traps of your Earth world and how they came about.

5: When this creation was younger and worlds closer to what this instrument calls the central sun were maturing, the work done by a planetary population was a work done by a population of one kind or race or being. In the course of many graduations from many planets, there gradually began to build up populations from Earths such as yours which had finished their third density, the density of choice, and had not been able to graduate into the density of love. These population groups then needed to move to another third-density experience to take up once again the lessons of making the choice. This choice is a choice of polarity. It is a choice between choosing to love, include and accept, with compassion [for] all things and beings as part of one Creator, and the choice of seeing all entities as those who may be able to serve you. It is a choice of service to others or service to self.

14: Consequently, upon planet Earth at this time you have many tribes who are having their second chance at making the choice between love and service to others or that love which is turned into fear and service to self.

16: Let us now look at the dynamic between love and fear. There is the surface tendency in many entities’ minds which seeks to call something right and something else wrong. Whence does this stem? It stems from the fear of an individual who is not at peace with himself. He is not secure within his own sense of self. Rather than being able to rest in that love which sees all things as one, he feels fear because of the differences between himself and others.

23: We can say that you are creatures made of love, but in so many cases your experience does not feel like that. In so many cases you experience yourself not as the perfect flower that you are but as a weed, or at least as something to be groomed and done unto. So in a way, finding yourself to be a creature of love is an act of faith which has no proof of being the right choice.

25: And so, for the first time, as you move through this refining fire of incarnation, you begin to have a sense, a genuine sense, of who you really are, and it does not sound so foreign and alien to say, “I am a child of love. I am a being of light. I am a creature of infinite power because I am part of the one infinite Creator.”

36: Consciousness has its home in all of the spaces that we have mentioned. Consciousness interpenetrates every cell of your body and every cell of everyone else’s body. It penetrates the Earth itself and the heavens and it is all one thing. You, as a spark of the infinite Creator, are a focusing spark, an observation point. You are a witness to the love and the light of the infinite Creator. You are here to bear witness, to experience, to collect those experiences as you would a bouquet of flowers, and then to offer that bouquet to the infinite Creator.

35.35 2006/12/17

17: So, when an entity decides to offer itself as a teacher, it is offering itself in addition to the subject matter that is being covered in the class that is being taught. Even in the case of scientific courses, where a large amount of detail and specific information must be understood in a certain order in order to be able to become facile in working with that particular discipline, it makes a great deal of difference, as any student will tell you, as to what teacher has taught that course. Every student remembers teachers that lifted subject matter from the conscious everyday level of “learn these facts” and “take the test” to a level which let the student see into why the teacher loved that particular discipline and why that teacher was teaching that particular class.

18: Love, passion and affection are catching. When a teacher loves the subject he is teaching often he is able to excite others because of his love, his affection, and his passion for his discipline. So even when you are simply trying to memorize the facts of biology, chemistry or astronomy, a good teacher will motivate you through his love of the subject to create a sense of adventure in learning that is lacking from an uninspired teacher’s presentation.

19: When one becomes a spiritual teacher, the subject matter of the class becomes less important [and] the character

and nature of the teacher becomes more important. There are practices of Buddhists and Hindus, for instance, in which the entire learning experience of the guru or the teacher and the chela or the student is conducted in silence. The teacher sits and rests in his essence. Within the essence, there is affection, compassion and all the gifts of the spirit which have been granted to this teacher. Implicit in his silent meditation [are] his acceptance, true love, and all of the environment which points the student toward his own essence. It is as if the teacher is a star, twinkling in the night sky, that by its clarity and lucidity of essence creates in the student the ability able to become such a star, twinkling, lucid and clear.

21: When one is attempting to teach spiritual maturity, one is in a pure sense teaching entities how to be themselves by being themselves—we correct this instrument—by the teacher being himself. It would seem impossible for this to be an accurate or productive teaching technique, except for the fact that many, many generations of highly evolved spiritual seekers have used this technique in order to learn. The basic feeling in this type of learning is resting in the affection of the teacher. All the cares of the world fade away. Resting in this safe environment. Loved, cherished, supported and encouraged. The student is then able at last to release all expectations except the experience of being with the teacher. And so the student humbly empties his mind of all except for his affection for his teacher. And in that trust, faith learning is passed from heart to heart. From soul to soul. It is an energy exchange. The student and the teacher are sharing awareness. At the moment that the student is allowing this connection, the teacher and the student become one. Why is this possible? It is possible because all entities are one. The teacher has simply found a way to help the student become aware of that blessed unity that underlies all the seeming separation and detail of the awaking human experience.

31: When the teacher that teaches those same subjects is alive and aware of the subject, the element of inspiration is added to the subject and the students find it far easier to undergo the learning curve of rote memorization and so forth. But when the teacher, in its own spiritual journey, has reached a point of view which sees all things as one and sees the student one with itself there is added an ineffable deep level of support and encouragement that is completely unspoken and has to do with the essence of the human being that is sharing information. The best teachers are those whose chief delight is to learn from their students. Love is reflected in love. This is the spiritual principle upon which you may depend.

32: This instrument says, “What goes around, comes around.” If you wish to teach, be the person that you are. Do not allow yourself to be distracted for long by the seduction of your own personality, by the concerns of your day, by the difficulties, the sufferings and the limitations that you may be experiencing. If you wish to a good teacher always go back to the center of self and be yourself. You are a window. You may open upon the creation of the Father and through you entities may see light and love. When you offer that quality to your teaching, you [are] maximizing your role. And remember, it is a role. There is no end to the roles that you may play as you dance through the patterns of your life. Let your dance be grounded in self-awareness. And let yourself move to the music that you hear in your innermost heart.

36: We are those of Q’uo, and are aware of your query, my sister. This question has seemingly one direction [and] our answer must contain two levels. What we mainly wish to assure you of, my sister, is that because your translation is done in love and because your offering is a labor of love you not only carry the vibrations of the original but you enhance it by the addition of your special [offer] of energy so that there are two translators. We are translated into English from concept communication by this instrument and you are translating from us to this instrument and then through yourself to reach those who would seek who live in a different language.

37: Consequently, you may rest assured that you lose nothing of the vibration of love and light which you yourself feel as you receive this information in English. Indeed, you may be encouraged to know that you add to those vibrations richness and depth by your love and light and your dedication to service.

39: However, we celebrate the difference. We are limited by this instrument’s culture, her language, her preferences, and so forth as we use this instrument. Because this is conscious channeling we use those things that are familiar to this

instrument in order to convey concepts that are completely beyond this instrument’s understanding. This is always the nature of spiritually based communications, because [you] are not talking about apples and pears, you are talking about truth, justice, beauty, compassion, unconditional love, realization and enlightenment.

46: If an entity who is reading our material, however, desires to involve us, it is immediately and instantaneously possible for that entity to do so. However, we must be asked. We have no right to have an energy exchange with you without your knowledge, it is part of the same restrictions under which we always ask you to be guardians of your own thoughts so that we do not have undue influence over you. We attempt always to remain completely aware of the supremacy of each entity’s free will. And each entity is right to learn for himself. We would only weaken spiritual seekers were we to begin learning for them and telling them what to do. However, we are fully willing to be with any who asks us to be with them. It is a mental request that is necessary. Simply mentally think to yourself, “Q’uo, I would really appreciate it if you could be with me right now.” And we will be there. We will be there to love you, to support you. And when you go into meditation and contemplation, to help you find the heart of yourself so that you may deepen that level of focus and that level of contemplation, that level of awareness of the silence. We are most happy to do this and are only a thought away.

50: And we are those of Q’uo, and we thank you, my brother. It has been a supernal loving experience for us being with you this evening. We thank you once again for calling us for your circle of seeking.

36 2007

36.1 2007/01/07

10: Who are you? Who are we? My friends, you know that we are messengers of unconditional love. Our message is not that we come to you in love but that we and you are love. Because we are all one. So your question is asked against our background of being aware that all of us are one interacting, interpenetrating union of various foci or points which the Creator may use to observe, to process, and to harvest experience. Therefore, when you serve another, you are serving yourself.

12: Therefore, it is as if you were a sun, radiant and unimaginably full of the love and the light of the one infinite Creator. Others are also suns with their own radiance and fulfillment.1 Between you, just as there seems to be a great distance between suns, there is a great distance, shall we say, a sea of in-between.

23: When you have taken yourself that seriously and dedicated yourself that completely to the hope of being love within the world that you experience at this time, you become a magical entity. You know who you are to a greater extent than anyone could who has not yet come to the point of making that choice.

26: This same hymn brings us to our next point. The next words of that particular poem are, “Lift up thine eyes and seek His face.”3 You are under grace, my friends, when you choose to be of service. A tremendous amount of help surrounds you in that choice. Grace abounds, for when you choose to love, you choose to express the nature of the creation and the Creator. Your choice is in direct alignment with the truth, that truth that is such a great mystery that no one has ever been able to articulate it.

31: Both of these concepts of self are useful and accurate and you play with them your whole life long. For, when you are moving out the front door to get the paper in the morning, you are moving not only as love itself, incarnated in physical form, you are also moving as a sleepy human who is noticing the weather and the state of the morning and so forth as the paper is fetched from the mailbox. You are at the same time sublime and endlessly and tediously detailed and worldly.

47: Part of the sinking down into the silence is letting go of your self-concept. With us now, visualize yourself, each of you, in a small room. It is bare, monk-like, and yet when you go to that room, you are happy. For it is the room where you pray and ask. It is the room in which you are fed in that musical silence of the inner heart. Kneel down upon that bare

Planet Earth with their love, or to do the work of third density in achieving a satisfactory balance between love and wisdom, love and power, or wisdom and power.

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

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

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

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

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

24: If your perceptions find that thinking of ascension without regard to the physical body is useful then we would say this. In a very deep and real way, each of you is at the center of a Creation, your creation. In a world where everything is, in a clichéd way, relative, you can easily and comfortably accept the proposition that your experience is subjective. You may strive all your life to achieve objectivity, but you see, my friends, you are there. You are a witness, and that which you observe is observed according to your perceptions. The truth lies beyond perception. The truth lies beyond the conscious mind; that is, the intellect. It is not beyond the mind of the heart, which is consciousness itself. Yet consciousness itself is. It is not a doer. You are the action figure in your drama. [Consciousness] abides. Therefore, it is easier to be love than to be able to speak of love.

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

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

40.4 2011/03/05

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

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

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

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

12: This is perhaps a central theme about which to be excited, my brother. The opportunity is there in every day of the remainder of your incarnation. Pay it forward to serve others with such style, affection, humor and elan vital that you infect others with the desire to share that light and that love, so that they begin radiating, they begin serving, and they infect others in turn. Visualize the love and the light of the infinite One becoming pandemic in this newer Planet Earth so that, instead of a poor harvest or a small harvest, you are able to affect a large part of the population of Planet Earth.

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

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

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

40.5 2011/03/19

9: The reason for this gradual lessening of the pressures within your planet rather than one great polar shift that would eliminate the second- and third-density populations of Planet Earth, or at least the great bulk of them, is the work of organizations and groups such as this one and many, many others. Your people have banded together in spiritually oriented groups whose goals are to serve the Creator by serving each other. The tribe of humankind is more and more awakening to the possibilities of the evolution of the spirit. And this increasing desire to serve has brought people to-

40.2 2011/02/12

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

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

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

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

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

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

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

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

16: There are two basic energies which angels have to offer. One is the simple energy of love itself and the other is a feeling of safety, which could be called a healing energy. Both of those aspects are the resources which angels have to offer. Angels also have connections with the four elements and the four directions2 so that as you become more and more aware of the correspondences between certain archangels and certain energies, certain powers and certain directions, you become more able to cleanse your habitation or the area around you with the help of the archangels.

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

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

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

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

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

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

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

40.3 2011/02/19

6: We would start with the Christian concept of ascension. The act of leaving the third density while in one's body and going elsewhere is called ascension because in the Old Testament and the New Testament, those of seemingly greatly advanced wisdom or love were able to be taken from the Earth. We note Elijah and his whirlwind and Jesus and his cross. Therefore, it is considered that they ascended in their bodies.

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

floor and remove from yourself the concept that you have of who you are. Take it down, my friends. Take every concept away and just allow yourself to kneel before the love and the light of the one infinite Creator.

48: As you allow yourself—the concept of yourself—to melt away, you become an empty vessel, shaped to hold the love and the light that you find pouring into you in that inner room.

50: When you have emptied yourself so that you can hold the gift of love and light, you are in the position of the one known as Jesus the Christ when he knelt down in the garden of Gethsemane and said, "Not my will but Thine be done."

63: If you wish to serve with unconditional love and yet seemingly those around you do not wish what you have to offer, where do you go with that?

67: The blessing of not being understood or accepted for precisely who you are is that it moves you to a deeper place where you offer that self to the lover of your soul that is the infinite Creator. In your grief, there is a beauty that is unmistakable. And all we can suggest to you, my brother, at this time is that you focus on the blessing of this situation and allow it to sweeten you as it humbles you.

36.2 2007/01/21

5: Most entities involved in violence, whether personally or on behalf of a group such as a nation-state, are not habitually in a state of rage, anger or other violent emotions. Most have responded to the need to defend that which they hold dear. In the end, many involved in violence on behalf of their nation-state die attempting to protect their loved ones at home and the safety of the home environment.

6: While there are those who delight in violence and look for opportunities to be cruel and destructive, by far the majority of entities upon your planet strive towards goodness, truth and beauty and do not love violence or the dark emotions that surround the physical acting out of aggression against fellow human beings. Your entire planet has a population with ideals and intentions that are far purer and more positive than the actions which they undertake might lead one to believe.

10: Into this atmosphere and this environment you came, as the one known as William said, "trailing clouds of glory,"2 from a place of perfect love into the violence-strewn environment of Earth as you find it this day. The clouds of glory depart, the veil falls, and the young child begins to wend its way from absolute unawareness, unconsciousness and ignorance towards consciousness, awareness and understanding.

24: It is helpful to have that outer machinery of the structure of the Creator above and you below so that you can lift your hands up in supplication to a forgiving and loving Father and ask for forgiveness. Yet, in truth, this process is internal and the Creator you ask for forgiveness dwells already in your heart of hearts.

31: Consciousness is, at base, precisely the same in all of you. And as you move into more and more maturity, spiritually speaking, you will begin to discover that consciousness is impersonal, carrying the nature and quality of the Creator Itself which is the Logos or unconditional love. Each of you has this consciousness and works, either fitfully or steadily, with this consciousness in moments of insight, in dreaming, and so forth.

37: You are able to walk your talk. And this exercise, too, strengthens and changes the energy body so that it more efficiently is able to allow the love and the light of the one infinite Creator to flow through into the heart chakra, where lies the stunning mystery of the one infinite Creator.

44: It is good, in terms of lifting your vibrations from day-to-day, to ponder and remember these wonderful ideals of truth, unconditional love, beauty, hope, charity, justice and fairness. It is good to invite them to be through you a beacon unto the world.

49: When you go to graduation you shall not have a grade of 10052: We ask you, then, not to dwell in judgment of yourself or others. You cannot help being judgmental and we do not discourage the practice of judgment. We simply ask that you begin with the judgment that is inherent in your nature as a human being, but that you do not stop there. Move forward into the blessed light-strewn fields of the Creator and invite the sunshine of wisdom and unconditional love as you find ways to spend your precious energy and your precious time within the school of planet Earth.

59: We share also a great love and affection that passes be-

tween each of you and us, and that, too, is a blessing to us for which we are most thankful. And the blessing of being with you and of seeing the beauty of your articulated energy is wonderful. We are amazed at the courage and the goodness within each of you.

36.3 2007/02/04

11: My friends, you are a focus within which the Creator can know Itself. You are precious. Think of the value of a rare gem and then realize that there is only one of you. How precious are you, my friends? How exquisitely beloved and dear to the one infinite Creator you are. Feel the love that surrounds you and interpenetrates every cell of your body.

17: When you ask yourself what to do, open your eyes and see what it is at which you look. What you see before you is the gift of the present moment. And as this instrument often asks, "Where is the love in this moment?" This is the starting place for everything, this present moment. And not just this one as this circle sits in focused sacredness but every moment of every day.

24: You dwell in a universe in which all things whatever are connected and knitted up together in love. That which you know that you are is interpenetrated and surrounded by that which you know not that you are; that remainder of your whole self that ultimately includes every iota of consciousness in the universe.

25: In a very deep sense, that point of light and love that you are, metaphysically, is the realest thing about you and the realest thing about all other points of energy masquerading as human beings that you shall meet in your lifetime.

27: As you move into the everyday activities of your daily life, leaving this domicile and going back to your own, moving on with those patterns which are in progress in your life, encourage yourself to continue to feel the connection between yourself and all other consciousness, especially the points of consciousness with whom you have had moments of real connection during this weekend together. Let that feeling of family, validation and support linger and be a part of your heart. Know that you are loved and allow yourself as a point of consciousness to continue to drift and observe your feelings, your thoughts, and your biases.

41: There are many levels of choice. The fundamental level is the choice of polarity. And in the choice of polarity, as you were studying this weekend, you may see the figure of the Two Lovers or the Transformation of the Mind with the tug present—not one tug greater than another but two equal choices.

53: We are those of Q'uo, and are aware of your query, my sister. When any two entities who are aware that they are spiritual beings choose to seek together, there is created immediately an oversoul made up of their two incarnate energies connected to their guidance systems. In many cases, also connected to the entities and their guidance systems are the families or social memory complexes with which they have traveled to be of service to this planet. Consequently, even a two-person oversoul may involve an enormous family gathering if you look at the structure that has been created by the dedication in love and service to others of two beings who are aware of their opportunity to choose.

54: This may be seen not only to be helpful in and of itself but also to constitute a gift to the planet, to those about the self upon the planet and to the Creator. This is because it is a reflective and interactive universe and when two entities vibrate together in love, that vibration awakes a resonance within those not only in the seen realms but in the unseen realms which are vibrating at that level. The end result of entities forming connections with each other and with larger groups is the shift of consciousness of the entire planetary population. Therefore, it is big work that you are speaking of doing when you ask this question.

61: It is not that you are preaching to them, "This is the way to live life." You are simply radiating the love and the light of the infinite Creator. Whose pathway you have made straight and clear and flowing in the transparency of your personalities.

36.4 2007/02/11

12: The one known as Jesus the Christ felt a sense of urgency, as did the one known as John the Baptist. The apocalyptic content of their messages is substantial as it is given in your Holy Bible in the New Testament. That is how long people have been sensing the need to alter and shift their consciousness and the consciousness of the planet which is the location of their beloved home and of the tribe of humankind of which they are a cherished part.

43: The fourth density is the density of love. But it is also called the density of understanding. What is happening to entities now is that that which is in their thoughts and in their unexamined assumptions is being mirrored out to them in everyday life for them to see clearly. They no longer have so much of a cushion of easy untruth because if they are awakening spiritually there are forces within them that have determined and intended to challenge those unspoken assumptions which are not serving the greater good.

49: This is not an easy time because of these factors. As the song before this meditation says, entities may often be standing knee-deep in the river of love and light and dying of thirst because they do not know how to scoop that life-giving liquid up into their bodies, their minds, and their spirits. How do you crack up an earthly life and let the sun shine in?

61: So, it is in your hands. There are waves of energy coming at this planet that you so lovingly enjoy each and every day, every month, quarterly, yearly, and at times which are irregular but based upon time/space events rather than space/time events. In an irregular manner, however, they also offer unique and sometimes highly discomfiting waves of energy.

63: Remember who you are and why you came here. Remember what it is that you think you want to do in order to serve. And then look that shadow side of yourself, that has been flung up against your eyes, straight in the eye, thanking it for the gift that it is, and realizing that it is not the truth of you but it is a portion of the truth of you that you have not examined and therefore that you have not brought into the light and the love of your heart.

67: Let the time be now. Come to the river, as John the Baptist had it in the New Testament, and offer yourself to his rough ministrations. Make straight in the desert a highway for unconditional love. Repent and return. Repent of your ignorance and return to the truth as you see it, know it, ask for it, and seek it.

68: You need never be satisfied with where you are nor need you ever be unsatisfied. You are on a long, sometimes arduous but always powerfully exciting journey. Once you realize that you ride forth as a knight for the light, may your banners shine. May they speak of love, beauty, truth and compassion. May you polish your metal, that armor of light, with every decision you ever make to try to do your best and to serve the one infinite Creator.

73: We are those of Q'uo, and are aware of your query, my brother. It is indeed the design of the guardians. However, it is automatic. Given that the energy of this planet is one which yearns towards love and light, there will be an automatic cessation of the time lateral, as we said, around the penumbra starting in 1998 and going well past the precise moment when the planet itself transits into a space/time position which is different in the emission of light it receives.

82: What you are doing here is so important in terms of your extended work. You set here the benchmark of choice which you cannot do in fourth density, fifth density, or sixth density. We would not wish for any to be lost and indeed it is impossible for any to be lost. There is no hell deep enough to lose the love and the light of the infinite Creator. There is no prison whose bars can keep you from the love and the light of the infinite Creator.

36.5 2007/02/18

8: What is the nature, then, of these vibratory patterns that arrange themselves hierarchically so as to create orders of magnitude, creating everything from the atoms and molecules within the cells [of] your body to the star systems within your galaxy? We of the Confederation of Planets in the Service of the Infinite Creator have identified the nature of these hierarchically unitive and harmonious energy fields as

being that of love.

9: The energy that created the stars is that of love. The energy that created you is the energy of love. That does not define love, for if love is all that there is, there is nothing to which to compare it. There's nothing from which to contrast it. In its undistorted form it is forever a mystery, unable to be plumbed by centers of consciousness which are aware of themselves. The truth of the universe lies most profoundly in the unknowable reaches of the mystery of the love and the light of the one infinite Creator.

10: Yet the universe is unitive. And it is unitive in a certain way. It is unitive holographically. Any one spark of the infinite Creator contains the entire nature of the one infinite Creator. Every cell of your body sings the song of the one infinite Creator. The suns in their courses sing the song of the one infinite Creator. There is fullness to the universe that is intense, as if every particle and iota of the universe were stuffed to bursting with the love and the light of life.

17: If the Creator is infinite love and infinite light, and if the creation is evolving continuously forever, then there is continuously more of truth than there was before. Consciousness is continuously expanding. The problem with any dogma, then, is that it cannot re-form itself to hold the new truth that is flowing forth at every moment from the creative principle.

21: Many churches and many different religions decide to bypass the intellect and rest upon the opening of the heart. They engage in song after song that praises the one infinite Creator within the language and clothing of that particular religion. Their members are perhaps encouraged to pray out loud and to become ecstatic. And in the surging of the rhythmic cadences of the songs, in the prayers and the praise, the love and light of the one infinite Creator seem palpable. And therefore the experience of those seeking the Creator in these ways has a certain amount of purity to it which is missing from those more intellectually organized religions where the mind is the tool used to probe at the meaning of life, of what it is to be a human being and what it is to serve the one infinite Creator.

22: Interestingly enough, love is the one great force that all entities know intimately, but which resists definition completely. And indeed, to attempt to use words to describe love is to attempt to build a great edifice out of pebbles.

23: Love is all that there is. That one Thought is the creation. And you have a port on the ocean of that Thought in your heart of hearts. Therefore, you are as equipped as any entity in the universe to seek the one infinite Creator. You have primary access to the direct experience of the Creator. 28: And as you live out your life you discover what you are learning as it shows up in your thinking. And many are the epiphanies and "aha's" of a spiritual life in which the seeker is content to let this teaching occur mostly in the silence of meditation, contemplation and the deep resting in whatever practices create for you personally a sacred chamber in which to tell the secrets of your heart to the loving ears of the one infinite Creator.

30: Entities who give themselves over to a religion and accept its dogma simplify their path in a certain way. And if they are able to dwell within that simplified structure of thought without falling into the trap of judgment of the self and other selves when they do not believe as do you, they are very likely to be able to use that religion as a way to the infinite Creator that works well. For each religion teaches the basic love of other people and the love of the one infinite Creator. And if an entity loves the Creator and loves the neighbor as the self, however that is put, the path to graduation from third density is clear. The choices to serve others has been made. The work is good.

31: More and more, however, as entities have matured after many, many incarnations within third density, entities find themselves unable to restrict themselves to the dogma and the canon law of a particular religion. And when entities find themselves unable to do this, then they are set on a new path, a path of their own choosing, a path which they will create themselves. Any entity can create within himself a way, a truth, and a life if he begins and ends with love.

35: This entity's stories and parables were about simple things: being a peacemaker; understanding that he who loves the prisoner, the orphan, the widow, is loving Jesus the Christ; understanding that he who feeds the hungry is feeding Jesus the Christ.

at this time is indeed an artifact of the changing energy at the waning of light in third density and the dawning of light in fourth density. Fourth-density light more and more interpenetrates third-density light and, as we said in response to an earlier query, this light is loaded with information. It is the light of love and understanding and the burden of information that it carries is heavy. It carries more truth than third-density light. It carries more truth than third density can use comfortably. This means that those who are already awake and already seeking are now seeking under more of a strain than they might have, say, thirty or forty years ago even, and certainly more than one hundred or two hundred years ago.

47: So, yes, there is every reason to feel more tired than usual, to be weary with the world's heavy energies. And yet you came here to serve. This is the moment for which you sacrificed so much. Now you are here. Now you are on the ground. Now you are in the midst of the fire, and it certainly is wearying. Yet comfort yourself with the knowledge that you did not come here to fix things. You came here to love things—to love yourself and to love those around you, to love all of the tribe of humankind and, above all, to love the Creator.

59: Energy expenditure, especially when it is devoted to the energies of self-judgment, self-criticism and a lack of self-forgiveness, are energies that are unwisely spent. Once those energies are dedicated to self-judgment and related energies, those energies are no longer free to be used for love's service. Consequently, although it may seem difficult to do at first, we encourage you at all times to come from a place of being self-forgiven, in full knowledge of your worth and with no tendency towards self criticism.

61: The energy expenditures that you are called to are those of love. That is why you came and that is why you remain. You are not yet done loving this planet and its people. Consequently, waste no time in judgment on yourself or on others but only spend your energy on the inner planes for those purposes of dedicating all that you are and all that you have to the service of the one Creator; to being that entity of love that you intended to be when you chose to come here.

65: We are those of Q'uo, and, my sister, you have no idea how much that pleases us. We wish you and all of those in this circle of seeking a very Merry Christmas also, for this is season of love, love unutterable, love undefiled, and love forever true.

75: The enlightened ones will choose different examples for different areas of interest. To one who seeks in a spiritual sense, the enlightened being might be a religious figure or a spiritual figure such as the one known as Jesus the Christ or a beloved minister, pastor or priest. It might be a guru, a swami, a shaman, or a practitioner of magic. It depends upon the culture as to what is seen as spiritual and what is seen as enlightenment.

85: You cannot feel that you are one with all. You seem to be quite separate. You cannot feel that you are a creature of love. Sometimes you feel like you are and sometimes you feel like you aren't. Yet, my brother, you are indeed a creature of love. And as a creature of love, you came into this miasma asking yourself to penetrate it enough to remember that you are a creature of love and that you wish to behave as though you were, so that your energies are those of love, compassion and forgiveness.

40 2011

40.1 2011/01/22

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

indicates an overwhelming desire to be part of the harmony, the reciprocity, and the balance of the dance.

20: Yet we may offer thoughts about who that third member of the unity of the Creator may be, for the one known as Jesus, the Christ, related to the infinite Creator as "Papa." In the Aramaic language "Abba" does not simply mean "Father." It means "Daddy" or "Papa." It is a name of great affection and love. When the one known as Jesus the Christ gave over his will to the one infinite Creator, he gave over his will to his beloved "Daddy." This was His perception of the Creator. 22: Yet there is great truth in this relationship for all because, from the standpoint of what this instrument calls the Law of One, the Creator is indeed a "Daddy," a near and loving Father, or shall we say a Parent, for there are very feminine aspects of the Creator in that the Creator birthed the stars, the planets, the suns and moons, as well as each and every particle and iota of life within the infinite Creation. There was no female deity to give birth; the Creator birthed his Creation in an act of combined fatherhood and motherhood. 23: It is very convenient to think of the Creator with a sexual connotation of "Father" or "Mother," yet we would suggest to you that the mystery of the Creator is both and neither. The Creator is both a Father and a Mother in that the Creation is the result of the attraction between free will and the essence of the Creator, which is Love.

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

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

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

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

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

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

a Christian, it is meaningless to say that. And we would not press that upon you. But we wish you to see that the power of the name of Jesus the Christ is a power that is not conditional upon any belief system. It is an inherent part of that entity who Jesus was. He wished to be and he became the exemplar of unconditional and absolute love.

15: Each of you, my friends, has a stable. It dwells within your heart. Do you visit it often? Do you enter and feel the rough straw under your feet. Can you smell the warm, intimate odor of hay, dust, and warm animals? Can you see the tiny infant who came because he loved and wanted to love us, held in his mother's arms? And can you picture your own spiritual complex as an infant within incarnation, so young, so fragile and so tender, so vulnerable?

16: And do you have the love of Mary, to pick yourself up and rock yourself and give yourself the opportunity to take on the cloak of love? Can you encourage this being of love that is your spirit within to grow and thrive and blossom? Can you help that baby within you, that baby-spiritual-self, to become able to look upon a world that is often dark, often chaotic, often incomprehensible, and love it?

17: The world would have you judge it. Jesus the Christ would have you love it. There is nothing further from the minds of those who rule the political scene than encouraging love, opening the heart, and nourishing the soul of love within every human being. And yet, at this particular time of year, people all over the globe are seized by the infectious image of the infant Christ, Lord of Love, utterly dependent upon Mary mild, lying in the rough straw of a manger, sharing [the stable] with the beasts of the field and the shepherds, while above that stable floats the star of hope.

19: We encourage you to spend more time during this season in your stable, on your knees in the straw, happy just to be near that part of yourself that is your infinite and eternal soul and spirit. You are not a babysitter. You are not a nanny. You are Mary, regardless of your biological sexuality. You have come into this world to magnify love, to be a focus for the infinite love and light of the one Creator. In all of the civilization that produces corporations and military war and [in which] aggression flows around you as the rivers you experience within the world yet they cannot drown out the voice of love.

20: Recall again [what] the one known as John said, "A light shines in the darkness and the darkness cannot put it out."5 This is the season of darkness, the longest night of the year is about to be experienced; a magical time, the time to give away all of the negativity to the dark and embrace the light. Do not simply ride into the light on the coattails of someone like Jesus or your guru. Realize that to Jesus, all of you are sons and daughters of the one infinite Creator. Jesus expected each of those who followed him to take up the cloak of Christhood and become voices of love, thoughts of love, hands and feet of love, wills and intellects of love. This was a wise and compassionate human being, a being that drew unconditional and absolute love from those who followed him. Imagine the surprise and consternation of simple fishermen being told, "Come, I will make you fishers of men."6 Imagine the humble tax collector planning his next raid upon some poor farmer being called from his tax collecting to serve all of humankind.7

21: Yes, they were startled, but yes, they agreed, taken in by a wild and almost unbelievable concept; the concept of unconditional love. How long had it been since the fishermen and the tax collector had given real value to the interior life? How many years had they lived without thinking of themselves as "spiritual"? It took one charismatic figure to awaken them. And through the centuries nothing has awakened more people than the infant Jesus lying in a manger, bathed by the light of the star of hope.

23: You put the light out yourself when you doubt yourself, when you criticize yourself, when you judge yourself, when you feel that your self-worth is low, that you could do better, that you could do more, that you could do other, that somehow you must find a way to serve. My friends, you are serving now, in this very moment. Insofar as your heart is open and you love those whom you meet and allow them to love you, you are on track for graduation from third density and you will do it with ease, because it is all about love.

24: There is an element of the everyday that bleeds into magic. It is only a woods, it is only a forest, yet there are fairies in the forest, there are nature spirits in the woods. It is only a sky, yet there are mysteries in that sky that scientists

have not been able to explain. When humans gaze into the tiniest thing, the atom, they discover new mysteries. In trying to explain electricity they run up against more mysteries. Attempting to explain gravity, scientists bolt headlong into that which puzzles them. They are able to explain the effects of energies within the Creation but they cannot explain their nature. They use what they do not know and the creations that they make are so astounding that they have changed the world completely. But only love remains as it always has and it always shall, for it is a universe made entirely of love.

25: So enjoy the lights of Christmas, for they are brave against the darkness all around. Enjoy the giving of presents and the receiving of them, for they are love given and love received. Enjoy the opportunities kindly drummed up for you by all the non-profits who want your money so that they can be of service to others—people like the Red Cross and the Salvation Army who serve day in and day out, year in and year out. Enjoy giving and know that there is a fundamental rightness to all of this because it all remembers one tiny entity who could not speak, who could not act, but who entered his incarnation loving everyone.

27: You do not have to know the details of your entire soul stream. All you need to know, my friends, is what Jesus offered in the stable—love. Feel the angels hovering close at this time of year. Feel every kindly spirit in the unseen realms moving to that stable and in your heart let the, "Hallelujah, Hallelujah, Hallelujah," ring until you glow from within. Then your stable is doing the job it came into your heart to do. Then shall you be heirs apparent of the love and the light of the one infinite Creator.

39.17 2010/12/25

5: We thank this instrument for caring about us, as we are intangible, yet it is a very sweet thing to be loved and remembered even by those who are unable to see us. Yet we know that you feel us and hear us and we appreciate that tremendously.

14: This is counter to the work ethic of your culture. It is seemingly obvious to casual thinking that entities who come from other densities to the earth density to serve are coming to serve in an outer sense. But, my sister, this is often not the case. Indeed, the majority of those who come from elsewhere to Planet Earth come to lighten the consciousness of Planet Earth by holding their hearts open and allowing the love/light of the one infinite Creator to move through their energy bodies into their hearts. And when their hearts are fully open they are able to bless that energy and send it onwards, not only with the infinity of the Creator's light but also with the very specific blessing of one spark of the Creator, which is that wanderer on Earth. As that wanderer moves through all which it must move in order to keep the heart open and to bless that light and dedicate it to the service of the entire planet, that wanderer is fulfilling his purpose completely.

16: All wanderers come to lighten the darkness. Some come for other work as well. So it is unknown to us without probing further as to what any wanderer's particular chosen work before incarnation might be, but it is known to us that all entities of whatever origin have one basic purpose and that is to love, to seek, and to share the love and the light of the one infinite Creator.

34: Love and light to you, known as Q'uo. I do have a question regarding our sun, the star sun. There has been some activity of fleets or crafts in and around our sun in the month of November and I was curious if you were aware of them and if so if there is anything you can tell us about that.

36: Therefore, for us to evaluate it from our point of view we would simply say that your sun is evolving as it should and as it must as it moves through its densities in this octave of evolution. From your point of view, however, it is certainly alarming to see the activity change upon your sun and we would simply say that the more that one is able to live by fourth-density values such as compassion, understanding, forgiveness and open-hearted love, [the more] the physical vehicles connected with each of you will be able more sturdily to deal with the qualities of the light of your sun as time goes on.3

40: We thank you my sister, and we thank you for our Christmas present, that you wished us love and light. It felt wonderful to us and we thank you for that.

44: We are those of Q'uo, and are aware of your query, my sister. My sister, the weariness which spiritual seekers feel

36.6 2007/03/18

20: Therefore, in our opinion, the use of this construction is a positive thing. We believe that the worth of that game, in the end, will speak for itself. For in the end, one sees a majestic, rainbow-colored structure of spiritual evolution that begins with this choice. Making this choice is the key to the spiritual development of each seeker for many, many lifetimes to come. And when this instrument chose to create this book, her desire was to get the information across in a simple manner. Consequently, we would encourage this instrument to persevere, without doubting the self, to strive for excellence and to tell the story truly and honestly. The story of love is worth the telling.

32: We are those of Q'uo, and are aware of your query, my sister. That which is occurring to you, my sister, is a result of what we might call the thinning of the veil, as you have made the choice to awaken and to live life consciously if you can. When such a decision is made, and then when the decision is followed by a persistent series of ethical choices that bolster this decision to be alive, to live from the heart, and to espouse the values of unconditional love, in time this creates an entirely different inner environment within that entity who was before comfortably asleep and is now wide awake and alert.

36.7 2007/03/25

14: In the first place, the reason that you have power is that you are a portion of the one great original Thought, a spark of the original fire, a glint in the Creator's eye. You are a focuser and a station which receives and transmits vibrations. You can receive from the world of space/time and you can receive from the world of time/space. You are very sensitive instruments, holding tremendous power, the power of unconditional love, that love which created all that there is, which created you, and which would create children through your use of sexual intercourse if you so desired it and made it possible through your own sexual intercourse with your mate.

18: Indeed, for the untutored entity who may indeed be fond of this lover, or even have decided to marry and take a spouse, these orange- and yellow-ray activities of personal relationship and legal relationship are not yet enough to create a true energy exchange. The only kind of energy exchange that is possible at this level is a one-way exchange from one entity to another. This has been experienced by many within personal relationships and within marriages.

21: And so the couple that wishes to express sacred sexuality and to become entities who serve in a certain way in the environment of planet Earth agree together, very consciously, to set forth on a journey together in which they woo each other with true affection and patience, in which they see the Creator in each other, and in which they feel the power of the Creator's love and the Creator's light. Each mate dedicates itself to loving the other unconditionally.

23: When true affection has been established in a sexual relationship and when that sexuality has been dedicated to the Creator, to each other, and to planet Earth, then the path of progression, for a sexually maturing mated pair, is to spend a good deal of time working with the blue-ray energy of communication. Each entity that is involved in personal relationships and sexual relationships is an oddity, a one-of-a-kind item. That is why entities are so specific about whom they love. They become used to a certain flavor of being that this entity exudes or vibrates. And so they prefer that entity's company.

31: What the feminine offers is the inspiration from spirit. That is the other portion of that male expression of strength, power and virility. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. For you see, the woman, unlike man, is possessed of a direct route or connection to the womb of, shall we say, Mother Nature or the red-ray energy of planet Earth.

44: We would suggest that it would be helpful to look for the positive gifts of the one known as Mohammed in the mysticism of the Sufi's, just as one may most likely find the most positive aspects of the Old Testament writing and prophets in that small circle of entities who have worked with the Kabala to develop the Tree of Life. In both cases the outer husks of religion, the dogma, the exclusiveness, and so forth, have been cast aside to get to the heart of the fruit of spirituality which is the same in any religion or system of worship.

And that is simply the adoration of the one infinite Creator by the creation that has been made. The Creator responds with Its adoration for that which It has created. This combination creates an infinite atmosphere of unconditional love. Those who focus down to this point from any road, whether it be Christian, Jewish, Islam or any other, are doing the same good work.

59: These were unique in the creation of languages upon your sphere because of the fact that most languages have been created by those who wish to do business. And therefore the whole vibrational energy of words in most cultures is not that energy of sacredness, at least not consciously. Certainly, when these sounds are brought together into inspiring speech or ineffable singing, once again the human heart can begin to hear the sacredness of sound and the power of the human breath to express the love and the light of the one infinite Creator.

60: It is well to sense the self as a priest and to know that each time you open your mouth, you have the power to judge and you have the power to love and forgive. Using your voice sacredly is a great service.

36.8 2007/04/08

17: This instrument prays every morning, "Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart.2"

35: When you face the darkness within you, you can ask it to work for you. You can say, "I need you. I need you, anger. I need you, grief. I need you, all seemingly negative emotions, because I need to persevere. I need to keep going. And you are my grit. You are my resolve. You are the iron that strengthens my will and encourages me to return to my faith. Come with me on this journey. Let us, dark and light side, worship and love the one infinite Creator in its mystery."

36: These actions will bring you ever more peace and serenity within yourself. As you acknowledge and embrace your imperfections and task them to help you be better and to help you become that which is ahead of you to become, what have you in mind to become if not that entity which is ever more polarized; more full of the love and the light of the one infinite Creator?

40: It is not only those from outside the planet or the planetary influence which have contributed to this effect of time dilation. It is also the many, many light-workers who, for the last half century and more, have joined the ageless community of those who meditate for the good of planet Earth, with very specialized agendas having to do with their being wanderers coming into Earth incarnation in order to help shift the energy from one vibration that is third density to a higher vibration that is more full of light, denser with the love and the light of the one infinite Creator.

36.9 2007/04/14

24: Again, we cannot know the outcome of that which is completely at your free will. We can only tell you that the probability/possibility vortices have greatly opened in a favorable way within the past generation or half century of this planet's history. Things look hopeful, shall we say, that the rapidly increasing awareness of the need to choose a better way than strife for relating to one's fellow beings is needed. And as this realization spreads and as the hunger for true peace, union and love among all people grows, there is very likely to be a positive outcome at the end of this time lateral.

39: For you are one with the Creator. And that goodness and love which is the very nature of creation is at the heart of every cell of your body and every atom of each cell. Your very nature vibrates with the infinite love and light of the one Creator and you are a Creator in your own right, not greater than any other Creator but able to choose your reality and to see it into manifestation.

41: It is the hope of many who watch this experiment with interest that entities shall become so on fire with love and so able to share that love in a pure way that does not create exclusion and the tendency to form cliques or to isolate themselves from others who think differently, that, in one sweep of relatively short time, the planet will come alive with the realization that it can, as a whole, find a way to express the love and the light of the one infinite Creator in a way that is

more congruent with those fourth-density energies that are already a very big part of your third-density experience.

46: However, far below the level of conscious awareness, you are more and more aware of your power, your truth, and your beauty. The thinning of the veil has been occurring for some time, as these energies interpenetrate more and more. At this time there is virtually nothing of third-density energy left. There is just enough energy left for a few more of your years in which entities can make the choices that will place them in a position to be able to graduate from third density to the density of love that is your fourth density.

51: However, under the influence of the union of what you would call male and female energies, there is, in that state of consciousness that involves mutual love, each for the other, the possibility of moving into sun bodies in order to express the fusion energy of sexual congress: light to light and love to love. That energy cannot be sustained and so when the expression of love has been concluded, fifth-density entities move out of that level of vibration and into their fifth-density physical bodies, shall we say.

56: We would not rate one strain of pursuit of the truth as being more worthy than another. We note that some entities are drawn to intellectual discussion and contemplation, while other entities are more drawn to a pure emanation of love. Other entities are drawn to expressions of power and wish to align themselves with that power.

73: In our opinion, working with the energy body is working with a structure which is made of feelings and ways of expressing feelings. When you are successful in keeping your rays open, then you become transparent to the energy flowing through. So it is not that you are doing anything when you have cleared your chakras but rather that you have become an instrument, a wind instrument to be exact, so that the Creator may play you, may blow the wind of spirit through your instrument and you then create a song, a melody of love and light from the impression of spirit upon your instrument.

78: What you are attempting to do in opening the heart is not to leap from the heart into indigo ray but simply to find yourself able to use the resources of the heart chakra which make work in consciousness ever more possible. As that heart not only opens but is persuaded by the constant tuning of the individual to stay open, more and more, finally there is a habitual default setting of open heart and dependence upon the concept of love and a need to be a part of the principle of love and light upon planet Earth.

79: In such a way shall you be able to keep your system open and ready to speak the words of love, to sing the melodies of wisdom, and to reach out, hand to hand and heart to heart, to each other, as you practice being one in love.

36.10 2007/04/22

6: At the same time, the shape of this journey is somewhat complex because the energies that you carry are all of the energies that there are. You are a holographic bit of the one infinite Creator, so that in every cell of your body the Creator is at its heart. The Creator is also at the heart of your life, alive, as this instrument would say, and well, waiting in those sacred chambers of the inner heart to be discovered and to be used as the resource and asset that unconditional love always is.

26: Therefore, in general in doing such subtle work, you basically know that you have finally become balanced on that one piece of catalyst when it occurs to you again, or it occurs to you in memory, and your only reaction to the memory or to the occurrence is to smile and say to yourself, "I remember that lesson. I think I really have learned that lesson and all I feel for you, piece of catalyst that you are, is love."

46: It is a real challenge to take oneself seriously when the veil is so thick. Further, it is difficult to take oneself seriously when one makes so many errors, at least self-perceived errors. And yet, beneath the thoughts and the judgments and those surface details of your personality lies a part of yourself which you share with every living being in the universe. You share the consciousness of unconditional love.

47: This consciousness you have in common with all souls. As the one known as A has noted recently, this is a spiritual democracy. You are precisely equal to all other souls. You are all a part of the infinite Creator. When you are attempting to form a rule of life, as each of those present in this room is attempting to do, let the heart and the soul of this rule of life

be love. Let the center be consciousness.

48: What is consciousness? In your spiritual writings, there are various ways of looking at what the ground of being really is. In this instrument's Christian faith the ground of being is embodied in a person, the person of Jesus the Christ. And this entity carries in his story the vibration of unconditional love in a way that anyone can understand, at least in the broad strokes of giving up one's life in order to serve others and to make life richer for others.

52: It is a good technique in working with a rule of life, also, to reflect upon those moments that come to you where you feel that something important or momentous has occurred in a vibrational way rather than in a verbal or conscious way. When you sense these moments, take the time to move into them more deeply, to rejoice in the gift of the present moment, and to use that moment of inspiration further to dedicate yourself to the love and the light of the one Creator and to being agents for that love and that light.

36.11 2007/05/06

12: Yet, an entity which is a part of the godhead principle need be concerned only with controlling himself. The work of the spiritual entity is always upon the self. The seeking of a spiritually-oriented entity is always an inner seeking. It may well be that the processes of seeking bring the seeker into community with those who demonstrate unconditional love, and that is a great gift.

18: Control helps you—or perhaps we would use the word discipline—discipline helps you to maintain the focus of who you are and why you are here. It is not that this discipline is a judging discipline or an attempt to whip yourself into shape. You are not here to judge; you are here to love. And so the work of each and every seeker is primarily and fundamentally the work of being.

23: The more time that you put into resting in your beingness, the more you will become aware of who you truly are and how powerful a being you truly are. And when you sense that power, then of course you want to use that power rightly and that calls for every discipline of the personality and makes such disciplines attractive to you. When you find the center of your power, that creative energy that made all that there is, then truly you wish to use it well and to use it wisely and to use it lovingly.

37: We shall not speak. We shall simply be with you and you will feel the unconditional love of our vibration. But there is more to it than that, my sister, as you well know. There is in the world of spirit an enormous amount that can never be said in words and while we are using this instrument to create words that hopefully will have some small use to you, we are at the same time doing a much larger job and that is simply to communicate with you in silence—in the silence between the words and underlying all speech. We are sharing with you in that silence those concepts that cannot be brought into words and language without a tremendous amount of loss. As if you were trying to give someone a beautiful gift and it was this round ball of beautiful concept and yet, when you attempt to bring that concept into words, it is as if you have taken the string that has made that ball and pulled it out, so, in a linear fashion, you can see the thread that made up that ball. It is a long and tedious process compared to the wholeness of concept communication. And that is what we hope to offer those who call upon us any time.

38: Yet always, our first gift is that of loving and being loved, for we feel your love of us also. So love is reflected in love and the Creator's concepts flow from metaphysical instruments such as we into your heart. We hope that you will enjoy our company for we assure you, my sister, we greatly enjoy yours and are privileged to be called to you at any time. And this goes for all who would call upon us or the entities of the Confederation in general. By all means, make use of us for we are here for only one reason and that is to interact with you at this time when you are trying to get your spiritual feet under you and to make the difference that you came here to make. And may we say, my sister and all, you cannot fail, you cannot err, because as long as you breathe in and breathe out and love, you are doing what you came to do and you are doing it very well.

feel comfortable inside your skin at last. Ask for help. You know we are there and you know many others are as well.

39.15 2010/11/27

0: [overview] Y: This question is about catalyst. We know from Ra that a catalyst unused mentally and emotionally manifests in the physical body as an ailment. I am experiencing a repeated pattern of pelvic misalignment and lower back pain. I see that the cause of it lies in my difficulty in expressing my true nature, which is love, compassion and appreciation toward other selves.

11: Before the incarnation began, you and your higher self carefully placed within that incarnation relationships, gifts and challenges that were designed to help you reduce distortion within your soul stream. You hoped in this lifetime to discipline your personality by bringing it more into balance with itself among the three energies of love, wisdom and power.

13: Others have an opinion of themselves before incarnation, when there is much more information on the full self available to them. They feel that they have been too much in the heart and have not attempted to learn the ways of wisdom. Often those who are wanderers, that is, [who] come from another density elsewhere in the creation of the Father, will find themselves to be uninterested in wisdom and interested only in the keenest and most compassionate love. Yet this is somewhat of a distorted balance, for compassion and love are balanced by wisdom so that there is compassionate wisdom and wise love.

14: There are also those who are concerned with that called power, which is created in love and in wisdom by the discipline of the personality. When an entity has become very disciplined, the issue then becomes the right use of power. And that may link either into love or into wisdom or into both. So it is difficult to offer one blanket statement as to how incarnations work because there are these three elements upon which it is possible to base the incarnational lessons of a lifetime.

21: Why do people put such roadblocks in their own way? It seems counterproductive to stop the self from activities that seem service-to-others in polarity and a comfort to the self to perform. The reason is the desire of the self before incarnation to work on the balance of love, wisdom and power. There is that hope that such measures as the falling into illness and being unable to do physical activities will create an atmosphere and an environment in which the inner work may better be done. The self can still, through the action of free will, refuse to do that work. Yet the opportunity to do the work is provided by the illness.

29: As this applies to the orange-ray chakra and to the relationship of self to self, you may see yourself as an entity with many voices within her. There is the voice of your mother, your father, the voice of your teacher and another teacher and yet another; a voice of a friend, a lover, a mate, a child. All these possibilities are valid for you. They feel like your own voices. They feel like your own personality. But you have instead learned them because they were in your ear for long enough for you to begin interiorizing other entities' concepts of you, other entities' opinions of you.

33: Somewhere towards the end of the day, find yourself a little time and a little space so that you may think over the day and ponder each trigger that moved you. Say you had a reaction of irritation and impatience. This kind of reaction occurs when you strike something that is buried within you that has caused you pain. To each observing soul within incarnation, the rest of the world is as a hall of mirrors. It helps you see yourself. When you react to someone else's behavior, you are reacting to that because you have not found it within yourself. You have not forgiven it. You have not asked it to work with you for the good, for the light, for the love of the infinite Creator. And so it remains in your shadow, unintegrated and unrecognized.

36: You do not do this by simply paying attention to the irritation and impatience. You move further than that. After you have focused on these feelings and really paid attention to your own pain, you then ask to experience the opposite of that emotion. Just as negative emotions are based in fear, so positive emotions are based in love. You're asking yourself to allow the dynamic opposite of patience and irritation to be felt by you with the same intensity that you felt the irritation.

37: You do not cause it to happen, but rather you allow it to happen by setting your intention to feel that and then allowing it to develop naturally. It may take some time at first but soon you will find that you have a knack for this and are able to hold in your mind the feeling of the fear-based emotion of impatience and irritation and the positive, love-based emotions of compassion and serenity. And when you can see both things and know that you are both things, a healing takes place concerning that particular [emotion]...

41: We would say to the questioner that it is well to come into a relationship with the self in which there is no fear, no tension, no judgment, and no tendency towards discouragement. The days of an incarnation are very limited and it is well to win freedom from the judgment towards the self that compromises that relationship of self to self. This instrument has often described the desired result of such work as falling in love with the self. When you are in love with someone, they can do no wrong. They might make an error, but it is a small thing. The essence of that person is so appreciated and seen in such a strong and clear light that there are simply ways to love that entity based on their imperfections as well as their perfections.

42: It is easier for the thoughtful and sensitive seeker to love another with that kind of romantic glow than it is to love the self with that same aura of deep appreciation and respect and yet, dear one, you deserve it. You have earned it over and over. You are worthy.

49: Above all, my sister, we would say to you that there is no punishment involved in physical discomfort, or emotional pain, or mental anguish, or spiritual dark nights of the soul. They are all environments, say, rooms into which you walk in which the energies offer certain gifts. If you take too literally the atmosphere in each room, you will solidify about yourself some version of the truth. We encourage you instead to remain open and fearless and, above all, non-judgmental as to the self. Rather than thinking about what you could have done or what you should do, think about why you are here, who you are and what you truly seek to do, to be, to manifest in this life. You have said that you have difficulty in expressing love. Express love to yourself. Work upon this within yourself. Work until you find yourself moving through an entire day without one single time that you say to yourself, "That was stupid, I didn't do that right." Let yourself love yourself. And if you can say to yourself, "I love you, I respect you, I honor you, I support you," you shall soon be able to say it to others.

39.16 2010/12/18

0: [overview] Jim: The question this evening has to do with the possible types of growth of mind, body and spirit that would be possible at this time of year in particular, with the darkness of the day reaching its longest at the twenty-first and light beginning to grow more strongly then with the worship of Jesus the Christ, who came with the message of unconditional love, overcame the death of the physical body, exemplified resurrection, the giving and receiving of gifts one to another, and the opening of hearts. Q'uo, is there any particular type of growth that would be more likely or possible at this time of year that we could encourage in our own being?

10: Remember that "in the beginning was the Word and the Word was with God and the Word was God," according to the gospel writer John. That Word, that Logos, was an active principle of unconditional love and so it remains to the present day.

11: There are many, many entities who never have been Christian and never will be Christian but who love the sayings and the parables of Jesus the Christ because of their purity and their clarity. Jesus' voice was a true voice of love. His last words included these: "Forgive them, for they know not what they do."

12: My friends, this is your situation. The tribe of humankind upon Planet Earth has never fully understood the heart, the outgrowth and the results of the things that they do. They have never understood how it could possibly be wrong to defend one's tribe, to gather resources for that tribe, and to defend it against all those whom they would interpret to be enemies. They have never grasped Jesus' simple teaching that all are one in love.

13: It is easy to say, "All are one in Christ," but unless one is

the most difference. And it never shows. In fact, the only way it shows is that when you are loving, love flows back to you from the most unexpected sources, ten-fold, a hundred-fold, and a thousand-fold. Love is reflected in love.

26: There is a reason to know and claim that all is well. It is a simple reason. The Creator is love. You are part of the Creator. And you are part of that love. Every humble task that you accomplish is also a spiritually vivid and living task. There is nothing so humble that it does not sing of the beauty of the Creator. The ways of spirit are not the ways of humans. There is no measure for service. All services are equal. If you clean the bathroom with love in your heart, it is as much a service as if you heal or channel or teach with love in your heart and indeed if one who teaches or heals does not have love in her heart, you who clean the bathroom are serving more efficiently, more efficaciously and to a higher degree of beauty.

29: A man may feel that he is on fire with a love of music and may achieve preeminence in his field and suddenly discover, after many years of being sure that his nature is to be a performer, that mechanical problems cause him to be unable to play any longer. Where is his service; where is his purpose?

30: It is important, therefore, to begin with the knowledge that faith alone can give [the assurance] that all is well and all shall be well, so that when your life takes a turn and seems out of control you know that your purpose and your service endure and are as close to you as your breathing. You cannot fail to be of service if you set your intention to do so. You can only fail to appreciate your efforts. We encourage you to appreciate your own efforts, to respect your own intentions even when they do not seem to result in the service that you thought was yours, for all things are of service to one who loves.

31: You may have no idea what the effect is that you have on those around you. You may have no notion of how you change people's lives because you smiled on the street with a smile full of joy and lightness of heart on a day when there was no light for that person, on a day when that person felt invisible. You do not know what you do, but you do not need to know what you do if you only focus on service in the simplest things, keeping your heart open, keeping yourself tuned. When you notice that you are not in a positive and vivifying emotional state, ask for help. There is an abundance of help. You've heard about "Calling All Angels" in your message before the meditation tonight in the song. Call them and thank them and ask them to help and heal, for they live to be asked and they love to work with you.

33: The greatest enemy of service is that detachment that comes from constant discouragement, that weariness of soul and emotions that causes you to think, "What's the use? What does it all mean?" When you wonder what it means, turn to those things that comfort and heal you. And we would have some suggestions there, for there are some sturdy friends that you have, not just in spirit, but in the world around you. Your greatest companion, the one who loves you without stint, lies directly out your window. Mother Earth, the world of nature, first and second density, loves you without stint and knows no other way to be. For [first and second density] are not behind the veil as are you. They are aware of the Creator and the oneness of all things and they dance with all things including you.

36: Another great companion that you have within the veil is your appreciation for beauty. Beauty is all around you in people, in architecture, music, dance and the world of nature. Let yourself be moved and touched. And when you feel that beauty within you, celebrate it, enjoy it, and let yourself feel the joy of loveliness.

37: Indeed, to do this it is necessary often to empty oneself of what the one known as R calls pride or dignity. It is all right to be undignified. It is wonderful to be spontaneous. It is not always appreciated by others but there is a tremendous balance in being able to laugh, to love, to appreciate. Let these energies move through you and they also will tend to stabilize your emotions.

45: ...in knowing that others perceive her as one who is of service. For the most part, service is an intimate thing, close to the heart and not easily perceived by others straight-away. Yet when a service-to-others entity is mentioned, smiles break out from all who know that person, for there is a loveliness to that person's company and a rest and a healing in their presence, and whether or not what they do in the outer sense seems to be a direct line of service, it is indeed

the service that they came to do. You are doing what you came to do and if it changes tomorrow, you will still be doing what you came to do.

50: We are those of Q'uo, and are aware of your query, my brother. When we speak of loving from the yellow-ray energy center, we are speaking of willing oneself to love. The emotions that you are given with your physical body are finite. They can be exhausted and we do not encourage the attempt to love and to serve from the yellow ray. Let us give you an example, my brother.

52: Now, the one who heals from the green ray empties the self of all but the intent to act as an instrument for the infinite love and light of the one Creator and it allows itself to be used as an instrument of healing by spirit, which moves through that precious nexus that you represent, that place where infinite energies can come into a finite world. That energy is intelligent. It knows where it needs to go and how it needs to work. There is no need for thought. There is no need for effort. There is only the need to offer oneself as an instrument, then infinite energy flows through which is never exhausted. It is the same way, my brother, with love itself.

53: You can school your behavior to imitate loving others, but you cannot force yourself to love others for you become exhausted. However, if you open your heart against all odds sometimes, against the resistance of the surrounding ambience, and simply rest in the open heart, love can flow through you on a continuing basis. Then your job simply becomes the reopening of a closed heart—and a heart can close in a heartbeat, shall we say, because there is fear, because there is danger, because there is destruction, because of so many things, whether the problems are with yourself, with others, with your job, with something that irritates you, with something that causes you pain, with suffering that you've had to endure.

54: There are as many ways to close the heart as there are emotions in the human breast, and there are as many ways to open it again as the remembering consciousness can find. But it is not necessary to will the self to be so-and-so, such-and-such. It is necessary only to intend to keep the heart open and serve, and hold, above all, that frequency of the infinite love and light of the one Creator.

60: You see, where you put your energy, where you put your mind, is vitally central to your experience. If you begin with an act of faith and say, "I think life is this way and I'm going to live as if it were this way," then you cast yourself into the midair of faith having no proof of anything but the simple feeling, the knowing, that all truly is well and that the universe does make sense. It is not meaningless, and you are not alone. You are loved, you are needed, you are full of purpose, and you simply need to let go of any preconceived notions as to how that works and simply engage in life to the best of your ability, as a conscious seeker that understands the power of choice, the power of desire, the power of intention. The universe will begin to perceive you as joining the dance. You will begin to get synchronicities back. You will see repeating numbers. You will see your totem animal. You will see the signs that what you were thinking is important and that what you were thinking just now is especially important, so ponder it.

61: The universe will begin to help you. You will feel that feedback. And the more you lean into that, the more you will receive it, so that eventually, when someone says, "Well, why do you believe the way you do?" you have almost no ability to explain. Because you are an old, experienced hand at working with the Game of Life now. You understand about choices. You understand about love. You understand about the hall of mirrors in which all things speak to you—people, situations and things—and you are comfortable at last in this game, and enthusiastic to play it.

62: It is not that you have become one who controls your life. It is that you have become one who enjoys the surprises of life and who knows that even in the darkest hour, there is light and love aplenty for one whose mind is stayed upon the truth of love.

63: Each time your heart beats and sends the blood through your veins, it beats in love. Love is the essence of your being at all levels. Love is the health of your body, the strength of your spirit, the deepener of your emotions. Seek to love and remember to allow yourself to be loved in return. No push, no pull, but a resting, a contemplation of beauty, and a devotion; a thirst and hunger for the Creator's presence in your life and, my brother, you will make that habit and you will

36.12 2007/05/19

7: No matter what spiritually inspiring entity you may bring to mind, we assure you that if you asked that entity, when that entity was alive, if he had been able to achieve full realization, so that nothing more needed to be learned and nothing more needed to be done or undone, that entity, beloved of you, would laugh and say, "I am the least of all the people that I know. I am the most foolish. I lack the most grace."

12: The one known as N wonders what took her so long to awaken, as she now has discovered late in life, when she is no longer youthful, those remarkable awarenesses that would have indeed transformed her life had she come upon these awarenesses in her youthful years. And we say to you, my sister, that the one known as Paul caught a piece of the truth when he said that it is a long and winding road that leads you to your home.1 That road is no less sure for being serpentine. Every bend in your road has taken you to a place where you needed to collect experience, feel deeply felt feelings and undergo catalyst, balancing these feelings, ordering them, coming to understand more about yourself and learning how to love yourself.

13: If there is one key upon which awakening turns, it is that moment of coming to love yourself enough to feel that you are worthy of being taken seriously by yourself. The culture of your people does not encourage awakening or, upon awakening, the commitment to a rule of life that offers time in every day for silence, prayer and devotion.

17: In the metaphysical realm, where thoughts are things and you as a spirit are a citizen of eternity, all time is one; all time is now. Therefore, from that point of view, each spirit or seeker within incarnation exists in two worlds at once. Each soul is an interface between the world of time/space—infinity and eternity—and the world of space/time, which is an illusory reality much like your television programs, where the Creator has set up for you a school in which you may study the lessons of love.

19: This aliveness is present in every cell of your body. Your very cells' hearts are love. It is the action of light upon love that has created this illusory, third-density school of souls. And you have entered this refinery, this furnace, because you desired to do at least two things: you desired to learn and you desired to serve.

20: As you undergo suffering and make choices that reflect your desire to be of service to others or your desire to be of service to yourself, you are working to rebalance and to, shall we say, hopefully improve the balance between love, wisdom and power.

25: There is an abundance of inspired reading that is available when studying to be wiser and move loving. We assure all those who feel somewhat intimidated by this sheer mass of material that books and words are excellent tools. We use them in speaking through this instrument. There is always a new thought or a new connection between thoughts to make when one is looking at new material or re-looking at old material, for anything spiritually inspiring will be new every time you read it, no matter how many times you read it. This is because as you progress in your own understanding, you always hear those same words in a new and different way because of the advances that you have made in your own soul-growth.

29: There is an issue of free will here where those entities who love you and wish to help you in an unseen way are forever unable to come into your life until you invite them. If indeed you would wish us to speak with you at any time, know that you have only to ask. We shall not offer you any words. We shall offer a vibration that contains many thoughts, many concepts that are tailored to fit into your subconscious processes. That is the way guidance works. Ask, and you shall receive. But whether you shall be consciously aware of that reception is completely uncertain. For the most part, entities are not truly aware of that moment of insight, but only see its reflection in the life as they live it.

33: You do not have to see the pattern. You do not have to be wise. You have only to invoke faith and to ask yourself to keep your heart open so that you may love and so that you may receive the love offerings of others. For when you love, my sister, the resulting response from a very responsive creation is bread on the waters ten-fold, a hundred-fold, and a thousand-fold.

34: As you love, you shall be loved beyond all imagining. And indeed, all entities are already loved at the soul level by those from the unseen worlds of your own planet and from other

entities in other planetary influences who have been drawn to you because of your nature, your beauty, your gifts, and your hope to serve. Know that you are surrounded by a cloud of angelic and positive beings who love you and wish only to help you to wake up, to learn and to serve with deftness, skillfulness and joy.

43: Therefore, when we speak of karma concerning a relationship, we are actually speaking of two different karmas. We are speaking of the karma of the soul path of your mate. Now, given that you came into this incarnation, one of your desires being to work with this entity and to find a better balance of love and of understanding than you were able to find in the last encounter with this entity, you have the continuing challenge of clearing your own energies so that your love of this entity is clean and clear, running like the crystal streams of a beautiful fountain.

44: In order for you to find that fountain of love and light within yourself concerning this entity, you go through a profound process of forgiveness. Now certainly, the beginning of forgiveness is often obvious. You forgive the entity who has ignored you, abused you, or otherwise not met your needs. This is actually relatively easy to do, especially if you persist in forgiving each time that this cycle of memories which you have about this particular entity is activated or triggered in your own consciousness.

45: Eventually, you are able to gaze with some equanimity upon this other self that was your mate and say, "I have no bitterness, I have only love. I have only appreciation. I have only honor and respect to give to you. I hope that I may help you, whatever it is that you are doing, and if I cannot help you, then I wish you well."

36.13 2007/05/20

14: That which created all that there is is a certain vibration of consciousness that, for lack of a better term, we have called unconditional love or Logos. That one, great, original Thought or Logos has created the starry heavens, the vast spaces within each molecule of your body, and you, a unique point of intersection that catches two worlds, that of the everyday, waking consciousness of your people, skating across the pond of life, and that of the one infinite Creator whose Thought is a Thought of unconditional love.

24: Perhaps you have known people whose gaze instantly made you glad and happy because of the quality of love in their gaze. The Creator shines forth from your eyes when you allow all of the tensions and the worries of the day to fade away, so that you become empty of all the detritus of human life.

40: Have you created an affectionate, compassionate, sweet world in which your soul may bloom? Or have you brought down the blight of intolerance, prejudice and the acceptance of injustice and lack of love?

61: I will extrapolate because I am not familiar with Scientology myself, but you have mentioned that the core principles in the Law of One are not the same for Scientology. Are those core principles the principles of free will, of intelligent infinity, and love/light?

79: We wish you good journey. The trip to the center is a trip of great beauty and upon that trip you are never alone. For entities such as we wait to be asked to partner with you and lend you our affection and our support. Ask, and we shall be there; not with words, but with our love and with that information that goes too deep for words.

36.14 2007/07/31

0: [overview] Question from T: Dear Q'uo, there are many pious teachers and creators in Muslim, Hebrew, Christian traditions who pray night and day in the Palestine region. I believe they all pray for peace and love. Why are there still conflicts and wars raging in Israel and nearby regions?

4: My brother, the prayers, hopes and dreams of those who visualize peace in the Middle East, and indeed in all regions of your war-torn globe, are very effectual in a certain way. They are not designed to intervene in the worldly affairs of entities who do not wish to become aware of the love and the light of the one infinite Creator. They are designed to alert

the consciousness of the universe, of all creation, and especially of those forces of unconditional love who are the objects of these prayers, to the fact that there is distress among the nations, distress in people's hearts and a yearning for peace, beauty, truth and a life lived in compassion, comradeship and contentment. These prayers are having the effect of awakening the planet at the grass-roots level of ordinary people. Many are awakening at this time because of the fervent prayers of all of those who offer their deepest beseechments to the one infinite Creator in their own ways.

9: Indeed, my brother, the entities who are in power among your nation-states are focused upon those goals that have been the habitual goals of people in power upon your planet for millennia. Those goals are the goals of your great ape ancestors. They revolve around a love of their family and their tribe. When they have defined their tribe, then they attempt to defend their tribe's property and acreage and to gather resources so that their tribe may fare well in a world of diminishing resources. They have been in power before, perhaps many times, and have developed the habit of an unceasing thirst for power. And this they shall not yield in order to make room for service-to-others goals such as true liberty, true equality, true justice, and a truly equitable distribution of the resources of your planet.

11: Nothing is as it seems when looked at from a metaphysical point of view. Therefore, when thinking of the Middle East and its issues, may your concern be to affirm and confirm that there is peace, love and compassion that is stronger than the dragon which is thrashing its tail at this time. For dragons shall die. But those values of love, unity, hope, faith and joy shall live forever. As you affirm and confirm these values in yourself, you are creating the basis for that which is to come. And in so doing, you are also creating for yourself the ability to live through the shift into fourth density that is upon you at this time.

12: As you look at the Middle East, know that all is well. And if you wish to explore the details of the politics of violence and aggression that make the front pages red with blood, do this studying and this research not to despair but to know ever more clearly the nature of the world that you came to incarnation to love.

13: And my brother, we ask that you allow no judgment to enter into this love. Praise and bless those who seem to be persecuting and hurting the common man and woman in these difficult and challenging times that you now experience. Let your mind and your heart rest in peace. The outer world shall not hear you, but all of those in the unseen realms who vibrate in unconditional love do hear you and are called to your prayers to amplify them and to strengthen them. You are doing the good work of compassion and love as you offer these simple prayers and visualizations in order to maximize your ability to serve in this way.

20: My brother, this is the way of empire. We ask that you not take personally, or as a slur upon your nation, that it has not been able to receive the message of love which we and so many other voices of love have spoken. Rest assured that the information of love, light and unity is available to all who have the ears to hear and the hearts to understand.

24: Those of Hatonn are very much with this instrument at this time as a part of the principle of Q'uo. However, the one known as Hatonn is not that entity which is speaking. We are those of the Q'uo. Hatonn desires greatly to offer their love and their light to this query. May we request that you re-read this query that we may have a clean beginning of our response.

27: Firstly, we would offer you the concept of unity here, for you and the world are one. Therefore, if you are able to live the principles of love, justice, compassion and understanding in your life, you have significantly changed the vibration of your entire planet, of which you are an integral and holographic part. If you wish to save the world, work on yourself. That is our main suggestion to you at this time.

30: There are those in your culture who are hungry. Go to a soup kitchen, or whatever place is in your culture, where meals are prepared for those who cannot pay and who do not have homes. Help to prepare the food. Serve it with love. And as you clean the pots and pans, give prayers of gratitude and thankfulness that those that were hungry have now been fed.

31: There are old ones in your community that may be lonely and having trouble living out the last days of their lives. If it moves you to think on this, find them, companion them, and

give them hope and compassion by your youthful smiles and your eyes full of love. Let them know that you honor their wisdom and value their presence in your life.

34: Indeed, we especially encourage you in your stewardship of the Earth. For there is a tremendous amount of what this instrument would call "group karma" having to do with the fact that so many of those who are attempting to graduate from third density on planet Earth have, in the past, on Sirius, Deneb, Mars, Maldek or Atlantis, destroyed their environments. There is great heart-sadness amongst the entire human tribe concerning the destruction of Mother Earth. And it is very healing, in your energy patterns as a people, wherever you live, to become involved in loving and serving your beautiful, fragile island home.

35: In all these ways and many more that we cannot include for lack of time, you may live that which you have received on the inner planes. It is said in the holy work this instrument calls the Bible, "That which you have received in the darkness and in the intimacy of your inner sanctum, in secrecy and silence, sing from the houseposts."3 Express the joy of the saving grace of hope and love that flows in an unending stream through your hearts and, blessed by you, into the world.

44: Masses of people all over the globe are awakening to the rightness of love, unconditional and compassionate love. The forces of life are engulfing with their light the darkness that can never deny light. And so darkness is scurrying into corners and attempting to put out the light by creating an atmosphere of fear. Thusly, you are of great service to the planet and to yourself if you cultivate the habit of fearlessness.

47: There is nothing to fear in either case. If you are ripe, you shall harvest yourself. If you are unripe, you shall receive an opportunity to spend a significant amount of time in another third-density, Earth-like planet, where you shall once again study the lessons of love.

55: Indeed, many of you have incarnated into groups of those with whom you have incarnated again and again to be of service on Planet Earth and, indeed, for many wanderers on other planets as well. The idea of one soul mate is a romantic myth which stems from the yearning of the soul, the heart, and the personality for the opportunity to love completely and to be loved completely.

56: We assure you, that potential exists between any two people who come to the Creator on bended knee and who ask that the Creator be a part of their companionship, and that the companionship be more than a simple mating of mind and bodies. Ask that your companionships may always include the soul and you shall find unconditional love in your life.

57: It takes a great commitment to stay openhearted to anyone whom you do not know well. In coming to know them you will find their clay feet and you will be asked to love without judgment. We encourage you to find the compassion to love dearly, humbly and completely, with no judgment. For in such a way shall you indeed be soul-mates with your companions, your spouses and your family members who are in this incarnation, so that you may support them and encourage them and so that they may support you and encourage you.

62: We are those of Q'uo, and are aware of your query, my brother. It is very common in those who have awakened and have tasted the nectar of unconditional love for them to strive to spend all of their time in the harmonious reaches of the upper chakras of the energy body: the heart chakra of unconditional love, the throat chakra of communication and compassion, and the indigo chakra of the brow with its work in consciousness and faith. These are wonderful climes and indeed a portion of you may spend all of its time in those heavenly realms.

69: And in your genuine realization of them as part of yourself, as you serve them, as you reach out to them, you will quickly find that your life has changed completely. For energy given comes around and is given back to you multiplied a hundred-fold, a thousand-fold, and a million-fold. Love is infinite. However, sometimes you need to initiate the giving of love to those who truly need it before you may begin to feel the reciprocity of loving and being loved.

70: There is a tendency in all of those who have experienced the joys of living in the higher chakras to draw apart from the world which is so hurly-burly and busy. Yet we assure you that your faith will gladly engage with all of that activity and seeming lack of beauty. For if you bring your love to a

62: Many are the entities who choose to put parents or relatives, those for whom they have become responsible, in a care facility and allow someone else to change the diapers, tend the wandering mind and so forth. But for those who choose to stay present and attentive to a need within their family, it is a great blessing to be able to share love for that entity which has shared so much love with you, however imperfectly that love was shared. The intent is almost always there within the parent to love and care for the young one and in the fullness of time that pattern is repeated and balanced as the young one cares for the failing parent.

63: Families are a wonderful source of service-to-others opportunities. Certainly, there are times when caring for one whose mind is failing seems too much to bear. And we encourage the one known as A and all of those that are in this position to honor the self at those times and release responsibility so that the self may be healed in order to heal, restored in order to restore, consoled in order to console. And if the one who restores and heals and loves the self is the self, then so be it. For you are capable of healing, loving and restoring yourself. You are the Creator and you may choose the manner of your creation.

72: All of those things which you have not integrated into your daylight personality and have left in the shadows, unseen, unacknowledged and unredeemed, show themselves to you in the actions and words of other people and they hurt you because you have not worked with yourself to bring that shadow-self into your heart and to redeem it with your love, respect and understanding.

74: In this way, anger becomes stubbornness—the ability to stick to a plan, the ability to continue to love, and so forth. It is the work of a lifetime to interiorize, bless and redeem the shadow side of the self which is out-pictured in the shadows of your planet, its people, and its behavior at the personal level and at the level of nation states and all levels in between. But it is work which you will find to be very rewarding, because as you reduce the distortions within yourself, as you become more balanced and able to see love, hope, faith and consolation, so you are more able to offer to those whose eyes you meet an awareness of them as loved, consoled and forgiven.

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6: Again, it is our understanding that, having been reunited with your soul stream and your higher self before you choose the manner of your next incarnation, you carefully consider what you feel may be distorted about the balance of your soul stream. Are you too heavily a creature of love? Can you keep your heart open but perhaps do not have the wisdom that you would wish that you had? Or, alternatively, are you one who is very wise but has trouble opening the heart? Or, as a third possibility, is your incarnation one which has to do with the right use of power? If so, then you may examine those patterns that repeat in your incarnation, analyzing those patterns for the possibility of an imbalance between power and love or an imbalance between power and wisdom.

11: We can assure you that you did not simply have it "in for yourself" as this instrument would say. You were not attempting to torture yourself with relationships that were challenging. You were looking to find the love within that relationship and to open to that. You were hoping that the catalyst received during that relationship would lead you to new realizations, new and deeper understandings, new insights.

14: Let us look at this concept of one's human nature. Many aspects of human nature are common to all—male, female, old, young, it doesn't matter. Others are unique to you and your soul stream and you will find, as you work within yourself, asking yourself who you are and why you are here, that these questions encourage that which the one known as Jim was talking about, that process of change. For each time that you ask who you are and why you are here, you clear the surface personality and hope to go deeper than that surface. You hope to know more than simply how you did on an I.Q. test or on a Myers-Briggs Personality Inventory or any other test that purports to explain you to yourself. You're hoping to get from the surface, with its quirks and its oddities of personality, closer and closer to that common nature which all created things have in common. And that is the Logos, the great original Thought of love that is the Creator.

15: Each of you are part of that Creator and the deepest por-

tion of you that there is is made entirely of love. It is a love that waits for you beyond the reaches of personality. It is a consciousness that resides within you but which is entirely silent. It is almost as though you had within you the character of the Sleeping Beauty that is awakened by the kiss of the Prince.2 Your inner nature can sleep for a hundred years or you can kiss it awake at any time by paying attention to that inner nature, by seeking it and wooing it as you would a maiden. And when you penetrate into your own open heart, and you experience the love of the Creator that lies therein, it is indeed the Balm of Gilead. It is a healing, strengthening presence, one that it is possible to experience and that it is very helpful to experience.

24: This instrument, for example, used to live on sweets when she was a little girl and when she was growing up. There was a certain point in her lifetime when she stopped craving them. She would have said that loving sweets was as much a part of her as breathing and now she has found that she is free of the craving for sweets, although she still enjoys them.

26: We would move on now to the question concerning whether or not an entity is still that entity when it joins a social memory complex and the answer to that, my friends, is decidedly in the affirmative. You have not experienced, perhaps, in your lifetime, what it is to be fully known, fully accepted, and fully loved. But you shall know those things when you enter the gates of larger life. Even between incarnations you shall experience this. And when you move into a fourth-density social memory complex as part of your choice-making after this incarnation and after your graduation, you will find that the atmosphere in which you exist is far different than you would have imagined.

35: [footnote start][This reference is to the story of Shadrach, Meshach and Abednego in the Book of Daniel, Chapter Three, in The Holy Bible. Refusing King Nebuchadnezzar, the three men would not bow down to another man's God. So the King threw them into a fiery furnace. However they remained unscathed and eventually the King called them out of the furnace and promoted them. And he made a decree that protected their right to worship their God.[footnote end][footnote start][The classic fairy tale of the Sleeping Beauty was first written down by Charles Perrault in his book, Contes de ma Mère l'Oye—in English, Tales of Mother Goose. It is perhaps best known to Americans from the Walt Disney film of the same name. After being cast under a spell for a hundred years, Sleeping Beauty is rescued by the handsome Prince with a kiss of love. They of course live happily ever after, even according to the well-named Brothers Grimm.[footnote end]

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7: Indeed, my friends, you cannot help but be about your business because you have carefully set your life up so that the issues which you felt would help you to balance the energies of love, wisdom and power would be with you throughout the incarnation.

20: Never fear that you have somehow been left out of that wonderful feeling of having a purpose and being about the Creator's business on this Earth, for you are the Creator's eyes of love. You are the Creator's hands of love. You are the Creator's words of love. You are the Creator's thoughts of love.

21: We would suggest to you that the very first job of all of you, because you are human, because you are part of third-density Earth, is to hold the frequency of love and allow a space for it to flow through you. My friends, do not attempt to love from your yellow-ray energy center. Do not use your will to bring forth your human love. Use that precious commodity of will and desire to allow the Creator's love to flow through you.

22: Unlike your surface emotions, the Creator's love is not limited. It is infinite and it is already flowing through you. Consequently, you have only to hold the frequency of love. Hold your heart open, let your mind and your emotions be at peace, and feel the love flow through you and out into the world. As you feel the love flowing through you, bless it. Set your intention to serve and you shall serve beyond your wildest dreams.

23: We speak here of the inner purpose of living, not the outer work, but the inner work. It is the most valuable. It makes

in women a certain inner power. Further, it is instinct as well as enculturation that offers to women an absolute and usually complete access to mother love, the love that is above and beyond all loves. That love touches into infinity, which is commensurate with the great gift that women carry within them.

35: Now when one does the magical ritual known as "The Banishing Ritual of the Lesser Pentagram," which this instrument and the one known as Jim do every morning, the first visualization is of what this instrument would call the Star of David, a six-pointed star. It can be visualized thusly: there is an upside-down delta, or an upside down pyramid, which is the feminine principle, and there is the right side up delta or pyramid which is the masculine principle. And as those two are inevitably attracted to each other, they form a brightly shining star, the guiding motif of your density. Love holds the male and the female principles together. Each is the obverse of the other. The male reaches. The female awaits the reaching.

36: Penetrated more and more, this image yields the awareness that it is as inevitable that the sexes or the polarities of humankind harmonize as it is that they are different. Only by loving each other and moving into that locked design that is the Star of David does this third density come to life. Thusly, one principle is not better than the other. They are entirely equal and ready to be harmonized, but according to the free will of each. And within the system of magic that this instrument understands, each entity is both biological male and biological female in an infinite subtly of different ways.

38: There is a glyph that is essential to western ritual magic called the Tree of Life. There are three pillars to the Tree of Life. There is a feminine side and there is a masculine side. There also is a central pillar which is created of those elements that magicians of old felt were neither feminine nor masculine. We feel that it is educational and interesting to see what characteristics are considered feminine and which are considered masculine. Yet we do not suggest that you are bound by those judgments. It is simply a picture of relationships that help you to think about what it is to be feminine and what it is to be masculine. Each polarity loves and desires love, yet to the masculine principle is given more aggression, more linear thinking, logic and such characteristics. To the feminine principle is given that which is not aggressive but which is immediate, intuitive and beautiful. The gifts of each make little sense until they have harmonized, each to each, to form, on the small level instead of the level of the world, the Star of David.

42: What is the right use of that power? To love, to nurture, to be patient, to forgive? The point of polarity, in the sexual sense, whether it is on the surface of life or deep into the archetypal mind, is both to accentuate and to purify those characteristics that seem to go with the sexuality that is biological, and then to make the offering to the other sex of all that you have and all that you are. Then you together take up the magical dance of polarity and you can collaborate to do wonderful things.

43: Often, it seems as though a couple is not supportive of each other. The woman goes one way and the man goes another. And yet if they are holding each other in love, if they are keeping alive the excitement that bonded them into the Star of David in the first place, then their whole life is richer and fuller.

44: Your incarnation is largely about loving. And learning to love as the Creator loves is a challenge. Each time you are stopped by the opposite sex in transience in some way you are tempted to think, "Ah, I'm disgusted. I would just rather be me and single and alone." Yet in that state you are diminished, compared to the strength and the depth of your catalyst. Learning to serve each other is the challenge.

45: Thusly, we encourage you to glorify and find ever better ways to express that divine principle which is love, distorted according to your sexuality, while at the same time realizing that this polarity is a dance or a game that you are playing in order to learn. You might call third density a Montessori School. Instead of books, you are given games and they are learning games. Your game is to create love from hatred, unity from disharmony, joy from sadness, hope from fear, consolation from distress, and the polarity you seem to have feeds into that wonderful goal only insofar as it gives you the pathways that you may walk to find the truth within you. There are many paths to the truth. You shall not make a mistake as you walk, although as the one known as Ra noted that

there are always surprises.

50: In one who is aware and alert and attentive, the function of judgment in human experience is to bring from the hall of mirrors a thought to be used as grist for the mill. The seeking entity gazes upon that judgment and asks itself, "Where is the love in this thought?" For there is love in every corner, cranny and nook of creation.

53: In the hands of the mind and the heart of service to others oriented entities, the faculty of judgment is to bring to one's attention some part of the personality shell or ego, some part of that self, that universal self, that is not yet recognized by the seeker as itself. Thusly, in a way you could see judgment as an indication of spiritual illness—and solution to that judgment that separates as the medicament of love that does not vary from the truth one iota, and yet finds the harmony in disparate things.

39.12 2010/10/16

7: You are a citizen of eternity. You are an infinite soul-stream. What you do not learn in this lifetime, you shall once again take up, and study that which you have not yet completed once again, and if necessary, once again, until in the fullness of time you move through the densities of Choice, Love, Light and Unity, and finally that density of Foreverness that is a mystery even to us.

11: For you are not only that which is on the surface of your personality. You are also that which is in common with the one infinite Creator. You are a part of the Creator. And as a creature of third density, the density of Choice, you have within you that consciousness that is the consciousness of the Creator, the Logos, the one original Thought of unconditional love. You are love. You are capable of offering love through yourself—not your love, but the love of the one Creator that flows through you in an unending stream.

16: There is only one thing in the universe and that is love.

17: Indeed, you are seeking at this time to reduce the level of distortion in your thinking so that you may become more and more aware of that consciousness that lies closer to you than breathing, nearer than your hands and feet: the consciousness of unconditional love that is your true nature.

18: Now, how shall an entity whose consciousness is that of pure love feed its body? We notice that you focus upon meat and the eating of it as the arena of choice. And before we address that question we would note that not only the animals but the plants also are growing within the creation of the Father, blooming and dying at a rhythm of their own. In a very real way, it is as much of an offense, one may say, to pluck a bean or dig a potato from the ground as it is to slaughter an animal, for you have interrupted the cycle of its life and its dancing with the Creator as you do so. But to focus upon this is to digress from your query. And so we would focus upon the slaughter of animals and the responsibility that an entity has if he chooses to eat meat.

22: And as the one known as J said, barring those choices, there is always the metaphysically correct choice of relating to the animal in that timeless condition which is called "metaphysical time" wherein all things occur simultaneously, so that you are able to contact any animal, before you eat it, no matter how abused or how slaughtered. And as you contact this animal, you express your love of this animal and your appreciation for all that the animal has gone through in order to give you its energy, its consciousness, such as it is, and its love, which is very real. So, in praise, prayer and thanksgiving you heal the division between you and the meat and the animal from which that meat came.

30: And if you assume that the world has meaning and that you are worthy to be a part of Creation, to be a part of love itself, then everything has meaning. Everything fills your heart and gives you food for thought, catalyst for growth.

39: And whatever your personality, we encourage you to believe in yourself, to know that you are loved beyond all understanding by the infinite Creator, and to know that you are capable of offering through yourself and out into the world with your blessing that same creative energy, not from your own self, never from that seemingly limited personality where you shall soon run out of love and simply be exhausted, but allow the energy of the one Creator to flow through you and out your eyes, out your mouth, out your hands, so that you see with eyes of love, you speak with words of love, and your hands contain love as they move.

situation, that situation shall surely be transformed.

76: To those who feel these things, we would suggest that it is precisely because this planet is so in need of higher vibrations that you came to serve at this time, to help lighten the vibrations of Planet Earth. And you could not do this without incarnating and becoming one of the tribe of humankind. Your love was so great that you took that step. And now you have awakened and you know how difficult a step it was to take. We encourage you to take hold of the honor and the duty of being a wanderer.

77: That which you know of the higher planes, that which you remember in a dim or not so dim way, bring into your heart and let it bless the environment that you see before you, just as it is. You are not here to clean it up. You are not here to make it right. You are not here to fix it. For all of the outer world is an illusion. You are here to love it. Take the world in your arms and embrace it. This is how you came to serve. This is your glory and your crown. Wear it well and rejoice in being here.

78: As to what occurs if wanderers do not wake up. They, like all of the human tribe, walk the steps of light. If they have learned the lessons of love in this incarnation, they are free to move on. And if so, they may choose to go back to their native density. If they have instead remained asleep within this incarnation, then they shall have a refresher course in third-density living, moving with others who have not graduated to fourth density to another planet where they shall once again become students in third density's refinery of souls.

79: In either case, all is well. You have all the time in the universe to move through all natural energies and rhythms back to the Creator, who is waiting for you with great delight. And you do not wish to return too soon. For the Creator wishes to know of the fullness of your experiences, your feelings, and your emotions. That is the harvest that you bring to the Creator. Whatever it is, he will love it and you, now and forever. 80: We are those known to you as the principle of Q'uo. And as we have said, Hatonn is especially eager to shed that wordless and silent love and light that is the essence of the open heart. We pause that you may feel this energy, for it shall be in the vibration upon your tape recording as well as in the energy of this instrument's words.

36.15 2007/08/07

29: In the heart of darkness there lies a blessed comfort. You can always ask for the Creator to express Its love, to give you a metaphysical hug. Ask and you shall be answered.

31: Lastly we would recommend the resource of fearlessness. The Purgative Way is one way of saying that things are being purged from you. The human personality wonders, "How much more can I lose before I am no longer myself?" In all humility, my brother, let that self go. For you truly wish to change, to deepen, and to become an ever more fit vessel for the love and the light of the one infinite Creator.

36: Yes, I often have massive, instantaneous, knee-jerk resistance to my girlfriend's daughter, without seeming provocation, and at times to my girlfriend herself. I desire greatly to proactively feel love for them rather than react in unconsciously created and sustained resistance, yet no attempt to get to the source and the mechanism of this resistance has borne fruit. My question for you is: Would you be able to direct me to the portion of my psyche responsible for this experience and then would you offer me any counsel as to how I may understand and heal this handicap?

36.16 2007/08/12

5: The one known as William2 noted the pun between s-u-n and s-o-n. And we say to you that you are sons and daughters of the sun, just as the sun itself is the son and daughter of the one great original Thought, that Logos which is unconditional love.

8: And this desire was embodied, if you will, in the one great original Thought, which is the second distortion of the Law of One. And that unconditional love, which is the very nature of the infinite Creator, birthed the mechanism and the way of manifestation of all illusion. For, you see, all except the mystery is some kind of illusion.

12: It is well to note that this is a scheme in which all of your feelings, be they seemingly positive or seemingly negative,

are equally valuable and precious to the one infinite Creator. Therefore, you are loved beyond all belief by an entity who could never judge you, but only support, encourage and embrace you.

14: Therefore, each of you is a piece of the One, sons and daughters and heirs of love, creatures of love. You came into this particular illusion having created for yourself, with the aid of your guidance system, your gifts, your challenges, and your relationships. You and your guidance together have planned the direction of your mission, both in terms of the mission of your being and the mission of your doing.

15: In terms of the mission of your doing, you have only to consult your gifts, or what this instrument would call your "skill set." Each of you has a cluster of gifts in a particular area. It may seem to be very humble and practical and down to earth. It may be mystical. It may be aesthetic. It may be creative. It may be as simple as the creation of a family. The creation of anything that can be created in this universe is equally worthy if it be created with love.

16: As this instrument was saying earlier to the one known as J, you are never to be identified with that which you do. Rather, you are love and you happen to be expressing or manifesting in the outer world with a particular kind of service for which, happily, you receive pay and with which you pay your bills.

17: Likewise, you cannot be contained by others' opinions, by the opinions of your culture, or by any other limitations whatever, for you are love and light. You are all that there is, and you are the sun of your creation. Let us expand upon this for a moment.

19: Yet, in the inner or metaphysical sense, you are the sun of your inner universe. You have created that universe and you can recreate it at any time. That which you judge remains judged. That which you love remains loved. In every thought, in every circumstance, you are the Creator. That which you hold to be true is true.

23: Yet when you take these wild animals, these fearsome energies, into your arms and love them, that gets their attention. And when you have their attention, then you may speak to them tenderly and affectionately. For you must ask for their help. You must ask them to come into your heart and allow themselves to be redeemed by your sense of their worth and by your honor and respect for these dark energies within you.

24: And when they kneel before you, you take the sword of truth and you dub them your "white knights" of determination, grit and patience, so that you may endure all, bear all, persist through all, with love.

26: It is not that you become perfect and then enter the open heart. You enter the open heart in all your dirt, just as you are. And yet the secret is to know that you are worthy, just as you are, and give honor to yourself, even within this illusion in which you seem to be quite unworthy in some ways. This surety and confidence is your strength and your salvation, and the lions then sense your readiness for the light within your own open heart and the love that lies waiting to embrace you.

27: The lions bow, the door opens, and you are finally home. What a joy it is to be home in your own open heart, at the center of your creation, where the lion and the lamb lie down together, where peace flows like a fountain, and where all upon which you look as blessed and being blessed, blesses you back. So love is reflected in love; so that all that you see is loved; so that all that you do is love.

28: As you open to this upwelling of love that is infinite and infinitely available, the ever self-sustaining resource of the one infinite Creator, you become that which is "I am that I am." And your small ego has melted away before that impersonal self that is at the heart of the personal self.

40: After the first 25,000 year minor cycle of your planetary third density, the Confederation of Planets in the Service of the One Infinite Creator became concerned, for the harvest was very small. And so, in excitement of heart, with great passion and absolute purity of intent, you dedicated yourselves to the travail of Earth. Brothers and Sisters of Sorrow, you responded to the sorrow of Earth, to its cry for light and love. And so you came, bravely, daringly, risking all, risking forgetting who you are, in the hope that you could become those who aided in the lightening of the consciousness of planet Earth.

42: There may be many, many times when the chinks in your armor of light are intensified by the natural resistance of

what this instrument calls the “loyal opposition.” And you may experience difficulties and dark nights. Yet, my friends, is not each dawn a new day? It is indeed. As you awaken on each new day, know that it is a new universe, a new world, and a completely new beginning. Nothing is ever old to those who are awake to love. Everything is new now.

44: My friends, the operant word is “now.” It is not next. It is now. What you shall do now is what is upon your heart. And if, as far as you know, there is nothing upon your heart except love, then let it be. You are now ready for that which comes next in your illusion.

49: Do you feel merely like a candle of light in the midst of all the darkness of the outer world? Then, my friends, know that a candle can be seen a mile away. Just one candle can be a beacon of light to those far off. Those to whom you are a source of light know only that they like to be near you, yet as they absorb the radiation of your love, they themselves are activated to be beacons themselves. And so you pass it on and infect others, who in turn infect others, until the world at last is aflame, united, harmonious and complete.

50: Shall this happen before the harvest is completely white? We do not know, for it is up to you to be as purely a flame of love as you know how to be. However, look not to the outer things for knowledge of your success. Rather, look to your intentions, your dreams, and your ideals and create them ever firmer, ever truer, ever sturdier. These are the measures of the ability to create changes in the consciousness of your planetary sphere.

51: Therefore, the most important work that you can ever do is done within yourself, for as you heal, strengthen and arm yourself with love and light, so you change your entire world.

63: This cleanses and clears your energy field so that you are not caught up in the process of spiritual evolution but rather are at rest in the saddle as you and your lance of truth ride along the dusty road. This instrument calls that road “The King’s Highway,” for within her distortion of worship that King’s Highway is the way towards her icon of unconditional love.6

74: Those of you who wish to live into fourth density positive upon this planet, which shall soon completely be descended, not only interpenetrating third density but taking over third density completely, may live as though you were in fourth density now. It is as simple and as nearly impossible as that. But you can penetrate that mystery of love. You can change your DNA so that you create four and then eight and then twelve and then up to twenty-four spirals of DNA. And eventually, as you do create the differences in every cell of your body, you shall, more and more, walk the universe freely.

82: [footnote start]This channeling session closed the L/L Research Gathering on Mackinac Island, which took place on August 11-13, 2007. The two speeches which Carla L. Rueckert offered at this Gathering can be found in “Carla’s Niche” under “Speeches” on our archive site, www.llresearch.org. [footnote end][footnote start]William Henry offered two talks at the Mackinac Island Gathering. To look further into his material, go to his web site, www.williamhenry.net. [footnote end][footnote start]Here the Q’uo group refers to Donald T. Elkins, co-founder with Carla of L/L Research. Don passed into larger life in 1984. [footnote end][footnote start]The story, in its original form, seen here, is not credited to a source. The text is: “An old Cherokee was teaching his grandson about life. ‘A fight is going on inside me,’ he said to the boy. ‘It is a terrible fight and it is between two wolves. One is evil. He is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is good. He is joy, peace, love, hope, serenity, humanity, kindness, benevolence, empathy, generosity, truth, compassion and faith. The same fight is going on inside you, and inside every other person too.’ The grandson thought about it for a minute and asked the grandfather, ‘Which wolf will win?’ The old Cherokee simply replied, ‘The one you feed.’” [footnote end][footnote start]Holy Bible, Matthew 5:14-16: “Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but upon a candlestick, and it giveth light unto all that are in the house. Let your light so shine before men that they may see your good works, and glorify your Father, which is in heaven.” [footnote end][footnote start]This phrase is from a poem written by E. A. Cummins in 1922. It was set to music by A. G. H. Bode in 1941 and is a hymn in the Episcopal Hym-

nal. It reads, in part, “I know not where the road will lead I follow day by day, or where it ends; I only know I walk the King’s Highway. The way is truth, the way is love. For light and strength I pray. And through the years of life, to God, I walk the King’s Highway. Through light and dark the road leads on ‘til dawns the endless day, when I shall know why, in this life, I walk the King’s Highway.” [footnote end][footnote start]Rudolph Steiner created a body of teachings called Anthroposophy which was quite in harmony with the Law of One teachings. He posited that all of creation is unified. The O/L/O/R/O/N/O exercises are part of his teachings called Eurythmy. A good web site to seek for further information is www.rsarchive.org/Eurythmy/. [footnote end]

36.17 2007/09/02

21: And we ask you in turn, “Do you imagine that you are more error-prone than any other entity upon your planet?” We are not looking for the perfect person, whether by our estimate or your own. We look for the vibration of your instrument. There are some entities that are not vibrating within the range of vibratory energies with which we may interact. With those entities we will never be able to establish a contact. Therefore, allow yourself to be your true self as you come to thinking about yourself as a channel. For it is your true self upon which you must build—not an idealized version of yourself, not a self in Sunday best, with hat and gloves, as this instrument would say. The self that you are in your shorts and your tee is adequate to this task.

25: Suffice it to say that when an instrument challenges a spirit in the name of its most dearly held principle, that principle which is the fulcrum of that entity’s life, that negative spirit who is able to use the same love and light of the infinite Creator as the positive source, and therefore is able to feel the same as the positive source, cannot succeed in remaining within the aura of the channel.

30: Some large groups such as this one are magnificent batteries. The vibrations that you have, in your unity and harmony, put forth unknowingly throughout this weekend, have had a tremendous impact upon the grid of incoming fourth density. It has gratefully wound itself about those beautiful vibrations which your mingled auras have produced, and it has woven those strands into the web of love and light that is ever stronger upon your planet.

39: In your workaday state of mind, perhaps you cannot. Yet we call all those who wish to improve themselves as instruments to the gradual realization of who they are, for each of you is an instrument. Each of you came here to receive, to bless, and to radiate the one infinite Creator’s love.

40: Each of you came here to accept in full, heartfelt peace the love offerings of others. For we say to you that, as an instrument, you shall need to be able to hear flattering things and simply say, “Thank you.” You need to know that you have no responsibility to be a “special” person, only to be yourself, for yourself is entirely adequate and perfect. In fact, as you form your desire to be an instrument, so we match our message to your instrument.

51: The energies of love always blend well with those who attempt to channel in service to others. Once they have checked their egos at the door, there is a sacred space created by the channeling circle which promotes the rebalancing of health and emotional stability while the channeling is ongoing, so that each of you is receiving the gifts of each others’ auras.

36.18 2007/09/07

24: We are those of Q’uo, and are aware of your query, my brother. The one known as N seeks to learn to offer love without expectation of return. This is an incarnational theme for many, especially when they are wanderers, as is this entity. The karma between the one known as N and her family is balanced. Therefore, each may be teacher to each.

29: However, we find that this instrument is in complete agreement with the one known as N in feeling that there is no better way to become able to stand on your own two feet metaphysically than to find yourself able to love without expectation of return.

58: We encourage you to be unafraid of making mistakes. Allow yourself simply to speak from the heart at all times. And,

serve in a way which is most helpful to the transition of this planet, and of those about each, the friends, the family, the strangers met upon the street, who seek assistance at what might seem to be inopportune moments. And yet, as each responds to these requests for service, the Creator is served, the Creator is seen, the Creator is loved.

39.10 2010/09/11

8: And we speak to you at a time when your scientists have begun to tell you the same. That entire range of physics that includes the thought that the observer is part of the experiment infers the unity of all things. We do not limit this unity to other entities you would call human. It is as if all of nature, from the elements and the powers to the plants and animals, to the very air you breathe and the water that you drink, the fire that warms your heart and the earth under your feet, are dancing in rhythm. And you are either part of that dance and part of that rhythm or you have not yet awakened to the true state within which you actually dwell in the creation of the Father. It is as a beloved part of the one creation that you come by this affinity for synchronicity.

12: Yes, you are in a physical vehicle and yes, you are deeply limited in your awareness by the heavy chemical nature of that physical vehicle. But within you, closer than your breathing, is your consciousness. That consciousness, unlike your brain, is common to all. It is the consciousness of love, the Logos, the one Creator. And when you relax and allow the “monkey mind,” as this instrument often calls the bio-computer with which you were born, that excellent choice maker and that slave driver—when you let that mind rest, the consciousness allows you to think differently, to see differently, to understand differently.

17: It is a dark abyss. We see in this instrument’s mind a picture of the old maps of the world when the popular belief was that your world was flat and that at its end a ship would simply sail off into the abyss. The writing on those maps was—not in English, of course, my friends—“There, there be dragons.” There are indeed mighty denizens of the abyss of midair. Yet they are those which not only guard the treasures of love and understanding, but also guard you, each of you, careful to support you as you seek along the King’s Highway, which is entirely in the abyss of midair.

18: When you have taken your leap into faith, when you have realized the power of your intention and your will and your desire, and when you have begun to set your intention to seek, to set your will to be a servant of the light and the love of the one infinite Creator, when you have awakened that magical part of yourself that knows that you can create your own creation and that which is forgiven by you is forgiven, and that which is not forgiven by you remains unforgiven, then you begin to be aware of the dance of Creation.

21: Now, here’s the way that it works: once you have taken the leap into faith you set into motion a different set of rules. You are now awake, vibrant, magical, dancing with the energies around you, knowing that you are a part of all that there is and that all that there is loves you as you love all that there is.

26: One more thing that we would say before we open this meeting to further queries. It is an understandable response [which you may have] to this exciting, magical thing that you have discovered, synchronicity. It creates within you a feeling of validation and support and you would like all of those for whom you love and care to have that same experience.

27: My friends, we ask you to take a step back whenever the urge to preach to those who have not asked for your preaching overtakes you. Close your mouth, open your eyes of love and listen to your loved ones, your acquaintances, those whom you would help. Do not relate to them by what you know. Relate to them with love and respect. Listen to that which they have to say. If there is no opening for all of these wonderful things that you have learned lately, so be it. Amen, Alleluia. You still are a being whose very essence is love.

28: Let the love shine. Find ways to support and encourage and nourish and nurture. And lose all hope of being that awakening factor that will bring them into a happier state. You may drop a thought here and there, as this instrument is fond of saying, like Johnny Appleseed. But remember, he ate the apple first. Those things that you were going to say to another, say them to yourself. And when you have eaten that

wonderful apple with its delicious thoughts and concepts, toss it over your shoulder. Let it fall where it will. Do not look back. It is not your job to enlighten any but yourself.

29: Now, if there are those who would ask you questions, feel free to offer all that you have to offer in those regards, but make a clear distinction in your mind between responding to an asked question and sermonizing to those who have not asked for a sermon. What will affect those about you is not your knowledge. It is that which shines through you, the love of the Creator.

30: To live a life that supports spiritual seeking, we do recommend that you find ways to meet your Creator in the silence on a daily basis. There are some who love this experience of the silence so much that they spend much time there and there are others who find it challenging to dwell in the silence without some focus. If that be true, walking in nature is often very helpful because there are various foci for your eyes and your ears—may we say, my friends, not the iPod or the boom box. Let the silence prevail and you will find it speaking to you. And then when you come out of that silence, sing, my friends! Laugh and love and feel the joy of being in this creation, a child and heir of the infinite One.

57: It is always worth noting, when there is a physical ailment or when there is an emotional difficulty or mental difficulty that triggered it, where your mind has gone and where you would like it to stay. Then it is a matter of opening your arms and embracing yourself, loving yourself through and through, precisely the way you are.

58: This is not an exercise in any kind of judgment. It is an exercise in acceptance, love, blessing and inclusion. It is in no sense a punishment. Rather it is the nudge of spirit encouraging the entity with a listening heart to attend to the unseen portions of his walk in faith.

67: There are a few simple things which you may do. See her clearly, love her dearly, and tell her the best truth you know. Everyone is equally special. Everyone has gifts to give. And everyone deserves your best. In order to serve, you have to begin with yourself, so see yourself clearly, love yourself dearly, and tell yourself the best truth you know. And this shall instill in you the perfect response system for supporting others.

39.11 2010/09/25

20: The second distortion of the Law of One is the Logos. Logos is a Greek word and when you open the Bible to the Gospel of John, it begins with the Logos: “In the beginning was the Word.” The Greek for that Word is Logos. “In the beginning was the Logos. The Logos was with God and the Logos was God.” The Logos is with God because the infinite Creator is beyond any manifestation, even the manifestation of the one great original Thought or Logos of unconditional and absolute love.

21: Therefore, the Creator set Its intention to know Itself. And so were born the infinite billions of galaxies and the infinite billions of stars in each galaxy and the millions of opportunities for sentient life that exist in that universe that you can see with your instruments. Yet all things are distortions of love. The challenge is always to find the love, to see through the chaos that surrounds confused entities’ relationships and so forth. And this is true whether it is the relationships of the family, between two people, or the relationships between nation-states.

25: The third distortion is that of light. And it is only at this point, far down the chain of The Law of One, that manifestation occurs. Manifestation is slow in coming. Much must be accomplished first. Yet you live in a world of manifestations. And thusly, you see, you are always climbing what this instrument would call Jacob’s ladder, only you are climbing it down into the depths of your own heart. And there the Creator lies, beyond all manifestation, beyond all images, beyond all ideas of what is real—ready to heal, ready to nurture, ready to love.

28: At that level it is well to note that the chief difference between the two sexes is that one biological sex is given the ocean of life, so that she necessarily becomes a priestess who can conceive and bear a child. The ocean of life runs through her and she is able to manifest that child. The male is not given this contact, this participation, in the ocean of life. He can come close. He can never experience the ebb and the flow of the tides of that ocean. Consequently, there is innate

who would like to live in love at all times and keep their hearts open. Getting the heart open is pretty easy. Keeping the heart open is doggone difficult. So you have to keep bringing yourself back up to your tuning, the required tuning, so that it really takes a kind of consciousness of yourself that isn't critical of yourself, that accepts yourself [but] that sees when you've dipped down below where you'd want to be and then systematically brings you back. No judgment, but, "Hey, this isn't where I want to be."

129: The other thing about the energy body that I think is good to remember is that—and I've said this in these talks before—it's not okay just to have a brilliant blue ray, and a brilliant indigo ray, and a great green ray if you've neglected the red ray, the orange ray, the yellow ray, if you don't really think too much of your sexuality, or your will to live, or your relationships, your relationship with yourself, with others, with your birth family and so forth. And it's all muddy down there, you're not getting up into the heart the infinite love and light of the one Creator.

130: So you need to keep the whole system clear and balance the whole system. What is going to increase your harvestability is better balance, not a more brilliant higher chakra. The violet ray, when it shows up at harvest, is a read-out of your basic vibration. And the basic vibration is not just the upper chakras. It's all of them. So you need to have this concept of appreciating and loving every single energy of your body.

133: So let's build our purpose. Let's wend our way. Let's find our own ways to love life. Let's find our own ways to love ourselves. Let's find our own ways to love the creation. Let's work with whatever inspiration we want to by accessing the gateway to intelligent infinity and let's do all that with joy. And if we don't feel that joy, throw it all away and find the joy.

137: [footnote start]This hymn was written by Philipp Nicolai in the sixteenth century. It is translated into English by Carl P. Daw, Jr. The melody is Wachet auf, written in the fifteenth century.[footnote end][footnote start]This parable is found in the Holy Bible, Matthew 25:1-13.[footnote end][footnote start]The Law of One, Book I, Session 10: "Questioner: For the general development of the reader of this book, could you state some of the practices or exercises to perform to produce an acceleration toward the Law of One?Ra: I am Ra. Exercise One. This is the most nearly centered and useable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously see that love in awareness and understanding distortions."[footnote end][footnote start]Wikipedia says about Señor Wences, "Wenceslao Moreno (April 17, 1896 - April 20, 1999), better known as Señor Wences, was a Spanish ventriloquist. His popularity grew with his frequent appearances on CBS-TV's Ed Sullivan Show in the 1950s and '60s." You can still enjoy his puppetry on YouTube, where his innocent humor is well represented.[footnote end][footnote start](p) 2000 Bob Dylan, originally on the album, The Essential Bob Dylan.[footnote end][footnote start]Holy Bible, Psalm 118:24: "This is the day which the Lord hath made; we will rejoice and be glad in it."[footnote end][footnote start]The Law of One, Book One, Session 18, Question 13.[footnote end][footnote start]The Law of One, Book One, Session 7, Question 15.[footnote end][footnote start]This chant was sung on Ram Dass's multi-record set accompanying the book, Be Here Now. We no longer have that album in our Library. I do not know who wrote or who sang this chant. Interestingly enough, Carla had lost these words but when she wanted them for this talk, found them written on the inside cover of her Hymnal.[footnote end][footnote start]Carla wears a small, gold cross which her husband gave her, around her neck all the time.[footnote end][footnote start]First verse of a hymn by Arthur Campbell Ainger, written around 1900.[footnote end][footnote start]Southern white spiritual of the eighteenth century.[footnote end][footnote start]An American Indian chant, usually repeated at least three times.[footnote end]

39.9 2010/09/05

3: Our [particular] third-density is over. But we remember the difficulties and the challenges that we faced when we must find love by faith alone, and find faith by love alone. Thank you for calling us to your group. And we thank this

instrument, who has been away from contact with us while it was necessary for her to do so, in order that she might be able to channel in an upright position rather than lying flat on her back. May we say to the instrument, thank you for that decision. And may we say to each of you, thank you for the decision to come together—may we even say to come home—for just a little while, to experience a safe place and an energy that is alive with the love of the one great original Thought.

20: You are not the boss of anyone. You do not have to correct anyone. Let the world wag. Look to your inner tuning. Look to how you are living your life. Examine it, for things that truly count are truly important to celebrate: the dawning of a new heaven and a new Earth. Find your joy. Find your laughter. Find that place within you that loves yourself. And accept yourself, because that makes of you a co-Creator that will love others and accept others. This is the key to harmonization of the varieties of human thought and experience.

22: Therefore, my friends, turn your minds from how to respond to a possible future cataclysm and towards becoming ready to meet this moment with an open heart. Meet this moment with an open heart. This is your greatest gift to your self, to your loved ones, and to the planet.

23: Now, that shows up in a different guise for everyone. It is not that you mean to wear the mask, or to don the costume, but it is impossible to express your true self, which is unconditional love. Each of you has ways of presenting the self to the selves about you, that you have learned—sometimes painfully—work for you. That's all right. You do not have to change your behavior. If you change your thoughts to those of love and laughter, acceptance, compassion and understanding, your behavior will take care of itself.

27: It may be, my friends, that your talent is not outer, but we assure you that the charge of being those who keep their hearts open is also the challenge of becoming a lighthouse to those around you. We are not saying that you must be impressive, speak well, or do anything whatsoever on the outer plane. We are saying only that as your heart is, so shall your eyes speak without words to those whom you meet. And as people look into your eyes and see the light of the Creator, so shall they become healed. All of you at this time are great healers by your love. You need do nothing outer in order to be absolutely essential at this time.

28: Now, what is your food? What is the feast for which you are preparing? Or to use another metaphor that this instrument used earlier, where is the fuel for your lamp? How shall you strike the match to that fuel and light the lamp of fourth-density? My friends, your feast is love itself. Relish it. Prepare it. Use the herbs of patience, tenacity and the light touch. Walk the fields of your consciousness and find ever new those growing wild things that, when plucked young, shall make ever tastier the feast of love.

29: Now you have prepared yourself. You have prepared your feast. You have decided upon your present—and we do mean that pun, my friends, staying in the present moment and being a creature of love; seeing with eyes of love; thinking with thoughts of love and having an understanding heart. Now wrap these presents well. Prepare them well, these tasty dishes. And be confident in the extreme that all is well.

34: Every moment of your life is a gift. Relish it. Use it. Have a wonderful time with it. Ask of yourself not how much you have done today, but how much have you loved today? Then, you are ready. You have the fuel for your light, for it is infinite. You have the food for your feast, and you are ready to meet the chaos of the darkness of the eve of that day.

50: The planetary alignment of which you speak is a phenomenon of great significance for the transition that each entity, and indeed each cell that in the human body, shall begin to experience. If one were able closely and carefully to [see what is happening, these cells] are being enhanced in a manner which will allow a greater experience of the Density of Love and Understanding which is now beckoning and shall shortly be that predominant experience of this illusion.

72: Again, paradox is that quality which seems ever-present for the spiritual seeker to serve out of seeing the necessity for service, while also seeing the perfection of experience. This is your faith, shall we say, at this time a great transition upon your beloved Planet Earth.

73: At this time we would thank each present for taking the time and energy to seek our presence, to ask our service, and to take this offering, humble though it be, and use it as you will. Each here is strong in seeking, and shall continue to

my brother, if there is at any time any judgment involved with your daughter, we encourage you to refrain from expressing it. For your part in this pattern is to see the love in the moment and to enlarge upon it rather than to engage in any energy of judgment or criticism.

62: This instrument likes to look at such refraining from responding to anger with anger as a Beatitude because of this instrument's Christian background. The Beatitudes are those sentences in the New Testament which have to do with being blessed when you mourn or when you are poor in spirit and so forth.1 They are blessings because they are grist for the mill for that one who is focused, not on the self but on the Creator; not on fear, but on love; not on maintaining an ego, but on becoming an ever more pure radiation of the one infinite Creator.

66: We are those of the Q'uo, and are aware of your query, my brother. Each entity comes into incarnation with a plan of incarnational lessons to learn and incarnational service to offer. It is often a "long and winding road"2 to find one's way, and yet at the same time one cannot make a mistake. There is a tremendous amount of redundancy built into this system of a lifetime. You have gifted yourself with many more relationships, many more challenges and many more blessings than you need, in order that you may never feel that you have gone astray and that you have lost your way. For you are always on the way to home, that place within yourself where all is well and you are in the open heart which is the home of all entities within illusion, moving always back to the one infinite Creator, resting in that vibration of unconditional love.

69: The Indigo agenda generally has a large area of concern for the planet itself. This is due to the fact that these entities are natives of this planet, having just graduated from third-density Earth. They have graduated to fourth-density positive and have immediately chosen to return to the Earth sphere in a dual-activated third and fourth-density body. Their physical body is third density but they're wired, shall we say, to be able to absorb fourth-density vibrations of love and understanding in a far less distorted way than those with only the third-density wiring or DNA.

70: They, and all of those who have come to this planet from elsewhere, from planets that have destroyed their habitat or who come from Atlantis, where they destroyed their habitat, have a great desire to offer to the Earth restitution and stewardship that is based on love and protection rather than on the desire to rape the Earth for its resources.

72: There is a tremendous healing quality to Planet Earth. It truly is Mother Earth, and its love of this small child is such that all of the forces of nature shall be working to help heal the distortions of the one known as N, especially when she is able to contact the Earth itself, certainly with her feet, but also, as much as possible, her torso. She may sit upon the earth while you tell her stories, or you may create for her the adventure of sleeping out under the stars or in a tent.

74: Far more goes on, my brother, when one is gardening than the function would suggest. The earth is alive. It is a consciousness that is just as much unique to itself as you are to yourself. It is aware. It is a being. And it is full of the most pure love imaginable for you and for all things that grow and have life within and upon its surface. It is a graceful, rhythmic, pulsating entity.

75: The awareness it has of you is complete. It is sensitive to your every thought. So often, my brother, it is unable to make contact with those souls in third density upon its surface. And this is a grievous thing to the Earth. It is the unwilling recipient, in many cases, of hostility. And there is a sadness within the Earth because of this. As you appreciate and love the Earth, as you literally put your hands in its dirt, care for it and tend to it and praise its beauty, it is as a young girl who is told she is beautiful. It feels so good to Gaia to be appreciated and to be treated gently and lovingly.

36.19 2007/09/08

22: This is not something that can be done on purpose. It is the result of a life lived thoughtfully and consciously. It is a great reward of the spiritual life that eventually you become able to choose to bring into the forefront of your awareness that selfhood of yours which does not partake of any masks, but rather rests in the mystery of the unconditional love of the Creator.

24: Indeed, the sum total of becoming aware of this imper-

sonal center or core to the self is that you fall in love with your foolish, human personality shell. You like yourself. You accept yourself just as you are, for it is this vehicle that has served you so well and offered you so many occasions for laughter, comradeship, love and affection. It is this very personality that has allowed you to open your arms and embrace others and to accept the love of others.

33: As you spot these angles and edges in your approach to life and you see that they are destructive of life and denying of the unity of all things, you may well work upon enlarging your point of view and gradually, lovingly, gently bringing these fear-based biases of personality more into the light, that you may develop within yourself a greater compassion for all of life and a greater knowledge and sense, on a personal level, of the unity of yourself and those who you have thought to exclude from your good offices.

35: It is well, in the midst of the confusion and rush of personality, to be single-minded about one thing and one thing only. And that, my friends, is love. Look for the love. When you find it not within yourself, look further, and ask for help. Whoever it is that you ask, whether it be the Confederation, the Holy Spirit, your higher self, your guru, your teacher, inspirational writing, or whatever it is to which you look for aid, seek in all ways to enlarge your awareness of the love within you; of the love flowing through you; of the love that you are able to radiate to those about you.

44: And, indeed, even those who read this transcript at a later time shall be a part of the energy of this session and shall contribute their love and their light and their interest to the energy that is experienced by the sitting circle at your local time and space.

48: And all those forces of love which are a part of your future are, at the same time, profoundly a part of your present moment. All of infinity exists in the present moment. This is a paradox in that it also exists in the next present moment, and the next. And yet it is no less true.

51: As you bless, in your own unique way, that energy that moves through you, as you dedicate it to the love and the light of the one infinite Creator and to service in the Creator's name, you color that light with your blessing. So as you radiate out into the world, your radiation is utterly beautiful and unique. There has never been another source of radiation that is just like you and there never will be. For all of those things that have impinged upon your consciousness within your incarnation have added up to this entity that you are at this moment. And even from moment to moment you shall shift and change and make sudden movements, and rest for a long period of time and then make sudden movements that change your coloration again. And at no time are you anything less than perfect.

52: We are aware that the one known as S was asking about how to work to increase the strands of DNA that are the basic wiring that allows this crystal being that you are to accept and radiate a light of ever increasing density. And we would say to the one known as S that it is in that profound acceptance of the self, that coming to love the self and rest within one's skin in utter peace without giving oneself difficulties without doubting the self, that this transformation of the very cells of your body will take place.

53: Think of fourth density as you have imagined it, that realm of light and love where you are still playing the card game of seeking and learning, yet everyone's hand is face up upon the table with all the cards showing. Everyone knows everyone else's hand. Everyone sees the struggles, the suffering, and the pain of everyone else. And everyone also sees the beauty the joy and the delight of knowing everyone else. 54: So there is a far more complex, and at the same time a far more simple, balance of loving and being loved. It is no longer a stretch to love entities at the soul level. For all entities are beautiful when their hands are laid down with the cards facing up, so that all may see all the cards. In fourth density, every entity whom you now judge, you will then see to be a person of infinite beauty. Everyone of whom you thought perhaps too well in third density, in fourth density becomes a very human, flawed and entirely lovable character.

55: So the fourth density values are those of compassion, acceptance, support, encouragement and resting in love, in all that you see and all that you think. By the time it comes to the doing of things, you are set in your course and your actions shall be those that are imbued with a genuinely heartfelt love.

13: This instrument was speaking earlier about her inability to grasp how various entities offered so many kind thoughts to her. And yet this is to be expected, since this entity's leit-motif throughout decades of work with those who come to the organization that is known as L/L Research for help has been consistent. There is no grand plan that would support this entity helping others, but only a heart full of love and the intention to support and encourage those about her.

14: If this is done at random, it does not sound that leit-motif, that thematic melody in the incarnation. Yet if it is done again and again and again, in a consistent fashion, then the metaphysical energy of that consistency sets up a pattern. Love is reflected in love. And so this instrument now has the catalyst of learning how to accept the love offerings of others.

19: The question of "Who am I?" extends beyond the precincts of selfhood and into that impersonal portion of the self in which the servant is the master and the master is the servant, in which the giver of love is the receiver of love and the receiver of love is the giver of love.

20: As the seeker grows to know itself better and presses its search, it begins to learn a great many things which seem paradoxical. For the seeker of identity finds that the self is both loving and unloving; both sympathetic and willing to offer consolation and unsympathetic and willing only to judge. All of these awareness of self, then, can begin to be recognized for the healthful and appropriate paradoxes that are a part of being a human being in third density, of being both sides of the dynamics.

23: As each seeker goes deeper he will find the images and the themes of the archetypal mind beginning to have more substance within his awareness of who he is. He may begin to identify himself with beauty or truth or power or love, as he sees within the living myth of his own growing legend the shape of underlying archetype. And these considerations, too, aid in knowing the self. This quest shall always be a work in progress.

35: And how shall that be done? It begins with the bare idea of the possibility of forgiveness. With an upwelling of faith that forgiveness is possible, a seeker may begin to have compassion upon himself. His interest is not in making excuses for himself or rationalizing things done amiss or things not done which ought to have been done, in the seeker's opinion. Rather, it is in the growing willingness to go after the lost sheep of imperfection and imperfect actions and to carry them back into the heart to be loved, respected, honored and forgiven.

39: The end result of these two processes together is to become the Creator, compassionate, loving and understanding. This is gained by working upon the self. And once one has forgiven and become compassionate towards the self, then that entity becomes that magical person who is able to love, forgive and have compassion on others.

53: Yet at the same time there is within the one known as R, just as there is within all entities whatsoever, the deeper serenities and lovely tunes of a sacredly lived life. For there is in every seeker a desire and an intention to live life sacredly. Therefore, it is a matter of being able to achieve enough awareness of the self living the day so that there begins to be a transparency to the duties, the chores, the errands, the work, the kitchen, the details of the day, so that one may see, at the same time as one is fulfilling one's duties, the undergirding substance and essence which is sacred.

56: For all things whatsoever, done with the consciousness of love, become sacred. Thusly, my brother, when you feel the farthest from any true spirituality in your daily regular life, you are, at the same time, a hair's breadth from accessing the astounding power of consciousness. And when you can access that consciousness and invite it up into the details of your life, consciousness begins to live your life. And you know that there is nothing that you do that is not sacred.

70: One last question. When I think of love/light, and I try to open to it, does the love transform my thought?

71: We are those of the Q'uo, and believe we grasp your query, my brother. It is so that at any point at which one's heart rises in joy, appreciation and thankfulness at some beauty or blessing of life, one has accessed consciousness. The steady state of consciousness is one of joy, peace and love, and it is a wonderful experience when that sunshine bursts through and one's heart is lifted up in the sudden

awareness of the stunning beauty of the present moment.

36.21 2007/10/06

21: The summer solstice and the winter solstice, on the other hand, are times of power, times of epiphany and insight. At winter equinox one is resting at the very nadir of light. The hours of darkness have completed their march and your beloved planet Earth is at its farthest from the sun.

41: It may seem that these energies are inimical. Certainly there is discomfort at times in seeing the shadow side of yourself in a new way and perhaps for the first time. There is, however, no stigma in having a shadow side. There is no embarrassment or shame in finding that your armor of light is not seamless. You may with calmness observe the uncomfortable truths that may face you as you take in these energies of light and truth. We encourage you never to judge yourself but only to love yourself ever more fully as you understand yourself, ever more fully.

48: This movement from form to essence, from personality to impersonality, from the thinking mind to consciousness is the meat and drink of spiritual seeking. At the heart of each of you there is an identity. You are one with each other, and with all that there is. You share in common the same consciousness that is the Creator's consciousness. It is imbued with and of the nature of unconditional love.

52: The dance moves through many cycles and yet always within you, at the heart, is that point of infinite stillness in which essence is all and love rings out to the farthest reaches of the infinite creation.

65: And lastly, we would remind all of those who attempt to communicate that if you hold words in one hand and love in another, love is heavier. Love is more important. Love is the essence; words are the form. Find the love in your heart and let your heart fill the form of words with love, affection, compassion and laughter.

36.22 2007/10/13

10: To us, this is a perfect example of inspiration in that the inspiration was with them and unrecognized for a considerable length of time. It was only in the relaxation and perhaps the weariness that heralded their evening meal and the end of the day that their rational minds let go and released them from the limitations of logical thought. In that state alone did they finally recognize their beloved teacher and savior.

13: Can you move away from this Companion of every moment? No, my friends, you cannot. Physically speaking, you can climb the highest mountain or plunge into the depths of the sea and your Companion, unconditional love, shall still be with you. In a metaphysical sense, can any toxic emotion drive away the beloved from your side? No. The beloved presence is with you always in every hour and every moment, day and night, relentlessly, eternally, loving, loving, loving.

14: There is, as the one known as R would say, a glitch, a catch, to this infinite supply of unconditional love, and that is the veil of forgetting that divides your mind, so that it becomes preoccupied with that which you can see with your senses, hear, feel, taste and touch. You cannot smell the infinite One as He walks beside you. He is intangible, invisible and usually unheard. Yet unconditional love is your Companion, has been your Companion, and shall be your Companion.

15: Love is an inextricable part of your nature. It is your founding father and your nursing mother. It is the child at your knee. Any way that speaks to you personally of perfect companionship, that is the nature of your Companion. You may think of this Companion as Jesus, the Christ. You may think of this Companion, as does this instrument, as the Holy Spirit. You may think of this Companion in a structure which we have given you many times before, which is that of a guidance system.

16: You may think of this Companion as your unseen guru, whose love and affection for you outlasts death, so that even if your teacher is no longer incarnate in flesh, yet still he is the angel on your shoulder and the Companion of every move, every thought, and every word.

17: How to remember that you are companioned by love is often a great challenge in this atmosphere of heavily veiled experience. Perhaps the slanting rays of sunshine on a beautiful day may give you that hint that reminds you that you

ers like you treat yourself. Love thy neighbor as thyself. It's very simple to say—very hard to do. And the intricacies of learning to serve others will take you the rest of your life. It's not a slam-dunk, ever, to know how to serve somebody.

23: Now I know that we all fail. We all, every day, probably review a communication we just had and we go, "That was not the loving way. Oops!" And then we make a new vow. "From now on I'm going to try to learn from the mistake that I just made. I'm going to do this differently."

26: "Is there a manifestation of love that we can call vibration?"

28: "The vibration or density of love or understanding is not a term used in the same sense as the second distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity"

29: In other words, "fourth density" in various planetary systems. The vibration, love, is that density in which those who have learned to do an activity called loving without significant distortion then seek the ways of light or wisdom. Thus in vibratory sense love comes into light. In the sense of the activity of unity, in its free will, love uses light and has the power to direct light in its distortions, thus vibratory complexes recapitulate in reverse the creation of unity, thus showing the rhythm or flow of the great heartbeat if you will use this analogy."

36: At any rate, the power that you have is awesome and infinite, and when you focus it and when you let loose that focus and you are engaged and you are paying attention and you are there, the world becomes an incredible place. And when you realize that with your power, what you forgive is forgiven, that means you can forgive and it is so. If you judge it is also so for you. So how do you want to set up your universe? How do want your creation to run? You want it to run on love probably. That's the kind of creation you'd like to live in and you have the power to do that.

38: All that you've learned about love and life and living is placed in a thought-form that is your higher self. And it is made available to any who ask for their higher self in the third or fourth or the fifth or even the early sixth density. So you always have a version of yourself that's your highest and best.

51: "Let us give the example of the man who sees all the poker hands. He then knows the game. It is but child's play to gamble, for it is no risk. The other hands are known. The possibilities are known and the hand will be played correctly but with no interest."In time/space and in the true color green density, the hands of all are open to the eye. The thoughts, the feelings, the troubles, all these may be seen. There is no deception and no desire for deception. Thus much may be accomplished in harmony but the mind/body/spirit gains little polarity from this interaction. "Let us re-examine this metaphor and multiply it into the longest poker game you can imagine, a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt and re-dealt and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes."You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit being-ness totality."

72: So okay. Focusing back into service to others versus service to self. The interesting thing about service to others is that it results to service to self. I didn't realize how true this was until I began to have a public life. I first wrote a book that was "out there" in 1976. By 1977 I was absolutely deluged with the love offerings of others.

73: [It is] bread on the waters. What you give comes back to you a hundred-fold, a thousand-fold, ten thousand-fold. It's unbelievable, the generosity, the reciprocity of life. So, it could be argued that a good reason to be service to others is to get all the goodies, all those love offerings of others. But it's not the reason we do it. It doesn't even enter in to it. It doesn't occur to us. But that's what happens. That's the

paradox of it.

74: However, if you serve yourself; if you are service-to-self [polarized], it results in what? More service to self. It doesn't grow because it doesn't take into account the primal nature of love. The service-to-self polarizing entity is skipping the heart chakra entirely. It's going from the yellow ray to the blue ray. You have many ministers in this world, especially those that seem as though they're service to others because they're preaching the kingdom of God and they're out there—but then they ask for your money, you see. And then they say, "And I have a special problem here, so I need even more money. And then I need more money." And they never stop asking for money. They are using fear rather than love to bind you to them. You know, "If you don't listen to me, you're not going to make it into the kingdom of heaven."

88: Polarity expresses as a vibration. The less the distortion from the one great Thought of unconditional love, the more positive the polarity. Don asks Ra in session 48,

91: "There are two answers. Firstly, there are those directly under the Guardians who are responsible for the incarnation patterns of those incarnating automatically; that is, without conscious self-awareness of the process of spiritual evolution. You may call these beings angelic if you prefer. They are, shall we say, "local" or of your planetary sphere."The seniority of vibration is to be likened unto placing various grades of liquids in the same glass. Some will rise to the top; others will sink to the bottom. Layers and layers of entities will ensue. As harvest draws near, those filled with the most light and love will naturally, and without supervision, be in line, shall we say, for the experience of incarnation."When the entity becomes aware in its mind/body/spirit complex totality of the mechanism for spiritual evolution, it, itself, will arrange and place those lessons and entities necessary for maximum growth and expression of polarity in the incarnative experience before the forgetting process occurs. The only disadvantage of this total free will of those senior entities choosing the manner of incarnation experiences is that some entities attempt to learn so much during one incarnative experience that the intensity of catalyst disarranges the polarized entity and the experience thus is not maximally useful as desired."

97: Now what does that say to you? That says to you that you can trust yourself. And you need to trust yourself. You made this plan. You gave yourself this limitation, this suffering, this difficult relationship with Mom or Dad or husband or wife or lover or friend or employer. You may not have planned this particular instance of difficulty but you planned relationships which had a very high probability of giving you this very problem.

98: And why would that be? Well, some of us have too much love and we need to balance that love with some wisdom. That's me.

100: And some of us come into this world very powerful but unbalanced, either between power and love, power and wisdom or power and not using either one.

105: I can change my consciousness by just touching my cross. 10 That's enough to bring me back to my heart because I love Jesus. Other people have other ways of reminding themselves, every day, every moment, how they would like to be thinking, how to tune. And I encourage each of us to tune all the time. If we find ourselves vibrating in a way that we'd prefer not to, well, sing a song, chant, or Om. Do whatever it is that brings you back to yourself. Because that is truly a great service, not just to you, personally, but to the whole planet. Think of it! If we're an interactive system and we do something, we aren't just affecting ourselves. We're affecting the system.

106: Distortion, as I said, is not a bad word. But the Ra says to lessen distortion. So what are we lessening distortion from? Love. We are attempting to become a vehicle for the radiance of the one great original Thought—unconditional love.

107: Imagine flesh and bone being able to do this! That's what I was saying at the beginning of this talk, or earlier in it. We are in the incredibly wonderful position of being a little place to anchor into this earthly vibration the infinite love of the one Creator. We have a gateway to intelligent infinity within us.

117: But I think that the best prayer that I ever heard was one that Jim offered. He said, "Lord, I pray that our energy exchange may offer to you a life in love and a love of life."

128: It is the single most useful conscious exercise for those

Neither discipline was able to work in the imponderable but eminent importance of love.

79: The Creator has certain characteristics that are innate. It's in our spiritual DNA that we're the creatures of love because love is all there is. The one great original Thought was a Thought of love. And when light came into being and manifestation took place, it linked that Thought into everything it manifested.

80: So the most distorted things that you see are still love. They've just greatly distorted. But the heart of everything is love. Jesus said it well, when he said, "I am the vine and you are the branches." 7

81: No matter how much we get off the beam, if we go back to our root stock, it's love. And we can always get back there. And we need to get back there. Unity is the only principle not a distortion of the Law of One so imagine, distortion is not a bad word. Nothing but unity itself is actually real—and of course you can't see Unity. It hasn't been moved on yet by free will to develop any focus or to manifest anything. Everything is a distortion, so distortions are good.

85: I love that sample. You know we're used to the sampling that is done by DJs that sounds very sharp. It's come out in music a lot, especially in hip-hop. But here, we are samples in the recordings of the Creator.

89: "As one proceeds from the primal distortion of free will, one proceeds to the understanding of the focal points of intelligent energy which have created the intelligences or the ways of a particular mind/body/spirit complex in its environment, both what you would call natural and what you would call man-made. Thus, the distortions to be avoided are those which do not take into consideration the distortions of the focus of energy of love/light, or shall we say, the Logos of this particular sphere or density. These include the lack of understanding of the needs of the natural environment, the needs of other-selves' mind/body/spirit complexes. These are many due to the various distortions of man-made complexes. Thus, what would be an improper distortion with one entity is proper with another." 8

92: Love is the second distortion of the Law of One. Now I realize that love is a pitiful word—as the Vice President of [L/L Research's] Board's father would say, "Plumb pitiful!"

95: Now I know you will enjoy it there! It is a wonderful place with a wonderful spirit. Love permeates the Creator. Therefore we as the sons and daughters of love are naturally permeated by love. Hatonn says,

97: The concept from which we have wandered is love. He goes on to say,

103: "Only up to a very short point. After this point, the many-ness of distortions are equal one to another. The first distortion, free will, finds focus. This is the second distortion known to you as Logos, the creative principle or love. This intelligent energy thus creates a distortion known as light. By its use in combining with the Logos, or love, the entire, infinite Creation was made and continues to develop by the use of the free-will choices of all of us."

109: It doesn't work that way. We're going to be harvestable when we're in balance with ourselves; when we have found ways to love ourselves. I think it was Eccles who asked for a discussion of the chakra system of seven rays as opposed to that of twelve rays. It was a fascinating dissertation by those of Q'uo. And they said, among other things, that there is a chakra in between the yellow ray and the green-ray chakra and in 101 I have called it the courtyard of the open heart. Because in the courtyard of our open heart we stand before the steps of the temple. In the book I likened it to standing in the Plaza San Marco in Venice. It used to be the Chapel of the Doge. It's a huge, immense edifice with a bell tower and in front of it is this absolutely vast plaza, an open space where lots of tourists are coming and going and pigeons are there. And I've always thought that my distortions are as many as the pigeons. So it's like the task of collecting all the pigeons around the courtyard of San Marco for us to try to collect all of our wayward self.

110: But that's what we have to do whenever we get to that point where we've done the balancing exercises and we see we're caught up again in whatever distortion it is. We have to take that distortion and bring it to our hearts and say, "Yes, you are part of me. Yes, I love you, I accept you, I will work with you and I ask you to serve the light within me rather than the darkness." And I think it's very possible to do that. I certainly have had a lot of luck asking some of the uglier parts of me to turn their attention to making me have more

grit, more muscle, more perseverance and be a more sturdy and trustworthy servant of the light.

112: We need our dark side. We need to love our dark side. We certainly don't need to exercise it but we need to appreciate it, to accept it, and to ask it to work for us instead of against us. And I think we can do that. We can learn to play this piano. Not just chopsticks. We can be good. We can be really good!

39.8 2010/09/05

4: This talk will be about polarity. The first one was about, "What the heck is 2012?" The second one was about unity, free will, love and light, the basic principles of the Law of One, and how they explain what we're doing here looking at a time of harvest.

5: The third talk is on polarity and this is where the rubber hits the road for everyone that wishes to go through the harvest of third density and graduate. As I said yesterday, we're struggling. We basically have been described by the Confederation entities as pre-schoolers, as toddlers, even as infants. We're trying to graduate third grade here, so we just really have to lift ourselves up by the bootstraps and get past the second-density values of protecting and defending our clan, and move into the thought of protecting, defending, loving and accepting all of those on Planet Earth—our whole tribe. 7: The fuel, of course, is absolutely infinite in amount. The love and the light of the infinite Creator is moving through our energy body in inexhaustible supply at all times. We can't run out. By stopping the flow of love through us, by clutching and contracting around our woes and our problems—which we all have—what we can do is stop that flow into the heart, and [then] we can't get our hearts open all the way.

8: The fuel is love. It's right here. It is inexhaustible. We don't have to hoard it. All we have to do is live in such a way that our energy bodies are clear so that we get that energy through us at all times.

11: I love the little, neat, compact question that Ra asked, "Where is the love in this moment?" 3 because the moment contains love. So, clever us, we're going to examine this moment and find the love in it.

12: Well, this particular moment is unbelievably full of love. I look around the circle at these beloved faces, people that I'm new to and am just learning to love and understand and to know, and people that are familiar to me and whom I absolutely adore. And my heart is just so full—I can't tell you. I look around and feel the energy moving around the circle and feel that what started out as a modest dome of light is now probably two miles into the heavens and pulsating with our combined energies.

13: We are making a difference right now of a big extent, metaphysically speaking. And I will probably hear from a half a dozen psychics in the next two weeks saying, "Wow, what were you guys doing at L/L Research? That's incredible! You guys rock!" I get that every time we have a big gathering like this. It's a lovely thing to hear.

14: So, the Creator chose to know Itself. And we choose what? To know ourselves. We know that we are creatures of love because, logically speaking, how can we be anything else? There's nothing but love. There's nothing but the Logos. There's nothing but the unconditional love of the infinite Creator. And we who are infinite and eternal beings have come into these very limited bodies. Why? Because we are this incredible way-point between eternity and all the forces of eternity, and the here and the now and the present and the limited and this wonderful world we have come to experience.

15: Only we can draw in the energy of the infinite Creator and infuse ourselves with it to the point where it begins to glow from us, so that we become lighthouses to those around us. And then those around us catch the flame. And then they become lighthouses. And it spreads and it spreads and it spreads until the whole world is thinking to themselves, "I love feeling like this. I want to keep feeling like this. I'm going to keep feeling like this".

21: If we haven't thought about that much, it's a wonderful thing to do. Just sit down and say, "Okay, what's my basic code? How do I want to live my life?" We have the principles. We have unity. We want to live according to unity. We want to live by the golden rule, which is unity in action. "Do unto others as you would have them do unto you." Treat oth-

are in full contact with love. Perhaps the blessed sound of rain when all has been dust and the rain is needed offers you that chance to recall that you are not alone. But one cannot depend upon a sunny day or a blessed rainfall. Perhaps a beloved face, your mate, your friend, or your teacher reminds you that love walks with you in every step. But you cannot depend upon the presence of a particular person.

23: It is our humble opinion, however, that it is not necessary to choose. What is needed by the spiritual seeker who wishes to access the joy, the aliveness, and the unconditional love of the world of light is a dedication to the techniques involved in unifying those two worlds.

24: The seeker begins by realizing that there is another world, a world far more beautiful, real and profound than the everyday world of form. That is the time of awakening and it brings to the seeker a hunger and a thirst for light and love. The seeker wants to find out just how to live in that world. So the seeker begins to meditate or to contemplate. And this is an excellent thing. At the same time it creates within the conscious and rational mind a sense of separation between the person that you are when you are not meditating and the person that you are when you are meditating.

25: It is often the work of many years of moving into the silence and the meditation and coming back out of it into the everyday world before the seeker becomes aware in a moment that the everyday world is permeated and imbued with the Companion. Everyday things are saturated with the love of the Beloved. There is no nook or cranny within your mind or your emotions and your fears that is not drenched and marinated in love.

26: This is so in an unalterable and irresistible way because at the heart of every cell of your body is the one infinite Creator, and that Creator has a nature. That nature is love. When your heart beats, it beats love. When you breath in, you breath in love. When you breathe out, you breathe out love.

28: There are as many ways to help trigger your remembrance of the Beloved that walks beside you and holds your hand and comforts you as there are entities who seek the one infinite Creator.

30: This instrument was speaking in the round-robin discussion that precedes the seeking through meditation of this particular group about loving everything that she does and we would comment upon that, for the statement that this instrument made, though she is not aware of it, is not a statement that is literally true. There are many things that she does within her day which she does not, with her rational and conscious mind, love. Indeed, she must encourage herself and even goad herself into taking care of many of the details of her day.

31: Yet her statement was true insofar as it was her honest and sincere experience. Yet this is not because of the work. Friends, it is never because of work that you find your joy. It is because you have accessed or remembered that you walk with a beloved Companion whose name is unconditional love. It is because you have remembered who you truly are and why you chose to be here now.

43: That which shall assist you most in cleansing yourself of that feeling of sameness is the ability to release the mind. Certainly many among your people have done this by artificial means. Perhaps they drink an intoxicating beverage. Perhaps they ingest the smoke of some mind-altering substance or they ingest food that creates an alternate reality. We are not suggesting other substances as a solution for one who chafes under the sameness of the work-a-day world. We are suggesting that that very work-a-day world is full of angels and spirits and guidance and the Beloved.

44: It is the peculiar nature of those who live with that veil of forgetting that the very last thing that is thought of is faith. Faith is your stoutest ally in becoming re-inspired. Faith is the spiritual breath of life. And sometimes you need resuscitation, spiritually speaking. The great and fortunate thing about faith as a tool and a resource for the seeker is that you do not have to do it well. You do not have to "believe," as it were. You have only to claim it and say, "I have faith," and suddenly your eyes open and you can see that the comrade beside you on the road to Emmaus is none other than love itself.

51: We would that we could share with you on a steady-state basis our perception of life itself as a miraculous and utterly incandescently beautiful thing, a treasure, precious and rare. We cannot. We can say the words and always we can share

with you our love. And you have but to ask for us mentally and we shall be with you, surrounding you and bathing you in our love.

56: The difference was time set aside within an intense desire to see deeper; to see with the eyes of the heart; to experience as the beloved Companion experiences. We commend to you whatever you may do that will help you to combine the worlds of form and spirit, so that you are never without a keen and present awareness of the power of love.

58: [footnote start]Holy Bible, Matthew 28:20: "Lo, I am with you always, even unto the end of the world. Amen." [footnote end][footnote start]From a prayer of the Episcopal Cursillo: "Come, Holy Spirit! Fill the hearts of your faithful and kindle in us the fire of your love. Send forth your spirit and we shall be created, and you shall renew the face of the earth. O God, who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy thy consolation. Amen." [footnote end][footnote start]This lyric is from a song written by Jim Morrison and sung by The Doors on their debut, eponymous album in 1967. It was also released as a single the same year. Partial lyrics are: [lyrics start] The gate is straight

36.23 2007/10/27

8: In order to approach this gateway, much work has already been done. For it is impossible to enter the gateway of indigo ray until the entity has gathered the entirety and the wholeness of its integrated self into the heart and has done the work of forgiving and falling in love with this integrated self, with its many perceived faults.

10: The model of this activity is that of what is known in the Buddhist world as kundalini. You have the infinite love and light of the one Creator streaming through the chakra system from the bottom up, feeding it with an infinite supply of light. This is the power and the energy with which you work in getting to know yourself, becoming friends with yourself, and working with all of the various aspects of physical life on Earth as you know it.

13: In the end you might see this expressing as a completed circuit. The bodily energy, having to do with incarnation and carefully enclosed within incarnation, is as the field that is planted and seeded and sown with this fructifying information-ridden love everlasting that, unlike the energy that streams from the bottom of the energy body upwards, has pointed and articulated information in the silence of that inspiration.

19: As you sit in meditation, visualize with us your energy body, with its rainbow of colors: red, orange, yellow, green, blue, indigo and violet. The indigo and violet rays are at the brow and the crown of the head, the very tip of your physicality. Allow the light and the love of the one infinite Creator to flow through the bottoms of your feet, the base of your spine, and up your spine. Feel that energy kissing and moving through each chakra. Feel it pouring out the top of your head in a fountain of colored light. That is, light which is colored by your working with each of the chakra energies to bring them into your own unique balance. You can see that there is a circular spray, shall we say, of radiated light that moves from the top of your head in all directions.

20: Now, allow yourself to feel the essence of your desire. What do you desire? Those ready to work with the gateway to intelligent infinity will be saying something like, "I desire to seek the truth. I desire firsthand experience of the One. I seek to know in order to serve," and sentiments of that basic nature which ask nothing for the self except to rest with the Beloved at last and practice the presence of the one infinite Creator.

22: See your radiation begin to have weight. You are now not simply radiating out into a void, shall we say, or the area around your head. You have become a fountain. As the inspiration flows into that portion of your energy body it then bursts forth again, but with a weight, so that it is more like water than light in its behavior. It begins streaming in a beautiful circular, symmetrical fountain and coming back under you to catch up again with the energy of the earth, that love and light that comes into the body from the base of the chakras. You sit in the middle of a torus,³ shall we say, of created light that is your interface with all that there is.

24: It is wonderful to be in the presence of an entity with an open heart. That glow, that radiation is so enjoyable to

be near! One can always feel the presence of a truly loving heart. There is excellence there of the highest degree. Yet the energy of one who is making contact with intelligent infinity is as the wise man to the youth. The one known as Saint Paul said, "Now I see through a glass darkly; then I shall see face to face."4 That is the difference.

33: And sexuality, of course, goes through all of the chakras from red right straight up through to violet. Each step along the way enhances sexuality. When the heart is penetrated by two entities who are in love not only with each other but with the Creator and love itself, there begins to be possible an energy exchange that is most helpful to the mated pair as well as to the world around that mated pair. Again, there is the creation of fountains of energy because of that spark, that atom that is being split in the orgasm.

35: When the mated pair reaches orgasm, regardless of what chakra from which the orgasm is expressing, it is recapitulating the steady state of the creation. It is experiencing the love of the one infinite Creator in a way which it simply cannot deny. It is a wonderfully focusing thing to approach and go through an orgasm.

40: Certainly, sexually speaking, the mated pair collaborates in the most dynamic of all possible ways to practice the Presence of infinite love. But as you meet people who are doing the same sort of spiritual work as are you, and as you talk about that for which you thirst and hunger, you are creating collaboration through that contact point with intelligent infinity, and you are creating thought forms that then have an independence of existence.

36.24 2007/11/10

0: [overview] (Read by Jim.) The question tonight is: Conspicuously absent in the philosophy of the Ra contact is any mention of the surrender of the conscious self to a guidance, intelligence or will greater than its own, be it the higher self, love and light, or the Creator. Where is there room for God's grace and surrender in Ra's philosophy? If surrender is suggested in Ra's philosophy, to what does an entity surrender? 29: It is as though the seeker orbits the self, closer and closer, until finally it is drawn into the heart of self by a kind of spiritual gravity. And suddenly there bursts forth an awareness, a satori,2 a realization, an epiphany.3 And in that moment the self is known to the self. And that self is love.

31: We do not object at all to the seeker's use of "otherness." For instance, this instrument works with mystical Christianity and patterns her life after the example of the one known as Jesus, the Christ, whom she calls her Beloved, whom she follows, for whom she would die, and for whom she lives. She is aware of the relative impurity of a model which contains the self and an other-than-the-self. Yet to contain her devotion and channel it in a productive and positive way, she uses the conventions to which she was born in consensus reality as a conscious being.

40: What is being refined in the refinery of souls that is Earth? What is the soul within third density? A synonym for "soul" might be "heart." And we have often suggested to you that you are on a journey into your own open heart. Christ is waiting for you within your own heart. As you allow the surface of self to fall away, you become empty enough to fall in love with yourself. You begin to see that all these details of self, wretched though they may be in some cases, and glorious in others, fall away to nothingness before the self's desire to seek the presence of the one infinite Creator.

42: There is great power in words. Words can stir up the emotions. Within the power of those who wish to inspire others, there is the ability to manipulate feelings and emotions and to whip up passion, so that an ecstasy of hysteria is achieved in which there seems to be a breakthrough into the love of Christ, however you wish to say that condition of perfect love. And that feels very good. Yet that which is whipped up, dies down.

43: We would rather not proceed with words that inspire in order to whip up passion and to change rejoicing into a hysterical expression of love for the Creator. Rather, we ask you to use every faculty of your being, your intellect, your will, your body, your emotions, and every fiber of your being to seek, seek, seek to remember who you are.

47: There is a wind that blows through you, changeable and sacred. And in every season and mood of your life it brings new life, new light, new power, new information, new expres-

sions of that which is always the same—love, love, love.

51: You journey homeward. How shall you journey? That is the question of third density. Shall you journey in the light, seeking ever to become more of service, more loving, more giving, more aware of the love within each moment? Or shall you enjoy the dark path where the self is seen immediately as the Creator and all other selves are seen as those who would worship the Creator in you? Thus, the dark path is one where each who follows it attempts to coerce, manipulate, or otherwise use all other selves, to tell them what to do and to make sure they are useful to the self or moved out of the way of self. This also is a valid path, yet it is a dark path and a bloody path. There are those who prefer it.

52: We are not those. We are those of the radiant path. And so we ask you to re-member rather than dis-member yourself. We ask you to collect all of the pieces of your self and re-member yourself, to gather all of your members together. We ask that you love your imperfections, gather them to your bosom, honor them and bring them into your heart. And then we suggest that you remain in that tabernacle within even as you move upwards into the surface of life once again and experience the turbulence of the surface tides of life.

53: There is, to our mind, that constant flow of moving from the depths of the truth to the surface expressions of the truth, which in many cases are highly colored but always carry those seeds of the truth which lies so deeply within. All is one and all is love.

56: We are those of Q'uo, and are aware that we have exhausted the questions that this group has this evening. And so we would thank you once again, our dear friends, for the privilege of sharing in your meditation and being a part of this session of working. Your circle of seeking is beautiful to behold and your blended auras sing of the love and the light of which we have been speaking this evening. Thank you for allowing us to share in the love and affection that you have for each other and for the one infinite Creator. It is a blessing to be part of your circle.

36.25 2007/11/24

8: So, you open the gateway to intelligent infinity, the door to those specific inspirations which are desired, as opposed to the general and ever-flowing inspiration of the open heart which abides in love itself, love complete and love untouched by any other energy. With the gateway open you become able to work with more specific types of guidance that, though specific, are in general unheard and pouring into the heart itself in concept and essence rather than in thought and in words.

23: We would encourage you to lift away from self-judgment at times that you feel you have made an error. It is well to observe errors in yourself when they occur. That is how one learns, by making mistakes. As entities become more and more spiritually mature, they find delight in using the fruits of their self-knowledge of the past, and so the heavy burden of self-doubt and a feeling of low self-worth is a little bit easier to dissolve. Yet always there is a disappointment that strikes a seeker when he realizes that he has made an error. He cannot go back and fix it. He simply must begin again and hope to remember the graceful way, the loving way, the compassionate way to handle catalyst of this kind when it comes around again, as it most surely will.

24: Self-criticism and self-judgment are powerful sources of blockage. There is within many seekers the desire to make a difference in the world, to help others and serve good causes. Yet, in that same general run of seekers there is often a prejudice against working on the self, for it seems selfish to be absorbed in the processes of the self. It is our opinion that it is in healing yourself that you heal the world. It is in learning to love yourself that you learn to love others. It is in finding compassion at last for yourself that you are finally able to have compassion on others. It is in blessing your own suffering by respecting it, honoring it, and forgiving it in yourself that you become able to behold the suffering of the world in its massive and almost infinite depth.

25: It is necessary, really, for you to fall in love with yourself. Self-judgment cannot be overcome. It must be balanced by compassion. You are bound to make mistakes and come under the possibility of judgment. Yet also do you have within you creatorship, so that you are never in a position of having failed for longer than it takes for you to turn again to the light

some of us have an unlucky day. But we always have choices. We can respond to our catalyst with love or with fear. "If you wish to polarize in service to others, start gazing at others with the realization that you are here to help them just as they are here to help you, says Q'uo.

109: This next quote is from Q'uo on November 21, 2005 and I love it. I'm going to read it to you.

110: You dwell in a time that is coming to an end. And yet in your body, in your mind and in your heart you carry the seeds of the future within you. As you live your life, breathe in and breathe out, you are planting seeds which shall be reaped by those that come after you. We ask you to plant the seeds of love and faith with a happy heart and a peaceful mind. This is the hour in which you can choose another way. In the face of fear, remember love. In the face of anger, remember compassion. In the face of disunity, remember union. For are you not part of everyone and everything that you meet? In the face of seeming dearth, lack and limitation of resources we ask you to dwell, in thanksgiving and joy, upon the unlimited possibilities that dwell within your imagination.

113: The word "love" pretty much covers everything. Live and love. Let your eyes be eyes of love. See not to judge but to appreciate, to support, to understand and to accept—and let you start that with yourself and then move outward.

117: That's it for the first talk, I will see you again talking about unity, free will, love and light. Farewell dear BBS listeners and 2010 people. And for the 2010 people, we will reconvene after a bathroom break and have questions and answers.

39.7 2010/09/04

1: Good afternoon everyone! This is the second of three talks on 2012, that great buzzword of the Age. The second talk is concerning unity, free will, love and light, and how they impact us at this very critical time, running up to 2012. Welcome to the Homecoming audience and welcome to BBS. My name is Carla Rueckert and I sing as well as talk, so don't be surprised.

6: You have to believe in yourself and love yourself in order to be able to enter into the disastrously toxic states of criminally insane person. So I admire this gentleman all the more.

12: So Creation is the field the Creator made within which to know Itself. That's important to realize, I think—that manifestation, as we understand it with our physical eyes, is not inherent in unity, which is the only thing not a distortion [in the Law of One.] The first distortion, free will, is not inherent [in the Law of One]. Not inherent also is Love or the Logos, [which is the second distortion of the Law of One]. Manifestation doesn't come into being until the third distortion, light.

15: "If you look about you during your daily activities and see any part of the Creation, experience any part of the Creation, embrace any part of the Creation, and feel for that seemingly separate part the feeling of love, you have made the grade. What my friends is this feeling of love, what is it that you experience when you feel this? It may seem a bit different for each of you and yet it is one thing. Ultimately it is one feeling, one experience, one knowledge. It is a feeling of total unity, total compassion, total oneness with the seeming other self. The seeming other entity, whether that entity being an insect, or a rodent, an owl or an individual. Whether it be most ugly, unacceptable entity that you have ever experienced, whether most beautiful and attractive. If that same total feeling of Unity and Love fills your being on contacting either end of the spectrum of what you might call desirable, then my friends, you have found the Creator's love."

44: "Each of you is, spiritually speaking, an infant. And you are crying in the night. You are crying for spiritual food. You are crying to be cleansed of the grime of confusion, sorrow and suffering. And you are crying because you are alone and you do not feel loved." As entities move through the third density, they begin to become able to address their own needs. As they awaken and become spiritual toddlers, or spiritual preschoolers, they begin to choose to feed themselves heavenly food, to cleanse themselves from spiritually degrading ideas and concepts, and to win through to the knowledge that they are not alone. Because of the intense confusion among your peoples throughout your third-density experience, for the most part entities have not matured beyond the crib. They cry out in the darkness and our hearts go out to them. "There is a great desire on our parts to reach out the

hand to steady that baby, to feed that baby, to give that sweet infant soul a new start, a clean diaper, a bellyful of love, and a good rock in the cradle."

46: The readings from Q'uo have gotten more rosy through the years. Fourth density, the Density of Love and Understanding, has to do with first the planet, then its people. We talked about this last time. Ra said on January 29th, 1981,

50: "This causes the planetary sphere to be able to be molded by these new distortions. However, the thought-forms of your people during this transition period are such that the mind/body/spirit complexes of both individual and societies are scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction." Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with your present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle. The energies of your Wanderers, your teachers, and your adepts at this time are all bent upon increasing the harvest."

53: Now we can give thanks for that to all of those groups, whatever their philosophy and whatever their motive, who have prayed for peace, marched for peace, or found love in their hearts for people not their own. I remember a wonderful story about Gandhi. They asked a father who had lost his son and was bitterly full of hatred for the enemy, who I believe in this case was Muslim Pakistanis. He went to Gandhi and said, "I cannot get it out of my head that this horrible thing happened to my son, and I hate all Muslims. What can I do to restore myself as I would wish to be, my guru?" And the guru said to him, "Please find a Muslim orphan and raise him as your own."

54: Sometimes you simply have to force the coming together, the forgiveness and the love.

58: Fifth density is the Density of Wisdom. We think we know what wisdom is and many of our world religions strive for wisdom. It is to be noted that there is only one world religion, I think, that honestly strives only for compassion and not for wisdom and that's Christianity. Christianity, if you read the red print in the Bible, which comprised Jesus Christ's message, his words, as opposed to things that people have said about him, is completely loving. He accepts everyone. "Suffer the little children, to come unto me: for to such is the kingdom of heaven." He accepts Mary Magdalene, a prostitute, Matthew a tax collector and considered at that time the scum of the earth because tax collectors collected first, and then gave the certain amount they collected to the government.

62: And I am grateful for the world religions, I am grateful for the compassion and the love and wisdom they have been able to share. It doesn't work for everyone. Many of us need to create our own spiritual paths. But I believe it does still work for many and it is to be praised that these paths are there for people to take.

63: How do you graduate? Not as a Christian, not as a Jew, not as a Muslim, not as anything in particular, but as a woman or man with love in your heart, eyes and your soul.

64: Sixth density is the Density of Unity. I suppose the unity is between love and wisdom. You can have one or you can have the other. It seems to us many times [that] choices of love are foolish compared to the choices of wisdom, but the job of the Density of Unity is to have compassion [inform] wisdom, and love that is informed by wisdom.

75: So the reason for the veil in this density is that we have to make a choice, by faith alone. Whenever you get into spirituality it ends in paradox and mystery, things you can't explain. You can't prove anything spiritual. You cannot prove, QED, that there is love. You can only look into your life and see how love moves us around to know how powerful love is.

76: I think that's been one of the great faults of philosophy as a whole—that it cannot, does not have the ability to, recognize the pre-eminence of love. Certainly philosophers have tried but I don't believe anybody has made a good case. So what happens to philosophy is that it rambles around, getting lost in the technicalities of semantics, and it doesn't grip one anymore.

77: Actually I have always found philosophy enormously gripping. I took every course that was offered, both undergraduate and post-graduate classes, when I went to the University of Louisville, and I absolutely adored certain philosophers. But I always had that criticism of the entire study. There was not the capacity for that—or, for that matter, psychology.

start]The instrument first read this phrase when reading a book by Ram Dass and Steven Levine called Grist for the Mill: The Mellow Drama, Dying: An Opportunity for Awakening, Freeing the Mind, Karmuppance, God and Beyond. It was published in 1995 and is still in print.[footnote end][footnote start]It surprises us, when we first encountered this phrase, to see Q'uo call the physical body a chemical distillery. However the phrase describes accurately what the body does with food. When we eat food, the organs of the body distill the good which the body can use from the food and keeps it. The useless remainder is then eliminated from the body.[footnote end]

39.5 2010/03/13

8: What binds you together in unity is not that which meets the eye or any of the senses. What binds you in one is your source, your ending, and your essence. Your source is love, the great original Thought of unconditional love; that is, the Logos, the active principle of the Godhead. This thought of love, combined with light by the use of free will, has created all of the illusions of all of the densities of your infinite creation. And it has peopled these illusions with sparks of the Godhead principle, which are each of you and each of us and all beings that there are. This is your commonality: that you were created of love and that you are connected.

22: Yet many there are to whom the way of devotion is a dry and arid desert. To those we encourage the way of the mind and the heart. You can ask yourself two questions if you follow that path. You can ask yourself, "Analyzing this moment, analyzing this point of choice, where is the service? Where is the love?" And in 99 cases out of 100 in your life you can reason out how to act is such a way as to help another entity.

23: When you move to the second track of that and engage the heart again, you are simply asking yourself, "Where in this choice does my heart open?" "What choice makes me feel energy moving through my heart?" "Am I increasing unity?" "Am I increasing love?" "Am I increasing hope?" "Am I offering consolation, support, sympathy?" "Am I listening?" All of these are ways of saying, "Am I opening my heart?"

24: It is almost as if there was a tide of judgment in the world that wants to put out the light, that wants to make differences that judge people, that wants to make people not okay. And against that rising tide of darkness stands the candle, the frail, feeble, flickering candle of the love that is moving through your heart at this time. Yet all of the darkness in the world cannot put out the light in your heart. So, "this little light of yours, you can let it shine," without fear that by loving, instead of judging, you shall be diminished in some way.

29: Thoughts about making love with another are without polarity because they have not moved from the thought to the act. Acting on such a thought in a way that infringes upon another is not oriented in service to others and it shall not aid the seeker of service to others in understanding what service to others is. This is the basic thrust of that thought. And we hope this discussion of it brings insight to the one known as G, whom we thank for this query.

31: As we said at the beginning of this discourse, there is no knottier question than how to serve, how to polarize and how to graduate. Yet for those who are service-to-others oriented, it comes down to seeing everyone, including yourself, as a soul and relating to yourself and others at that level. As the one known as M said earlier, it was difficult to find a way to love the unlovable entity with whom she rode together on the bus from day to day and who was obnoxious, often quarrelsome, and always unappreciative, yet when that moment came that she broke through all that kept her from seeing this entity as a soul, and assisted the entity without infringing upon his free will or disrespecting him for what he did, there was a true contact. Love was shared and felt. And the world changed, not only for the one known as M, not only for the one she helped, but also for the planetary vibration which was lightened by the light within M.

57: We are those of Q'uo. We hear the echoes of silence indicating to us that we have exhausted the queries in this circle for this evening. We thank you for this opportunity to share our thoughts with you. We praise you for the authenticity of your seeking and your determination to know the truth. And we share with you our perception that each of you is beautiful. As we gaze at your vibrations we find our hearts full of love for each of you. You are gallant and you are courageous

and we are very privileged to meditate with you this evening.

39.6 2010/09/04

11: This is the end of the Age of Pisces and the beginning of the Age of Aquarius, at the Winter Solstice of 2012. Western astrology is very specific about this, it turns over just like a clock on the Winter Solstice and we go from the Age of Pisces, which can probably be looked at as a movement from darkness to Zoroastrianism or the theory of light overcoming darkness, to the Christianity of Jesus where nothing is overcome and everything is loved until it falls into line.

20: It's exciting for people to contemplate not just their death, but also the deaths of everybody. People love that thought of the Twilight of the Gods and the Gotterdammerung. It's a very common theme throughout art and history and I think that it actually is psychologically based on our fear of dying, and our awareness that, "That's a bummer! So, hey, if I'm going, everybody is going to go!" And so it just gets projected out to the world scene. And every generation has its prophets that cry doom. But there are more than the usual number of prophets crying doom as of 12/21/12.

58: In a session [recorded] February 13, 2010, Q'uo says, "Third-density Earth is nested within fourth-density Earth. It is not the same Earth as fourth-density Earth. Third-density Earth will not become fourth-density Earth, any more than first-density Earth became second-density Earth, or second-density Earth became third-density Earth. These densities are nested in such a way as to occupy the same area or influence within time/space and space/time held lovingly by the overarching energy field of your Sun."

68: That's the way you're working with it, hopefully, because that's the only way in which you'll be able to love yourself and accept yourself, which Ra said is two of the three steps to becoming the Creator. The third one is just becoming the Creator.

70: We recently had a session where Gary 4 asked the question: "I understand loving myself, I understand accepting myself. Could you talk about becoming the Creator? That's a little hazy for me." And we had a pretty good session on that which you're welcome to look up.

72: Now, the second point here, besides the fact that the densities nest and we don't have to make this into a fourth-density planet, is that we are ready. This instant, this heart-beat, we are ready if we let [the Creator's] love shine through us.

73: I love to think about stained glass windows in this regard. Stained glass windows in a church all distort the light. You don't see the sunlight coming through; you see red light and blue light and all kinds of light. But isn't it beautiful? And I think real light stains glass windows.

74: If we can get transparent enough to let the light shine through us, we will color that light with our personalities, our egos, our characters, our thinking—but what a beautiful, beautiful light. I love to think of all of us in this circle just beaming the love and the light of the infinite Creator through our eyes and just together making this beautiful bouquet of colors that all express the love and the light of the One.

78: So then [the newly graduated souls] think, "I really loved Earth you know, and I'd like to go back and help to heal what we did so badly with messing up. I'd like to help to heal the water. I'd like help heal the air. I'd like to help heal the Earth.

84: Each step of light [contains] a carefully measured amount of the love and the light of the infinite Creator. Each step intensifies that love/light, and at some point which is not marked on the steps of light, you move from third-density to fourth-density light.

92: So I recommend 101 to you if you'd like to have a first view of The Ra Material, if you find The Ra Material hard to read. I'm not going to say that everybody will have trouble with it because there are people that don't even have more than a grade-school education that have written in to say how much they love that book. It speaks to some people. And [the Confederation entities] came for those people. If you're one of the people to whom the concepts speak but you don't have any luck with the language, read 101 first and it will lead you into The Ra Material.

93: Q'uo says [that] you're not responsible for what you see coming in. Your area of responsibility is in how you respond. And isn't that true for all of us? Some of us have lucky days,

and start afresh.

26: There are various techniques for falling in love with yourself. If you are present with yourself and become aware of the wide range of emotions that you feel, that may be the most direct way to become kindly affectioned towards yourself, to like yourself, and ultimately, gloriously, genuinely, truly, fall in love with yourself. Just as you are, you are perfect!

34: We do not suggest shaping your thoughts because you know those are the thoughts you should have. "Should" is not a word that is helpful in spiritual seeking. It has nothing to do with the open and spontaneous flow of the love and the light of the one infinite Creator with whom you are attempting to work. Each of your thoughts is appropriate in its own way and true and good, and it is what is. Therefore, it is in that open and spontaneous flow of thinking and acting and feeling that the meat of the seeker's learning lies.

42: If one realizes that bodies are sacred, that they are temples in which dwell the one infinite Creator, then it can be seen that, whether healthy or not healthy, each body is a beautiful servant that has given its entire life over so that you may, as a soul, learn your lessons, offer your service, laugh, love and be loved within this illusion.

54: It generally goes back to the process of not only getting to know the self but becoming willing to fall in love with the self that makes the difference in perception between a seeker who does not feel he is doing well and a seeker who is satisfied simply to be on the journey and have the day's light in which to do his work.

36.26 2007/12/15

0: [overview] The question we have today, Q'uo, is about the meaning of Christmas in our world. Please tell us about the spiritual principles involved in living a life that follows in the footsteps of Jesus; specifically, about living from the heart, living in love. And since this is a season of giving, also please mention the principles about giving with love or giving from the heart.

3: We are happy to speak with you concerning the Christmas season and the issues of living in the way of Jesus the Christ, and giving as the season seems to request that one does with the kind of love that the one known as Jesus the Christ would have.

5: We wish to say to the one known as R that the part of the principle of Q'uo which is speaking through this instrument this evening is the Brothers and Sisters of the Hatonn group. The subject is unconditional love, which is this entity's native vibration. Consequently, we shall express through the one known as Hatonn this evening.

8: Yet, of course, it is at this very season that the light is desired the most, yearned for and prayed for the most and awaited with the most eagerness. In just such a way does all negative catalyst bring the seeking soul to the point of realizing and expressing the yearning, the hungering, and the thirsting for light, truth and love. It is a natural response to this lack of light to band together and to create a special day, a day that flies in the face of darkness, a day of rejoicing and extra light, a day of abundance of food and drink and generosity of person to person.

11: You are also the blessed Virgin Mary who nurtures this tiny child, this point of brilliant light within the darkness of human experience. And you are Joseph, tolerant, patient and supportive, ready to work as a carpenter to support his wife, the nurturer, and his child, the Christ, the principle of love. And you are the shepherds who come in wonder and awe to lay down their shepherds' crooks and kneel at the feet of Mary, gazing with wonder at this precious, precious infant.

14: In the gladsome and free times of summer, with its limitless light, so it seems, the importance of the support and love of that web of support that is called the family and those special relationships that are called friendships do not seem so urgent a matter. The winter night is far more revealing of the importance of these relationships of soul to soul, heart to heart and hand to hand.

17: The one known as Jim also suggested to this instrument that this is a good time to reflect upon each relationship, asking the self if there is any way in which the self has flinched away from intimacy and the positive nature of each relationship; asking the self, "Could I see anything in which I perhaps failed to express the depths of my appreciation and love for the other entity?"

18: This is, indeed, that moment in the seasons of the year's cycle where it is especially appropriate to create expressions of apology and forgiveness; apology to those whom you perhaps feel that in your own judgment you held back from offering all of your love. And likewise it is a time to think of those who may have, in your own judgment, done that same thing to you and to offer up a complete and total forgiveness and a reestablishment of that intimacy, as if that flaw that you see has been completely healed.

19: The nature of unconditional love dwells not only in the one known as Jesus the Christ but in Carla the Christ, in C the Christ, in R the Christ, in S the Christ, in P the Christ and in everyone, the Christ.

20: The Christ does not come into your world in strength. The Christ does not come into your world in power. The Christ does not come into your world in riches. Indeed, the infant soul comes into the world helpless. With infinite love it gazes with its infant eyes upon a world lost to darkness, despair, disappointment and grief. And it looks upon that lost world with eyes of unconditional love. That light that cannot be put out. That unconditional, everlasting, eternal love gazes from the eyes of a child who cannot speak; who cannot take care of himself; who is in every way needy.

21: My beloved friends, so are you needy. Your infant soul gazes upon a lost world also, that interior world of your own suffering. It is helpless to speak to it. It is helpless to act. It can only gaze upon you with eyes of unconditional love. And so we would ask you at this time to look deeply within your own self at that infant soul within you that is so beautiful and so pure. Let your heart melt and open and enfold that infant soul of yours as if your love were swaddling clothes.

24: For in truth, you are far more the essence of the Christ than you are the essence of the temple which is your body, your personality, and your outer self. Christmas gives you a chance to move through all of the darknesses of self to find, sturdy and strong and ever living, that consciousness of unconditional love that lives at the heart of yourself and is your true essence.

25: The one known as R asked about the principles involved in giving, and giving with love and from the heart. We would speak to that as well.

27: Much of this mechanical nature has spilled over into that special season of Yuletide and certainly each of those to whom we speak is aware of the pressure upon each entity to think of appropriate gifts for those whom it holds dear and to purchase them or make them and offer them. Naturally, just as inviting someone to a party is not toxic, deciding to give a present is not toxic either. It is, in fact, an expression of joy, gratitude and thanksgiving that is full of the love and the light of the one infinite Creator.

28: Blessed indeed is that entity who refuses to be swayed from that intention to express true feelings by the generosity of gifts. This instrument, for instance, truly enjoys giving and receiving gifts, yet it would not occur to this instrument to offer gifts from duty, and we see that as a virtue within this particular soul. Its honesty can be seen to be a rudeness by those who feel that entities should give mechanically and in reciprocity to those who give to them, or give because of a certain relationship even if there is no love there or regard.

29: What we would suggest, in order to uphold the principle of unconditional love, is that, before writing down the gift list of those to whom you wish to give gifts, you enter into prayer and ask for the gift of sincerity as well as the gift of generosity. Allow yourself the luxury of giving only from the heart, as the one known as R said, only from the depths of a sincerely felt love and never from a duty or from the mechanical routines of a society that does not overly prize honesty and sincerity and genuineness.

30: We would ask you to be authentic in those gifts that you do give. And as you give the gift, again, pray over that gift, imbuing it with your love, your affection, your appreciation and your gratitude for the gift of relationship. That is how the gift gives to you. For love is reflected in love and that which is given in love blesses you a hundred times over.

31: Contrariwise, that which is given in the emptiness of custom and habit has a blessing neither for the giver nor for the receiver. There is an energy to the gift that is given well that can be felt by that one who opens the gift, and it makes of any tiny gift a wonderful, abundant present. That which is given without love, on the other hand, remains a thing, an object, that which is not imbued with the spirit.

33: As this instrument observed at this time, we cannot do

that, for we have not shared any incarnations with any of those upon your planet. Yet, we can share that in every civilization, wherever hearts beat and hopes are high, there lives the personification of unconditional love in one savior or another, one hero or another, one saint or another. And those Christs and heroes and saints are you and I and everyone. Each shall have his moments throughout the long journey back to the one infinite Creator of realizing the self as the Christ, not in any egoistical way but in the sense of giving over the life completely to unconditional love and finding at last the source of all hunger and thirst being filled by embracing the consciousness of unconditional love.

34: Each of you is on a journey toward that identity and that nature. And you shall not find that identity and that nature by tossing away that which you are at this very moment for something better. Nay, my friends, you are, now, all that you need to be. You are perfect. You may not see as of yet that you are the Christ child, that you are spirit, that you are unconditional love. Yet we say to you that you may trust and rely upon the fact that this is the essence of all of you and each of you, every single one of you.

35: You may be in prison and have done terrible things. You may be on the road hungry and in despair. You may be angry or hurting or separated from that feeling of love by one thing or another. And yet we say to you that you are the Christ. You are, in your essence, unconditional love. And your journey as a spirit within incarnation may be described as a journey towards that realization and then towards the expressing of that realization when it has become your gift to yourself.

43: So, when we find entities responding to our words in a positive way, it is as though we were bathed in your love. And we are very happy and joyful that we have succeeded in doing that which we hoped to do. It is a joy to have not only attempted to be of service but to have the impression that we have succeeded, at least in part, in sharing our love and our light in ways that are helpful to you and form a resource for your further spiritual endeavors.

44: Perhaps we should say that we feel as if we were being swaddled in your love and understanding and it feels very, very good.

51: We are those of Q'uo, and we have indeed satisfied the questions of those present at this time. May we thank you for the present of asking us to be with you and to share our opinions with you. You are a blessing to us, indeed! And we always stand in awe of the beauty of your hopes and your vibrations as you create together this sacred space and fill it with your request for the truth, for love and for light.

36.27 2007/12/29

5: The benefits of being in a physical body that works in third density have to do with your not knowing the truth. You have deliberately placed yourself in a situation where the truth is not obvious. It is not obvious that all is one. It is not obvious that this one thing is love. It is not obvious that each of you is a part of the creative principle, an ineffable and inextricably intertwined part of that one thing that is all things, the one great original Thought of unconditional love that is the one infinite Creator.

14: We paint an unhappy picture, do we not, my friends? Yet, this is the environment you chose. This is the school you asked to attend. And this is the place where you hoped to share, in great joy and radiance, the love and the light of the one infinite Creator. For you heard the cry of Earth and you hoped to hold the light at this time in a dark world, so that gradually, as you allowed the light of the Creator to shine through you, you could infect others with this joy and effortless flow of light and love that is coming through each of you at all times. And yet so seldom is it acknowledged, blessed and given a boost as it goes through your energy system and out into the world.

15: You indeed came here to do that. Yet this is where doing meets being, for in allowing the light to shine through you, you are not doing anything except giving your will to the one infinite Creator and asking to be used as an instrument of his love, his light, and his peace.

16: You came here also to balance wisdom and love. In some cases, you also wanted to balance wisdom, love and power. There is a great beauty in being a creature entirely of love, and yet to blend love and wisdom in a more useful way in your energy system is something that each of you is hop-

ing that this incarnation will produce. The catalyst of the day, the grist for the mill that you must grind, those seeming challenges that meet you as you awaken for the day: all of those things are your way of practicing the presence of the one Creator as you go, not segregating moments during your day when it is Creator-time and letting the rest of the day be worldly time. You hoped, when you came here, to find the way to so balance your awareness of love, power and wisdom that you were able to begin to sense the metaphysical world that is inherent in every seemingly passing moment.

24: Yet you must ask, for they cannot infringe upon your free will. Therefore, please draw about you that wonderful network of loving presence that is always about you. And do not forget to ask nature to help you, for that, too, is a kingdom of the Father. The very ground loves you beyond all telling. The air, the trees, all that there is in the kingdom of the Father is dancing with you and inviting you to join in that wonderful, harmonious rhythm of the dance of the One. For all within nature, not having self-consciousness, is fully aware of the truth and is very happy to be part of the one infinite Creator in its manifestation in this illusion.

28: For you within third density, life has a very heavy sense of time, time passing, time rushing by, and so forth. This is not something which needs to be resisted. You came here to experience this passing of time. You came to work within these limitations. You came to sleep until you could awaken to the now, to the truth, to the love and the light of the one great original Thought.

31: Yet this is the one which holds your attention at this moment. This, out of all the things that you could have chosen to do, is precisely where you hoped to be and here you have every opportunity that you could possibly have to be of service to others, to be of service to the one infinite Creator, and to come ever closer to the realization that you know absolutely nothing. For this is not the density of understanding. And yet you know all that there is to know, for you know love. How precious is this opportunity for you to learn and to serve and to grow.

36: As the times move on towards the beginning of fourth density upon your planet, and as that fourth density upon your planet is a positive fourth density, the vibrations of truth, understanding and love are interpenetrating your third-density world in ever greater waves and convergences of energy. And this means that this process that you have of coming to know yourself, accept yourself, and love yourself has become more challenging.

39: That is the true function of the so-called dark side. And you can realize all of yourself if you can acknowledge the dark side in the first place. The desire of many is simply to deny that there is anything in the consciousness except love and light and positivity. Yet, there is a whole other side of self to be collected, respected and honored and used.

43: In that way, when you enter your own open heart, you have no strife within yourself, saying, "I am a terrible wretch; I don't deserve to be here." Or saying, "No, I am very, very good, I am not wretched." You can let all of that judgment go and bring your whole self into that open heart where the Creator is waiting for you with unconditional love.

49: Consider of yourself that you are a broadcasting unit. You receive energy. You transmit energy. And in some cases you transduce⁷ energy. This is your natural state. When you are centered in the now, you are in the appropriate place to receive the infinite supply of love/light energy from the one Creator, to shuttle it upwards through your open energy system, up through your body, through your heart, and out into the world through the top of your head.

51: You do not do anything accept bless the energy that comes through you, and see and visualize and intend that this energy is not going to stop with you but is going to shower the world with light through your system. For you see, you color light in a way that no one else does. Each, as he allows his system to be a lighthouse, has a unique light. No one else in creation shall ever have your light. For the infinite love/light of the Creator is limitlessly white. Yet, your biases and choices and quirks have colored your energy body so that, as energy streams through the chakras and out the crown chakra into the world, you have colored that light in a unique way that is absolutely beautiful.

55: Your sexuality, for instance, has so many layers to it! Yet it must begin with that wonderful "yes" of lust and chemical attraction. And then you can begin to let it lift, through relationship, to open-hearted relationship, to that love of a

7: We were speaking of the quality of your thoughts when we discussed the intellect versus the intuition or the thoughts of the heart. The play of intellect as it flashes is a thing greatly to value. And it is good to play with that part of yourself that analyzes and uses logic and compares things to other things. It would be unusual indeed to consider that the Creator offered you this intellect and then to tell you that it is not worthy. The problem with the intellect, especially in your culture, my friends, is that you either ride it and enjoy the ride, or you are ridden by it and a slave to it. The intellect needs to be in harness with the mind of your heart, that energy within you that is stayed on love.

8: You may think to yourself, "But my heart is not always stayed on love. There are many feelings that come from my heart that do not seem to be full of love. They seem to be full of grief, sorrow, anger and fear." We can only encourage you to persist in paying attention to your feelings. And as you honor them and allow them their sway within your process, you will find that you are able to let those feelings go down into parts of you that are as the refining fire that purifies even the most dark feelings, gradually, over a period of time in your incarnation, until you are as supple and understanding with your feelings as you are with your intellectual processes.

16: There is a kind of indignation one might feel, and as we have gone through our own development, we certainly have felt it. Why must there be such a deep illusion? Why can we not simply know that we are love and all other selves are love? Yet, were we to know our true identity, what would there be to learn that was new? Consequently, you may see yourself as an explorer moving through the very winding and sometimes adventurous paths of your incarnation, gathering information with your mind and with your heart and seeking for the essence of yourself through paying attention to your desires and following them.

17: Now, how may you use your thoughts and your feelings to come to this ground of being, this essence of self? That is the question that is most interesting to ask. For thoughts skitter like water bugs across the surface of your consciousness. Feelings erupt seemingly aimlessly. It is a very picture of chaos, at least in some moods it may seem that this is so. Yet one must begin with the surface. One opens one's eyes as an infant to see bright, loud chaos. Voices are indistinguishable. Things are happening that are meaningless. And from that beginning in infancy, you come gradually to organize your world. You identify mother, father, the one who feeds, the one who nurtures. You recognize kind voices and you begin to make preferences: "I love this person, I love this food, I love to have my diaper changed, I love to be held."

18: And so you, a being made of love, begin to give your love and to receive love. And this is the meaning of your incarnation, the reason you are here: to give love, to receive love, to share being the one infinite Creator with each other, and to rest as a being of love in the arms of love. And then to go forth again and to have adventures in which you find love, and find where there is not love. And in those places where there is not love, you find that you may yearn to give those places your love. And so you reach out to be of service to others. And as you reach out you find that you receive ten-fold, a hundred-fold, a thousand-fold, of the love that you give. And if all is calm and rhythmic in this particular season of your life, you may begin to feel that wonderful feeling of being part of all that there is, this breathing universe which breaths out love and breaths in love. And so you begin to shine and to be a light. And even when you are sorrowful, even when part of you is lost in the thickets of intellectual thought, yet fundamentally you remember that you are creatures of love.

19: The intellect alone will not give you this. Your feelings alone will not give you this. But they are the place where you begin to explore your universe—not the outer universe as much as the inner universe. And although you may be in a desert at this time, you will find, as you move through the rhythms of desert and aridity, thirst and hunger, that they naturally call forth the oasis of love. Follow the path of resonance in your mind and in your heart. Those paths will lead you to choice after choice where you may be either forgiving or judgmental, where you may either love or fear. And each time that you choose compassion, forgiveness and love, you move closer to the heart of who you are, closer to that ground of being which is the Creator.

20: Within you, my friends, there is a sea, an ocean, of love.

When you swim on the surface of that ocean you may find the waters turbulent. And so it is that each seeker eventually awakens to the awareness that that which the environment, the culture, has given is not a satisfying reality. It does not speak. It does not resonate any longer. It must be escaped or seen through, shall we say. And you awaken to the knowledge that there is more. You want to explore that unknown, that mystery for which you yearn with all your heart. Each of you sets out on a journey from chaos to serenity; from fear to love; from being taken to becoming a person of choice. You are the Creator, my friends. How shall you choose your creation to be?

21: You did not come here to rest forever in that ocean of love. You came to dance on the shore, to be part of the rhythm of this vast illusion and to interact with all that there is. You came to joy at the moon and the sun. You came to speak to trees and to find your totems, as this instrument would say, those essences that are represented by birds and animals. You came to be a creature of fire and earth, air and water. You came to experience and bear witness and dance. Part of that dance is to move, at times of remembrance, back to the ground of being, back to love, and to let yourself swim in the ocean of bliss, peace, power and love. May you swim like otters, my friends! May you love. And may you accept the love from those about you. For this, too, is part of love, not simply to serve others, but to let them serve you.

22: All together, you create the wonderfully textured, infinitely various creation of love that teaches the Creator more and more about Itself as you come to those moments where suddenly a new pattern emerges, a new clarity dawns. Is that the intellect? Is that the world of feeling? It is both. And when they combine you shall always be on the trembling verge of "Aha." Wait for it. It shall come. And then your journey shall start a whole other section of your lessons on Planet Earth. And as you shine, as you learn, so that light shall spread to those whose time it is now to wake up; whose time it is now to begin the journey of conscious seeking.

48: Names of power aid in changing vibration and in opening the energy that is caught. We do not know what your name of power is, but it is that name by which you know love. You are not calling upon that name, as you use that name, in order to change your vibration. You are stating where you are, metaphysically speaking, upon what ground your feet stand as you seek love. This instrument, for instance, often offers a very short prayer, a one-word prayer, and that prayer is, "Jesus." And when she utters this word within herself, she feels her vibration alter because she has remembered who she is and Whose she is.

57: [footnote start]Izzy and Iz are nicknames for the Hawaiian singer Israel Ka'ano'i Kamakawiwo'ole, whose melody of "Somewhere Over the Rainbow" and "What a Wonderful World," from his 1993 album Facing Future, was a hit in the USA and Great Britain.[footnote end][footnote start]Harold Arlen paired with E. Y. Harburg to write "Somewhere Over the Rainbow," as part of the score for the film, The Wizard of Oz. It is likely that Q'uo chose Arlen to mention because the particular phrase was created by him, although Harburg is given credit for the lyrics. "What a Wonderful World" was written by George Douglas and George David Weiss and recorded in 1967 by Louis Armstrong.[footnote end][footnote start]Q'uo here refers to St. Paul, who wrote in the Holy Bible I Corinthians 1-12, "If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known." [footnote end][footnote

and the water, fire and earth to do this. It is for that miracle of self-awareness that you are to hold, in one fragile yet eternal shape, all that there is in the temporal world and all that there is in infinity and eternity. It is into your instrument that the Creator's infinite energy of love and light can flow. It is from your open heart that that same love and light may be blessed by you and allowed to move into the planetary energy web, so that every thought of love that you have makes a difference in the energy of your beloved Earth.

17: Being born into physical incarnation is that which is done responsibly and carefully, with great thought and for a reason. Entities such as those to whom we speak do not tumble into life with no thought for the shape and texture of the life to come. Many of those, indeed virtually all of those who have come into incarnation in the past little while have done so with the great hope of being able to be part of the good upon Planet Earth at this time. It is a time when, as this instrument would put it, "the fields are ripe with harvest." 2 And as incarnation is contemplated, there is the hope in each breast that they may be harvesters, that they may know and see and understand the centrality of love, that they may reach out during their time here to change darkness to light, sadness to joy, fear to love, dissention to unity, anger to peace, that they may be agents of the truth which every cell of every body carries within it and which, within the illusion of third-density Earth, is veiled from the conscious awareness of each person who has chosen to come into incarnation. 20: It is the hope and the intention of the soul before entering into the valley of the shadow that within those shadows, paradoxes and mysteries of life as experienced upon your planet, there will be that moment of remembrance of why this sacrifice was undertaken. And it is hoped that that moment of remembrance may so illumine the soul within incarnation that the remainder of the incarnation will be one of joy, peace and bliss. For the mists have been penetrated, the mystery has been solved. And the answer to sacrifice is love. For love moved each of you to embrace this experience, this "parenthesis in eternity," 3 as the one known as Joel calls it. And within this tiny shape of a life, this momentary span of your years, once you have awakened to the love within you, you have the opportunity so to shape and intend and offer your life that the riches of that love shall spring forth anew every day, falling like coins from your pockets and turning your world into heaven.

31: We are those of Q'uo, and we thank the one known as M for this query. To the one known as M we would say that the function of the veil is to create the atmosphere and the environment of Planet Earth in which nothing of metaphysical import can be known in the sense of being proven. Within the veil, there is no way to claim to know or to apprehend the love and the light of the one infinite Creator except by faith. 32: Third density is a density of choice. Within third density lie beings that are self-aware, unlike those in second density, who are aware without being self-aware. There is a choice to be made in this density. All of the study, all of the thought, all of the experiencing within third density is intended to have a tendency to move one to points of choice. That choice is the choice of the self-aware entity for service to others and radiancy of being, or service to self and contraction of being. To put it another way, it is a choice between living by love and living by fear, or living by embracing all that there is as part of you and living by setting yourself over and apart from all other entities and forces within the creation.

33: At each choice-point there is no way to prove the goodness, the rightness, and the appropriateness of making that choice for love, for service to others, for radiancy. Similarly, there is no way to prove that the choice to aggrandize the self and create a universe in which those around you are considered to be pawns which you may move around as suits you would be the appropriate choice.

36: It is after an entity has chosen by faith to take that leap into faith that faith begins to prove itself a sturdy place to set one's foot. It is only after the leap into the abyss of the unproven and mysterious that one gains one's sure footing and becomes fearless and willing to be that entity whose approach to life is to look for love. With the veil in place, the decision to leap into faith has great weight and value.

37: It is a risky thing to do. It feels risky. It takes courage, integrity and will. It takes that of which the one known as G was speaking as a focus of desire, a seeking, a hunger, a thirst for the Creator, for truth, for love, for beauty. Therefore, there is tremendous intensity and power given to the

one who makes that choice in faith.

38: Now, my brother, consider what the impact would be upon the environment of the Density of Choice if there were no veil, if all the answers were known. Certainly one could still make the correct decision and leap into faith, but there would not be the resistance and the back-pressure of fear from that part of the self that wants to be safe and to control one's life. When one leaps into faith, one is not in control. One is saying, "Not my will, but thine. Not my imperfect understanding, but the way of love." And that is the reason for the veil.

39: It is the combination of your free will as a seeker and the veil of forgetting that creates within you an implicit unawareness of the primacy of love that sets the shape of his path for the pilgrim. Each of you may be aware of the book called Pilgrim's Progress by the one known as John. 5 In that figure of the pilgrim and his progress, there is an excellent analogy to the purpose of the veil. As one wins one's way through life upon the King's Highway, 6 every choice-point comes through one's veil. And it is that pilgrim who prays for clarity and who asks where is the love in this choice that shall create within this density a bias toward service to others, towards love, towards radiance, that shall have tremendous impact, not simply upon this density now enjoyed by all of you, but upon the next two densities to come.

45: We are those of Q'uo, and thank the one known as G of Louisville for this query. My brother, as we gaze upon your question [we find that] the image of keeping the glass of water balanced in an earthquake is quite apt. In meditation you are moving into that indigo energy-ray which may reach through the gateway of intelligent infinity to time/space, to the metaphysical world where earthquakes are not occurring. You are creating for yourself an environment that is quite other than the earth-world's constant chances and changes. Thusly, to move into meditation is to throw the glass of water into the midair of faith and allow unseen forces which you know to be real to carry you while you rest in that place where there is no sighing, no sorrow, no suffering, no earthquake, but only the peace and the power of the love and the light of the One who is all.

48: Now, there are ways to work upon releasing and relaxing that tension of the body. You are more familiar, my brother, with exercises involved in relaxing and opening the spiritual body or the energy body than you are concerning relaxing and releasing tension from the physical body. We believe that you might find the yogic disciplines which are connected with body movement such as breathing yoga 7 and the yoga of various positions and the Asanas 8 to be helpful in teaching your physical body how to release tension. Again, we would say that it is central to realize that the reason that we recommend meditation again and again in our conversations with you has to do far more with that which, however imperfectly perceived, is the essence of silence than any hope that we may have of creating in you an environment in which you are truly and fully relaxed, released and gathered into the oneness of infinite love.

55: Third-density Earth is nested within fourth-density Earth. It is not the same Earth as fourth-density Earth. Third-density Earth will not become fourth-density Earth, any more than first-density Earth became second-density Earth, or second-density Earth became third-density Earth. These densities are nested in such a way as to occupy the same area or influence within space/time and time/space, held lovingly by the overarching energy field of your sun.

39.4 2010/02/27

5: It is not that the thoughts that you think are not germane or important. They are. However, it is an artifact of your cultural indoctrination that you have a tendency to value the thoughts of your intellect at the expense of the thoughts of your heart which come to you in intuitions, emotions, feelings and insights. If you stay completely within the intellect as you consider a subject, you are caught in the ceaseless round of relativity. The thoughts themselves may be bright as jewels and crafted with precision. They may have impeccable logic and they may sound well, so that others may think well of you for having those thoughts. Yet as the one known as Paul 3 said, without love, those thoughts do not ring true. They do not have the capacity to show you flashes of the Creator within.

legal relationship, and from there to the upper-chakra work of true affection, true communication, and mutual work in consciousness which is sacred sexuality. There is no detail, no matter how seemingly mundane of life, that is not bursting with the sacred and the divine.

56: Consequently, although naturally we do encourage the meditation and the prayer and all of those beautiful ways of working in consciousness to discipline your personality and become centered more and more on who you really are, we also encourage you to look for the love and the sacredness in washing the dishes, cleaning the toilet, feeding the cat, and whatever it is that you are doing at the present moment. All of it is part of the dance of the One.

37 2008

37.1 2008/01/07

11: In the archetypal mind these emotions flow like underground rivers, emptying into the sea of bliss and unconditional love that is the beginning and ending of all that is. As they wend their way through the archetypal mind, they water the myths which make up the roots of consciousness. The stories of your soul are emotional and have a shape and a direction to them. This is the beauty of that highly colored and uncomfortable surface emotion that the seeker first experiences.

12: Certainly the journey from discovering that one feels unworthy or one feels angry to the place in the journey where one embraces the unworthiness and the anger and loves it unconditionally, is a long journey. Yet, my sister, it is a worthwhile journey and one that has a sweetness to it. For each time you are able to move into a position of greater understanding of your own trigger points and reactions, you have gained part of that fragmented self that has been lost to the shadow side of self. And as you bring it into the light of your own attention, you are able to work with it and to help this feeling to become matured and ripened and begin to have more and more of a clarity and a purity.

29: Why is the seeker worthy? Because the seeker is part of all that there is. And all that there is is unconditional love. The worth of the seeker, then, is infinite. There is nothing but worth in the seeker's true and deep nature. Yet, if one is not careful, when one has seen the worthiness, one then chooses the worthiness over the unworthiness and therefore makes a judgment about the self. And this is not something we encourage.

31: When an entity is unawakened there is not usually the pain of unworthiness to the extent that a seeker feels when he has awakened and has discovered his true nature. Then, he wishes all that passes through his mind to be thoughts of love and light, peace and gentleness. And yet the dynamics that bring grist to the mill and make the incarnation work are served not by all the good feelings that one can take for granted and feel very good and smooth about, but by those uncomfortable emotions that wake one up to one's imbalances, so that one may then turn, move towards them, gather them in his arms, and take them into his open heart.

38: My sister, we would never suggest that you rise above your anger or your sense of unworthiness, for that would be leaving a part of yourself behind. Not that you are an unworthy or an angry being, but that is part of the complete array of positive and negative, light and dark, radiant and magnetic parts of the self. And it is your whole self that the one infinite Creator loves above all telling; not the good self or the worthy self or the peaceful self but the self who is all things worthy and unworthy, peaceful and every other dynamic that can be thought of.

39: The Creator loves you just as you are, and your hope in working with these emotions is gradually to come into a place where you have compassion, as the Creator has compassion, on those portions of the self that concern you from time to time. They do not diminish you. They should not in any way bring you shame. Your feelings are all equally worthy and deserve to be respected and attended to.

40: We would ask you to woo yourself as if you were your own lover. At first the self is shy and you, the healer, must say, "Oh, please, I will not be offended. I want to hear about your unworthiness. I want to hear about your anger. Please

come and tell me your story and I will listen and I will not judge. I will love you and I will have compassion on you." 41: Gradually, then, you begin to create for yourself the feeling of being healed, so that when you are triggered you know that you are triggered and you are not swept up in the surface feelings any longer. Your feelings begin to have a depth to them because you have the impulse that is triggered and then you have the awareness that you have worked so hard to gain: "Ah, here is unworthiness. Ah, here is anger." And you love your unworthiness, you love your anger, you love the emotions that make you who you are. And love gradually dissolves the bitterness that is your instinctive reaction to these surface impulses that do not please you as a spiritual seeker and do not seem to ring true.

42: We assure you, my sister, you will always ring true. Your emotions will always tell you a truth and they always have gifts in their hands. And when loved and understood, they will give you their secrets and show you the places within you that need healing. So take yourself in your arms when you feel unworthy or when you feel angry and say, "I love you anyway. I love you with all my heart. You are my darling. You are my sweetheart. Let me hug you and cradle you." And all of the bitterness can then gradually melt away so that while you understand that you have very uneven and sometimes imbalanced surface reactions, you also have compassion.

43: The process of working with yourself is very important in the regard that once you have begun to have true compassion upon yourself, then and only then, can you begin to have true compassion for others with all of their mistakes, self-perceived and perceived by you. When you have finally fallen in love with yourself, then you can fall in love with others as well as seeing yourself and everyone else as sparks of the one infinite Creator.

53: We are those of Q'uo, and are aware of your query, my sister. The spiritual principle involved in having children is that of the guardian and lover that sees the beauty of these children that have been gifts to her from the Creator. Children are to the parents an opportunity to share and be of service to another entity in a very special way.

55: How have you loved them, perhaps you wonder. And yet we assure you, my sister, that you have loved them very well. And you continue to love them very well with all of your heart. Perhaps you feel you have been imperfect in expressing that love. And yet you have always given your very best and your highest to them, and this is your hope at this time in continuing.

56: Consequently, we say to you that the spiritual principle involved is that of service to others. You have taken entities that made an agreement with you, before either of you came into incarnation, that you would have this special relationship. And you have done and you continue to do your best to offer them all the love in your heart. Your greatest gift to them is this simple unconditional love.

57: Naturally, it has been necessary to teach them the ways of the culture in order to protect them, so that they would know how to behave when they were with other people. And this has undoubtedly brought you into conflict with them again and again. Yet we assure you, my sister, that one of the ways that love serves a young soul is to indicate where the boundaries are, where the principles that underlie human interaction are.

58: Had you given them absolutely everything for which they asked, had you said yes to whatever they requested of you, you would not have given them your wisdom. And, my sister, they need your wisdom as well as your love.

60: Above all, the principle involved in being of service to others is to offer that gift which you do give with love. And my sister, you have done that very well and continue to do that with all of your heart. You cannot help at times seeming judgmental, and we have just said to you it is not good to be judgmental. And yet when you are mentoring a developing spirit, it is well to have those times of saying, "This is not good, this is not useful, this is not helpful," and so forth. But always try, my sister, to say what you have to say and do what you need to do coming from a place of unconditional love and compassion.

69: If a parent reacts to something sensed in the child by being afraid or being concerned, then that child feels it and projects it into what he is sensing, thereby making his discomfort more severe. But when he senses nothing but a continuing love and peace from his parent, then he knows that everything is basically all right, even if he doesn't understand

what is happening to him.

83: This entity often asks herself, “Where is the love in this moment?” My sister, when you ask yourself, “Where is the love in this moment,” as concerns your yellow-ray work environment, you may find that the love in the moment must come from you. Therefore, see yourself as a creature of love that is faithful and confident, because she knows that this situation has been given to her that she may grow and become stronger, wiser and more loving.

37.2 2008/01/12

17: And certainly the times that now are upon you, where the fourth density is virtually present, interpenetrating third density, has set you awash in energy tide after energy tide, so that you are constantly being washed with rhythmic waves of truth, love and understanding. This has the effect upon anyone who is at all sensitive to these energies of creating a more lucid ability to look at the mirroring that is going on in your particular life at this time.

25: It is ironic, is it not, that in the search for truth the answers lie not in discovering that which can be known, but in discovering that the secrets to the mystery of transformation lie in unknowing and faith. Faith is the most powerful force in the universe, it being another name for realized or positively realized love. You live in a universe made of love. The original Thought was a Thought of unconditional love.

26: As you transform, the core of your transformation is an awareness that has not been there before about the nature of your central or deepest self as being part of love itself or the creative principle, which is the one great original Thought of unconditional love.

30: There are themes to most entities’ incarnations, recurring leitmotifs2 of the music of your life. For this instrument, for instance, the theme is the study of how to offer love without the expectation of return. It is a powerful lesson in that one learns again and again that one’s life is not the life of one who reacts, but one who offers from the creative or generative heart that which is given without any expectation of anything in return.

31: Once one has begun to learn this lesson, one can begin to see how transformed one’s life is by the ability to live as a part of the godhead principle; as one who is willing to let love flow through him. It is one of several very common themes for those who have come to this planet in order to be subject to the athanor3 of experience. Each experience which one has becomes a source of possible catalyst. And as one pays more and more attention to one’s catalyst, one becomes more and more able to recognize these recurring themes of incarnational-level lessons that are part of each entity’s life in a unique way.

53: The positive polarity has no axe to grind, but exists in an energy of faith, love, gratitude and joy. Often wonderful teachings that are very positive in polarity are intermixed with teachings that have strongly moved into the energies of yellow ray, where there is the ability to work in groups. And instead of sinking into the group and allowing the group to express its worship and its practices on a spontaneous and radiant basis, there is the negative yellow-ray concern for the manipulation and disposition of its members, or of situations having to do with entities with whom it is in relationship.

37.3 2008/01/19

6: We would further preface our remarks by saying that the basis of all of these thoughts which we offer to you this particular evening is love. One can move into a great many complexities and details in discussing how to live a life that is grounded in love and based upon the awareness that all are one and all things are the Creator. Yet underlying every complexity and every detail is a single, simple truth: the one infinite Creator, and you, and all that there is are one thing. It is a unified creation and the nature of that unity is love. Unconditional love is the one great original Thought that has generated all the seen worlds and all of the unseen worlds as well.

8: When you become aware that this is not the case, in your momentary estimation of your state of mind, then there is the need to relinquish the magical personality and move into that balancing mode where that trigger which has taken you

away from an open energy system and an open heart is identified, loved, accepted, embraced and balanced. Then and only then is it wise to move back into the ceremonial dance of the devotional life.

11: We may illustrate the principles of this type of magic by looking at the ritual that this instrument calls Holy Communion or the Holy Eucharist. The ritual is conducted by a priest. The priest prepares the congregation by reading from holy works, offering prayers and supplications, and then leading the congregation in a general confession of sins. In this confession, all is laid before the one infinite Creator, given away by the self, emptying the self of all that is past. The priest then absolves those in the congregation, reminding them that Jesus the Christ came to love rather than to judge and that all is forgiven.

20: It is for the beginner that we offer these warnings. We place them here because it is essential that seekers see the difference between actions and essence. One may speak in ritualistic ways and move in ritualistic motions and yet fail to live a magical life because the heart is not open and love is not flowing. As the one known as Paul said, “Without love, I am a clanging gong.”1

21: The most intricate of rituals is always founded on love. That is the prerequisite. Therefore, we encourage each to do the work necessary to support a devotional life. There are all too many of your peoples that have sought the life of a religious recluse because of the great yearning for the infinite Creator, yet because the form remained that which was understood and not the essence, the hunger remained and even grew, despite the monastic schedule of six worship services in each day.

26: Here it may be seen that the form of the ritual is very homely. There is nothing special about the ingredients of this ritual. They are soap, water, oil and so forth. Yet the love that streams between husband and wife, as the one known as Jim helps this instrument with her daily cleansing, is palpable and powerful and supports and encourages each in his own individual metaphysical life.

27: There are two things that we would note about this ritual before moving on. Firstly, the one known as Carla, during the whirlpool portion of the bath, actively works with angelic presences, mentally expressing her love, thankfulness and joy and rededicating herself to the service of the one infinite Creator. By doing so, she charges the water, acting as a priestess for both, although this too is never spoken.

28: Secondly, the dance of the bath moves into the succeeding moments of dressing and moving into the next item of the day in ways which link and tie in the energies of love, cooperation and mutual participation in the dance so that the dance does not end when the bathwater is drained.

29: In ritual, there are two kinds of form. There is the form of movement and there is the form of words. Behind those forms of motion and speaking lie the thoughts of the magician who is speaking and acting. To a magician there is no empty action. The dance is always ongoing. And at the very center of the dance, always, there is love. The magician invokes aspects of love, standing on a plinth2 of love, surrounded by love, and seeking only finer and more sensitive attunements of that love.

42: In closing, we would simply say that we cannot iterate often enough the importance of moving from love and from essence in creating a devotional life. If there is not love in the repetition of holy things, then that energy, while not wasted, is diminished in its power to comfort, heal and succor the seeker. Therefore, do not be caught up in the forms of devotional life, but rather be caught up with the emotions engendered by having an open heart and an open energy body and experiencing the self as part of the dance of the One that is ongoing because he exists in that Creation in which all things are indeed one coordinated, eternal dance.

37.4 2008/03/15

14: It heartens us to see your planet waking up, metaphysically speaking. We comfort ourselves that surely we could not have done too much damage. For the message is getting out. More and more people have become aware that they are one with their neighbors. More and more people are aware now that love is the only answer.

32: This means that these entities which together make up The Nine or Yahweh have never grown past the impulse or

love that is the identify of all beings the appropriate way to heal? Or is there virtue in allowing the illusion to become solid and real enough that one may work with the catalyst that one receives, not simply sloughing it off as illusion and reaching for the highest and best truth but sitting with one’s imperfections as perceived by the self and looking at them in order to get to know the self better and to become one who has been able to see the self as it truly is and to be able to forgive it, so that the entity becomes self-redeemed, piece by piece by piece, so that eventually all is gathered in together into the open heart to become whole, integrated and entirely at peace with the self?”

23: Or shall you choose the path of service to self, that path called the path of contraction or the path of that which is not. The service-to-self polarity is called the path of that which is not because in order to make the self the center of the universe and all others those whose job is to serve you, it is necessary to deny that you and your brothers and sisters are one. It is necessary to close the heart and keep it closed tightly. Consequently, it is the path of that which is not, for it denies the basis for all that is: the Logos, the love of the one infinite Creator. Nevertheless, it is a viable path from which one may graduate in negative polarity and move forward into the next density, the Density of Love, and also into fifth density, the Density of Wisdom.

24: The paths shall be separate as those who seek service to others explore the love of others and the wisdom that modifies and strengthens that love, while those who seek in service to self discover more fully the love of self and the wisdom that modifies the love of self.

25: However, in sixth density, the Density of Unity, all comes together once again and there is no polarity, for those who attempt to move forward on a negative path in sixth density come full stop and cannot go further. And therefore, in order to go further, they must release the path of that which is not and embrace that which is—the love of the One. It is against this cosmology, if you will, that you can see the benefit of the very heavy veil in third density and the supreme place of free will.

27: And so there is a great deal of the intake of information and the need to have patience with yourself as you assimilate the new information and begin to evaluate for yourself just how your path shall go. As you decide how you wish to proceed, you find that you must use faith and faith alone to choose the way of love. It is not obvious from the outside in that love is the nature of all things. It is not obvious from the outside in that each of you is one with all other beings and with the Creator. It is not obvious from the outside in that each of you is a person of power. Therefore, it is not all obvious that you are an entity that wants to become responsible for how you use your personal power. None of this is obvious. None of this is provable.

30: Now, road rage, so-called, is such a common experience for anyone that drives that there is a great deal of opportunity to practice the realization of why that trigger happens. You have a great deal of time to practice the forgiveness of self and the forgiveness of the other self. And so gradually, as that experience happens again and again in your driving time, you begin to be able to do your work very quickly, to reopen your energy body and say, “There is room for you too, my friend, my brother; there is room for you too.” Thusly, you are back in balance and you have expressed love in that moment. That is the goal of using the catalyst of everyday and analyzing and allowing those experiences to repeat and even to intensify—so that, once you see where that catalyst has come from, you may call forth the dynamic opposite of that emotion that has been triggered by the shadow side.

32: Now, those who look through the illusion to the truth and claim the truth are in harmony with those who are working with polarity. They are, as the one known as S said, working from a different viewpoint. They are reaching up through the gateway to intelligent infinity to that place where there is no polarity, where all things are one. They are holding that place and allowing the energy of the truth of unity, of unconditional love, to pour through them and out into the world. And as they are holding the one for whom they pray in their inner focus, they are giving that entity the opportunity to be bathed in that truth and to allow that truth to reset their energy body in vibrations that are full of health and wellness.

35: You are, in fact, living locations which allow infinity and eternity to move into the local space/time, everyday world. You are instruments of the divine and through you comes the

light of the world. You are the eyes of love in this world. You are the hands and the voice and the smile, the hugs of love in this world. When you are on the beam shall we say, you are not offering them from the heart. You are offering them through your heart. So you do not run out of love; you do not run out of prayer time; you do not run out of those energies. If you called upon them as a human, you would quickly and completely run dry. However, you are simply opening yourself to be used by that energy that is unconditional love, the Logos, the Creator, the One Original Thought.

47: For others, bound in suffering, wracked by doubts, caught in the world of ten thousand things, there is an emptiness of self. The chalice is already ready to receive. And for such entities it is precious indeed to open the self in passive prayer. Some would call it mediation and indeed the Buddhists would call it vipassana meditation. In this allowing of the self to be nothing and to float as the candle flame floats above the candle, self is revealed just as the candle reveals itself in the flame. It is an indigo-ray use of the gateway of intelligent infinity to ask for the self to be revealed to the self, for the self to feel its own radiance. And that flame comes down into the passive tallow of self and kindles the flame of truth so that the self becomes a chalice, holding the flame of love. And gently, sweetly, that flame melts away the suffering and the difficulty and frees the caught soul that it may fly free into the love of the open heart, into the love of the Logos.

56: We are aware that you have at all times met this choice-point by radiating love to the sender and radiating love to the self. My sister, one thing only would we suggest and that is to ask for help. There is help available in the form of your guidance, in the form of angelic presences, and in the form of calling upon the principles and the representatives within [the inner planes of] this density you call Earth—of those principles such as the one known as Jesus the Christ.

57: Consequently, we encourage you to offer the prayer that is congruent with your belief system; that is to say in the name of the Creator as you know the Creator. This instrument would simply say, “Jesus,” and the name would create a change in her vibration and would create a state of remembrance of the power of unconditional love in her heart. It is important, my sister, that you carefully choose the representation of the unconditional love that speaks most strongly to you and pray that name of the Creator-self as you need that change in vibration.

67: May we thank each from the bottom of our collective hearts for asking us to join in your meditation this evening. Your courage is amazing. We know how busy your lives are. One look at that which is moving through any of your minds is enough to make us reel! Your lives are full of such detail, such vividness, such complexity, and yet you have found time this evening to come together to seek the truth. We find that stunning. Your beauty is wonderful as you have blended your vibrations and have created a sacred dome. It glows with light far above the roof of this dwelling. You have created a lighthouse that is spectacular and we thank you for your love, for each other, for the truth, and for the one infinite Creator.

39.3 2010/02/13

6: The term “spirit” and the term “consciousness” cannot be said to be congruent. Consciousness is that field, shall we say, which carries the one original Thought of love. Our consciousness and your consciousness are one. From that field of consciousness, each of those within this room, every particle and iota of matter, as you call it in your universe, every mote of light, carries the same consciousness. It is as though you were an infinite, intricate, mysterious puzzle. We give this instrument the vision of putting together a jig-saw puzzle, yet this puzzle is infinite. However, you fit in just a certain way into the integrity and wholeness of the one infinite Creator and into the one creation.

8: The term “intelligent infinity” could be linked with the term “consciousness” in that intelligent infinity is the Creator in Its latent state, that state which the Creator enjoys before It asks Itself, “Who am I?” and decides of Its own free will to bring into being a creation of parts of Itself that will give It information about who It is. Once that free will has worked upon the infinite Creator’s mystery, to create a field, that field is called the Logos, the one Thought. That Thought is love. Thusly, every iota of the infinite creation is love.

10: It is not for the animals to do this. It is not for the wind

26: Imagine in the days to come—the tsunamis, the hurricanes, the earthquakes, all of those things that surround the end of an age in which the heat of aggression and war has been stored in the earth and must be allowed to be released—the opportunities that you will have to witness to the light. You may see for yourself as you gaze at the events occurring in your Earth world at this time that the great majority of entities of the tribe of humankind are just a heart-beat away from giving and loving and caring and living in the fourth density where you may feed those about you and where you may expect those about you to feed you.

28: And you may say to yourself, “Am I worthy to carry this love, to witness to this light?” And we say to you that the Creator has no one but those who are error-prone. You are entirely worthy just as you are. Indeed, we find each of you beautiful. For if you let the light come through you with no personality distortions, it would be white light. Yet how beautiful it is that you shade the light according to the colors of your personality so that you are like stained glass windows, giving [the white] light its color, its beauty, its particularity. 29: To support the attempt and the intention to live according to fourth-density values of love and compassion, it is very helpful, my friends, that each of you finds ways to enter into the silence for those moments of communion with the infinite One which move deeper than words can.

31: Above all things, my friends, we would suggest both that you take yourself ultimately seriously and that you take yourself lightly. It is easy to burn out on the spiritual path. Lift up from heaviness and self-judgment into compassion for the self, so that you fall in love with yourself just as you are. It is so much easier to love all those about you when you have done that: practiced forgiveness upon yourself for each and every perceived imperfection.

48: The path to light is straight through that pain, so that you may imagine yourself cradling that part of yourself that is involved with the darkness and allowing the Mother aspect of the Creator to swaddle and rock this pain that is within. And through the dark night, continue rocking, continue loving, continue being there for that part of yourself that is in darkness.

52: We thank you, my sister. And may we say to all of those in this group that at any time that you wish us to be with you in your meditation, to strengthen the basic vibration of meditation, we are most happy to be there. You need only ask for us. This is also true, my friends, of the angels. Each of you has many angels around you, angels who love you because of who you are and because of your great ideals and your great hopes.

55: [They come] to let you know that you are loved and that you are safe.

76: “Where is the love in this moment?”

80: “How may I love?”

81: Occasionally, there is an outside entity that wishes to distract you from the path that you have chosen to follow, for a being of light, a light-worker, that is distracted from the light work and coaxed into sitting by the side of the road in heavy gloom has successfully been taken away from that worker’s reason for being here. So, when you feel distracted, when you feel discouraged, allow those feelings to wash through you as you allow the love and the light of the infinite One to fill you.

87: [footnote start]Holy Bible, I Corinthians 15: 54-55. In context, this quotation reads, “So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory?”[footnote end][footnote start]In context, this quotation is from the Holy Bible, Matthew 22: 35-40: “Then one of them, which was a lawyer, asked him a question, tempting him, and saying, Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.”[footnote end][footnote start]In context, this quotation is from the Holy Bible, John 21:15-17: “When they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs. He saith to him again the second time, Simon, son of Jonas, lovest thou me? He

saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep. He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.”[footnote end][footnote start]This basic image of the two-story house, the first floor of which must be cleaned before you can enter the “upper room,” is offered often by the British mystic, Evelyn Underhill, in her writings and is the first place the instrument discovered this powerful analogy.[footnote end][footnote start]In context, this quotation is from the mouth of Isaiah in the Holy Bible, Isaiah 6, 5-8: “Then said I, ‘Woe is me! For I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips. For mine eyes have seen the King, the Lord of hosts.’ Then flew one of the seraphim unto me, having a live coal in his hand, which he had taken with the tongs from off the altar. And he laid it upon my mouth, and said, ‘Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged.’ Also I heard the voice of the Lord, saying, ‘Whom shall I send, and who will go for us?’ Then said I, ‘Here am I; send me.’”[footnote end][footnote start]William Shakespeare, in Hamlet, where Hamlet (Act III, Scene 1) muses, “To be, or not to be: that is the question: Whether ‘tis nobler in the mind to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and, by opposing, end them?”[footnote end][footnote start]“Peter and the Wolf” is a symphonic piece for children, complete with a narrative. The piece is both composed and written by Sergei Prokofiev in 1936. Each character in the story has a theme or leitmotif. When you hear the stringed instruments play a specific melody, it denotes Peter. French horns play a melody that announces the arrival of the wolf. The duck’s theme is played by an oboe.[footnote end]

39.2 2010/01/30

0: [overview] The question this evening has to do with prayer and sending love and light. We have got a number of qualities. We wonder what effect they have on the efficiency of a prayer. [Is it better] if we focus on one person or a group of people? [What about the effectiveness of] the intention, our emotions, and visualization? If we look at life in general as if all is one and all is well, does anyone really need prayer? What are we doing when we ask to send healing energy to another person, who is in fact the Creator, whole and perfect, in truth? If they are whole and perfect, do they need prayer? Is this catalyst in their life pattern real? Is it something to be ignored or something for which to pray? Can you give us an indication as to what makes prayers effective?

7: This means that in order for you to do the work of prayer, contemplation or many of those other occupations which deal with higher energies, it is all-important to keep those lower rays open so that the heart is always receiving a full dose of the infinite love-light of the one Creator.

12: Those who wish to heal set their intention to reach through the gateway for healing energy and that healing energy comes down through the gateway, through the violet ray to the indigo ray and down to the blue ray, [then] to the green-ray chakra. There it stays, for the healing energy moves through the open heart of the healer and out through the energies of that healer to do its work according to the wisdom and the love of the spirit.

17: Some there are who wish to deal with their inner life to achieve a full radiance of being. The prayer life is that which uses the indigo ray. [There are] those who simply sit and allow the self to reveal self to self. The divine aspect of the self is opened and the things that are not necessary can fall away so that the eye of the self becomes the eye of the Christ, that icon or that symbol of unconditional love. In that model, then, the lower chakras being opened, the heart being open and the intention set, the entity reaches up through the gateway to ask for that energy of radiance of being which comes down through the body, down through the violet, indigo, blue [rays] and into the green ray and springboards back up to indigo, where it remains and does its work.

19: We would now shift our focus a bit and take up the question asked by the one known as S when he said, “Is that way of healing which sees through all of the ten thousand things of the world as illusion and claims the truth of one infinite

desire to interfere—for the good, of course—in the story of planet Earth. There is a tremendous love of the people of Earth from this group and a sincere and genuine desire to help. And yet, because of the distortions that have persisted in their infringing upon the free will of all of those whose genetic codes have been changed, there is a lack of awareness of the distortions inherent in physically presenting themselves before entities or making physical changes in an environment of which they are a part in order to convince entities that they are real.

33: We deeply understand the desire of those of The Nine to make a difference on planet Earth. We understand, because we have experimented with coming among your people, the desire to make a mass landing and to herald a new day, calling for love and light, with the strength of a massive display of superior insight, intellect and knowledge.

38: A certain amount of material which is part of the instrument’s experience is helpful and we often use stories from this instrument’s life or thoughts that this instrument has considered to color our simple message with the various guises of storytelling and myth. For if we offered only the simple truth, without any storytelling, then we would say over and over again, “All is one. That one thing is unconditional love. Love is the Creator. Love is the Creator’s house and love is the nature of all beings in that house.”

59: We are those of Q’uo, and are aware of your query, my brother. We would thank you for your comments upon our attempts to serve the population of planet Earth. It is, of course, music to our ears to feel that love that you have for us and we thank you, my brother.

61: The philosophical aspects of our work have never been entirely clear because, as we said at the beginning, the only way that we can be of utterly positive polarity is to cease attempting in any way to influence the entities whom we love so dearly and are calling to us.

62: Now, to respond to your query on the nature of the call. When one of your human babies awakens in the night and discovers that it is hungry, wet and alone, it cries. It calls out in the only way it knows for help. Blessedly, in almost every case, the parents come and minister to that child, feeding it, drying it, getting a new, dry diaper on it, and cuddling it until it naturally goes back to sleep, content, knowing that it is loved and that all of its needs are met.

63: Each of you is, spiritually speaking, an infant. And you are crying in the night. You are crying for spiritual food. You are crying to be cleansed of the grime of confusion, sorrow and suffering. And you are crying because you are alone and you do not feel loved.

65: There is a great desire on our parts to reach out the hand to steady that baby, to feed that baby, to give that sweet infant soul a new start, a clean diaper, a bellyful of love, and a good rock in the cradle.

66: We hope that we have become more mature as those who offer help, as we have experimented with ways to answer that call. And we can certainly say that those of planet Earth have begun to become more mature, as it should be. Many are those who have moved from the cradle to preschool, to grade school, to middle school, and finally are ready to graduate third density on time, mature at last, knowing that the food of love is the food for them; knowing that they wish to turn from anything that is not truly love and light; knowing that they are not alone. For as they love, so have they been loved a hundredfold, a thousandfold, overwhelmingly.

67: The hard part for entities is that first waking up. And it is this effort to which we have come in response. Our love remains unblemished. How far we have fallen short of perfection in our dealings with your planetary population is unknown to us, but we are sure that there are many, many mistakes that we have made for which we humbly ask your forgiveness.

37.5 2008/03/22

24: Within third density, beyond all the things that you come to know and believe, there lies the glory of that final awareness that nothing can be known and that all speaks of the one infinite Creator. Paradox after paradox, mystery and mystery flow and create patterns around one. And powerful and glorious ideas and images move through the awareness and at the end, the seeker has become transparent to himself as he finds at the very heart of himself the consciousness of un-

conditional love, that love that created him, that love that created the universe, that love with which he and all about him, seen and unseen, are one.

54: However, it is equally true that sex itself may be used, whether in masturbation or sexual congress with another, to express positive polarity and the worship of the one infinite Creator. The mind is preeminent in this matter. Depending upon how a seeker feels about his sexuality, he may find it more skillful to work with refraining from sexual expression in terms of how he personally is impacted by the experience of reserving his sexual energy for winding of the magical coil. Or, depending upon the entity and his personality and the way he feels about his body, he may find that it is more helpful to create a spiritually-dedicated masturbation in which the object is to experience that orgasm which is the steady state of the one infinite Creator, that inexpressible and inutterable intensity of unconditional love that is the ecstasy at the heart of the experience of orgasm.

59: We are those of Q’uo, and we thank you, my brother, for these most interesting queries. And we thank each within this group for setting aside the time and the attention and the love. Seek the truth. The one known as R was saying that he did not really understand how we found you to have such courage and such integrity simply because you gather to seek the truth, and yet we say to you, my brother, that it is the rare entity indeed who has come to be able to take himself seriously as a worthwhile and worthy part of the Creator.

37.6 2008/03/29

0: [overview] Question from G: In the meditative state, if an entity concentrated upon sending instructions for desired programming to the subconscious or deeper self, would the deeper self respond in accordance to those instructions? For instance, would the self’s perception of self begin to be transformed if an entity, through concentration in a meditative state, told the self over and over, “I desire to see through the eyes of love”? What kind of power to effect changes do repeated affirmations have? How can one increase the effectiveness of the mantra?

19: The use, in a conscious fashion, of the magical personality is extremely powerful. Therefore, it is well to work carefully and lovingly with these energies as you begin to create the changes in consciousness that you wish to create within yourself. As you seek, the question arises: what do I seek? That which you seek is ever and always a part of yourself, a deeper, more fundamental, more true part of yourself.

21: Care and deep love need to go into the creation of the statement or affirmation, the creation of the ritual that surrounds the use of that affirmation, and the choice of how to place this beautiful magical ritual within the coils of the day. 34: Generally, in an incarnation entities are looking to balance love with wisdom, wisdom with power, or some variety of two or three of those three aspects of the godhead principle: love, light and power. Realization, on the other hand, is that moment out of time, or more accurately, in time/space, when an entity is able to realize and therefore move all of himself through the gateway to intelligent infinity so that he, in the most holistic sense, may be inspired by or be filled with the truth.

39: You mentioned the balance between love, wisdom and power. I would like to request what you mean by the use of power—by the word power, that is.

41: Now, consider how easily an entity who is greatly loving and has a strong will may make numerous and unwise choices for himself and others because there has been an unwise use of power. Perhaps there was great love in a situation and consequently the seeker decides to affect the situation, but does not discover all the parameters of the situation.

42: For instance, say, a daughter has an elderly parent. Say that this elderly parent is full of years, full of illness, and ready to let the body fall away. The parent is ready to enter the gates of larger life and so heal himself through to a new environment. He is desirous of moving on. And yet, say, this daughter is absolutely certain that the best way to express her love is to keep this entity alive. The unwise use of her will may well keep the entity alive. Yet it cannot be said to be an action that partakes of true compassion or wisdom.

46: First, thank you so much for speaking through example. I love seeing a principle illustrated in a particular circumstance. It helps me to grasp it so much more easily. I

don't form my thoughts well without being able to write them down, but the thoughts that I have formed go like this. Based on what I understood you to have said, I would equate will with the capacity to sustain focus and put into action that which one desires, whether internally or externally. And I would see love and wisdom informing the will and equating power with the capacity to sustain and carry out action and making that power informed by love and wisdom. Does that make sense?

48: There is an infinite variety of ways to talk about selfhood. When one talks of love and light one is grasping two fundamental principles of that in which unity consists: the original thought and the manifestation of that thought. Yet there is power in every atom, in every cell of your body, and in every engram of your emotions.

49: There is power in every word you think. So, in addition to concerns of learning to be more loving and learning to be more wise there is a concern, as one becomes more powerful, to use that power wisely and compassionately. So, there is a tripod of love, wisdom and power. And there is a just balance for each entity between those three. It is a consideration that goes into each entity's plan for incarnation.

37.7 2008/04/12

5: We would note that this evening the speaker for Q'uo is Hatonn rather than Latwii. We note this in case those who are aware of our thoughts find a difference in the vibration, finding it more towards the energy of love than towards the energy of wisdom. The query and the constitution of the group require more of a focus on the fourth-density energies of unconditional love and compassion.

9: Each of the religions has its long list of those entities whose lives were set apart and dedicated in devotion to the one infinite Creator. Out of those dedicated lives have come many books, poems, koans, sutras and Vedas, and they have been a blessing to many. In the Oriental and Eastern portions of your world and in primitive societies in general, the office of guru, shaman, or priest is an office that is held in high esteem by the tribe or people and each tribe or village has such a beloved and well-supported figure.

13: It may be noted in this regard that many of the most beloved of writers in the Western world are those of the minority who are monks and have been able to devote their entire life, 24 hours a day and seven days a week, to the pursuit of the mystery.

18: We would suggest, on the other hand, that each of you is already a priest. Your very nature is sacred. Every cell of your body is full of the love and the light of the one infinite Creator.

33: The one known as Jim said earlier that either one becomes what one hates or what one loves. The energy that brings one towards spiritual material is the energy of seeking to become what one loves. A positive orientation may look at disaster and chaos and yet find hope, stability, and a vector toward place.

34: Some entities seem to be born with a gift for positivity and cheerfulness. And how such entities are appreciated by those around them! Yet if one were to ask such a seemingly positive entity about his attitude, if he were to become totally honest he would speak of suffering and catalyst that was hard, catalyst that threatened that cheerful attitude. And he would speak of digging deep to find the will and the faith to look beyond the obvious and to seek that energy which is unseen but ever near, that energy of love which is our nature whether we are incarnate, discarnate, of density one, two, three, four, five, six or seven.

35: This we all have in common. We are made of love. We can access that love through the use of will and faith and this brings us to the third part of the query—focus.

36: Focus is that which makes up for the lack of time and the on-again-off-again relationships with good and positive energy. In whatever estate one finds oneself, if one can focus and become single minded in the seeking of the one infinite Creator, the world and all that there is in it becomes spiritual. All that one sees becomes sacred. From the least to the most, from the simplest to the most complex, all things speak eloquently of the one infinite Creator. All voices are voices of love.

38: We would offer you as an example of this the one known as Jim, who often expresses his feeling of being behindhand

in his seeking, for he must spend his physical energy each day doing hard labor. This wears out his body so that it seeks sleep when he relaxes at night. Yet were any of those who know this entity and his work to be asked what their estimate of this entity is, they would express the desire to learn from this entity. They would express the feeling that they perceive this entity to be a spiritual leader. This entity may be riding a mower, yet his very being resonates with the love and the light of the one infinite Creator.

41: There are different ways to express that evocation. There are different ways to manifest that single mindedness. Yet all have in common the goal of oneness with the Beloved that is the Creator of all, that great mystery and paradox which we call the one infinite Creator, having no better words to describe the ineffable and indescribable.

42: And we would suggest one thing more to you, my friends. Were a critical mass of you to take up that single-minded focus on love, your world would be transformed. It would not be necessary for every human being to decide to change their focus for this to happen. Look at the difference made by even one entity that chooses to focus on love. His life becomes sacred to him and he then functions as a priest. Imagine the impact of groups of entities living in the world, yet choosing also to take part in an informal priestly collective, so that love is in the mind and in the heart.

45: We have spoken before through this instrument concerning the need for a new paradigm, a need for a new way of thinking, for as you think so shall you act. Focus your thoughts on love and see your life become transformed.

46: It is not that you are transforming anything. It is that you connect with the truth when you focus on love. And that truth carries you where you could not go of your own human will. Your whole concept of self becomes greater and at the same time the personality and the ego become less, as you focus on love and allow the magic of transformation to occur in your life. It will not take you away from your job necessarily, but moving yourself into accord with love will yet transform your world.

54: The nature of a wanderer is often sensitive and delicate due to the fact that the spirit comes from elsewhere, where the wiring of the physical vehicle is different. Consequently, the ability to incarnate fully and enjoy the life of third density humanity is limited. Higher-density wiring does not do well in third density. Consequently there is the need to find ways to incarnate more and more into the body and to come to love, appreciate and honor the body.

84: It is your choice as to how you wish to conduct your thoughts. You have learned to conduct them in a certain way and you have noted that you have made these choices. You may also choose to change your habitual patterns of thought so that the energies, rather than being constricting, tightening and tensing, become expansive, generous, loving and joyful.

90: We are those of Q'uo. We thank each of you for the beauty of your auras and essences and for your dedication in taking this time apart from your life simply to seek the truth in company with those who also have every fiber of their beings pointed towards the great mystery and paradox that is the one infinite Creator, that one great original Thought of love.

37.8 2008/04/26

20: This is the temptation for those who love beautiful things, not realizing that beauty begins with the stench of birth, the blood, the wailing, the sharp light, and the terror. The creative process must move down, daily and consciously, into those very beginnings of life, into red ray with its survival and sexuality, into orange ray and yellow ray with its relationships, and work with the entire energy body in order to have the strength and the sheer energy flowing through the energy body in order to make the most of the spiritual gifts of creativity while not destroying the body, the emotions, or the mind, quickly or gradually, because of inattention to the lower chakras and their issues and concerns.

35: And yet, that creative impulse dwells within all. It is part of being part of the Creator. Each entity is a sub-creator. Each entity has magical ability. Each entity through faith and will can change his world. But there is such a deep acceptance of consensus reality in many that there is no potential outlet for creative expression in the sense of original creativity, although you may see the creative impulse mov-

ing statement as far as we know. Every shade of emotion has its root in love, love unconditional, love un-judging, utter and absolute love. The oftener that you are able, at the end of working with emotions, to come back to love and to allow that love to overflow all other considerations, the stronger you shall be in being able to do this work of allowing the self to bloom.

34: We would conclude this observation of emotions with the concept of power. In an entity who is not attempting to seek spiritually or to find out by some way who he is and why he is here, the emotions shall generally remain fairly muddy and un-clared, for there is really no incentive for one who does not realize the gifts that emotions represent to do the work necessary to begin to refine and purify these authentic and infinitely meaningful feelings that are the rays of your essential beingness as a creature of love.

42: We wish you the very best of journeys of exploration as you work with these emotions to learn of each and every essence that makes you who you are. You will find that all emotions, once they have been purified, work in harmony to create of you a human being. The nature of the human is to be ethically oriented and to desire to serve, to love and to know. Trust your emotions to help you learn these things. And as you relate to others, trust the emotions in them that resonate with your own in terms of dealing with each entity at the soul level.

47: [footnote start]Carla is writing a book concerning working with the emotions and the suffering of life as of this date.[footnote end][footnote start]One good web site for pursuing this line of thought is www.tarotpedia.com/wiki/Tree_of_Life. W. E. Butler's book, The Magician, His Training and His Work, also contains a clear and thorough explanation of the ten stations of this glyph.[footnote end][footnote start]A good deal of Book IV of The Law of One is dedicated to exploring these twenty-two images.[footnote end][footnote start]The Holy Bible, John 3:16-17. The quotation in context is, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved." [footnote end]

39 2010

39.1 2010/01/23

7: We turn our attention now to a discussion of the nature of this time and this moment for, relatively speaking, the next few years are as a moment in the general run of eternity and infinity. This moment is where, as this instrument said earlier, the third-density light is waning, soon to be setting so that there may come the dawning of new light, a new morning, a new density, the density which we often call [the density of] love and understanding.

8: In the waning of this third-density light there are more and more interpenetrations from fourth-density light. The reason a density is called that is that each density contains light that is denser with information. Consequently, fourth-density light carries an enormous amount of truth, which is why each of you is experiencing the opportunity now to gather up all of that shadow side of yourself that you may have neglected because it was not, on the surface of it, attractive and did not seem to carry the energy of love and light.

9: Yet, my friends, you are all things. If you are all one, then you contain all that there is in that unity. And while that unity's nature is that of the Logos or unconditional love, yet it also contains all the distortions of that love. And many, my friends, are the distortions of love brought about by fear. Consequently, this is the very time for you to cultivate the quality of fearlessness and to leap into faith.

11: We ask you not to be concerned about such things as the physical life or the physical death, for unconditional and absolute love is with you in this world and in larger life as well. So if love is within you, what does it matter whether you experience [it] as a physical being or as a spiritual being? For when that transition occurs, you know, and let it be beyond a shadow of a doubt, that you shall continue as citizens of eternity.

15: My friends, the one known as Jesus offered simple and

strong advice. He spoke, saying that there were only two commandments that he felt should be carried into what he considered a new age. The first value was to love the Creator wholeheartedly, without stop or hindrance and with great, kindling fire. The second was to love all of those about you as though they were you, to treat all those about you as though they were you.

17: As you move from this very strongly supported circle of seeking into your own bailiwicks, into your own niches in life, we ask you to carry with you that intention to love the Creator and to love all those whom you meet as though they were yourself, or as the one known as Jesus said it, as though they were those who were dependant upon you to feed them.

18: We are not suggesting that you become silly or foolish. We are not suggesting that you cloud your eyes and refrain from seeing that which you see. What we are suggesting is that when you see with eyes of love, then you are seeing whomever you look at as a soul. You are not looking at their behavior when you look with eyes of love. You are looking at their essential being. In the Creation of the Father, all whom you see are sparks of the Creator.

19: To see with eyes of love is to be blessed with an awareness that informs you beyond the capacities of the intellect to inform you. And this is helpful, for it grounds that which you see as a personality seeing other personalities. We do not suggest that you stop seeing with all of the ability that you have to link with people, to connect with people, and to draw boundaries where needed when dealing with people that would move you from your center. We are saying that in addition to those normal and everyday movements of personality, intellect and emotion, you carry with you the love and the light of the one infinite Creator.

20: For you do carry within you that love, that light, that Christ, if you will. Indeed, within your heart, that energy blazes and awaits your reaching. It is not that you must call the Creator to you, for the Creator is nearer to you than your breath, closer to you than your very bones. That love waits for you just as the one known as Jesus awaited the priests who followed the star. You have within you a manger. And in that manger lies love itself. That love is the love of you and your neighbor and all that is within the one infinite Creation. So you are in a position to come into a stable of your own heart and take up that infant self that is your maturing soul. You have the capacity to cradle, nourish and nurture that child within.

22: Thusly, when you spring forth from this group [meeting], from this blooming, from this precious moment, you carry within you the light that has been empowered by the safety of this group. And you may allow that light to shine. Again, we do not speak of physical things, but of those things which are metaphysical or spiritual. You do not create the light. You carry a space through which the infinite love and light of the one Creator may flow. You convect that light at all times through your energy body and it touches all of the various energies of your little life within incarnation as it moves through what this instrument would call the chakras or the energy centers.

23: There is daily work to do, just as there is daily housework to do if one wishes one's house to be quite clean, so that the infinite love and light of the Creator may flow into your heart in full power. The heart is the very center of the chakra body or the energy body. You help yourself to carry the light every time you discover that you have shut down one of your energy centers because something bothered you. When you go after that moment in your contemplations and you gaze upon that sudden closure or narrowing of your energy body because of pain, it's very helpful to get to know yourself better and better as you find out where your triggers are, what has taken you away from an open energy body, what is squeezing that precious light as it flows into your heart.

25: It is easy to feel open and radiant in a supported group such as this one. It is less easy to maintain that free feeling of blooming when you do not have the group with you physically. Yet, my friends, you have many unseen companions [such as] angels, your guidance system, and what this instrument would call the Holy Spirit, that are powerful allies to help you hold open that space through which the love of the Creator can flow. If you can imagine your energy body ending at the tip of your head, you may imagine a flame of spirit that is constantly there when your energy body is open. Metaphysically speaking, it is a very real light. And you are a light unto all whom you meet.

done, but to pardon. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in dying that we rise to larger life.²

22: Your balance will not be like anyone else's balance. For a true spiritual seeker, balance is fundamentally that estate which is achieved when each of the chakras of your energy body lies open, so that each chakra may accept and allow through the chakra the full power of the love and the light of the one infinite Creator which streams infinitely and eternally from the Logos. That Logos has spoken its love, its nature, and its will in creating each of you and the environment in which you experience life. That Logos will have given you a fully functional, a fully capable and competent body of soul and flesh in which to pursue your seeking, and an energy body, in order to give you the best environment in which to learn about yourself and to learn about your own will and finally to learn about the right use of will, balanced when the energy body is open and allowing the energy of the One to flow through it and into the opened and fearless heart.

25: We say to you, if you can be fearless with your sexuality, if you can be fearless in a seemingly chaotic and dark world, sensing the rightness of your being here, if you can come to your own understanding of what relationships are to you and where the love is in them that will balance you and the others, then you can come into your open heart with the full power of the Logos flowing through you. And as you make choice after choice to love and to be loved in a positive and radiant fashion, you ready yourself for graduation. There is no doubt that one whose heart is open and whose path is service to others shall graduate.

52: Therefore, turn your sorrow and your concern from gazing at that which has occurred outside the ken, outside, shall we say, of your will and come gently, lightly in your own good time, to find your way of being the love and the light, not just for all starfish but for this one. It is a matter of great skill to make such choices of how to move concern into responsive energetic actions which truly lift and serve you and the world about you, and we reassure you that as you lift your own eyes to the light, you lift all of planet Earth to that light.

64: [footnote start]St. Francis of Assisi, whose prayer is discussed in the second footnote.[footnote end][footnote start]This prayer was originally written down by a student of St. Francis in French. The most commonly accepted translation of that version to English is, "Lord, make me an instrument of your peace, Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy; O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life." [footnote end][footnote start]The Freddie is Freddie Mercury of the group, Queen. The song is "Heaven for Everyone," from the album, Made in Heaven. The lyrics do not actually suggest that this could be hell, only that, "This could be heaven for everyone. This world could be fed, this world could be fun. This could be heaven for everyone. This world could be free, this world could be one." This song was the tuning song, played to tune the group prior to the beginning of the meditation session.[footnote end][footnote start]A web site where this story is told in context is StarfishStory.pdf. [footnote end]

38.26 2009/12/26

0: [overview] Jim: The question this evening has to do with emotions. We recognize love and fear as being polar opposites and we're wondering if all the other emotions, such as jealousy, anger, doubt, greed, gluttony and so forth are some sort of a mixture of fear with love and if there is positive use that we can make of these supposedly negative emotions. Is there some benefit we can get from working with these emotions? What spiritual principles can we use to look at the various emotions that we come across in our daily lives?

5: Thusly, when you are attempting to think about emotions, you are attempting to think about that which has its reality in time/space, for [emotions] come from your consciousness rather than your intellect or mentality. Each person has a different and unique mentality and personality. However, as members of the tribe of humankind on your planet in third density, you share one consciousness. Your jealousy and an-

other's jealousy has the same energy. Your love and another's love of a certain frequency has the same energy. It is emotions rather than thoughts which unite your people.

6: Now, in the roots of consciousness which this instrument calls the archetypal mind, the emotions can be mapped, much as the waterways of your continent can be mapped. There are rivers of emotions of various kinds, both those emotions you would call positive, such as joy, bliss and happiness, and emotions you would call negative, such as greed, gluttony and lust. Yet each emotion flows from its most distorted or extreme manifestation, through a succession of removals of distortion, until at last they all empty into the ocean that you would call the Logos or unconditional love or bliss.

7: This instrument has been attempting to define emotions along some sort of a yardstick or ruler attempting to measure emotions by the ratio of love to fear, this instrument having posited that love and fear are the fundamental opposites of emotion.¹ And we would suggest that while there is an element of truth in this thought, that it attempts to corral and compress the 360 degrees of emotions into a two-dimensional, straight line. This attempt in itself is a distortion of the model, shall we say, which we might suggest to be more useful for thinking about emotions.

10: One way to look at emotions is to see where the love is in the emotion. For instance, if one considers the emotion of jealousy, the emotion of love is clearly seen, in that the object which has inspired one's jealousy is greatly loved. Therefore, the jealousy has love at its heart, yet [it is] tinged by the fear of the loss of that love. [Therefore] the energy of the love becomes quite different from the original free and easy feeling of love.

11: We would suggest that there are complementary emotions, so that one may take radii out from the center of the wheel of emotions which is unconditional love, that love which this instrument would say is Christlike or which carries Christ Consciousness.

12: From that original love or that sea of bliss in the archetypal mind there spring forth the natural rays all around the 360 degrees of personhood.

13: Another way to evaluate emotions is to look at the faculty of will, desire or expectation. The clearest way to approach emotion, living day-to-day, would be to remain transparent and unattached to the outcome of one's objects of desire or will or one's expectations. However, it is precisely the inability of the individual within incarnation to remain unattached to outcomes which creates the bulk of distorted emotional reactions. Thusly, if one loved another purely and without attachment of any kind, and that object of love chose to move into relationship with another self beside the self, in the unattached entity this would be only a source of joy, knowing that the other self that is so beloved was doing something that he or she enjoyed. However, it is seldom that entities are unattached in this way.

26: And it would seem that there is no useful function for the negative emotions, whereas the positive emotions such as joy, admiration and love of a romantic or friendly nature are feel-good emotions that are hardly ever evaluated or judged. Nevertheless, it is very helpful when working with positive emotions to pay attention to them also. For just like the negative emotions, the surface of a positive emotion is only the beginning of its intensity, its clarity and its vitality, and it is to the spiritual seeker who focuses on such surface emotions such as joy and allows them to expand and, as we said before, to tell their story around the campfire of the self as it experiences itself that the gift of positive emotions shall come.

31: Your goal, then, is not to balance emotions until here is no emotion, but to experience each emotion in ways which allow those emotions to go from being muddy and confused to a place where each emotion is a jewel-tone. Gems come in all colors from black to white and everything in between. And the beauty of each is unique to that particular gem. Your emotions are gemlike. And when you have been able to allow the murk and the mud and the impulsivity gradually to evaporate from the heart and essence of each emotion, you are as one who has dug in the ore to mine those gems of self which you have in common with all those of your fellow humans. And as those energies within you are purified, there is less and less distortion [and] more and more balance, and less and less of that component of fear which we began by discussing. For it is indeed a valid observation that the one great original Thought is the emotion that is at the heart of every emotion, positive or negative. This is a trustworthy

ing through any entity's life in a collection of Barbie Dolls arranged just so, or a beautifully decorated Christmas tree, or meals that are prepared with love, or children that are raised with genius.

38: Looked at another way, an artist could be described as an entity who is able to compress the vastness of human experience into an offering small enough to view as a whole. In this compression into image, metaphor, melody and so forth comes an intensification of power, so that an artist may punch through fear and bring the attendee or the audience into a place of freedom or love.

45: It takes tremendous courage to open up to these crashing waves of perception and say, "I'm in for the ride. I will use this energy to see more deeply into myself, to accept myself more fully, to love myself more dearly, to see the Creator within me, and honor that spark of Godhead."

54: When an entity is so open-hearted that he is able to put himself into another's shoes and to walk a mile in his shoes, he has indeed performed a creative act. He has accepted his brother as himself. He has taken on his burdens. He has experienced that which he could never experience within his own individual life. This indicates a magical and loving personality with a spiritual maturity that is unique to those who have awakened and who have become able to be magical persons.

70: We are those of Q'uo, and are aware of your query, my brother. We believe you are already aware that this is part of your active, personal process at this time. We would not wish to do your work for you. For there is great joy and discovery awaiting you as you move through your process on your own. We can only say to you that your efforts are positive and loving and we wish you every good fortune with them.

37.9 2008/05/10

10: This infinite love/light of the Creator that streams into the red ray will, if not baffled, blocked or narrowed, move freely and powerfully into the heart, letting the heart open and bloom like a flower, thereby setting the stage for the potential for work in consciousness.

11: Work in consciousness can only take place when the red ray, orange ray, and yellow ray are open and the energy of the Creator is running freely through them, for this is the energy that feeds the heart. When it is limited or constricted, the magical personality shall find itself on very short rations. Once the seeker has set his intention to do work in consciousness, then the higher rays become involved: the blue ray of communication, the indigo ray of faith and being, and of course, the green ray of healing and unconditional love.

12: It is to be noted that it is not necessary, in order to be of service to others and to graduate from third density, for the higher rays to be used in order to access the gateway to intelligent infinity. Simple, straightforward, unconditional love and the energies of forgiveness and compassion shall carry any seeker through graduation with flying colors. That is far more than enough to use in order to penetrate those energies that move one into higher light.

13: However, you, as a metaphysical being within incarnation, were indeed given the ability to use the higher chakras and to do work in consciousness. The infinite love/light of the one Creator moves upward, whereas it is the intention set by the magical personality that calls the energy from above down to meet the infinite love/light of the one Creator moving upward. Where those two energies meet is the location where the seeker is able to accomplish work in consciousness whether it be healing, channeling or the radiance of being.

15: Sacred sexuality lies within the precincts of the indigo ray, and indeed, moves into the mystery of the violet ray. It calls down inspiration and information from the Godhead principle Itself, that great Logos that is unconditional love, into the heart of that which joins the physical and the metaphysical being, sexuality.

23: Now, perhaps, there has been a shift in the location and the amount of privacy. Perhaps this is the time when the two lovers become intimate, clothes are shed, the outside world falls away, and the talk deepens. Whatever is said in this opening into blue ray has begun to take on the quality of sacredness, as each listens in complete sympathy and support to what the other has to say. The world seems to brighten more and more, the energy lifts and moves towards the indigo ray, that ray of faith and magic where two beings may

become magical together.

27: It was intended by the Creator that sexuality had the potential of offering to third-density entities an experience of the steady state of the Creator, which would be described by third density entities as orgasm. This is the steady state of the universe. This is the power of unconditional love. This is the engine that drives creation. This is the sunlight that falls upon you. It too, is the fusion of the priest and the priestess expressing unconditional love in a steady state.

34: Sacred sexuality begins with a person's willingness to become magical. To be able to experience sacred sexuality, a seeker must release those thoughts of himself which limit him. He must find it within himself to accept himself just as he is and to fall in love with himself, casting aside all thought of self-improvement or self judgment. The beginning of the seeker's transition to the magical personality is his total acceptance of himself as he is.

36: Think of yourself not as you see yourself in the mirror but as you feel yourself when you pray for what you most dearly wish. See yourself not as a physical being but as a dreamer, a hoper, a lover of the light, an idealist. See those energies of intention that have nothing to do with the manifestations of the world. This is the beginning of the magical personality: to perceive yourself more truly than you can with the mirrors of the world.

43: As you move through your everyday chores, invite the Creator to come into your life and power—and mean it—and watch your life transform. You will find yourself exchanging energy in a far more transparent way, and seeing the energy expenditures of others around you. You will feel the energy of the sun and share with that energy, giving your love back to it. And so, an energy exchange is made with the daylight itself. You can do that with each and every thing with which you come in contact.

37.10 2008/05/13

8: Some entities seek to balance their open and loving hearts with more wisdom. Other wise souls come into incarnation hoping to break open their hearts and link that unconditional love vibration with wisdom in a more balanced and equal fashion. There are also some who seek the right use of power, balancing it either with love or with wisdom or with both. These are the usual areas of which concern the soul going into incarnation.

11: The way the energy body works, it requires a constant working through all of the chakras, starting with the very basic chakra, the red-ray chakra, and moving up to the orange and yellow rays and then to the green ray. It is a common desire of those who so eagerly seek the presence of the one infinite Creator to spend as much time as possible within the higher chakras, experiencing the infinite love and light of the one Creator. Yet always the entry into the higher chakras must be preceded by work in the lower chakras to clear the way.

14: My sister, the way to forgive the self is to realize that you gaze at the illusion of self, thrown out by your personality shell. You may take it on faith that within that personality shell lies a beautiful, worthy, wonderful, exquisite spirit, unique in all the creation, beloved of the Father beyond all telling. When you see bits of your personality that you would wish to be other than they are, you have allowed yourself to judge yourself. We would ask you then to find it within yourself to refrain from judgment and instead hold out your arms and embrace yourself with your own open heart.

15: You have come into an illusion upon this planet and your life must be lived within that illusion in order for you to choose, by faith alone, to seek the Creator. And it is in faith that you forgive yourself, accept yourself, and fall in love with yourself.

17: We ask you not to see that which is not there. We simply ask you to see that which is not on the surface. We ask you to move deeper and find that portion of yourself that we would call consciousness. You share this consciousness with every third-density entity upon this planet. And, indeed, in the deepest sense you share this consciousness with all there is. For it is the consciousness of the Creator. It is the consciousness of unconditional love. Form a haven then, when you feel yourself moving into self-judgment, of choosing to refrain from going further with that thought, and instead taking up that thought of appreciation of the self just as you are.

19: When you move into the open heart, then remain in silence for awhile. Allow the silence to fill you. For there is information being given to your subconscious mind within that speaking silence. Simply rest, letting the love you have for the Creator flow and radiate until you begin to feel that answering pressure of love from the Creator, that incredibly strong, answering love. Rest there; be fed, and be comforted. 21: Your guidance is a source of inspiration and information and it is most happy to communicate with you. Thusly, after you have spent time resting in the open heart, form your intention to seek your guidance system. You may even say so out loud, or if you are one of those who enjoy working on the computer, type your intention in a new document on your computer: "My intention is to seek the guidance that has been given me in the love and the light of the one infinite Creator."

33: And again we would suggest that one key to opening the higher chakras is to be sure that you are getting full power through to the heart from the infinite love and light of the Creator that moves through from the base chakra upwards and out of the top of your head.

34: If you have issues with sex or love of life; if you find your relationships lacking; if you judge yourself or others; if you find your relationships with your family or your work troubled—all of these things can limit or even stop the flow of energy into the heart. Consequently, always move back with true humility and begin again, each time that you sense that you are being triggered, and that you are closing off, shutting down, and limiting the light that can flow into your open heart.

35: The challenge of the blue-ray chakra is that it takes a well-developed ability to be completely forthright and honest at the level that is not often seen among your peoples and normal conversation. The process of falling in love with yourself is the key in opening the blue-ray chakra.

36: It is a great challenge to find complete and utter compassion for yourself. It is indeed one of the great challenges which you offer to yourself as you came into the incarnation. The reason that it is the key is that when you have become able to see yourself with eyes of love and love yourself, warts and all, as this instrument would say, you then will find it child's play to have compassion on others. For you are always harder on yourself than on others. That freedom that compassion gives to you is a palpable vibration that can be felt by other selves with whom you're interacting.

38: This compassion also enables you to listen with enhanced ears, ears enhanced by love. It is not that you become able to rationalize and excuse other entities. Indeed, many is the time that blue-ray communication requires honesty to the point where many would shrink away and not wish to share their shining truth for fear of being rebuffed, rejected or judged. Yet, many times it is just that point of view that you have to offer that is going to be a saving grace for someone else.

46: We are those of Q'uo. We are aware of your query, my sister. You ask concerning whether or not your heart chakra is open. And we would suggest that it is open at a variable degree, depending upon the moment. The original question, we believe, was offering the idea that you felt that your heart chakra was open at least to a minimal degree and with that we certainly agree. However, it is that variability of the moment, that place where you are in the tides of your being and your progress that have caught you sometimes by surprise, so that you didn't even know that your heart had become less powered by unconditional love and was not getting as much energy as the maximum would be.

61: A negative entity will be sickened by true love. The challenge here is that it needs to be genuine, heartfelt love, not that which is applied as a Band-Aid from the intellect. This love for the Creator must come from the heart.

62: Further, we would agree that the Enochian circle of light is one way in which protective forces that are abounding in the unseen realms may be alerted to the need that you may have for strengthening your allegiance to the light and your firm stands within the light. This instrument, being a mystical Christian, leans more towards invoking Jesus the Christ and creating a ring of light in that way across which no mortal error dares to set its foot. However, the way you mentioned is equally efficacious in alerting a large number of those who come in the name of the love and light of the one infinite Creator, for the Enochian tradition is millennia long and there are many who dwell in the unseen realms who are allies of

all of those who would use those words of beauty and light. 63: We would suggest that it is inevitable that any seeker who is successful at moving closer to the light within himself will have cyclical periods of seeming psychic resistance. These can be uncomfortable. And yet it is well to look at these times as times to put into practice that which you know to be the truth: that all is one, and that one thing is love.

70: We are those of Q'uo, and we are aware of your query, my sister. Firstly, we would assure you that your voice has never gone unheard and never will be unheard. For you are precious. And as you seek, so you shall find; as you love, so love is reflected in love. Those with whom you wish to connect are indeed connected with you, and joyfully so.

37.11 2008/05/24

0: [overview] G: The question as we quote it is, "There is the phrase, 'winning over the self,' which is another way of saying, 'knowing and accepting the self.' Is there a similar process that occurs to that of the calling? Do those portions of the self that desire love gain power so that the more the call is made, the more the desire is made until [the] square of the resistance within the self is overcome?"

3: You ask this day concerning the process of knowing yourself and accepting yourself, or, as the one known as G has put it, winning the self over. You wonder if there is a doubling process that takes hold, so that as the process goes on, the energy becomes stronger and the self is gathered into the love and the light of the one infinite Creator ever more quickly.

9: Perhaps you have noticed that there are variations in the amount of focus with which you seek the love and the light of the one Creator. At some points, there is a plain and clear feeling of utter desire and single-minded seeking to know the truth of the creation and to tabernacle in the presence of the one infinite Creator. At other times, it would be possible to say those same words and yet not to be able to feel the intensity of desire because of the fact that you have lost your focus.

14: There are times in every seeker's life when the Creator is close and the connection is sweet and pure and strong. In dry times it is extremely helpful for the spiritual seeker to remember those times of torrential inundations of the love and the light of the one infinite Creator.

27: It is easy to love the parts of yourself that conform to your ideals. Yet the tough truth is that there is much more to the self than those idealistic parts of the self that have been polished and cleaned and are on display, shall we say, in the windows of one's ideas about who one is. All of the rest of the self that lies in the shadows and has not yet been polished, has not yet been picked up, and has certainly not yet been recognized, waits for your attention.

35: In this stoppage of the intellectual mind lies a great aid to the seeker who wishes to remain focused. For that flame that burns within you burns within all. There is one flame, one consciousness, one great and utter love. It is a tremendous balm and relief to escape from your personality and all that you think you know, and rest, wrapped in the blanket of warmth that the tabernacle of the open heart offers, cuddled upon the lap of the Almighty with nothing to do except be.

41: We come back to the word "focus," my brother. It is easy to feel the self as a vast collection of somewhat related, but not necessarily coordinated, parts. We ask you to dive deep beneath the surface of that perception into the center of yourself—that center which has never been apart from the one infinite Creator. Dive deep. Dive with love. Dive with absolute surety and faith.

50: However, if a chef with great love for the food takes the same ingredients that are in fast food and prepares them carefully and with love, those same ingredients yield much more nourishment. And so it is with emotions. Surface emotions are usually quite impure. However, when one can abide with one's feelings and observe them as though they were guests coming to tea, offering them hospitality and courtesy, sitting with them and listening to them, then the emotions have found respect and honor. And this allows them to go deeper, interconnecting the [surface] self with the deepest part of the roots of consciousness. For this is what emotions eventually become if they are allowed to go through the process of purification.

61: Yes, would Q'uo discuss the spiritual principles behind

and merciful principle. And the first overbalancing of male energy that any awakening human might find shall be that point of judgment within the self when a self-perceived error occurs.

28: And so your world begins to be self-forgiven. And your power grows, [as does] your power to love, your power to forgive, your power to exercise patience and understanding. The definition of magical power is the power to create changes in consciousness at will. As you are self-forgiven and know yourself to be an instrument of love, so you change your consciousness. Each time you tune into that feeling of self-forgiveness and self-respect, you are changing the vibration of your entire energy body and you are changing the vibration of Planet Earth.

29: As we so often do, we would like to point out that you have tremendous amounts of help available to you as you learn to live as a person of power and to use that power rightly. Your guidance system is with you, nearer than your hands or your heart. There are those entities about you which you have drawn to yourself because of who you are. As you vibrate in a certain frequency, you draw to yourself unseen companions who vibrate at that frequency. As you begin to raise your consciousness and begin to know who you are, a child of the Creator, a person with hands to reach in love, a person with a voice to speak in love, a person with a mind to ideate in love, each frequency that you open calls unto you those whom some call angels and others call inner masters.

30: Whatever their name, these entities stand at your back like a backdrop of light. And as you become more aware of this help you can lean into that help and ask for that help. Indeed, this instrument works with angelic energies each day as she rests in the waters of her bathtub, because water is such a tremendously magnetic medium and can be charged with the love of those about you who wish to heal and help you.

46: It is not possible for us to generalize how this happens. Wherever you have undeveloped light within your being, what this instrument would call within your personality shell, that will be the target for temptation to slide away from the purity of your initial choice. There will be the temptation to doubt the self or to feel that, "It is no use, I can't keep this up," or if there is no particular emotional chink in your armor, there may be mental chinks or physical chinks which will then be thrown up against your set intention to serve the Creator. Consequently, there are as many different ways to practice those vibrational frequencies that enlarge love as there are people attempting to become fully human.

47: There are many ways to be discouraged. There are many ways to be distracted. There are many ways to lose that feeling of flexibility and to allow disappointment to become bitterness. It is a very subtle thing sometimes, my brother, to see accurately into resistance, but one thing you may know for sure is that this is third density. There is always the dynamic between love and fear, light and darkness, joy and bitterness, unity and division. And you can see the light and the radiance of the choice for unity, for patience, for forgiveness, for belief in the self and so forth and so on.

60: We are those of Q'uo. In that case, my sister, there is just so far that we may go. The challenge which you face lies both in self-perceived chinks in the armor which are of long standing and of the attention of one who would distract you from serving the light. Therefore, we encourage you to be steadfast and to embrace all undeveloped light with a love so true and so pure that it sees the Creator.

61: This technique cannot be insincere and still succeed. For if one loves because loving will conquer, then there is a service-to-self element within that love. The releasing of all fear and the absolute adherence to the highest and best that you know, together with the calling upon that tremendous, unseen source of unconditional love that surrounds you and this instrument that you wish to be shall be your resources at this time, my sister.

62: Please know that at any time you wish for us to be one which underscores that basic vibration that you reach in meditation, we are glad to join your meditation and to stabilize that undercurrent of unconditional love. It is our privilege and our pleasure and you have but mentally to request it.

38.24 2009/11/28

10: Without your physicality, without your location in space/time, without the tremendous sacrifices that you make as a soul stream in order to project yourself into a physical illusion that is space-bound and time-bound, you should not have the capacity to contain the potentiated space in which all of the boundaries between the Logos of absolute and unconditional love and the soul stream unbound by space, yet bound firmly within its own metaphysical limitations, might channel down into this space that you can hold open only within incarnation.

21: It is as though one asked an old person what he had lost by becoming old. He could say, "I have lost my looks, my teeth, my sense, my ability to go four hours without going to the bathroom," or he could say, "I have lost my fears, my worries, my anger, my prejudice, and my self-imposed limitations." There is no question, my friends, that in the process of becoming a more mature entity, spiritually speaking, things shall fall away from you and that which you are shall bear less distortion and more love.

22: If you value your distortions and say, "I Am who I Am because of these distortions, be they physical or emotional or quirks of personality or having to do with particular gifts or particular limitations," then you shall feel the loss of much as you become closer to congruency with the frequency and vibration of the one infinite Creator, which is Love.

24: What is gain and what is loss when you are gazing at the opportunity in one small life to hold a channel or space that connects particularity to the infinite and that brings or can bring the infinite love and the light of the One from the very blazing heart of the mystery into sturdy, stable life, a life that moves through you without effort, but with infinite and intense intention? This is your opportunity to be and, in that beingness, offer your channel, your instrument, your essence, hollowed out, empty of the details of gifts and personality, so that your life and the life of your world may be lit from within by love.

37: As in all things spiritual, the paradox is that as one is able to open oneself to the pain of going deeper within one's emotional life, one is more and more able to see, to bear, to hold, to accept the emotions of joy, bliss and peace. For as in all of the levels and ways of understanding the one infinite Creator, the essence is always love. Consequently, the river of grief, the river of rage, all rivers whatsoever of purified emotion, lead at last into the ocean of bliss, which is the steady state of infinite love. It is, in a way, terrifying not to defend the self.

38.25 2009/12/19

4: The query you have for us this evening is one which is rich and full of nuance. And in order to begin to discuss the question of balance for those who seek the One, we would, as we often do, take a step or two back to gaze at the environment in which the seeker does his work within your third-density world. Your density is called the Density of Choice and it is a heavily polarized environment. On the physical level you have light and darkness. On the spiritual level you have love and fear. On the mental level, you have all of the opposites that the intellect may generate, and of those, my friends, there is no end.

7: As you move deeper into the considerations of spiritual seeking, you find your awareness of yourself blooming like a flower. You begin to feel the power of being yourself, of consoling, of loving, of supporting, of sustaining. You begin to see that choice-points fall along the way. You can take each choice-point in many different ways, depending upon what you want, what you desire, and what you will. If you desire to be consoled, what are the ramifications of that choice? Using the pairing of the opposites of the one known as Francis1, if you desire to be loved, what are the natural ramifications of that choice? These are some of the most spiritually central considerations. Therefore, we recite to you this instrument's imperfect memory of that powerful prayer.

8: Make me an instrument of thy peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, union. Where there is doubt, faith. Where there is despair, hope. Where there is sadness, joy. Where there is darkness, light. Help me to seek not to be loved, but to love. Not to be consoled, but to console. Not to be par-

is, how can the information about using the thought energy of love be shared with others so that they can contribute to changing the paradigm of war?"

7: There is a second issue which also feeds into there being a challenge for one who wishes to share the awareness of the power of unconditional love. Those within third density on Planet Earth at this time are sometimes deeply asleep within the planetary dream. There is often in that sleep little hunger for or awareness of the nature of the mind of the one Creator. There is a comfortable numbness which has replaced whatever early yearnings there were for the truth. And in that numbness there is a lack of sensitivity to the need for a relationship with the one infinite Creator or the thoughts of the one infinite Creator.

8: Lacking a direct apprehension of the love and the light of the One, there is a characteristic dullness of spirit. At the soul level, my brother, each of your brothers and sisters, however deeply asleep they may be, is alike a part of the Godhead principle, a part of that one Thought of love. At heart each and every one of your brothers and sisters with whom you wish to share this awareness is a citizen of eternity.

9: At a level far below consciousness and waking awareness, each of these entities is fully aware that they are one with their brothers and one with the Creator. They are aware at that deep level that the nature of the mind of the Creator is that of love. At the conscious level many of your brothers and sisters have no belief or faith in the power of love. In itself this is not a tragedy, for all entities have control over their experience and are doing the will of the infinite One as they form desires of whatever kind and satisfy those desires. There is no time limit on spiritual evolution. Progress is inevitable. Those who do not awaken to the power of love and begin to desire to serve the infinite One during the present cycle, which now draws to its close, shall take flesh once again upon another third-density planet and experience another great cycle of learning in third density.

12: To one who wishes to share the love and the light of the one infinite Creator, we would speak of two levels of sharing at this time. The first is intellectual, using the tools of words. This instrument was just looking at a book which you have written¹ and this is a powerful tool, an instrument that can be handed to any soul, leaving it completely to the discrimination of the one who holds that book whether or not he shall open it; whether or not, if he reads it, he shall comprehend it, be persuaded by it, or find it to be a resource in his own awakening.

13: As you know, words can only go so far. No matter how beautifully sentences are wrought, no matter how powerfully stories are told, words, compared to that awareness which you have of love, are poor indeed. Nevertheless, many entities are at that tipping point right now where just the right word at the right time shall indeed create that change in consciousness that wakes one up, and, having awakened, entities will find that they cannot go back to sleep.

14: However, we are aware that you hope to create a situation in which, without infringing upon the free will of any, you are able to offer a direct apprehension of the power of unconditional love.

15: Gurus choose to retreat from words and sit in silence in order that those who follow them may sit in their train and share the energy of their meditation in which, in full conceptual form, knowledge of love lies. Shamans take their students into the wilderness and lead them close to death that they may lie in their graves, become fully aware of their death, and then rise to become fully aware for the first time of life. Both of these techniques are using essences rather than words to create changes in the consciousnesses of your students and have merit and may be considered for those resources that they may offer.

17: The nature of your experience is that of becoming aware of the mind of the infinite Creator, which is unconditional love. When one says the word "love" in your culture, it is a flabby, weak word compared to the reality of love, for the love of which you became aware in your experience is the love that created all that there is.

20: The definition of a magician in this particular discipline is [one who develops] the art of creating changes in consciousness at will. This is what you hope to be able to teach, the changing of consciousness at will. Were you of a priestly nature, you might consider creating a ritual in which the mind of the Creator, that Logos of unconditional love, is invoked. However, the challenge there would be to find students who

wished to discipline their earthly personalities as you have disciplined your own. It is not an insurmountable challenge, however, it is a substantial one.

21: Know that you do not start from zero. For within the culture in which many of those whom you would teach enjoy life there is the lip service of Christians, Jews and Muslims of their belief in one Creator who has created all that there is in love. Especially within the Christians among your students you will find an awareness of the ritual which is entirely magical in nature, of what this instrument would call "Holy Eucharist" or "Communion," where the infinite Creator in the shape of the Christ is poured forth into bread and wine and then into each of those who worships, thereby changing the entire vibration of each of the worshippers.

22: It is in many cases, or should we say, in many churches, a watered-down experience, literally and figuratively, yet even in its diluted form it has the shape of the invocation of love. Consequently, as one who attempts to aid others to become aware of the power of love, it is a help and a resource. It is for you to decide how to approach this facet of your quest.

28: Many of those who would be drawn to a gathering you offer shall already be aware of having angelic help. You may call not only Archangel Michael, but also all of the Archangels to such gatherings. All in all, my brother, not even mentioning those of the Confederation who would be honored to lend their love and their light to any such effort, you have a wonderful group of resources from the unseen realms. And we encourage you to be aware of it and to use it and to give thanks for it.

32: Can this love-energy information also help those with the post-traumatic stress syndrome?

33: We are those of Q'uo, and do not perceive a query, my brother, but would you wish us to speak upon the connection between this love energy and those with post traumatic stress syndrome?

38.23 2009/11/21

12: When an entity becomes aware of the infinite reaches of the self and begins to perceive the surrounding milieu in terms of its possibilities for ethical choice, the creation of a fully functioning human being has begun. The citizen of eternity has awakened from the sleep of earth. Gradually that entity begins to become aware of the power within that great original Thought of unconditional love that has created all that there is, that Thought which is also yours to use, to create your universe, your way, your truth.

16: It was this sub-Logos' choice to create an extremely heavy veil and complete free will. Therefore, as humans attempt to become more fully human and to make ethical choices with clarity and precision, they have no proof that what they are thinking is correct, but only the faith within that believes, against all apparent adverse suggestion, that the universe is indeed a universe of love and that making choices that enhance love and enlarge compassion shall be the way in which power is developed to do work in consciousness.

19: What has ensued has been a ruinous, repetitive series of empires in which the male principle of aggression, protection and control created empire after empire after empire, and as the male principle, uninformed by the female principle, has no idea how to move from empire to love, each empire has crushed itself under its own weight, leaving behind many who suffer, many who die in wars and aggressions, and who then must begin again to build a hopefully more sustainable, balanced society.

23: When one is attempting to live the Law of One, as the one known as S has asked, one is attempting to live a fully human, fully balanced life, one that values both wisdom and love, not valuing one over the other but looking always for that point of balance whereby the decisions that are made in ethical choice points are those decisions that enlarge and enhance unconditional love. The feminine principle is that which looks for ways to cooperate, ways to collaborate, ways to move in harmony and rhythm, to find and sustain an environment which does no harm but only serves to improve and balance relationships and energy expenditures of all kinds.

24: Now, how is one to promote that spirit of cooperation and collaboration within one's own being? Perhaps we might suggest that it begins with the way one treats oneself. The feminine principle is not a judgmental principle. It is a loving

love at first sight, such as in Romeo and Juliet?

62: We are those of Q'uo, and are aware of your query, my brother. But in this case there does not seem to be a spiritual principle to bring to bear on love at first sight. The classic Romeo and Juliet's love at first sight is a story of entities who were in their early teens. This is a time [of life] when it is unlikely that there is a bleed-through memory of a past life or something of that nature which would create a spiritual nexus within which one might gaze at that attraction.

65: We might note in this regard that there has been a tendency within this group through decades of questions to visit the phenomenon of love at first sight or star-crossed lovers or soul mates. And we would suggest that, in fact, before the Creation has wound to its fullest spiritual gravity and returns to the one infinite Creator, each shall be a soul mate to each.

37.12 2008/05/27

10: Firstly, the nature of the energy that is used to open the gateway of intelligent infinity consists of three basic components: the will of the seeker; the infinite love/light of the infinite Creator which, moving from the Logos to the heart, is then reflected up through the Earth into the soles of the feet and into the energy body in an infinite supply. And thirdly, there is that vast array of sources of aid and guidance that can be accessed for those who move through the gateway into intelligent infinity.

12: The energy body is crystalline and delicate. Consequently, the energy of the infinite Creator that comes up from the Earth is geared to harmonize with the needs of the energy body. If this love/light encounters a hindrance, it does not push or press but merely awaits the clearing of whatever energy center or centers have been blocked or over-activated. This constitutes a built-in safety mechanism, if you will.

13: It is in this regard that there is an interesting potential for further consideration by the one known as D. We cannot express through this instrument, who is not in any way an educated scientist, the nature of the contemplation that might prove productive, but can simply say that it is in understanding and being able to measure or identify and otherwise work with this elemental love/light of the one infinite Creator that the possibility barely exists within the technology of which you are aware, of creating your technology in such a way that it rides the love/light energy and is, consequently, created safe because of the natural intelligence or love/light energy, which knows when it may go forward and when it may not.

24: We weave a net of love and it catches people. It helps them to get their feet under them and to realize who they are. The secret to spiritual evolution is that realization that each human being, just as he is, is capable of becoming a person of infinite power and focus.

28: The magic of all entities in third density lies within them and is awakened by their realization that they are entities of power and that this power is founded in, made up of, and completely melted and dissolved in love. The essence of this love, my brother, can be found in the love/light that, coming from the Logos and bouncing back from the heart of the Earth, constitutes the energy that is fed to the energy body. It is this source of energy that we would encourage you to consider.

30: Before leaving this question we would wish to express our appreciation of the depth and the intensity of the love and the desire to serve of the one known as D. It is, my brother, a moving thing to see the beauty of your vibrations and, indeed, may we say that this circle of seeking is unusual in its blended auras and its sacred space. There is a great strength in this particular group. It is a pleasure to share this energy with you.

51: However, it is a challenge to open people up to the concept of starting over and living in an entirely different way, a way which returns the power of life and love to each person and removes that person from the grid, shall we say, of society and culture.

55: We are those of Q'uo, and are aware of your query, my brother. There is definitely a higher chance that the rounded geometrical shape shall be able to be utilized without the side effects caused by the movement of prana or the love/light of the one infinite Creator through the pointed shape of the pyramid. Instead of the scoop of the pyramid revolving twice before exiting the point of the pyramid, the ring system has

the capacity, when developed, to be much more benign.

57: We would suggest the contemplation of a system of vents, whether they are of material or intentional, in a spiral fashion that would regularize the passage of the love/light of the infinite Creator through this sacred shape or series of shapes. 72: That is, you see, the challenge of any helping technology: to advance the ability of entities to sense their own coherence and to do so without blowing their circuitry. The quality of faith is the living coherence of the spirit and we encourage you to increase your faith. As you proceed, we wish you light in your research, my brother. You already have the love.

37.13 2008/09/13

8: All of these day-to-day duties are blessed and sacred. Every single one of them is, in itself, a small world wherein that one task can be focused into and offered one hundred percent of the love within in order that that one chore may shine and be a gift in offering to the one Creator.

15: Paradoxically, as one focuses into the present moment and dedicates oneself ever more completely and deeply to the service of the one infinite Creator, the experience of the self which is undergoing this discipline of the personality is expansive. This instrument has often noted in moments of ecstasy that there is so fine a focus as to feel that one is standing on the head of a pin. And yet there is the balance and the equilibrium of a broad and dynamic vista in which the infinite layers of beauty and color splay out before one in infinite variety, rewarding all the senses with the utter loveliness of existence.

16: Always there is this play between the infinite narrowing of focus and the explosion of love and light and ecstatic waves that move the spirit infinitely in realms of beauty and truth.

18: We agree with this instrument that it is often seemingly unfocused and careless in its attention to detail in the worldly sense. Yet, there is a level of self which lies beneath the commonly understood levels of daily life. Each entity has this sub-level and we speak not so much of a basement as an inner reality that drives the life and that affects the attitude of the entity, which underlies its spontaneous surface reactions to surface catalyst. It is in that inner room where this instrument must spend its time. The instrument is called to live from the inner room. It cannot stray far, no matter what the activity on the surface, from this inner sanctuary. And this is where the strait and narrow nature shows itself. It informs the carelessness of the surface with the gift of love.

19: This instrument is far from unique. Each of those within this circle is called again and again to that inner room, that Holy of Holies. Each yearns for it and waits for the touch of the Creator's hand, the cloak of the Creator's love. And there are times aplenty in most seeker's lives when the strait and narrow path expresses itself by the desire to move into that inner room and crawl into the lap of what this instrument would call the Father/Mother God, home at last, in the arms of the divine. What comfort there is for the deepest sorrow, for the greatest hurt, when one rests against the heart of the divine, hearing its beat—love, love, love.

23: And why is it enchanted and wonderful and magical? Because as you have focused in on love and light, as you have asked your true self to step forward, so you have let fall away that which is not enchanted, that which is not magical.

24: The phrase in the Bible that you hear over and over again in the New Testament is, "He that has ears to hear, let him hear." Life speaks to those who have the ears to hear with an ever sacred and always relevant voice. As your focus remains single and as you walk that strait and narrow path, you do not attempt to make sense of things. You are content to behold them and to find ways to respond to them with love.

27: This instrument would say, "It's your ticket out of here in this very moment." As you come to the gateway, you have behind you a tremendous number of choices. The journey into the open heart involves learning to love yourself dearly and being willing to take all of yourself into that open heart. It involves a million choices of how you look at yourself and how you respond to those about you and to the challenges and chances of your life.

40: If you would bring infinity closer to you then, we would encourage you to look to your defenses and begin to dismantle them straightaway. What is a defense? The heart, my brother, is often heavily defended. You were speaking in the round-robin discussion earlier of how you felt that your heart

was more open with the one known as V because there was no longer a tension concerning a personal issue between you. It had been resolved. All was understood. And consequently you were both freed of the dynamic of unmade decisions, knowing precisely where you stand with each other; knowing that love cannot be defined by the relationship one has in the world. You have both found your love to take wing and expand.

64: These poor words have so little ability to share the essence of intelligent infinity! It is as though we give this instrument these ragtag words knowing that what your spirit will hear is the space around them and between them. It is the energy in the spaces between the words in which we are able to share with you the fullness of concept and the absolute reality of the love and the light of the one infinite Creator.

37.14 2008/09/27

6: Your sun body is a sub-Logos, a manifestor and center of light and love, which it pours out upon all indiscriminately, generously and with great love. As you are perhaps aware, the actions of each of you do not go unnoticed in the universe. The creation of the Father is one and the universe balances itself endlessly with regard to each and every one of its infinite bits and pieces of creatorhood which are making the long, circular journey from alpha to omega and entering into alpha once again.

11: This phenomenon, where entities who love power and who love control are seeking, whether consciously or unconsciously, to graduate in the service-to-self polarity are in charge, has mandated an acceleration of heat of a metaphysical type. And this heat winds itself down into the Earth, not so much in the physical Earth but in the energy body of the Earth, shall we say, causing the Earth to seek ever more diligently to balance herself. This has its effect not only upon the planet but also upon the sun which streams its light to bless the planet.

52: The concern here is duple. Firstly, the wanderers wish to lighten the consciousness of the planet that there may be the largest possible harvest upon Planet Earth at this time. They are aware, once they have entered fourth density and have been able to look at the situation from a larger point of view, that one person can make a difference by the way he thinks and by the way he lives. So they have given up their newly won fourth-density living to come back to what this instrument would call “spiritual boot camp” in order to get into the thick of the fray and, in the heart of disharmony, create harmony; in the heart of fear, create love; in the heart of judgment, create compassion.

53: There is another powerful motive for such entities to return to third-density Planet Earth, and that is the love and concern that they feel for Gaia, Planet Earth herself. There is much restitution that can be made: trees planted, wastes cleansed, habits changed, so that the earth begins to thrive and people begin to live with the earth instead of on the earth. These motives are powerful in bringing many new wanderers to Planet Earth.

54: As wanderers have come in to Planet Earth for incarnation, and as the population of the planet from whatever source has slowly begun to hunger and thirst for the new paradigm of love and understanding, the Earth has been able to take hold and to respond to this lightening that is ongoing. It is easy to look at the many extreme weather problems that your globe has been experiencing and cry doom, but we would suggest to you that these frequent catastrophes are a very good sign. They are the sign that Planet Earth has regained enough strength to do the balancing that she must do in order to absorb and eliminate this aggressive and hostile energy that has been pumped into her for so long, in stages, rather than all at once.

57: However, when one pulls the attention away from the news, which focuses upon those in power and those who have caused destruction and points it at the home front, at friends and neighbors and the local situation, we would suggest that you can find good things happening everywhere, people caring for and loving each other and reaching out to each other in kindness and compassion.

90: The enhanced wiring, however, often shows through in everyday life as such entities grow up and become part of society, in that there is a certain amount of hectic energy that

is different and stronger than a simple third-density wiring would permit. This creates the situation where many of your fourth-density dual-activated beings are diagnosed with some version of Attention Deficit Disorder. This comes from the increased amount of information available to those with fourth-density wiring. It is almost too much information for the third-density being to hold, and yet even with this handicap, the desire of the indigo wanderer is to come and give everything that they have to the beau geste of serving the one Creator by loving and embracing Planet Earth and its people at this time.

96: [footnote start]In Confederation terminology, a sun is a sub-Logos and a person is a sub-sub-Logos. The Logos is the one original Thought of unconditional love.[footnote end][footnote start]ineluctable: that which is incapable of being evaded; inescapable.[footnote end][footnote start]The Law of Confusion is another Confederation term for free will.[footnote end][footnote start]To look further into this topic, here is a good web site with which to start: http://en.wikipedia.org/wiki/Harmonic_Convergence. [footnote end][footnote start]redound: to come back or reflect upon a person as to honor or disgrace.[footnote end]

37.15 2008/10/11

14: However, there are many times when the initial surface response that has been triggered is not your deeper truth, but rather an artifact left over from your childhood, or from earlier in your life when you did not feel supported, cherished or valued. It takes a surprisingly small amount of time to recognize such triggers and to turn to that inner child, or that younger version of yourself that was harmed and has suffered and express to it, with caresses and kisses and rocking in your arms, that you love and honor and respect that pain, and you are there to comfort and give the Balm of Gilead to that suffering.

23: O Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

24: O Divine Master, teach me to seek not so much to be loved, as to love; not so much to be understood as to understand; not so much to be consoled, as to console. For it is in pardoning that I am pardoned; it is in giving that I receive and it is in dying that I shall rise to eternal life with my Beloved at last.”¹

25: How easy it is to grease the wheels of hatred within you! And if that habit takes hold within you, then you shape the energy body in a way that is very toxic for it. You can take catalyst that has a perfect right to be taken badly, and yet, if you refuse to take it as it is on the surface as you would have the impulse to do, and instead look for the love in that hateful moment, look for the light in that darkness, look for the hope in that despairing thought, you can cleanse your system of its toxins.

27: If you do not hang onto those emotions that are dark, they shall indeed wash through you. Although, certainly, in the midst of a blow, emotionally speaking, it does not seem to be possible that you may heal and go on, we assure you [that you can.] You are true of heart, firm of purpose, desiring to be a servant of the one infinite Creator and a force for love in your incarnation. These things about you are true regardless of what happens. Hold onto them and use them. Use the knowledge of yourself as a good person, a trustworthy person, a loyal and loving person, so that you are able to bring your own torn spirit into unity, your own dark thoughts into the light of your own love and your own belief that all is well.

33: As this instrument was reminded recently, it is always well to remember to ask for that help and to open yourself expectantly to receive it.⁴ Do not feel, no matter how alone you seem to be, that you are truly isolated. My beloved friends, nothing could be further from the truth. You swim in a sea of unity and interconnectedness that would astound you could you but see it. And you have many, many friends on the inner planes, friends that are drawn to you because of the beauty of your personalities and your great desire to serve. And these angelic beings wish only to lend you their love and their light and to back you up on the inner planes, so that you never feel alone. This is their one hope, that they may enter into your

go back to the sixteenth century. It is a stunningly beautiful sacred space which figured in the recent book of fiction, The Da Vinci Code. The Chapel is presently undergoing extensive restoration.[footnote end]

38.21 2009/10/17

10: Each of you, before incarnation, along with your guidance, got together to have a really good look at the soul stream that you are and you thought, “I would like to become more balanced. I would like the love in my heart to have more wisdom that balances it.” Or perhaps you thought, “I have been so wise, but I would like my heart to open more. I would like that balance between love and wisdom.” Or perhaps you gazed at yourself and saw that in many incarnations you had been a powerful person and you wanted to study the right use of that power. Whatever your incarnational lesson, you can be sure of two things: it is about balance and it is unique to you. You do not have your incarnational plan in common with others. It is unique.

13: When the self does not feel safe or secure there is the contraction of the energy body, which lessens or sometimes cuts off completely the infinite flow of love/light which is in supply from the Creator in tremendous generosity. Consequently, in terms of knowing who you are, it is very well to find for yourself a haven, a safe place within yourself if not outside of yourself, a place where you may rest and your energy body may flower and open and breathe in the love/light of the infinite Creator through the chakras, up through the heart, up through the higher chakras, and out again into the creation of the Father. The more you rest in this inner place of safety, the more you find out who you are.

17: Now what, you may ask, is the tuning? My friends, because this is the creation of the Logos, whose name is unconditional love, you are tuning to that Logos. You are tuning to be an instrument of love. You are unique, as we have said before, and each person takes the light as it flows through her and allows it to shine forth as through a stained-glass window. The colors of your windows are the colors of your emotions, your thoughts, your ideals, those things that you hold dear, those things that are most deeply you. And as you see yourself as an instrument and treat yourself with enormous respect and honor, you begin to feel that you are an instrument. As the one known as Francis² said, you are an instrument of His peace. You came to hold a space through which light may flow through you and into the world to lighten the consciousness of Planet Earth at this time. For it is a very intense time, a time of harvest, a time of transformation for your planet.

18: You were very courageous [to choose] to be here now and hold the light now. But you did not know before incarnation just how difficult it would be. Please know that you are not alone. Your guidance is as close to you as your breathing. We can be called upon by mentally saying our name and we will offer to you an aid in stabilizing your meditations if you wish. And it’s not that we have anything to say, we simply are with you to love you and give you a feeling of safety.

20: Naturally, you have emphasized those parts of your personality which seem good to you. Yet those sides of the personality which seem dark are just as worthy, and just as worthy of respect, shall we say. They are a part of you and they need to be loved and honored. And this is where you come into accepting yourself. It often takes a long time to see yourself fully—the self that is the murderer, the rapist, the thief, the liar, all of those things you would never be, you would never act out. Yet you see them coming to you through the eyes, the actions, the thoughts of other people. And you say, “That couldn’t be me. That’s very disturbing.” And yet, my friends, you have those aspects within you. And they need to be acknowledged and loved and accepted. And then they need to be given orders from the daylight side, for they have their part to play in your service here.

22: Consequently, we ask you as you look at yourself, as you get to know yourself, as you find these non-integrated portions of your shadow side, and to lift them up into your arms and to love them, to cradle them to you and to say, “Come work with me for the light. Come with me into the light.”³ 25: The song of the infinite One is a song of love. And you find that your breathing in is a breathing in of love, and your breathing out is the answering of love to love. And you are part of the dance of all that is. You may do this in your chair if

you cannot walk in the woods. You may do this in a church or a temple or an ashram. You may do this, indeed, anywhere, for you are every bit as much consciousness as you are intellect. You are every bit as much the eternal soul as you are a child of dust.

26: Becoming the Creator is a process of allowing consciousness to supplant the intellect. You can be nothing else but the Creator. That is a given, although you cannot prove this. You can only know it by faith. Faith and unknowing alone will tell you that you are a spark of the Creator, a holograph, in a way, of the Godhead principle, shall we say. Your deepest self vibrates in unconditional love as part of the Creator. Consequently, becoming the Creator is a matter of allowing this impersonal, deeply loving consciousness to become a greater and greater part of your everyday beingness. The “I” of you will become more and more deeply and truly the “I” that is you as you enter more and more into the awareness of consciousness, where the “I” is an “I” that is one with Christ, one with unconditional love. It is not that you become unconditional love, for you were unconditional love the whole time. It is that you find ways, as you come to know yourself and accept yourself just the way you are, to allow consciousness in.

27: You see, there is a part of the intellect that fears extinction. And it fears that if the consciousness of love, which is impersonal, becomes more and more a part of your personality, you shall lose your individuality. My friends, nothing could be less true. It is only as you begin to become aware of the deepest part of yourself, that part that is a servant of the light, that you find yourself breathing more freely and being able to do those things that you do in the world with a fresh eagerness and an appetite for more. For life becomes sweet and beautiful and adventurous when you are that entity who awakens to a new day with the awareness of eternity as well as the world of finite things.

28: It is a long journey. It is a journey which will close as you close your earthly eyes for the last time. It is a long game, a game which has a simple strategy: know the self, accept the self, become the Creator. As you discover the deeper parts of yourself, the Creator-self, you will find that your eyes are opened to find the good and the love and the peace that is possible in all situations. You will find yourself becoming sturdier, more stable, more unfazed by the world of ten thousand things, as this instrument would say.

29: Settle in for that long walk. It is a beautiful walk, my friends. It is one with a good ending, and in reference to life as a game, it is a game that you can win. You have only to love and to allow yourself to be loved in return. For, my friends, the Creator loves you more than you can possibly imagine. You are surrounded with love. There is a web of love around you that is partially angelic and partially that of your guidance, which you could call your higher self, that highest and best self that is a gift to you from yourself in sixth density.

30: Rest in the web of love that surrounds you and be infinitely curious as you witness this life. You came here to create according to your desires that which you wished. Therefore, shape your desires to match your deepest self, and the deepest desires of which you are aware. And seek always to go deeper, to learn more and to become freed to be attentive to the present moment.

51: The entity who has had such holes in the aura can do a great deal to mend that hole or holes by means of adopting that way of living which focuses upon that which is loved, that which is held dear, and setting the intention each and every day to be true to that which is good and beautiful and true. Such thoughts are like thread with which you are weaving, from side to side and from top to bottom, in this hole in the aura.

38.22 2009/10/20

0: [overview] M writes: “I was a Navy Seal for 24 years and now have been working as a security contractor for the last six years in Iraq, Afghanistan, Pakistan and other hot spots throughout the world. I had an experience where I had the overwhelming sensation to send out the thought of love while in a situation where I intuitively knew my group was going to be attacked by rocket. The attack was thwarted. After that moment, over the next several years, I began to use the thought energy of love in order to thwart many more attacks and keep the groups I was protecting safe. My question

teristics. Therefore, we would suggest that your concern be not for your antecedents, which concern functions as kind of a distraction from your purpose, but rather that your focus be upon the present moment and the love in it, so that you may cooperate more and more fully with the energies of light, grace, beauty and power, holding consciousness within you in your highest and best fashion and thereby aiding your planet of choice, Planet Earth, of which you are now natives. 52: We would suggest two things. Firstly, if an entity asks for your opinion, we encourage you to make maximal use of the opportunity to share the love and the light of the one Creator in ways that seem good to you.

54: We only encourage you then to have no attachment to the outcome. Do not look behind you to see if the seeds have taken root or if the wind has blown them away. That is not your concern. Your concern is to stay in the present moment with an open heart and a readiness to console, encourage, support and love all brothers and sisters in the tribe of humankind, seeing them at the soul level and affirming that they too are the Creator as you are.

64: [footnote start]The first distortion of the Law of One, according to Confederation philosophy, is free will or the Law of Confusion. The second distortion is the Logos or the original Thought of unconditional love. The third distortion is light, with which love creates all that there is, including us. After that, the distortions are equal and created by us as we live our lives.[footnote end]

38.20 2009/10/13

8: The function of this, as this instrument would say, “pop quiz,” is not to cause you distress, but to aid you in refining, burnishing and honing your ability to maintain the eyes of love which were the gift of the realization. It is said in the holy work that this instrument holds dear, that it is easy to love the loveable, a challenge always is to love the unlovable and to be able to continue in the face of incoming catalyst from an entity, to see that entity as the Creator, as your brother or your sister, indeed, as your very self.1 It is often a shock to discover what a fragile hold you have on that realization of oneness and love that at the moment seemed robust and powerful and permanent.

9: My brother, in a way it is all of those things. You have lost nothing except the apparent comfort of feeling the fullness of love. Were you not in this third-density chemical body with its heavy energy and its veil of forgetting, were you instead not in third density, but between incarnations, you would know, beyond a shadow of a doubt, all of the ramifications of your catalyst and the truth of the love that is within your truly open heart. Yet, knowing beyond a shadow of a doubt these things because there would be no veil were you not in incarnation, the knowledge would be worth little in terms of polarizing you towards service to others.

12: When something triggers you or catches you, that is a part of yourself that is as yet unhealed and that is the source of the triggering. Consequently, your co-workers, as you explained in your query, who have sought to do you harm, have actually given you gifts. They have let you see, as in a mirror, a part of yourself that you need to find. And sometimes that is the hardest thing, for one does not wish to have such unattractive traits within one’s personality. Your opportunity here is to look straight into that mirror and say, “Thank you. I will seek after that shadow part of myself, that self that looks like this, and I will love it and I will accept it and I will hold it to me in my heart until it has been redeemed by my love.” 13: You see, the catalyst is not so much about anyone else as it is about you. The work that you do spiritually is not so much about others as it is about yourself. When you become able to gaze into such catalyst with gratitude and thanksgiving, you are free of the fear and the anger and other negative emotions that will close your heart. And as you love that shadow in yourself, you find that you can gaze for the first time at such an entity that is attempting to harm you, and you are then able to see past the mirroring effect to the unity betwixt you and the other self and the Creator.

15: It is often the case, when entities speak of living the life of the open heart, that they may be perceived as being idealistic, naïve, and perhaps foolish. And from certain points of view which, shall we say, are worldly and cynical, there is truth in that statement. But from the standpoint of one who is working in consciousness, the opening of the heart is for

those who are courageous and ready to be patient and to persevere beyond all roadblocks and stumbling blocks. For you are seeking to be a “tough cookie,” as this instrument would say. You are seeking to be a dependable, flexible, attentive entity who is witnessing, moment by moment, the love and the light of the infinite One as it eddies and swirls and creates the dance of life. And all of those who come into your purview dance with you in one way or another.

17: Therefore, judge not yourself, test not yourself, and do not be concerned that it does not seem that your heart has been so open for a while. My brother, sometimes in the dance the movements are so fast! And you are still sometimes learning the steps. And consequently it shall seem as though you have lost that realization. We can assure you that you have not. Even now, as we speak to you, feel the opening of your heart. Feel the love in the moment. It flows through you. You are not responsible for producing it. You are only responsible for patiently, again and again, when you sense your contraction around a trigger, around pain, around suffering, beginning to do that work of remembrance that releases fear so that you remember who you are and why you are here. You are a child of the one infinite Creator and you came here to create a space through which light may flow in order that you may help in lightening the consciousness of Planet Earth.

18: We thank you for your service and we assure you that momentary lapses and the infinite flowing of catalyst and response do not keep you from your work. You are on mission and on task and you may have faith in yourself. There shall come another full tide and your heart shall once again be awash in utter love. And then once again, there shall come those seasons of testing and even those dark nights of the soul. And all of this is part of the process of tempering, honing and making more flexible the spirit within.

24: We are those of Q’uo, and believe we are aware of your query, my brother. As we have already intimated, it is not precisely possible to express a simple recipe or agenda of the spiritual life. We would say that you may expect it to be cyclic. The self before incarnation, together with the higher self, plans the basic themes of an incarnation according to the clear sight one has beyond the veil. One tends to be looking for balance. Especially with those who are wanderers, there is often the seeking to balance love and wisdom. Perhaps the heart is too open and you seek wisdom to balance it. Or perhaps, and this is often true of fifth-density wanderers, there is great wisdom and yet there is the request of the self that the open heart be more in balance with that great wisdom, so that that wisdom becomes compassion. There is also the dynamic of power and its right use. Each entity is unique. No two entities are looking for precisely the same balance. What they have in common before coming into incarnation is that themes are planned. Incarnational lessons are planned so that they cycle again and again into your life.

31: We wish we could give you the good news that one’s work is hard and yet finally it is done. Yet within incarnation, your agenda shall always be to attend to the present moment and dance with it with love.

40: Consequently, we would say to you, my brother, that as you approach these times of seeking in sacred places, that you set your intention specifically and with all your heart, all your mind, and all your strength so that the opening through that gateway is that which you would wish. The gifts of the gateway of intelligent infinity are many. There are those who open it in order to become channels for healing. There are those whose reason for opening it is to become channels for the love and the light of the one infinite Creator.

62: [footnote start]This sentiment appears several times in the New Testament of the Holy Bible, but this version from Matthew’s Gospel 5:43-48 is a good one: “Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; that ye may be the children of your Father which is in heaven. For he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect.”[footnote end][footnote start]The Rosslyn Chapel, near to Edinburgh, Scotland, was built by William St. Clair, third Prince of Orkney, in 1446. Its ties to Scottish Masonry

life and help you to realize that which you wish to realize.

35: In the passive meditation it is enough simply to enter into the silence and allow the self to drift away, whether you simply follow your breathing or have another means of achieving that silence within. Indeed, whether you sit or walk or even run to meditate, it is all one. The essence of it is to enter the silence. For within the silence is that great original Thought of love which can become your consciousness if you can get your small self out of the way.

74: Ra says of karma that an entity that acts in a consciously unloving manner in action with other beings can become karmically involved. They also say that the stoppage of the inertia of action may be called forgiveness. This raises an interesting question considering that in order to polarize, the negative entity is consciously attempting to exclude the energies of the heart chakra from all of its interactions with other selves.

37.16 2008/10/25

2: I believe that there is a hierarchy or spectrum of desires. At one end of that spectrum are the desires that crave and find identity within the material, the shallow and the transitory. This frequency of desires vibrates with concern for the survival, the status, the pride, and the enhancement of the personality or separate self. On the other end of that spectrum are energy patterns which seek selflessness, transcendence, love, light, and unity with a myriad of desires between.

4: This seems fairly straightforward: apparent loss, essential gain; release the small self, become the universal self; death and rebirth. Yet Ra says elsewhere in the Law of One material that “the proper role of the entity is in this density to experience all things desired, then to analyze, understand and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away.”2

24: Where does the [visualized] priestly robe go when the initiate has finished his teaching, healing, channeling or other work of the gateway? It goes absolutely nowhere. It is simply tucked away into the heart of hearts, that most sacred place within each of you where the Creator Itself rests in undiluted presence, a well of absolute consciousness, a sea of love.

48: This does not mean that you have gone back to sleep. This does not mean that you are backsliding. This means that you are a human being and that you are engaged in living a life that is as full of love and service as you can make it.

37.17 2008/11/08

6: There is no spark of the Creator like you in the infinities of worlds of the infinite creation. You are one of a kind. And you are as treasured and beloved as any one-of-a-kind gem or artifact. You are sons and daughters of love. It was from love that you sprang, an infinite number of holographic portions of the one infinite Creator.

9: It is easy to confuse the self as an entity or an essence with the contents of the personality. The personality feels so much like your entire self! Your personality, after all, has been forged in the fire of experience and bears the imprint of parents’ love or lack of love, your parents’ respect or lack of respect, your teachers and friends and the way they have impacted your life.

12: In the same basic way you are the Creator; light from light and love from love. And you shall, in the fullness of time and space, return to the light and the love that formed you.

26: Those who are wise relate themselves to the infinite Creator of which they are a part, and then describe themselves in terms of the deepest portion of self which they have been able to plumb. Thusly, this instrument says that she is a servant of the one infinite Creator, a child of love, one who wishes with all of her heart to serve and to follow her Beloved.1

51: This is the direction in which each who seeks to graduate into fourth density is moving. Yet third density is not fourth density. It is good to move towards that paradigm of shared vision and unconditional love. It is a worthy beau geste to attempt to be part of that critical mass of positive thought that

brings all of the planet to a successful graduation into fourth-density positive. It is a worthwhile dream. It is a worthwhile effort. And we wish you the joy of being that knight who wears the armor of light and moves toward the sun of unconditional love and compassion.

60: We are those of Q’uo, and are aware of your query, my brother. When one is accessing the gateway to intelligent infinity, one has been able to open the chakra system so that there is no blockage, over-activation or narrowing that would prevent the infinite love and light of the one Creator from moving through the red, orange and yellow chakras and into the heart. The essential self rests in the open heart while the seeker uses the faculties of will, faith and purified intention to move through the blue and indigo energy centers and through the violet to the gateway.

72: [footnote start]Carla often calls Jesus the Christ the Beloved.[footnote end]

37.18 2008/11/22

0: [overview] Group Question: Q’uo, tonight we would like to ask what the difference is between two basic activities: channeling and becoming. To elaborate further, what is the difference between channeling energy—be that energy the magical personality, radiant awareness, healing energy, inspiration energy, communication energy or love energy—and becoming that energy, becoming the supreme choice of non-dual awareness in which the boundaries between subject and object dissolve so that there is nothing outside of the self to channel and all is seen again as one?

9: During this channeling, the instrument is in a state of rest in the physical sense, having quieted her physical body during the tuning process. The light/love of the one infinite Creator streams through her open chakras with no let or hindrance, so that the gateway is open through the violet ray and the energy moves ceaselessly through the gateway from the entity’s south pole up through the north pole of the gateway and down from the north pole of that gateway through to the instrument’s blue-ray chakra. There the two energies meet as this instrument uses the blue-ray chakra’s energies of clear and compassionate communication.

10: Were the channeling that of a healer, those same descriptions would be true except that the seat of the meeting of the energy through the gateway and the south-pole energy of the Creator’s light/love would be at the green-ray level.

11: Were the channeling intended to be that of pure radiance of being, the same description would hold forth except that the locus of the meeting between the north-pole energy through the gateway and the south-pole energy of light/love would be at the indigo-ray chakra.

32: We believe, although we cannot say for sure, that there is an absolute beauty; there is an absolute quality that can be called beauty. And we believe that that absolute quality of beauty lies in the mystery of the one infinite Creator. Just as love is absolute and has created all that there is, just so is beauty a derivative characteristic of love. Thusly, were you or we to see with the eyes of the Creator, all that you would see would be perfectly beautiful.

40: W says, “I am an incarcerated individual with a tumor. In response to this situation I am doing everything that I can to the best of my understanding with the information and resources to which I have access. I am at peace with whatever happens and whichever way it goes, I know that I am serving love by serving others with my whole heart. If I die tomorrow I would be at peace knowing I’d done the right thing for the first time in my life.

59: We are those of Q’uo, and are aware of your comment, my brother. Indeed, we were aware of the kind and loving thoughts of the one known as D when that precious and beautiful entity thought them and gave them to us directly, for when we are thought of, we are there. We find this entity a great blessing, as we find each of you. And we thank each of you for your beauty.

37.19 2008/12/13

4: On the other side of the coin, faith is a resting, without effort, in spirit. As the entity rests in the awareness of the spirit complex, an activity I am calling faith, the entity can lovingly and peacefully look upon and into the darkness, chaos and

pain of the mind/body's up-reaching and know that all is well. It is this resting, this faithful attitude, that opens the door to what Ra calls the down-pouring and streaming of infinite intelligence.

9: Faith is a word which, like love, has many layers of meaning. The effort to be quite clear concerning the workings and the essence of such things as love and faith are always imperfect. The words themselves are efforts to name the unnamable and describe the indescribable.

15: The heart and its energy center hold the key to moving forward with the evolution of mind, body and spirit, in that the heart is that sanctuary in which the immediate presence of the one infinite Creator is always available. Indeed, it is the nature of the green-ray energy center to be sanctified and utterly positive, resounding with the vibrations of unconditional love.

16: It is the choice of many seekers to reach for more than the open heart, for the open heart is a place of being and the nature of that being is love. When a seeker desires more than that resting and tabernacled with love, it forms an intention according to its deepest desires. Whether impulsively or as a result of long thought and contemplation, a seeker desires to move into a place of even greater freedom. And so it sets itself to desire to reach higher.

20: If the desire is for communication, then the energy through the gateway shall meet and mate with the upward spiraling love/light of the infinite One in the blue-ray chakra. For instance, it is within the blue-ray chakra that the contact between our principle and the ability of this instrument to apprehend our thoughts lies. That environment of understanding and open communication is that environment which is the native neighborhood and locus of enhanced communication such as this instrument's channeling as well as communication that is inspired by those portions of the infinite Creator which may flow through the gateway of intelligent infinity and into the mind and awareness of a communicator that take part, not in communication with entities, but rather connection with or union with essences that may be called angelic.

21: Perhaps you have known of inspired speakers who are able to infect you with hope and trust and excitement with that which they offer. Often, such speakers have formed the ability to use the gateway to bring essences into their communication that enhance those words which are said with the energies of the essences which are pulled through. Whether those essences are wisdom, beauty, love, purity or concentration, the words have wings when such speakers offer their thoughts.

67: We applaud each effort that you make to know that all is well and that there is a sense that shall, when you see it after incarnation, amaze you with its completeness and its efficiency in bringing to you those things that you need to create of your life a glory and a beauty that speak eternally of love.

37.20 2008/12/27

22: When a child sees mother and father in prayer, in meditation, or volunteering to feed the homeless at the downtown mission, or building a house with other loving entities so that a homeless family can be sheltered, [he] will have the experience of living in consciousness because he is imitating the behavior of his parents. There is a great emptiness in those children that are brought up without reference to things of the spirit on a daily basis.

24: If a soul within incarnation has not had those early advantages, then as they awaken they shall need to find, within the pages of books or in the wisdom of a beloved teacher or mentor or in some such resource, the door into the opening of consciousness.

28: In higher densities than this one, there is always this energy between student and teacher, teacher and student, each relationship making a dynamic whole, and such teaching then is sufficient and wisdom's ways are learned along with deep compassion and unconditional love at the energetic level.

32: Where does faith come from, my friends? It is illogical to believe that all is well when it is quite obvious to the intellect that there are imperfections everywhere. Yet, no matter how clever the intellect is, its fruits tend to incline toward cynicism and doubt, negativity and fear, whereas the qualities

of consciousness are the qualities of the one infinite Creator, whose essence and being is unconditional love.

33: Dwelling in consciousness, the entire experience of being a self in incarnation is transformed. The "I" of the intellect, with its choices and its chances and its cleverness, becomes the "I" of the heart, the "I" of Christ Consciousness, or the consciousness of love. And part of that very consciousness is faith.

36: And if you are one who wishes to offer the gifts of consciousness to others, it depends not on the speeches. Rather, live that which you wish to teach and in your inarticulate being, bursting with love, there is that which shall speak to those whom you wish to aid. Do not be seduced by the cleverness of the intellect, because you shall never talk someone into the Kingdom of Heaven. Be consciousness, share consciousness, let silence grow with your relationship as it will. And trust that that which is within you, which is moving through you from the Creator, shall touch and teach in ways that are too deep for words but are ever so much more powerful.

38 2009

38.1 2009/01/10

0: [overview] Question from G: Q'uo, Newton's Third Law of Motion states that for every action there is an equal and opposite reaction. In a similar vein, the central theme of the Baghavad Gita consists of a metaphorical battle between the lower, self-serving, sense-enslaved forces of past habits and conditioning versus the higher forces of discrimination, freedom, love and unity.

16: Consequently, we would encourage those who seek to become ever more full of light and more transparent to the will of the infinite One; to examine with love and not with judgment those moments of temptation, those time of listening to the insidious voice that would distract you and use up the energy of the day in doing those things which, upon thought, you may not prefer to do.

19: Such times shall come to this instrument and to all who seek the love and light of the one infinite Creator. As the seeking intensifies, so may the times of trial. That is what your illusion is for, the testing, the choosing, the testing, and the choosing again. It is a tapestry of light and dark, and there are no wrong choices, only the discovery of the self through the experiences of choice.

23: It is a stabilizing factor for the inner planes of third density and it has alleviated harsh vibrations, just as the energy of All Saints Day alleviates but does not obliterate the energy of All-Hallows Eve2. As these times of temptation occur within your seeking, be not afraid, for you are not alone. Standing with you is the entire body of those within the inner planes who vibrate in love, forgiveness and charity. Call upon and feel the tremendous force of that support. It is unseen, yet it is ever near and ever powerful.

25: Thusly he said, "Get thee behind me." And he walked down from the hill which overlooked the world into the valley of human-hood, ignorance, illness, anguish and pain. And he said, "This is my kingdom. Here shall I let the life and the love of the one Creator flow through me. Here shall I touch and be touched. Here shall I love and be loved."

26: Think you that you are any less than the one known as Jesus? Nay my friends. You are all able to bear the cloak of Christhood; able to let compassion run through you like a golden river; able to open and bloom in the light of infinite love, not so others may see you, but only to bloom, only to be. In that being lies your greatest gift. In that transparency lies your greatest service.

57: Yes, I have one. Is the planetary system of healing called Reiki the same as what Ra termed the sending of love/light?

38.2 2009/01/20

38: We hope that more and more it will be a challenge gladly met and enthusiastically taken up to find ways to coexist as part of the dance and part of the good within the environment of Planet Earth. We feel that, more and more, there is great love in your peoples' hearts for their Earth Mother.

will if they're not ready to receive this kind of information. We are interested in knowing if this creates a fifth-chakra imbalance and if so, how does one balance this?

3: Before we begin, however, we would offer two thoughts. Firstly, we are, as this instrument said before the meditation began, those of Hatonn actually speaking this evening rather than our brothers and sisters of Latwii. This is due to the energy of your circle, which is heavily biased in favor of love. In order to support and encourage that vibration those of Hatonn, of the density of love, are very pleased to be chosen this evening to be the appropriate voice of those of Q'uo as a whole.

5: The concept of service to others is at the very heart of the polarization that is the primary objective of each of you as seekers attempting to learn the ways of love. Because of the fact that it is so primary a concept, it is well to spend time contemplating service to others, as those of the study group offered by the one known as C and the one known as D has done and the one known as R also. We thank each of you for collaborating on this query this evening.

18: Now, we cannot give a general answer because of the fact that every entity seeking to share what he loves dearly goes about it in a unique way. Therefore, we can only say what tends to be true. It tends to be true that if information has not been requested, the compassionate course is to refrain from offering it. It is very difficult to feel so isolated when you have such treasure to offer people. And when you are on fire with the excitement of finding this new information that has helped you, you simply want to give everyone around you the same good experience that you have had. It can come as a crushing blow to discover that virtually no one in your circle of family and friends is presently interested in sharing what it is that you know.

27: Again and again, entities become concerned because, after they have served, they see that what they have given has not been taken as it was offered. Yet we say to you, that is not your concern. As a servant of the light what you are interested in doing is seeing entities as they truly are, as creatures made of love, as the Creator Itself looking back at you from another pair of eyes. When you respond soul to soul, enlarging the love in the moment and reflecting love given by love received, you are polarizing to the best of your ability and you are accelerating the pace of your own spiritual evolution in so doing.

37: You do well to let them mature, for even the harshest surface emotion, as it is refined by the ripening process, shall begin to deepen your nature and hollow you out so that you may carry more love, just as a chalice carries wine. Suffering of all kinds hollows out the earthly personality if you let it. It does not have to embitter you or make you cynical.

38: If you respect your own emotions and regard them with affection and a lack of judgment, and if you persist in allowing yourself to feel those emotions and to let them move ever deeper, you shall find that the gift begins to bear fruit as you feel yourself becoming more spacious within, more responsive to the deeper emotions. You will find that you are an alchemist turning disharmony into harmony, fear into love, darkness into light. It is a natural process and it begins with the disharmony, with the darkness. Such are the ways of spirit.

39: And that is why we say that things are perfect at all times, although they may be uncomfortable. Do not cringe away from your suffering, but rather cradle yourself as you endure through the natural process of the alchemy of the transforming energy, of the love in your open heart.

38.18 2009/09/22

8: This service is not necessarily an outer service. Many are those who create that portal within themselves which holds a space wherein light may come through from those realms of pure love into third density. This is a great service in itself and may be offered by a seeker in any condition of life whatever.

31: There is simplicity to the spiritual walk that baffles the intellectual mind. All that occurs is that which comes before the self in order that the self may practice responding with vibrations as close as humanly possible to the vibration of the one infinite Creator, which is unconditional love. Consequently, the response of one that is vibrating at his highest and best shall always be love.

34: You are like the tree that is planted by the water. As your roots drink the infinite love and light of the one infinite Creator, and as the sun of your turning to spirit allows you to thrive, so shall you bloom, first with the bud, then the blossom, then the leaf and finally the fruit. Who knows when your seasons turn or how you shall experience them? What is certain is that in establishing these practices, you are opening yourself up maximally to those resources that shall offer you the way forward, step by step, never reaching, never avoiding, but always walking in faith.

42: We are those of Q'uo, and are aware of your query, my brother. The energies of love and light that we have discussed previously that are so richly filled in silence are those energies of a very deep nature, communicating with the roots of consciousness within you, that consciousness that you share with all that is. Within this consciousness lie energies that are as rivers, lakes and oceans. You tap into them with your emotions thusly. As you go through your day, if there is little emotion felt then you do not impress or call these deep-flowing waters upward into the conscious mind.

68: We are the principle of Q'uo, and are aware of your query. This question on visualization is a delicate one, my brother, in that it is possible to visualize and desire many things. And it is a legitimate thing to desire anything whatsoever and to visualize it in order to bring it into your experience. And it shall work if you wish to use the power of visualization in this way. You have only to identify precisely that which you wish and then spend time gazing lovingly at that object of desire. 69: However, it is possible to desire the things of Earth which can be spoken of and listed in number. It is also possible to desire those things which are of the heaven-world, shall we say, such as desiring to do the will of the one infinite Creator, desiring to see the love in each moment, desiring to see the Creator in the eyes of all whom you meet, and desiring to dedicate your life to service in the love and the light of the one Creator.

72: My brother, we would recommend that you be careful and cautious in visualizing anything that is an object. Rather, we would encourage you to create visualizations concerning your highest and deepest desires to serve, asking simply that you be an instrument that the Creator may play according to Its will, so that you may be truly inspired and a creature who vibrates with the love and the light of the one infinite Creator.

74: We would, however, say that there are visualizations for the good of humankind, such as peace on Earth, peace in the hearts of humankind, love in the hearts of humankind, and such concerns as this, that are the proper concern of those who would do work in consciousness. These visualization on behalf of the tribe of humankind are blessed indeed.

38.19 2009/09/26

21: To take out a bright light, it is not necessary to remove the physical body. It is only necessary to distract the attention of the seeker from its normal balance in a sufficient intensity to remove the seeker's ability to channel or allow the light and love of the one infinite Creator to flow through it and out into the world. So it is in this wise that we would agree that temptations function as distractions from the path.

27: We realize that the demands of a job are such that there are many times when one must do that for which one was employed, even though one has only half a heart on the task. In the best of all possible worlds, however, my friends, you would be able to collect yourselves before functioning in the outer world. As it is, the recognition of the fact that you are functioning at less than peak efficiency, shall we say, is helpful to you as a soul. For if you are aware that it is desirable to collect the self and to tune the self so that one offers a labor of true love when one works, then even if one is unable fully to accomplish the manifestation of this, metaphysically speaking, setting the intention to do that labor of love is very, very important, far more important than the degree to which you are able actually to manifest this.

40: We are those of Q'uo, and are aware of your query, my brother. We are certainly able to confirm that which you already know, my brother, but we feel that it is beyond the pale of infringement to offer you information which is yours to gain as to the density from which you come. We encourage you to realize yourselves as those who have come on a mission, on a task, to hold the light in accordance with your particular and unique vibratory capacities and charac-

51: Each time that you act in faith to enlarge love and to be its witness and its messenger, you lighten the consciousness of the planet as a whole. And it was for this that you came, my brother. We thank the one known as M for this query and appreciate the energies which provoked the question.

56: The motivation, we feel, was the desire to express the unity of all things and no more central spiritual principle can be involved in a decision to act upon your planet. The creation of biodegradable houses for the dead creates the inference that it is well to return to the dust in a complete and utter way, not defended against the natural processes of disintegration of the body, but embracing them. Consequently, this action, as this product is made available, is one which invokes the awareness that all is one and that all is love.

57: We, therefore, praise this motivation and the spiritual principles underlying the decision to create this product, my sister, and feel that your creativity in bringing a sacredness to those aspects of life which are not seen to be sacred in the common run is an excellent way of showing love to the world about you and expressing your awareness of the unity of all.

38.14 2009/08/04

8: This way of thinking is very helpful for one who wishes to maintain a constant and stable metaphysical tuning and who wishes to be a reliable and trustworthy instrument for peace, love, joy, thanksgiving and compassion.

10: We might even say that for this instrument there has been a tendency not to respect or to give full sway to the physical events and circumstances that seem to occur in the outer world. This is due to the instrument's overwhelming tendency automatically to reconfigure that which is coming into the five senses in patterns that have to do with spiritual principles, such as loving, listening and so forth.

38.15 2009/08/11

17: Thusly, it is to the heart the seeker shall most beneficially turn, walking through the outer courtyard of the heart and gathering all of his humanity in order that he may lay it down in the inner sanctum of the heart in which he may tabernacle with the infinite One. There is surcease there from the ways of the world. There is release from the tyranny of the mind. There is acceptance of all of the imperfect-seeming self by a love so great that it has called you and the creation into being.

36: We are those of Q'uo, and are aware of your query and we thank you for it. It is indeed so that the workings of service-to-self polarized entities depend heavily on fear, for fear and love cannot coexist. Either one or the other shall engage your attention.

40: Consequently, we would suggest that it is entirely up to an entity as to whether or not he stays abreast of the news of the day. Some entities do not have a great curiosity about it, and it certainly is not needful for a spiritually healthy and fulfilling life. There are many, however, whose personalities are such that they do wish to stay abreast of what is happening and we find that there is no harm whatsoever in learning all that you wish to learn about the affairs of the day as long as you remember that you are not here to judge, but to love that which you see. All that you see is love in some distortion or another and you are here to reflect love back into that which you see.

41: Therefore, gaze deeply within as you see the news of the day, asking for insight as to the patterns of service to self and service to others so that you may see beyond the details into the grand patterns that are moving energetically within the global web of energy that is the Earth. And as you come into realizations concerning how the two polarities work and how they complement each other, open your heart to love what you see, to send love into the situations that disturb you, to rejoice with those things that you see that speak to the primacy and the victory of love, for that you shall see beyond all of those implements of fear that so abound in your outer world.

49: We thank you for this query and we rest with you in constant meditation, which you may call on at any time that you wish to rest and feel loved. For all entities need that sensation of being loved and being supported.

38.16 2009/09/06

1: The question today concerns how we can keep this positive energy that we've generated here this weekend going after each of us returns to our homes. How can we stay positive and share our love and light with those about us?

11: You have, within your second-density physical bodies, that same ability to sense, in an energetic fashion, the thoughts of those whom you love and with whom you have been in physical proximity. You can, by the simple process of asking yourself to become aware of those entities with whom you wish to stay in contact, maintain that source of support, encouragement and unconditional love that you have experienced here.

12: The one known as M asked that each bring soil to this circle. That soil was blended and then [a portion of it was] given back to each. This, indeed, could be retained as a "tell," a reminder or a trigger for focusing upon and bringing up that remembrance of this moment when you were supported, loved and encouraged by those about you, cradled in cherishing.

13: It is indeed a wonderful thing, my friends, to be cradled and rocked with the vibrations of unconditional love that each has offered during this gathering. Even your laughter and your conversations which sometimes seemed stringent and confrontive, were the earnest reaching across the potentiated space of those who listen and those who seek together to find the truth, the insight, the doorway into mystery and unknowing which each entity offers to those about him. This is perhaps the most direct and logical way to keep the good times rolling, to remember and retain the sweet imprint of this gathering upon your consciousness.

20: Further, if you wish to ask angels into your life, they are always waiting to be asked to join those who are seeking the love and the light of the one infinite Creator.

21: As you see, you are beginning to amass a complex and helpful guidance system and one that is yours for the asking, always there, always full of love, and always ready to help in any way that is possible.

22: We have banded together with the angelic forces of your planet and of the planets of all of those planetary entities that form the Confederation of Angels and Planets in the Service of the One Infinite Creator. You can also call upon us. We are always ready to offer you a carrier wave for your meditations. We are always ready to envelop you in love so that you need never feel unloved or alone. Mentally call upon us at any time and we shall be there.

29: Etch this moment into your memory with the wealth of feelings that you feel just now and give yourself one word by which to access this nugget of awareness. It could be "love." It could be "Camelot." Choose your word and visualize this word triggering this nugget of crystallized memory. Breathe it into your heart and know that it shall remain there, quite available upon your desire.

42: Since the child in the womb and the infant alike are completely helpless and completely out of control, this feeling of safety and security is very important. Obviously, my sister, your love for this child swaddles her and reassures her, but more than that, your ability to discipline your personality to become ever more stable and steady in your faith will also greatly reassure your baby.

43: It is possible, my sister, if this appeals to you, that you read aloud to your unborn child as you would to your child as you put her to bed, choosing those messages that mean love and light to you. You are then creating a group of two who together are worshipping the one infinite Creator in your own way. How sweet those moments shall feel to you and to the soul within, and this will continue to be true, my sister, once your child has breathed the oxygen of your Planet Earth and has begun her incarnation outside the womb.

44: It may seem a bit quixotic⁷ to read philosophy or inspired words that a child cannot possibly understand to that child. And yet the feelings that stream from you as you share words that you love are unmistakable to the child and will similarly deepen that feeling of safety and security and love.

38.17 2009/09/12

0: [overview] The question this evening is: In offering wisdom or love or attempting to be of service to others, we understand that it is possible to infringe upon another's free

And we find this a very helpful and appropriate emotion, one that greatly aids in the process of polarization towards service to others.

57: What a joy it has been, my friends, to speak with you at this time. We would thank the one known as T with all our hearts for probing ever more deeply into the nature of things in an effort that never tires to seek the truth, to find the love, and to choose the service that offers the most compassion and the most light.

38.3 2009/01/24

3: When the heart becomes activated and its energies enter the picture, the relationship between the subject and object begins to change. For instance the subject begins to accept the object. The subject tolerates the object. The subject is patient with, forgives and embraces the object. Love sees the divine within the object. In short the subject sees the Creator in the object and the subject.

10: The veil of forgetting lies heavily over third density. It is not a mistake that each individual self is cocooned within his own flesh and bones. It is the way the school of learning works to [help you] make that choice of polarity. If you knew beyond a shadow of a doubt that both you and that other self upon whom you look and with whom you must interact are two sparks of the same Creator, virtually identical in every way, and that you were put here to love that entity, and that entity was put here to love you, there would be no occasion to call upon faith. There would be no occasion to suffer the pangs of isolation. And there would be no reason to go through the fire of catalyst turning into experience when everything about a situation is known. That situation ceases to be catalytic. And although it is hard to fathom within incarnation, this process of catalysis is one of the big reasons that you chose to incarnate and to undergo the experience of having a life on planet Earth.

13: The environment offers you all you need in order to discover who you are and how you wish to shape your life's journey. In this journey the subject, yourself, remains separated from the object by that part of the sentence that lies between subject and object, the verb. Ask how one may eliminate the distance between subject and object and we would say to you that it is when the verb used is "love" that the distance between subject and object shrinks.

14: For instance, a neutral sentence might be, "The vase on the table holds flowers." The vase is the subject. The flowers are the object and the action taken is "to hold." Taste in your mind the sentence, "The vase loves the flowers." Knowing the nature of a vase and the nature of flowers, you may infer that the vase is holding the flowers. Yet for the vase to love the flowers is for a seemingly inanimate object to come alive and to embrace the flowers not only with the round smoothness of its opening but also with its heart.

15: In just such a way the sentence, "I go to work," can be transformed by changing the verb to "love": "I love work." Suddenly your heart has been opened with regard to this object, work. It is so stunningly simple that it escapes rational thought.

16: Further, if you see yourself as love and you see objects about you as love, then love is loving love, whatever you do. To translate that into another form, we might say that if you perceive yourself as the Creator then you know that you are a person of power. Therefore, your striving can cease, for a powerful person does not need to strive effortfully. If you perceive those about you as the Creator, then you know that your relationship is Creator to Creator. Since the Creator is love, then you are love, loving love. Again the distance between subject and object diminishes.

18: We say this to point out that the mind of the world can take you only so far, whereas the mind of the heart, that consciousness of love, can transform your world into a beautiful place. It can transform the daily grind into a great adventure. Say that you are attempting to deal with a family member that seems to be intractably determined to avoid coming into harmony with you. The challenge then is to re-see that family member. See that entity as the Christ and watch your defensiveness and anger subside.

19: Now, you are the only one who is aware of this entity's true nature. Certainly the other-self is not. Had the family member seen himself as the Creator and a being of great love, he would not place himself in opposition to you or stand

in the way of supporting and encouraging you in everything you do. So this is your secret. Only you know the true identity of this family member. But since you know, it changes your experience of this entity. This family member may continue, as this instrument would say, to push your buttons and yet you can see this entity unhappy as he is attempting to sow strife and you are not vulnerable to the automatic responses that you learned toward this family member so long ago. You do not have to remain stuck in the pattern of relationship that was formed before you were a person of self-awareness and power. You can forge a new relationship that only goes one way and that relationship is love reflected in love.

20: Perhaps the family shall never perceive any difference between the past and the present and shall not see your transformation into a person of love and power. That does not matter to you. All that matters to you is that you retain the vision of this entity as the Christ and are therefore able to love, encourage and support this entity in any way that lies within the path of your integrity. His situation may not change. He may never get that which you are offering so freely and lovingly. But your experience shall be greatly improved. For you have chosen to see reality instead of illusion, to dig deep instead of sliding across the surface of life. Those depths are comforting and peaceful and living in love is healing and joyful. Thusly, little by little, you may, by the way you live your life, create a new world for yourself in which all beings are the Christ and all actions are those taken in love.

21: We do not suggest a grand program of changing the world in order to achieve a more loving Earth world. Rather we suggest that you confine your work to your own consciousness. That is your true arena of adventure and challenge. It is not for nothing that the one who wishes to seek goes into a cave or the apse of a cloistered church, or other quite forested or retreated places that are dark and that limit the stimuli of the senses. It is very easy for the seeker to become lost in sensations. Your culture is on sensory overload. The more you partake in listening to or watching the mass media, playing the games that the computer experts have created for your entertainment, and other ways of distracting the self and keeping the self on the surface of life, the less success you will have in living a lucid and coherent life in faith.

23: The journey from well defended isolation and life as a monad to the undefended self with an open heart that senses itself as part of the dance of life is a long one. And, indeed, to achieve a total awareness of the unity of all things within incarnation is quite rare. Yet it is a goal that is clearly a good one, a positive one, one which shall bring you many blessings as you do the work that it takes to clear your vision of judgment and to allow love to flow into the sometimes unkind and harsh picture that you see with your physical eyes.

24: As always, love is the answer to your question. See yourself as a creature of love. See all other things as creatures of love. And see the action you take towards another self or a situation in general as partaking in unconditional love. Love, love, love: love as subject, love as verb, love as object. These are the practices that shall bring you ever closer to your goal of living in unity in a world of your own making that is a world of love.

31: It is not, my brother, that the negative polarity seeks to circumvent the process of evolution. It is that it is lobbying for one of two paths of evolution. As the seeker goes through his life, he is constantly standing at a fork in the road. One decision lasts for awhile but then another decision comes up, another fork in the road. The challenge for the seeker is to determine which choice contains more love, more service, more radiance, and which path contains less service to others, less radiance, and more magnetism, and that which serves the self.

40: We have spoken before concerning the battle between good and evil that reigns within the inner planes of early fourth density. We do not deny that such a war exists. It takes a good deal of what you call time and what we may call experience to see clearly that the war is not necessary, that there is nothing to defend and that love is the answer. And so, filled with glory and honor and hopes of serving the one infinite Creator, those of positive polarity go forth to do battle for the light.

50: The negative mindset is one which is shuttered against the light. For the light cannot be controlled. It is only in the absence of light that control may be had. And so when darkness, in the sense of evil, occurs, it is a darkness of the

deliberate shutting out of those things which do not conform to the desired situation or outcome. That chosen darkness, when there is no need for darkness, is different from the darkness of the unknown in that there is a positive choice being made to shut out the light of compassion, inclusivity, and the radiance of love from the self to others. And so that which is dark because it is service-to-self is dark by choice.

55: Yes, I have one quick question about love/light. When a being sends love/light to another being, is love/light sent only through the hands or can it be sent by concentrating on a being and willing it?

56: We are those of Q'uo, and are aware of your query, my brother. In actuality, the sending of love by an act of will is far more common than the sending of love through the hands, which takes place only when a healer is working upon another entity. Both are perfectly possible and equally efficacious.

57: However, we would comment on your use of the word "will," for it is not necessary to be overly concerned or to will or to project or push the sending of love/light from you to another person. In actuality you do not have to do anything. You simply have to set your intention, offer your prayer, and then move out of the way. For love/light is not flowing from you, or at least it shall not be for very long. You shall exhaust your human supply quickly.

58: Rather, whether it is from your being or through your hands, the love/light moves through you, not from you, coming from the one infinite Creator. It is for this reason that there is never any concern when love/light is offered, because it is the Creator's light, and it is not an invasive or pushy light. It goes where the need is. And if the entity to whom you are sending light does not wish it, then it shall gently surround that entity but not enter its auric field. For free will is infinitely respected by the Creator's light.

64: At any point that you may wish for us to share your meditation, you have only to call upon us and we shall be with you, offering a carrier wave that helps to stabilize your own meditative vibrations. Simply ask for us mentally and we shall be with you, not to speak but only to love you and support your seeking.

38.4 2009/01/27

24: One final recommendation would be to close such an experience by immersing yourself in water and there allowing the water to become magnetized with love, that love that flows into you at all time in infinite amounts. This shall restore the balance of your physical vehicle, given that there has been a dislocation because of your pursuing this particular work.

34: There is a significant point to be made here, that being that it is only sophistically possible to separate the dark side of self from the light side of self. The goal of the progress through an incarnation is to lessen distortion and increase balance. Consequently, it is hoped that in the course of a lifetime of catalyst and the observation of his responses, the seeker shall have the opportunity to examine many of the shadow portions of self, so that those portions of self may be respected, honored and redeemed to a useful and integrated portion of the self within the daylight. Flood a murderer with light and you discover tenaciousness, grit and patience. The shadow side of self will stand ready to be your ally if you can love it, accept it, and ask it for its help.

40: The solution to such experiences, then, is to sit with that shadow side that has seemingly attacked you and offer it your unqualified and absolute love.

69: The theme of your queries, my brother, has to do, we feel, with becoming more and more aware of the various environments beyond the gateway of intelligent infinity. It is as though you were a wayfarer but not a tourist. [You are] one who seeks experience in states of mind, but is not greedy about bringing back treasure except in terms of pure experience. We find this to be a fruitful, useful and somewhat efficient path for one who seeks to lessen distortion within his own basic soul-stream self. We wish you every blessing and good fortune as you pursue your seeking for the love and light and the truth.

38.5 2009/02/03

9: There are certainly many ways to look at what the heart of one's existence is. One might ask what the overriding principle of a life is, or what the most beloved thing is, or what the thing most desired is. And yet it is always to be remembered that a life is lived in the present moment in order to be lived well. The center of that present moment is always love.

10: A guiding key question for one who seeks the heart of existence is, "Where is the love in this moment?" As it applies to your first query, that question has to do with the nature of your incarnation.

12: The direction which you received, "Be the meadow," speaks to a certain kind of attitude about life and about your place in that life. In the discussion which preceded this meditation, my brother, several times you said to this instrument that you had done many things and yet were not sure what your main purpose really was. With the phrase, "Be the meadow," the doors open into a certain way of looking at the web of life and love that is your incarnation.

16: Therefore, let your mind be calm and peaceful as you go about daily life, not seeking so much, to pin down meaning but seeking, instead, to be or embody or experience meaning as it flows through you. Be confident that you are, indeed, capable of becoming more and more aware of the web of love and light of which you are a part, not only with the people in your life or the ideas within your mind, but with the elements of the Earth itself, the rains, the sunshine, the seasons, and all [elements] that go into the very complex and yet perfectly harmonized environment that is the meadow.

17: The life of one who has worked hard, [and has] had a job to pay the bills for his family, as have you, is full of actions, heavy, seemingly small actions. You have been one who has carried the mail. You have been one that bought the groceries and worked with the family in various ways, putting children to bed, washing dishes, supporting your wife. A million trips to a million shops, a million chores and many, many thousands of days all blend into a web of life that is characterized not by any single chore, any single day on the job, any single bit of work with a relationship where there was a falling away from unity and then a restoration of unity, but rather the web created by many loving actions over a long period of time.

18: It is well to realize that as one hopes to live, as one intends to live, as one envisions living, one's setting of intention creates a far different and fuller picture than can be seen if one simply looks at the actions of a life. As we said before, it is the attitude of love which you bring to a job, a chore, or a relationship that illuminates that relationship, that job, or that chore. And from the standpoint of spirit, it is the love in that intention that is at the heart of your action, rather than the action itself.

21: The being that you are is a combination of spirit and the physical. They are intertwined within you so that you are one mind/body/spirit complex, all together, not separated. Consequently, from the standpoint of spirit within flesh, the central service to others of any life will always be the way you have allowed your energies to open, so that you may be an instrument for the love and the light of the one infinite Creator. This instrument sometimes calls this process "becoming transparent to the light."

50: Of course you shall continue to learn. Of course you shall continue to have new things to integrate into your basic understanding of life, of who you are and why you are here. But your hope for yourself, and that which is at the center of your vision of yourself before you came into incarnation was that you should become so comfortable with who you are that you would be able to let that beingness shine without apology or reservation, knowing that you are completely adequate to carry the love and the light of the one infinite Creator.

66: That which may also stop the tongue of the translator of concepts is the feeling that the effort shall not prosper because of limitations within the intellect or vocabulary of the channel. And in this wise we would say, my brother, that it is not the intellect that powers channeling, nor is it the vocabulary that necessarily limits what can be said. Much more is given through the channel than words. Consequently, my brother, in addition to being fearless, let your words come as they will, not attempting to speak as others do but only attempting to translate that which you receive, any way that you can. Focus, rather, on allowing the energy that you are receiving to come through your voice. Let the love, the car-

set out to love without expectation of return.

24: In another way, it becomes ever more subtle and ever more intense because the instrument is moving, spiral-wise, closer and closer to the center of that lesson. The end of that lesson is the learning to love the self. Then the spirals coalesce into a purity and a unity. And then the veil drops and another spiral begins.

26: And we say this not as a threat, but only as information that may be useful to you. You are not building a stairway to heaven.² You are spiraling into the light of truth. As you go, you are learning to love yourself and others and the Creator. You are learning to accept love from yourself, from others, and from the Creator. You are learning to be. And this is the glory of being within the veil of forgetting upon Planet Earth. For when you can move through the mire of that veil and into the light, through faith alone, you have used the harsh circumstances of third density to their very fullest.

28: This instrument said earlier in the conversation that preceded this session of working that he whom God loves, God tests.³ It is a quotation from this instrument's holy work, the Bible. And it is accurate. In your college you have your quizzes and your tests, and sometimes you have surprise tests, what this instrument would call pop quizzes. That is very much the way dark nights of the soul come upon you, as a pop quiz, unforeseen, unexpected and yet not unplanned for in the deeper sense.

29: It often helps if you can think of your life and how you live it as a game. You are here to love. The rules are simple. In each challenging piece of catalyst there is that threat of truth, "I am here to love. I am here to trust. I am here to gain the insight that all is well." "Oh," you may think, "this is an excellent piece of catalyst! What a good game." If you can maintain that larger, wider point of view, it will be very helpful to you.

49: The Big Bang Theory, as you call it, does indeed posit a beginning from nothingness. However, we would suggest that the theory lacks the awareness of the nature of the one infinite Creator and Its original Thought or Logos which is unconditional love. That Creator exists in a plenum that fills all that there is, yet because it is infinite and because the infinity is intelligent, the nature of the Creation seems to begin from nothing.

51: It is as if between the beats of the heart within your breast it was posited that there was nothingness, simply because it could not be seen that the heart was beating. There is never a nothingness, there is always a plenum and that plenum is the one infinite Creator: love.

65: For harvestability, it is important simply to choose to act in a way which is loving, a way which expresses your desire to serve those about you; your desire, indeed, to serve the good within yourself as well as others. There are no strings attached to this statement. It is a simple statement. To polarize enough to graduate it is necessary simply to set your intention to love and serve the Creator by loving and serving the best in all that you see—yourself, others, the world around you. If you can not only set your intention but be persistent and persevere as choices come before you of an ethical nature, by choosing the loving way, the embracing way, the understanding and insightful way that sees that to give is to receive, and to console is to be consoled, as the one known as St. Francis said it so well, you shall graduate.

66: However, in the process of being a loving and compassionate person, you shall inevitably discover that there are those things for which you would wish to be forgiven. And so that loving heart of yours opens and says, "Please forgive me." Most importantly, in terms of karma, rather, that loving heart opens towards the self and you are able to forgive yourself. This stops the wheels of karma.

85: And I'll lead you all in the Dance, said He! [lyrics end] [footnote end][footnote start] This reference takes after the song by Led Zeppelin, wherein the choice is between the "stairway to heaven" of the lady looking for factual wisdom and the stairway of growing insight that all is one which "lies on the whispering wind." [footnote end][footnote start] Holy Bible, Proverbs 3:12, "For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth." [footnote end]

38.13 2009/05/23

6: It is an environment designed to shake a complacent person out of his complacency and to challenge his presuppositions. The goal of this is not simply to give the seeking soul a degree of suffering, but to set the stage for that great choice of polarity upon which the next two and a half densities are based and which shall only be refined in fourth, fifth and sixth densities by further studies in love, in wisdom, and in unity. 10: In a way, it could well be said that spiritual evolution consists of reducing the difference between your basic vibration and the vibration of the one infinite Creator, whose nature and vibration is unconditional and absolute love. This journey is taken by each seeker through all of the densities of your octave as he walks, in his own peculiar way, as the one known as Kris said.¹

12: This one original Thought is a touchstone which can be experienced in each density. However, the experience of this Logos comes up into conscious awareness from the roots of consciousness that are placed within the environment of your density in such a way as to enable you to represent and identify love and the vibration of that unconditionally compassionate Logos.

27: In short, we may say that this is a very challenging, although a very fruitful, time for those of you now incarnate upon Planet Earth. You have an unique opportunity at this time of cusp for the planet itself to offer within your very being a location and a place that is love.

29: Those times may indeed come. For that world in which you find yourself, that gift of first and second density, overflows with beauty and comfort. And all within the natural world is in a state of love for you, just as the very bones of your body, in their instinctual life, have an answering and overwhelming love for the environment without it and like nothing better than to dance in rhythm with all of creation. Indeed, the world which is more than human lies all about you as a vast and largely untapped resource for those who wish to regain their balance and to lessen their distortions. We greatly recommend immersion in this world of nature.

30: Another resource for those who wish to increase their stability within this challenging psychic atmosphere is the help and consolation of the guidance system that you have about you. You have your higher self, in whatever way you wish to conceive of that entity, which is your highest and best self and to which you have access simply by asking. You have angelic help. And for wanderers, there is also the aid of the social memory complex from which you came. All of these loving and caring allies are as close to you as your next thought. And it is the wise seeker who disciplines himself to turn in thought to thanksgiving for this help and to the asking of it, for it is truly said that it is to those who ask that response is given. Therefore, enter the silence, my friends, and ask.

31: Beyond all that we have said, however, we return to that of which we spoke at the beginning of this discourse. The spiritual journey is one in which you seek to lessen the differences between your vibration and the vibration of unconditional love. Beyond the "wheres" and "whys" there is love. And truly you do understand what love is. Therefore, seek love. Open yourself to love. Let yourself be loved. And in the end, allow yourself to drop away those things which are not expressing love, not asking for changes but allowing change when it happens.

32: My friends, as you go deeper into your natures do not be afraid of what you shall find. All of those artifacts of the human personality are merely the surface flower of that seed which is unconditional love. As you move toward that seed, move fearlessly. For you shall not be appalled when you penetrate that which the one known as Jim called the meniscus² of life. The deeper you go into your personality, the less personal it shall become, and the more loving.

49: Have you had to claw your way into an increased awareness of what lies beyond the veil? We think not. We believe that the moments in which you have penetrated the veil are many and they are to be appreciated. Nevertheless, my brother, were you to dwell without effort beyond the veil of forgetting within third density, you would immediately obviate the advantages of living by faith alone. When you choose within this veil of forgetting to turn towards love, to live love, and to be love, you have done so against resistance. And in meeting and working with this resistance, you have tempered your soul and have done the work which you came to do.

45: Even one entity, meditating in harmony with a sacred place, may help that place to clarify and enhance or boost its outflow of love and light. As always, with this kind of work, when one becomes two and two becomes four and four becomes sixty-four, however many entities of like mind are able to join in setting the intention to strengthen and help to radiate such sacred places, these nodes respond in proportion to the combined energy of the group. This energy is exponential. Each entity that is added to such a group doubles its strength and that doubling effect very quickly creates a powerful resource for good.

47: Natural cones—tepees, pyramids and caves—are collectors of love and light. Therefore, you can never go wrong by meditating upon a mountaintop or in a cave, or anyplace that feels to you as though it were a resonating chamber for love and light. Therefore, do not restrict yourself to those places that are well known, but let yourself be moved by your intuition in choosing those places where you would wish to rest and offer your encouragement and support to the forces of nature.

38.11 2009/04/25

4: We would remark to the one known as R that although those of Latwii are speaking this evening, those of Hatonn are especially close to the one known as R and are glad to reassure the one known as R with their presence and their love. This is also true of all of the others within this circle of seeking. However, it is at the call of the one known as R that there is special care given to enhance and energize the expression of love within the energies of those of Hatonn.

5: We find that among your people the word “humility” has undergone the same kind of spoilage from overuse that the word “love” has undergone, so that we may say the word humility and it is assumed that everyone knows that of which we speak. However, its meaning has become blunted and scattered by the assumptions which surround the quality of humility or humbleness.

8: If an entity is aware of the quality of Creator-ness or Creator-hood that he has found at the very center of the depths of his heart, he is aware that this quality of Creator-ness or being part of the creative principle is specifically that which is not of the surface self. True to the task set before him to know the self and accept himself, he will necessarily and automatically have attained a genuine humility. For he has experienced the state of the small “I,” the ego self, becoming transparent before the power of unconditional love as it flows through him.

13: Our thoughts are humble because we know that we are messengers. We are fully aware that the virtue of what we have to say is coming through us and through this instrument, into manifestation. We, as this instrument, are instruments through which the spirit can play. And our every desire is to tune ourselves so that we may be transparent before the love and the light of the thoughts and the energies that come through us as we hold the query that you have manifested and the unspoken energies of the group that support and swirl about this query within our consciousnesses.

26: Similarly, when one chooses to invest oneself with the responsibility of being aware of the present and for coming into that present moment fully as an entity of love and light seeking the one Creator, seeking to be of service in that moment, the consistency with which he is able to pay attention doubles and redoubles and redoubles the strength of his awareness, until very soon that seeker is a far more powerful, magical, grounded seeker than he was before.

31: When this instrument thinks of that posture, she has a tendency to think of the moment when the man in love bends his knees before the beloved and asks the privilege of becoming her partner in life. There is a reverence, even an awe, of the depth of the circumstance that fuels that bending of the knee before the beloved. And that is the same kind of energy that humility before the infinite One may bring to the seeker—not that the seeker is less, but that the joy and the wonder of being able to share the life with the beloved is an incredible privilege.

34: Yet, we do feel that as the spiritual journey moves forward and the spirit within becomes a more mature one within a seeker, the danger of lack of humility does fade. It does not disappear, but it becomes clearer to one, as one goes forward, when one has gotten off that beam of love and light

and service to others and has become involved within the self once again.

39: As we so often do, we conclude discussion of this very interesting question by noting the advantages of a daily immersion in silence. That is part of being humble before the infinite One, that willingness to stop the surface process of living and take time to listen to the Beloved who speaks in that silence in thoughts too deep for words.

45: Q’uo, in the Law of One series, Ra says that the positively-oriented entity will be “transmuting strong red-ray sexual energy into green-ray energy transfers.”5 Is this transmutation of red-ray energy into green-ray energy accomplished as a function of conscious intent or strong sub-conscious bias? If by conscious intent, how can the entity consciously intend to transmute sexual desire into unconditional love?

57: Q’uo, here’s a question from G2, who says: “I had such an emotional experience during the inauguration of Barack Obama! All the things that we desired for a new world seem to have been manifested—love, acceptance, etc. There was an unusual energy. I would like to hear from Q’uo what their experience was like from their vantage point. Was there a major shift, an acceleration of our spiritual progress? There was so much crying with joy and relief on my end.”

59: We cannot say, my brother, that because of this moment there was a leap ahead in the planetary level of vibration, for as you have noted, my brother, the energies which baffle and confuse the energies of unconditional love did not become healed and go away from your world scene. As this instrument would say, the world wagged on, regardless of that moment of planetary open-heartedness.

73: While there are certainly rational, scientific explanations for various aspects of global warming, spiritually speaking, the interesting and telling portion of this phenomenon is held within the energies of your people. Therefore, every attempt that is made by persons or groups of people to send love into the earth energy, to send peace into the earth energy and so forth, is an effort well made, and an efficacious one as well.

74: Just as the energies of heat have moved down into the planetary entity that is your Earth, also the energies of cooperation, love, unity, understanding and communication can aid greatly. We would also note in this wise that many of those who have achieved graduation from your third density at this time, within the last thirty of your years, have begun to return as those who have seen this pattern clearly and whose hearts have gone out to the planet itself. Many of those whom you call the “indigo children” are those who are focused perhaps more upon healing the Earth than upon bringing the population as a whole to graduation.

75: It is not that they feel that the Earth must be cleaned up before they can go on. It is that they see this karmic residue and wish to fulfill that karma with the balancing energies of love and affection for the planet that remove the self forever from the wheel of that particular karma.

38.12 2009/05/09

6: Before this incarnation each of you planned what the shape and the direction of the incarnation would be. You and your guidance system gazed at your soul stream and its balances of power, love and wisdom and you devised an incarnation with themes or incarnational lessons, if you will, using the metaphor of the School of Earth being one which distills and refines souls.

7: You chose relationships that would challenge you and support you. And, looking at your incarnational themes, you devised situations which were rich in catalyst. Redundancy was built into this plan. You prepared yourself with far more relationships than you would need, just to be sure that, if you kept backing away from a situation that involved an incarnational lesson, you would never run out of replacement situations that would sound the same theme and bring forward the same opportunities to adjust the balances of love, power and wisdom within your energy body.

23: This instrument, for example, gave herself the incarnational lesson of loving without expectation of return. It took this instrument many years and many relationships to notice that there was always someone in her life that required loving and that was not capable of loving in return. Has this made it easier for this instrument? In a way it has, for this instrument recognizes the challenge when it appears, is able to don her armor of light, affix the ribbons to her lance, and

ing, the compassion, the sweetness, and the light that has come into you with that concept move through you and out into your speech. The less you worry about vocabulary, grammar and diction the more comfortable you will feel and the more light your voice shall be able to carry.

78: We are those of Q’uo, and are aware of your query, my brother. We offer you a simple thought to answer a complex question. For there are, indeed, many, many times where the life experience of a loving person creates settled opinions about the nature of life, the nature of learning and the nature of spiritual maturity. To use less than your full life experience and your full burden of gathered wisdom is to be less than true to your basic self, that self which you have worked so very hard through life to create as lovingly and as wisely as you can.

79: Oftentimes the higher wisdom, the higher love, translates in physical terms to that which may seem judgmental, that which may seem less than fully giving. And yet we would confirm to you, my brother, that in making use of all that insight that you have gained, all that attitude that is so hard won in you, you are doing the best service you can for another.

38.6 2009/02/14

10: Lord, make me an instrument of thy peace. Where there is hatred, let me sow love, where there is injury, pardon, where there is discord, union, where there is doubt, faith, where there is darkness, light, where there is sadness, joy. Oh divine master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. For it is in pardoning that we are pardoned, it is in giving that we receive and it is in dying that we rise, to larger life.

17: The entity who drives a car poorly and surges into your lane on the interstate highway can trigger negative emotions; that is, emotions that have a negative vibe. They might include fear, rage and anger. That triggering catalyst has therefore caused your energy body to narrow so that the full flow of the Creator’s prana or light/love is not getting through to the heart chakra. It is a totally understandable bias to have these feelings concerning the stranger who didn’t even see you, and who almost, or so it feels, took your life. As you look at these moments of being triggered away from balance you are able to effect a kind of healing of that imbalance by virtue of allowing your original emotion to intensify and then asking the dynamic opposite of those feelings to appear.

26: We are those of Q’uo, and are aware of your query, my brother. To respond to your first question, that of the space between the second and third chakras in your energy body, we would say that due to work which you have been doing in consciousness at this time, you are experiencing an articulation of the second and third chakras which enables the energy to move quite freely betwixt the orange-ray chakra and the yellow-ray chakra. The work done quite consciously by you, my brother, in the recent past, working with your family members, creating personal relationships from family relationships and vice versa, has stimulated both the orange-ray and the yellow-ray energy centers. The energies which you felt were those which were running freely between those two chakras. This is a positive and helpful configuration, which was brought about due to your loving concern for your family.

33: The simple act of following one’s breath is a very helpful technique to use for clearing the mind during meditation. Deep breaths are most salutary for the system. Just as the plant inhales light which it metabolizes into food, so does your energy body benefit from the deeper breathing in and out. The deeper in-breaths do indeed carry light. And when the intention is set to breathe in prana or light/love, that greatly enhances the seeker’s ability to receive the food of light from the air.

34: The practice of various breathing techniques is well known and certainly the use of such exercises as pranayama yoga offers is recommended for those who wish to enhance their ability to move love/light, light/love, or prana through the physical vehicle and metaphysical vehicle.

45: A thought-form is an entity or an essence or quality that has life independent of those who originally thought about that first. The words of which you so often think when you think about being a loving and kind person—beauty, truth,

honor, justice and so forth—are thought-forms in the metaphysical realm, having a life of their own and a nature of their own. This is one instance of abiding thought-forms.

49: All of these are good examples of thought-forms and we would offer one more example to indicate how the physical and the metaphysical world can cooperate and coincide. If you will think about the service in the Christian church call the Holy Eucharist, you can see the priest invoking the presence of the one infinite Creator in the person of Jesus the Christ. There is an invocation that Jesus’ very being will come into the wafer of bread and the sip of wine that each communicant shall ingest. For those who believe, it is a powerful reality that they are able to take in the very body and blood of this crucified Savior whose unconditional love the whole world recognizes. The benefit from the ingestion of this thought-form, which is married to the wafer and to the wine, is very real and efficacious.

50: Earlier, the one known as R stated that all of the creation was made up of nothing but thought-forms and we find this to be a perceptive point. The original Logos, that Thought of unconditional love, has indeed spun out the light to manifest all that there is. Consequently, each entity is a form created by the Thought of love, and patterned out in the ways of love by light. In that sense each of you is a thought-form, your physicality being less real than your essence as a spark of that Logos.

53: Yes, Q’uo, I have one follow-up question. Thank you for speaking to the subject. The follow-up is this. Seekers who are conscious of their progress sometimes categorize their thoughts as positive or negative. I wanted to ask what suggestions or principles you would offer to those who are conscious seekers on the path of service to others when it comes to thought-forms created in the daily round of activities? What suggestions would you offer in terms of balance, or perhaps bringing more love into the seeking and existence?

58: It is very helpful, when you have a thought like, “I’m stupid, I can’t do it,” or, “I’m not worthy,” that you find the time and the patience to correct that voice. If you hear yourself saying something like that which runs you down, step in and say that which is the deeper truth, that which is positive: “I am a child of the Creator. I am perfect. I may be a bozo but I truly have love in my heart. It’s too bad I made that mistake. Let’s see if I can do better next time.” There are many ways to take those negative voices and turn the comment into an affirmation of your own worth and your own self-respect.

63: We are those of Q’uo, and grasp your query, my brother. Thought-forms persist because they are invested with many people’s familiarity with them. A good example would be Santa Claus. The figure of Kris Kringle or Santa Claus is clearly a thought-form. There is no real Kris Kringle, there is no real Santa Clause. Yet, when Christmas time arrives, your people experience an outpouring of love and affection and express their caring by creating food baskets and gift baskets for those families who cannot afford to have a Christmas on their own. Santa Claus is alive and well in the hearts of those who wish to do good at Christmas time.

38.7 2009/02/28

0: [overview] Question from L: In the Ra Material there is the use of the slash inbetween words and phrases, for instance, “mind/body/spirit complex,” “time/space” and “space/time.” Two other examples are “light/love” and “love/light.” I understand that with the phrase “mind/body/spirit complex” each of those words indicates a part of the whole. With “time/space” and “space/time” I’m not quite sure about that. I don’t understand the significance of why there are times when the word “time” comes before “space,” or the word “space” comes before “time.” With “light/love” and “love/light” it seems that both of those are parts of the whole or two sides of the same coin and I don’t understand why “light” sometimes appears before “love” and “love” sometimes before “light.” Can you help me with that?

24: The terms “light/love” and “love/light” depend from the terms “space/time” and “time/space.” When we of the Confederation speak of the one great original Thought of unconditional love which created all that there is, we speak in terms of love/light. When we speak of the manifested Logos, the seen worlds, we are speaking of light/love.

25: The energy from the one infinite Creator is sent forth

from the central sun to the heart of Planet Earth. [It is] that energy which your beloved Mother gives back to you as the infinite flow of the Creator, that moves from the feet upwards through the body and out the body through the top of the head. [We are] speaking of the energy body, you understand. We are speaking of light/love.

34: The light sent forth in its regular configuration by a quartz crystal, then, moves into the field of the energy body and has certain healing characteristics which interact in a complementary and helpful way with those energies of the energy body which have become somewhat disorganized or weakened by virtue of there being a narrowing of the flow of the light/love of the infinite Creator through the energy body. Consequently, the crystal has a tendency to be a healing stone, as experienced by the person.

56: I have a question about the expression of love/light vs. light/love. I thought that perhaps love/light might refer to beingness or energy that is potentiated but not yet expressed while the use of the term "light/love" would indicate doingness or action, energy that is expressed, light. Can you comment on whether this is accurate?

57: We are those of Q'uo. We can comment, my brother, but cannot say precisely that you are accurate. Rather, we would say that you have something by the tail. You have the essence of it. There is, from the standpoint of the infinite Creator, as much action and essence in light/love as in love/light.

58: From the standpoint of third density, in space/time the light/love which is used to manifest all things in the creation is builded of light/love rather than love/light. However the activity of light/love is not the activity of the human. Rather, it is the activity of the light expressing its nature by creating rotations and gradations of rotation that develop the elements of your universe. The love/light is instinct with the one great original Thought. While this original Thought is the Creator of all that is, it remains itself an essence full of love. And in that way, my brother, you had the gist of it in saying that the love/light was beingness and light/love was activity. But it is the activity of the Creator and the beingness of the Creator, as opposed to the activity and the beingness of a person living in third density or indeed of ourselves.

83: We are those of Q'uo, and my brother, we thank you. Indeed we thank each who came with questions this evening. And we thank all of those within this circle for the heady opportunity to share our humble thoughts. It has been a privilege and a pleasure, as we said before, and we relish these times together. We thank you for allowing us to be of service in the way we have chosen. And we assure you that your beauty is astounding. We thank you for being those who have set aside time and space, or space and time, to pursue the truth, to behold beauty, and to dwell in the precincts of love unconditional.

38.8 2009/03/14

5: We are a service-to-others principle and our polarity would be disturbed were we to indicate in any way that we were authorities who must be trusted. It is our pleasure to work within those limitations. We would not wish to have greater power than we claim. And the power that we claim is only the ability to speak through this instrument concerning the one original Thought of unconditional love in its many distortions of which free will is a primal one.

19: If you start a sentence, "This is what's wrong with you," think before you finish the sentence. If you must criticize, wait until your heart is full of love and compassion so that that which must justly be shared is shared in unity, in harmony, and in support.

50: Money or supply, in and of itself, is innocent. It is rightly said in your holy works that the love of money is the root of all evil.1

63: The rich man, when faced with need, was generous. He was not greedy and he was not at fault, for he did not love money for its own sake, but only appreciated what it could do. On the other hand, the second man who, having been forgiven, could not forgive another, was an entity who loved money in a greedy way.

76: There is tremendous power in maintaining [that] memory and there is great help to those who strive to remain positive in the face of negative catalyst. There are many, many entities within the inner planes who respond in support and encouragement to those who call upon the principles they wish

to confirm: goodness, love, beauty, those things that remain when all illusion is washed away.

94: [footnote start]Holy Bible, I Timothy 6:9-11: "They that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness." [footnote end][footnote start]Holy Bible, Matthew 18:23-35: "Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants. And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents. But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made. The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all. Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt. But the same servant went out, and found one of his fellow servants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest. And his fellow servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all. And he would not: but went and cast him into prison, till he should pay the debt. So when his fellow servants saw what was done, they were very sorry, and came and told unto their lord all that was done. Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellow servant, even as I had pity on thee? And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses." [footnote end]

38.9 2009/03/28

7: For there is virtue to the acceleration of the seeking process. The environment of third-density physical existence is in many ways a harsh environment, spiritually speaking, for it is heavily veiled. The overarching truths that "all is well" and that "all is love" are not visible within the depths of third-density living. Indeed, it is as though you are in a dark environment, that "valley of the shadow of death," as this instrument has been known to call it after the Psalmist.1

20: Those situations in life which are rich in opportunities for those who wish to polarize always have to do with choosing love over fear. As we have said before through this instrument, it is well to ask the self when faced with a challenge, "Where is the love in this moment?"

21: When that question is asked, there are times that you can see no love in the situation. This creates the opportunity for you to open your heart and allow the Creator's love to move through you, so that the love in this situation has come through you. It is not a discipline in which you must express what you know as much as it is a discipline in which you allow yourself to become a lighthouse, cleaning the lenses of your lantern so that there is no hate or jealousy that is clinging to you, so that you have become transparent in your personality. For you cannot love the world of your own self. You shall surely run out of love quickly, for the love of the mind and the human heart is finite. Yet the love of the one infinite Creator is, itself, infinite.

22: Thusly, polarizing towards the positive is, in some part, a matter of gently moving yourself out of the way of the light that flows through you. It is a great collaboration, my brother, for it is not important that you yourself, in your humanness, love. This love that you have colors the light of the infinite One in beautiful colors made of your personality, your choices, your quirks, your uniqueness. As you bless the light that flows through you, you bless the world and in your way you are lightening the consciousness of Planet Earth. It is, indeed, the greatest service that any can offer, that service of allowing the light to shine through the personal self and out into the world.

28: As always, my brother, those of the Confederation of Planets are happy to rest with you in your meditation and

offer a carrier wave that will stabilize your own vibrations as they flicker a bit. We do not attempt to communicate at those times but merely to be with you and to bathe you with our love.

50: As to the seeming paradox, an entity in your linear future reading or hearing this material and realizing that he has touched into the energy vortex which created the material is not the same thing as the entity being forced into a place in space and time in the literal sense. Rather there is the convergence of energies, in a metaphysical sense, with the vibration of love and light upon which this channeling has been carried, it being the matrix for all of those who would touch into that web that is this circle of seeking.

91: [footnote start]Holy Bible, Psalms, 23:4: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." [footnote end][footnote start]Holy Bible, Matthew 5:15: "Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house." [footnote end][footnote start]A clear image of the Tree of Life, the central glyph of the Kabbalah, can be found at this link on the internet: www.wyldwytch.com/weavings/articles/pagan_path/pages/tol.htm. [footnote end][footnote start]In film work, a dolly is a small truck which rolls along specially made tracks carrying the camera, some of the camera crew and occasionally the director. To dolly back is to pull back the camera so that it takes a longer shot. [footnote end][footnote start]Holy Bible, Genesis 3:19: "Dust thou art, and unto dust shalt thou return." [footnote end][footnote start]There are varying definitions for Merkaba. The meaning which the Q'uo group is using resembles most closely that word as used by Drunvalo Melchizedek. In his teachings the MerKaBa is a body of light. One tunes to unconditional love, sets an intention for the work and then moves into this body of light during meditation. To familiarize yourself further with this concept, read The Flower of Life or visit the Flower of Life web site (www.floweroflife.org/index.htm) to sign up for a workshop on the MerKaBa meditation. [footnote end][footnote start]Q'uo refers to William Shakespeare. [footnote end][footnote start]William Shakespeare, Hamlet, Act 3, Scene 1, "To be, or not to be—that is the question: Whether 'tis nobler in the mind to suffer the slings and arrows of outrageous fortune or to take arms against a sea of troubles and by opposing end them." [footnote end][footnote start]Wikipedia states that "Salvia divinorum, also known as Diviner's Sage, Sage of the Seers, or colloquially by its genus name Salvia, is a psychoactive herb which can induce strong dissociative effects. It is a herbaceous perennial in the Lamiaceae (mint) family. The specific name, Salvia divinorum, was given because of its traditional use in divination and healing. It literally translates to 'diviner's sage' or 'seer's sage.'" [footnote end][footnote start]honestation: a grace or an adornment. [footnote end]

38.10 2009/04/19

5: Like so many concepts upon the spiritual path, the concept of a great shift in consciousness, from this present environment in which you experience [life] upon Planet Earth to an environment which is enhanced, offering love, light, peace and power, and above all, the clarity which lies beyond the veil of illusion which you experience in third density, has long been upon the heart of those who seek the truth upon Planet Earth.

11: Dear ones, as you sit in the circle, in the sacred space that you have created with your hearts and your love, you are ready. In the deepest sense there is nothing that you need to do to become more ready to get on board. Your very being is the heart of your mission, the core of your purpose on Planet Earth at this time. You cannot fail in your mission, because you must be. Letting your true nature shine through the circumstances and shifts of everyday life is your deepest purpose. Finding ways that are ever more authentic to be yourself is the most effective and efficient way that you may serve your planet as it approaches that year that has been so discussed, 2012.

13: And do not wonder why you may have too many gifts. For every gift that you have shall come into play, on one level or another, as you meet the challenges you have given yourself in order to refine the ore of your beingness, to uncover from

the soil of self the gems within and humbly to hold them up to the light that they may refract and make the most intense and true colors as they flash in the light of the one infinite Creator so that you become not only a lighthouse to many, but a certain kind of lighthouse. For your colors shall color the infinite light and love of the one Creator. And those about you shall be bathed with infinitely beautiful [light], as the colors enhance the sunlight in a stained glass window.

15: As you have experienced the last few days of companionship with those who have gathered together at this conference on 2012, each of you has been aware that the people in this circle of seeking have caused you to vibrate differently, have touched chords within you that you did not know were there until the chance came to exchange energy with just that person. And so each person in this hall of mirrors has given strength and support to each other person, pulling from them, in that exchange of energies between the two, that combined love, light, power and peace that is a new thing, born of the collaboration of two spirits together.

18: Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console, for it is in pardoning that we are pardoned, it is in giving that we receive, and it is in dying that we rise to eternal life.3

21: As you continually offer yourselves as instruments of the Creator's love and peace, you shall find great aid in several things. Firstly, you shall find enormous help in entering the silence. The tremendous learnings and new awarenesses with which this time is so rich, to those who have ears to hear and hearts to understand, offer you many gifts. Indeed, too many gifts for you to assimilate without moving into the silence and letting these new learnings and awarenesses be seated and integrated into your deep mind and into the basic balances of your energy body.

26: It is not important, dear ones, that you are good at this process. It is perfectly acceptable as part of entering the silence that your brain continues to generate those thoughts and concerns about which it is focused at the present time. Let them arise; let them fall away. While you are in the silence, they have no significance. You may watch them as you watch a movie, but do not become involved in the plot. Stay in the silence. Remain an observer who waits in stillness for the voice of the Beloved.

28: Another great ally in becoming transparent to the light and love of the infinite One is a sense of humor and the knowledge that you may take all things lightly, except your love of the infinite One.

30: As you allow your vision to be one which gives life to everything you see, you shall allow yourself more and more to dance with the water with which you do the dishes or clean the toilet or cleanse a baby. You shall see every plate as that surface which smiles at you when you have washed it and says, "Thank you! I love to be clean." Share the delight of that dish and give it a smile.

31: Let everything within your ken become real to you as one with whom you dance, knowing that there is nothing too humble to be sacred, nothing too high to bow before. For you are a dancer, and so is the highest and so is the lowest of all that you know, of all that you see, all with whom you dance. Let the rhythms of love overtake you wherever you are, and when you feel that you have somehow lost that rhythm and are jerky and awkward in your spirituality, ask for help.

32: That is the third thing that is of great aid as a resource for those who wish to be instruments for the Creator's love and light. There are sources of help all around you which operate on the rule of free will. Those of positive polarity shall not force themselves upon you but shall await your request. It is said in your holy work, "Ask and you shall receive; knock and it shall be opened unto you."4 Know, with a deep knowing, that this is the true nature of things. Do not expect your guidance to come and speak in your ear without your request.

44: Each of these places of collected power is unique, yet each has in common with the others a vulnerability to being enhanced dramatically by the set intention of those governed by free will, such as yourself, to encourage, support and radiate the light and the love existing in enhanced degree within these nodes.

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union which will speak in the most eloquent and the most searching ways to the Creator of the nature of that Creator, which nature is continually being plumbed, which nature is continually being queried by the Creator itself.

32: When you gather together in groups such as this, you are doing more work than simply the work of your own destiny as an individual; you are doing work which aids in the planet and in its aspiration to a future which will be fourth density, will be positive, will be an ambience of love in which the veil of consciousness will, little by little, fall away. And souls which have, for a considerable period of your time, found themselves groping in the dark, will now find themselves standing in the light.

72: We encourage you in your meditations to send light and love to the planet itself, and to all who are in need of such, for it is the call of sorrow that brings us here—the call of that which is in distress, for it is much liken unto a part of our own being that calls for assistance. We answer that call as we would take care of a stubbed toe, a sprained wrist, a blackened eye, for all of these are signs of a battle well fought, a battle that is indeed within each heart and mind, and can be shared with those about each, for you are one with all about you, are you not? The One Creator exists in each and is making itself manifest in each in some fashion. The eye of the beholder is within the mind of the meditator. When your eye is single, your light shall be filling your body, and shall be that which leads you to the One Creator.

42.4 2016/02/20

21: There is, my friends, in desire itself, a nusus1, or an instinctual striving for unity. Love may enjoy the name of this unity at the point at which desire has found its direction. In many cases it would seem as if this direction takes the form of a specific object of that love, takes the form of the beloved. There are many things to love, and it is easy for the soul which is learning to find its way, to flit from flower to flower, so to speak, somewhat harder to discover that there is within a single flower enough reflection of the infinite to occupy a lifetime. One looks into the eyes of the beloved and what does one see but the Creator looking back at one. When the Creator looks back at the creature, the creature may begin to look creatively back at the Creator.

59: Q'uo, I will take this opportunity then and ask: is it possible that the intelligent infinity may end, or conclude this particular experiment that started with three distortions—free will, love and light—and move on, so to speak, to a new experiment with new distortions that may be beyond any possible conceptualization of our minds?

42.5 2016/03/05

3: We have been chosen to respond to this query, for it is one which deals with our specialty, which is the quality that you call love—unconditional and all compassionate love. We feel that this is a most salient query, for it is one which each of you deals in a daily fashion with all those about you; for, my friends, each of you is one which has pre-incarnative choices, and which has made these choices in order to learn certain lessons within the life experience.

6: Why would entities do such a thing as this—to bring upon themselves that which one would wish to avoid? Is not happiness the goal of your illusion? No, my friends, happiness is not the goal of your illusion. Learning to love under all possible circumstances is indeed the goal which each of you seeks. This is not to say that one cannot feel happy, or joy, and still be upon the spiritual path. It is that the happiness is not that which you seek primarily. Happiness may be an outgrowth of your seeking.

11: I am Hatonn, and am with this instrument. We would begin by thanking this instrument for first of all challenging us as is its wont, and secondly for being receptive to our energies which are, to this instrument, something unexpected and, we might say, not entirely comfortable, as this instrument has in the past struggled somewhat to find a level of comfort in bringing forth our words, and bringing forth the energy that resides within these words, for we are of a vibratory signature, shall we say, which is challenging for this instrument to carry. The ability, however, to open the heart to an energy which is not of a great deal of comfort is, in fact,

a part of the process of learning to be a channel to sources of information, and sources of love offering that are a portion of the vast and diverse creation.

22: At this point, it is useful for the one who would offer aid to take a small step back, shall we say, and to ask whether in the innermost heart of the one proposing to aid, there are resources previously unknown but which, in the circumstance at hand, seem to bubble up to the surface, seem to announce themselves in those tender places of the heart where the heartstrings may be tugged; where there is an actual experience of the creation in its creative moment of reaching out in love to one who asks simply for love. For in truth it has been our experience that love is the greatest gift that one may give, and that love is the most healing energy abroad in this universe, and that where love abounds, no error truly can be made.

23: Now, having said that, we will say also, that the mere act of opening the heart in love to another will not automatically override all suffering. What it does do, however, is to allow one who wishes to offer service to share in that suffering, to let a little bit of that suffering to be one's own; to feel within one's own person the drawing inward of these energies of the other self that are distraught, that are in a disorganized condition; and to feel within one's own heart the ability to absorb this tidbit of chaos, if you will, to absorb this pain, to let the pain have its sway in an alternate frame of reference [which is], if you will, capable of absorbing it, capable of drawing it inward, capable of digesting it, capable of transmuting it to that which is no longer pain, that which is no longer distraught, that which is no longer chaotic but rather is of the order of love.

24: One finds at that moment that love itself is not what one thought it was, but more. That within the heart of love there is to be found a resource resonant with the deepest sorrow, a resource in relation to which the deepest sorrow may find its joy.

25: Now, one does well, my friends, to be open to the sorrows of others to the extent that one is able to absorb these sorrows without being overwhelmed. One does well to know the limits of one's capacity to absorb the pain of another. Secondly, we would say that one does well to acknowledge that the freewill of the other is never something to be abrogated, and thus, if the other does not wish to share that suffering—which you, in your love, would so gladly absorb—that this too must be respected, that it must be allowed to follow its own course, its own destiny to that conclusion which feels right to the one whose suffering it is.

26: We find that many times in your life experience and in the history of the interactions among your peoples that there have been well meaning souls who earnestly and honestly have devised systems of remediation for the suffering of others, and made these available to others only to discover that these gifts are not welcome. All too often it has occurred that those who have sincerely made great efforts on behalf of their fellow human beings only to discover that these efforts are not welcome, have therefore recoiled in hurt, recoiled in anger, recoiled in despair, and have felt that if their gifts are thus to be despised, that they will simply withhold their gifts altogether and withdraw and allow the suffering, allow the weeping, the wailing, and the gnashing of teeth to be the order of the day. "They must then deserve their fate," it is said in the heart, "since they have not been able to recognize the great gift of the love which I have made available for them."

63: Perhaps the entity seeing such suffering without the ability to affect it wished to empathize with one who suffered, as this is yet an unexperienced phenomenon to the one who witnessed the suffering. Perhaps the desire is to so feel the pain of another—that there is a greater degree of love for that other and perhaps for all others in general—generated within the heart, the mind, and the spirit of the one witnessing the suffering. Perhaps there is for the one suffering a certain kind of relief or sense of being appreciated and loved when it knows that another loves it enough to witness the suffering and to be with it in the suffering and to provide companionship.

64: Though the suffering cannot be ameliorated, the companionship can be offered, the love can be given, and the experience of a comradeship which has known great trials is shared; and upon the deeper level of both entities there is the satisfaction of knowing that there was a united effort put forward in that experience which had no hope of physical third-dimensional resolution in any convenient sense, shall

we say, in any final triumph of suffering being vanquished.
72: A question comes in from a fellow named S who writes: "My question is about the practice of sun gazing and the way I feel inspired to practice this for longer periods. What is the mechanism of sun gazing and why or how does sun gazing help us to become more open as a channel for universal love?"

42.6 2016/03/26

0: [overview] Our question today comes from N. in Moscow and concerns the relationship between love and wisdom, specifically, can wisdom suppress or impede in some way an opening of the green energy center? On one hand, Ra says that love and wisdom not oppose each other, but rather constitute two sides of the same coin. On the other hand, Ra says that on the negative path, wisdom is accumulated much earlier than on the positive path.

3: We are aware that each here pursues a path of seeking the opening of the green-ray energy center as the primary portion of your journey through the third-density illusion. To be able to open the heart in what is called "unconditional love" in more than 516: And yet, if you look at the lists of your spiritual journey, you will find it is a simpler list, for primary amongst each of your priorities, we feel, is the expression of the heart chakra in a way which embraces the unity of the moment, shall we say. This unity of the moment may involve your spending a good deal of time and honestly sharing emotions with those who may be a portion of your round of lists. You may find it inconvenient, often in the extreme, to take the time that another entity may need in any particular moment of your day. Life is often a messy business. There are hurt feelings, painful memories, doubtful futures, difficult moments in the present that intrude upon the smoothly functioning checking off of lists. In this case, you see what could be described as a battle between love and wisdom; the wisdom of accomplishing your task as you define it within your third-density illusion, versus the compassion that is a part of your spiritual journey and which requires reminders throughout the day, much as your list reminds you of your appointments and your schedule.

10: I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking this instrument for the challenge which it has offered us, for it is our understanding that we must reassure those who seek our service about our intentions; that is to say, that we come in the name of love, that we come in the name of serving others, and that we do so in all humility.

15: If, however, there has been enough work done by the self upon the self in its effort to open the heart, it will begin to seem more and more possible that a little bit of foolishness can be allowed; a little bit of risk can be taken; a little bit of opening can be given to another who seems to be calling for, crying out for, this opening, that the salve of heart love may be offered, may be received by the other.

16: It seems like foolishness to open the heart, and therefore it can seem that open-hearted love is in a state of tension with those factors of wisdom which are essential for self-maintenance and self-preservation. The more you learn to loosen the bounds of wisdom, the more you learn not to limit your conception of who you are by acts of preserving what you have come to think you must preserve in order to be a viable self in the society you enjoy, the more you learn that you do not need to be who you have been trained to think you must be, the less you will be inhibited in the opening of the heart to the other.

19: We cannot tell you, my friends, that you will be safe in every effort you make to engage with those around you from a standpoint of love. We cannot say that your offering of love will be accepted and well received. We cannot say that you will emerge from every interaction you enter with the intention of love in a manner which celebrates the love that has been there offered, for you may find that your love is rejected; you may find that those that you have sought to love will not give you love in return.

20: You have a saying among your peoples that "it is better to have loved and lost than not to have loved at all," and we find that this is indeed true, but its truth does not neglect the fact that to have loved and lost is to have lost indeed. And so, it remains true that it is well to exercise some judgment in guiding your interactions among those around you. It is well

to allow this judgment to be imbued with that wisdom which has accumulated as a result of your many past interactions, for it is possible, to quote another of your sayings, "to throw your pearls before swine." It is possible to unwisely enter into an interaction with the best of intentions in a way and in a circumstance that in truth, offers little opportunity for positive engagement.

22: Thus, we find that it is always a very, very great gift when you are able to address your energies to those of others who do have an interest in engaging with those energies as a part of a process of mutual heart opening. It is always a great gift to find another who can resonate on the same wavelength that you enjoy, and here it is, indeed, not only possible, but highly desirable to open yourself in ways that can seem tremendously foolish. It is desirable when the circumstances offers the promise of sufficient safety for you to avail yourself of this safety and take a chance, and take a chance that you may love freely without stint of reservation, that you may love freely without fear, that you may love freely without holding back in the concern that your love will intrude upon the subjective life of the beloved, for only when your love is offered in this uninhibited way, does another have the full advantage of the catalyst which this moment can uniquely provide. It is a very great joy which you sometimes are able to discover in the sexual life. It is a very great joy which you are sometimes able to discover in the simple gaiety of friendship. It is a great joy when you are allowed to be of some service to another whose pain, or whose suffering, or whose sorrow asks for healing, for that healing that can only come through love.

23: Every offering of love is a risk. A risk, on the face of it, can seem unwise. Wisdom, however, that has taken account of itself, will eventually come to realize that perfect wisdom is itself an imperfect thing, for perfect wisdom would counsel that no risk ever be taken. Perfect wisdom would counsel that the odds militate against the possible fruition of open-hearted interaction. And yet, if perfect wisdom always prevailed, that spiritual sustenance, which is the very life blood of soul, would be denied, and so to return to our metaphor, the flower must open, the bud must bloom despite the risk of frost, despite the rough winds that may soon blow, despite the hungry animal which may happen by and be attracted to the blossom.

24: Folly is not the same thing as love, but in a world which is defined too much by wisdom, it can seem folly to love at all. Therefore, we might say that it is indeed the greater act of wisdom to allow wisdom itself to be curtailed in the face of love. It is never wrong to inquire about the modes in which love may reasonably be expected to have sway in particular kinds of circumstances. It is never an untoward question to ask whether the loved one feels in one's heart would be well received, but there is a moment in which the bubbling up of love from within will not be denied, and a wisdom that counsels it is better not to take a chance, which refuses to allow that expression, is not the greater part of wisdom.

25: Life itself, however, is a chance, and love is its main chance. And so even those who have become wise with the passing of years, with the passing of generations, must realize in the end that the greatest gift that life has to offer is the gift that surpasses understanding, is the gift that puts one in relation to the mystery of being, and the more open the heart is, the more that mystery can be plumbed. It is a mystery that perpetually confounds the understanding. It is a mystery that cannot be made the subject of any wisdom.

26: We would say that wisdom has its place; we would say that sound judgment is never to be despised, but if judgment is given full and sole sway that is precisely the first step on the path to a mode of service which contracts itself merely to the parameters of the serving self. That self which seeks to serve, not solely, its thus-contracted self, must be the blossom that opens itself in love to the creation, and must therefore be foolish precisely to that extent.

29: I am Q'uo and am again with this instrument. We are happy to have been able to address the query which we feel is central to the experience each of you enjoys at this time in your life pattern, for the concept of love rising in ascendancy over the mundane matters of your earthly world is that which now takes flight around your weary world in the hearts and minds of those that have taken time to think with more than the mind, but with the mind of the heart, shall we say.

30: It is a time of graduation upon your planet. Those who now pass through the doors of death are offered the steps of light to measure their success at making this choice toward

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the path of love and service to others, or love and service to self. Few there are who take the latter path. Unfortunately we find that the positive path also has far less than we have hoped, for it has been some time that the Confederation of Planets in the Service of the One Infinite Creator have been attempting to seed the concept of love within those hearts which are open to it. The gardens upon your planet are few, yet there are places upon your planet's surface that, when seen in the metaphysical realm, shine with the brilliance of the love that has been let loose, and shines freely from each open heart.

36: I am Q'uo and am aware of your query, my brother. Before we address the query, may we thank the one known as N. for his kind comments, and may we note that this entity is one of which we spoke in suggesting that there are those around this planetary surface which indeed open their hearts in shining love to others.

38: The entity who is able to express 5143: I am Q'uo and am aware of your query, my brother. And to simply do this would indeed meet the requirement, but we find that such a simple expression of kindness and love is difficult to find upon your planetary service.

50: "This morning I was wondering if the prayers and thoughts of compassion sent were reaching the wounded and also the departed ones. When you know that somebody is praying for you, you can feel the action of the prayer, but when you are not aware of that fact, then what happens? Can some comfort be perceived? I only hope so. I wanted to help the deceased victims find their way to light and love."

52: I am Q'uo and am aware of your query, my brother, and of the query known to the one known as Misha. We find that the entities that are sending the love and light to those who have deceased from the action of the terrorists are in a, what you might call, "state of shock." The loving energies that are surrounding them are available to them as a kind of pool or resource that can be used by these entities. We find that there are guides for each entity that await the entity's ability to determine what has occurred in their life pattern, for when the death occurs in such a sudden fashion, there is the disorientation of the mind/body/spirit complex that requires a certain amount of healing. Those entities upon the inner planes of your planetary surface in charge of such are tending to these entities at this time. Those of the ones known as Ra have, in the past, as has been spoken in the Law of One material, attended to such entities as were passing through the doors of death due to the dropping of the atomic bomb in Hiroshima and Nagasaki, and were able to offer to these entities the reintegration of the mind/body/spirit complex. Thus these entities of Ra and other entities as well, offered themselves at this time in service to those who passed through death's doors at the attack on Brussels at the previous mention.

42.7 2016/04/02

8: The beginning of the day is an excellent time for looking at that which lies before you within your meditative times. After those periods of silence that are so nourishing as means by which you listen to the one within, then take some of that inspiration and focus it upon the upcoming day, looking for ways to find just a few minutes to refocus yourself upon that which is truly important in your life—the seeking of truth, the finding of the One, the serving of all, and see if there might be a way to do this in your normal activity, shall we say. Can you imbue the business of your being with a certain kind of love and compassion that is as, shall we say, the atmosphere that you breathe? And share with those who are your co-workers, the clerks in stores, the friends upon the street, all whom you meet? Can you find a way to open your heart in all of your endeavors of the day, so that the love and compassion that exists there might color and make whole that which you are engaged in with all those around you?

9: If you feel yourself frazzled by the tensions of completing your tasks, can you take a few deep breaths, close your eyes for a few moments, re-focus your inner field of vision to re-fresh your outer field of vision? Can you make it a practice to find ways to share the love that is within you with all those that are about you?

10: Perhaps this is the way to make up for the time that you do not have, by increasing the focus that you do have. If you can find time for an extra meditation, an extra contemplation,

an extra consideration of some kind that will refocus you, that is also a great assistance, but if the time is truly so short that you feel it is not possible to do anything worthwhile in the time that you have, then look upon the possibility of using your refocused conscious intention to open your heart and share what is there, so that what you do in your daily round of activities is, shall we say, marinated in this loving vibration that each of you has.

11: Ask for assistance, you have guides, friends, teachers ... there is the Holy Spirit, there is the One Creator ... you are surrounded by entities who are willing to help, but they must be asked. Ask, and then let that energy of love and acceptance of compassion flow through you so that you may imbue all that you do with it.

14: I am Q'uo and am with this instrument. We would like to begin our communication through this instrument by thanking this instrument and the group for the dedication it has put into this seeking. This instrument has requested a wall of light be placed around this group that it might feel the freedom and the safety of blending open hearts in a mutual seeking and, shall we say, celebration of the love of the open heart. This group is well aware that not all of the creation resonates with the open heart, and in your experiential nexus it remains true that there are some who seek in ways which, at your level of seeking, seem antithetical to your own; and you have also found that within your own persons there are elements of your being that are increasingly coming to light as the energies of your planet have begun noticeably to accelerate to the point that aspects of your being that have long lain concealed from you now no longer can remain concealed.

17: We would invite you to begin by recollecting a simple point, but one which, in our estimation, bears consideration: you are all things. You, my friends, are the One Infinite Creator in one of its infinite faces. And as such, you have the full resources of this infinite Creator upon which you may draw. We would put to the deepest of these resources a simple word, and that is love, and we would say that as you turn your attention to the effort to process catalyst which can come upon you as apparently unprocessable, that you begin by recognizing that it is you, my friends, you who are all things, and the disturbance in your force field, shall we say, is your disturbance, and as your disturbance, it is subject to that we small will to heal, which arises within you as your innermost desire, your innermost aspiration.

18: Now, we are not saying that finding this desire to heal within yourself will immediately issue in a result which will affect the whole of your planetary experience, but it can affect that portion of your planetary experience which is immediately present to you, and by attending to that which is within the intimacy of your personal reach, you are performing a service to the creation which, we would suggest, should not be underestimated. By loving that little bit of energy which is present to you as unlovable, you subtly begin a process whereby that energy is transformed [so] that catalyst may be moved to a higher plane of encounter, shall we say.

21: You may well be surprised by the suddenness of transformation that thereby becomes possible. And just as when your own difficulties and your own traumas are given the opportunity to be expressed, to be felt, to be loved, you can find also that those that have entered the general admixture of energies which constitute your social matrix2 can find themselves also healed, and sometimes in a rather abrupt way. To be sure, not always is the healing so sudden, and it can be the case that one layer of trauma merely conceals another, and another yet again, so that you have maybe worked assiduously in order to make progress only to discover that the progress that you have made opens the door to much more progress still in need of being made, and you can find yourself utterly overwhelmed at that moment of first recognition.

43: Thus, as you are more and more successful in your seeking and your serving, these energies that allow that must also be balanced by the opportunity to be, shall we say, challenged, or nullified, or tempted, thereby bringing again the positive polarity to a more neutral level. However, we find that those entities within the circle have refused to be tempted, to be stopped, or to be swayed in their journeys forward, thus they are able to send love and light energy to the negative oriented entities and thus blunt their attempt at stopping positive movement forward.

71: Your efforts at seeking and of serving are a great inspiration to us, for you seek within a difficult circumstance, and

you serve in the same. The third-density experience is one which is most difficult to navigate, for you must begin in some fashion to penetrate the veil of the forgetting that is ever with you, and ever blocking you from the full knowledge of your nature as the One Infinite Creator yourself. Thus a portion of that One Creator in your personality moves in the murky waters of the third-density experience and does a great service to all of us who observe this movement as you ask for our assistance, as you continue your own movement, and as you are so carefully focused in your efforts to seek love and light within all that you see, within all that you are, and with all that you serve.

73: [footnote start]secrete (verb): Meaning both “to release” and “to hide.” From Vocabulary.com: “When you squeeze a lemon, it secretes juice. When you stuff your money in a mattress, you secrete it there.”[footnote end][footnote start]“the general admixture of energies which constitute your social matrix”: presumably referring to the relationships of your life, from family, friends, loved ones, colleagues, neighbors, frenemies, etc.[footnote end]

42.8 2016/04/16

0: [overview] In our question today, we are looking to learn more about the metaphysical dynamics behind love. Ra mentions love in many contexts, including saying things such as “the great healer of distortions is love” [62.26] and “love is the great protector.” [63.5] We’d like to know, metaphysically speaking, how love can do these things such as protect and heal.

3: Therefore, you asked this afternoon a number of queries concerning the qualities of love to be able to heal, to protect, to be able to express itself in both your third-density illusion of space/time, and in the spiritual or metaphysical realms of time/space. My friends, it is possible for you to look upon love and see a force which can do all things and not just those which you have mentioned, for there are no limits upon love in its basic nature. Love may be seen as the concept of what you may call the Logos, the primary energy or mover of the Creation in various portions that you would see as star systems and galaxies, for there are infinite Logoi scattered throughout the one creation that are themselves the creation of the One Creator. And these entities that you see as the stars in your sky at night and the sun in your sky in the day are doing the work of the One Creator in making it possible for the many portions of the One Creator to discover not only their own nature as individualized entities, but in the process of evolution to discover themselves as being a holographic image of the One Creator itself. Thus, the One Creator is able to discover more about itself through the free will action of each of those entities in whose care the various Logoi have been placed.

4: So how can the concept of love, then, that which you see as the open-hearted sharing of compassion and understanding, of acceptance, be able to protect one, shall we say, to heal one? In essence, these are two facets of one ability of the concept of love that moves from the green-ray energy center within each being who has opened the heart in the giving and receiving of love. When you love, you are awakening this same quality in entities around you, in the forces of nature, shall we say, that also surround you. If you can open your heart in the ability to love those entities, those experiences, and those qualities of yourself that you see reflected to you by all around you, then you are creating a vibration not only in your own heart and your own being, but a vibration which moves outward to those that are in your vicinity, those that are in the direction of your will, of your being, of the nature of who you are. There is a sympathetic vibration then set up so that the love that you feel for others is reflected back to you from them, for love speaks to itself, your love and their love is one love. This love, then, if you direct it to do so, may provide you with a kind of vibratory shield, shall we say, that allows in only other qualities of love that you may be desirous of experiencing in the form of protection or of healing. For each of you has chosen those experiences within your incarnation, and have chosen them previous to the incarnation in order that you might be able to discover more of the nature of love as it exists within your being, and as it can exist as you move further and further into the spiritual journey, into the reunification with the One Creator that you see all about you.

5: The love then, that moves out from you as a function of your free will to offer it to others, then sets up this sympathetic vibration that is able to vibrate in this quality of understanding, this quality of wholeness, this quality of healing, so that it moves back to you, and offers to you a sense of well-being, reawakens in you the sense of knowing that all is truly well, that if it does not seem to be so in your perceptions, then there is the necessity for reassessing, perhaps, your own perceptions within the meditative state. For you are indeed a portion of the One Creator. You have accepted various distortions within your being in order to work those out in a balancing fashion. If these distortions cause you seeming harm, disease, or lack of the feeling of well-being then there is work that you may do, profitably, in the process of furthering your own evolution as you come more and more into harmony with the basic quality of love that exists everywhere, my friends, most especially within each heart that seeks it.

8: I am Q’uo and am with this instrument. We would begin our communication through this instrument by thanking all here present, as well as this instrument, for the love expressed in the intent that caused each to arrive at this place of seeking, for in this convergence, we feel a love reaching out into the heavens, and this gives us a kind of carrier wave into your dimension that we may perform that service which it is our lot to be able to give for your peoples. This love, we would say, is a transdimensional kind of energy that is able to cross barriers or thresholds, shall we say, of light that otherwise maintain an existence which is discrete so that experiences may unfold within separate domains without being encumbered or overridden by experiences which, if they were taken on, would be a source of great confusion to those who are attempting to find their way. It is an unusual or extraordinary circumstance to engage in communications of this nature which cross dimensions, and we would suggest to you that the possibility of this kind of contact is one which is supplied by love itself.

9: When you reflect on the nature of love, then, you may say that it is an energy of a high nature which precedes those distinctions which make individual experiences possible. And in this regard you may say that love is a concept which has more than one meaning. In that experience which you enjoy, love can be seen as an activity which engages you and in which you engage. You love another, you feel loved by another, and in this kind of mutual engagement you are able to participate in a dance which enables you to discover moment by moment, day by day, year by year, incarnation by incarnation, that you are more and more fully that which you love, more and more fully that which loves you.

10: Now, the kind of love which is expressed and experienced by those who are individuated—those who are enjoying lifetimes in dimensions which have been ordered, as you say, by time and space—are those who participate in a kind of being which has its roots prior to time and space having arisen in the first place. It is for that very reason that love itself can be seen as a sort of transport from one domain or dimension to another, and it can also be seen as that characteristic which most clearly and most deeply defines the one original thought within the one original Creator. Now that Creator has undergone down through the ages an infinitely large number of distortions or divisions of itself—separations of itself from itself—and these separations are what we have given the name “free will” to. For each individual spark, or facet, or scintilla of the one great original thought is charged in such a way that it will seek again its source, and so seeking, will bring back to that source a refined intelligence of itself. As far as we understand, my friends, that is the purpose of the creation. The creation is a continuous event placed within love, such that love goes out from itself with the express intent of returning to itself. But as this process has been reiterated time upon time upon time upon time, there has been created a system of illusions by means of which it has been possible for these scintillas of love gone out from the source to articulate themselves, to refine their balances inwardly so that the intelligence of the original love they bring back to that source may be more eloquent, may be more refined, and in that sense may be more informative.

11: As it happens, the very structures, according to which the individual source points of love may be further and further articulated, also give the possibility that each of these source points, each of these little Logoi such as you are, shall discover themselves to be without love, to be abandoned as entities floating on a vast sea surrounded on all

it now be welcoming and absorbent for the vibrations of harmony, love, and thanksgiving which this group shall then, as the incarnational experience proceeds, offer to the domicile. 60: We suggest the general principle of preparing each part of your environment, as it best suits each in the group, with the beauty which each may feel to be appropriate. There is much of blessing in the gardening and the care of surroundings, for when this is accomplished in love of the creation the second-density flowers, plants, and small animals are aware of this service and return it.

75: As to the hanging of the garlic, it must be able to be blown by the wind. Therefore, the structure which was envisioned is less than optimal. We might suggest the stringing between two placed posts on either side of the funnel of the strung cloves.

77: In order to make this funnel of garlic cloves, would a wire framework such as chicken wire which has a small inch-square mesh, or something like that shaped into a cone, with the garlic attached to it all around it, and with the small end toward the house, and the open end away from it, strung between two poles. Would that be appropriate, or must the wind blow it more than that?

80: One action you might take in order to improve the efficacy of the cleansing of the environment is the walking of the perimeter with the opened clove in hand, swinging the clove. No words need be said unless each wishes to silently or verbally speak those words given for garlic previously.

89: I am Ra. All places in which this group dwells in love and thanksgiving are acceptable to us.

119: However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambience of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light.

49.82 Law Of One txt

23: The domicile in question has already been offered a small amount of blessing by this group through its presence, and, as we have previously stated, each of your days spent in love, harmony, and thanksgiving will continue transforming the dwelling.

49.83 Law Of One txt

39: I am Ra. No. There is no greater cause for caution than previously. And, yes, the phrases of which you speak shall aid the entity. Although this entity is in body complex old—and, therefore, liable to danger from what you call your anesthetic—its mental, emotional, and spiritual distortions are such that it is strongly motivated to recover that it might once again rejoin the loved one. Keep in mind that this entity is harvestable third density.

43: I am Ra. We stated this in order to elucidate our use of the term “spirit complex” as applied to what might be considered a second-density entity. The implications are that this entity shall have far more cause to abide and heal that it may seek the presence of the loved ones.

49.84 Law Of One txt

26: We may note that the great forte of the scribe is summed in the inadequate sound vibration complex, power. The flow of power, just as the flow of love or wisdom, is enabled not by the chary conservator of its use, but by the constant user.1 The physical manifestation of power being either constructive or destructive strenuous activity, the power-filled entity must needs exercise that manifestation.

50 Alphabetical Index

49.85 Law Of One txt

48: The entity which is given constant and unremitting approval by those surrounding it suffers from the loss of the mirroring effect of those which reflect truthfully rather than unquestioningly. This is not a suggestion to reinstate judgment but merely a suggestion for all those supporting instruments; that is, support, be harmonious, share in love, joy, and thanksgiving, but find love within truth, for each instrument benefits from this support more than from the total admiration which overcomes discrimination.

49.86 Law Of One txt

9: In order to observe the cause of physical distortions toward illness one must look to the energy center which is blocked. In this situation, the blockage being yellow-ray, the experience has had the characteristics of that region of the chemical body. The so-called lacuna in the wind-written armor of light and love was closed and not only repaired but much improved.1

56: I am Ra. Each entity must, in order to completely unblock yellow ray, love all which are in relationship to it, with hope only of the other-selves’ joy, peace, and comfort.

105: I am Ra. All is well. Find love and thanksgiving together, and each shall support each. The alignments are conscientious.

49.87 Law Of One txt

56: Secondly, we would suggest that this entity goes to a graduation if it desires. Otherwise, it may choose to incarnate to be with those companions it has loved.

124: [footnote start]What Ra took 26 words to say was that Carla loved to dance.[footnote end][footnote start]In this context, salubrious can be defined as “favorable to health or well-being.”[footnote end][footnote start]In this context, condign can be defined as “appropriate or worthy.”[footnote end][footnote start]The original transcripts from the cassette recordings were published in four books under the title, The Law of One. (A fifth book containing fragments omitted from Books I-IV, along with accompanying commentary from Carla and Jim, was published years later in 1998.) See “The Relistening Report” for information about how the new transcripts were produced.[footnote end]

49.88 Law Of One txt

14: Both opportunities were met by this entity with a refusal to separate self from other-self, with further work also upon the indigo-ray level concerning the avoidance of martyrdom while maintaining unity in love.

100: Within third density, not to build into the physical vehicle its ending would be counterproductive to the mind/body/spirit complexes therein residing; for within the illusion it seems more lovely to be within the illusion than to drop the garment which has carried the mind/body/spirit complex and move on.

110: I am Ra. We find the weariness of the group well-balanced by its harmony. That weariness shall continue in any future circumstance during your incarnations. Therefore look you to your love and thanksgiving for each other, and join always in fellowship, correcting each broken strand of that affection with patience, comfort, and quietness.

100: In the blue-ray energy transfer the quality of this love is refined in the fire of honest communication and clarity; this, shall we say, normally—meaning in general—takes a substantial portion of your space/time to accomplish, although there are instances of matings so well refined in previous incarnations and so well remembered that the blue ray may be penetrated at once.

108: I am Ra. There is only a subjective yardstick or measure of such. If the energies have flowed so that love is made whole, green-ray transfer has taken place.

49.74 Law Of One txt

52: I am Ra. If you see the energy centers in their various colors completing the spectrum you may see that the service-to-others3 choice is one which denies the very center of the spectrum—that being universal love.

53: Therefore, all that is built upon the penetration of the light of harvestable quality by such entities is based upon an omission. This omission shall manifest in fourth density as the love of self; that is, the fullest expression of the orange and yellow energy centers which then are used to potentiate communication and adepthood.

54: When fifth-density refinement has been achieved, that which is not is carried further, the wisdom density being explored by entities which have no compassion, no universal love. They experience that which they wish by free choice, being of the earnest opinion that green-ray energy is folly.

76: To the student of the balancing process we may suggest that the most stringent honesty be applied. As compassion is perceived it is suggested that, in balancing, this perception be analyzed. It may take many, many essays into compassion before true universal love is the product of the attempted opening and crystallization of this all-important springboard energy center.

77: Thus the student may discover many other components to what may seem to be all-embracing love. Each of these components may be balanced and accepted as part of the self, and as transitional material, as the entity's seat of learn/teaching moves ever more fairly into the green ray.

78: When it is perceived that universal love has been achieved, the next balancing may or may not be wisdom. If the adept is balancing manifestations it is indeed appropriate to balance universal love and wisdom. If the balancing is of mind or spirit there are many subtleties to which the adept may give careful consideration. Love and wisdom, like love and light, are not black and white, shall we say, but faces of the same coin, if you will. Therefore, it is not in all cases that balancing consists of a movement from compassion to wisdom.

79: We may suggest at all times the constant remembrance of the density from which each adept desires to move. This density learns the lessons of love. In the case of wanderers there are half-forgotten overlays of other lessons and other densities.

49.75 Law Of One txt

35: For those whose green-ray energy centers have been activated—as well as for those whose green-ray energy centers are offered an unusual unblockage due to extreme catalyst, such as what is termed the physical death of the self, or one which is beloved occurring in what you may call your near future—dreaming takes on another activity. This is what may loosely be termed precognition, or a knowing which is prior to that which shall occur in physical manifestation in your yellow-ray third-density space/time. This property of the mind depends upon its placement, to a great extent, in time/space so that the terms of present and future and past have no meaning. This will, if made proper use of by the mind/body/spirit complex, enable this entity to enter more fully into the all-compassionate love of each and every circumstance, including those circumstances against which an entity may have a strong distortion towards what you may call unhappiness.1

49.76 Law Of One txt

25: I am Ra. We would. The nature of the densities above your own is that a purpose may be said to be shared by both positive and negative polarities. This purpose is the acquisition of the ability to welcome more and more the less and less distorted love/light and light/love of the One Infinite Creator. 27: It is not within your conscious selves to stand against such refined power, but rather it has been through the harmony, the mutual love, and the honest calling for aid from the forces of light which have given you the shield and buckler. 93: I am Ra. The root cause of blockage is the lack of the ability to see the other-self as the Creator, or to phrase this differently, the lack of love.

49.77 Law Of One txt

93: I am Ra. You are aware in your attempts at magical visualization of the mental configuration of sometimes rather complex visualizations. These are mental and drawn with the mind. Another example well-known in your culture is the visualization, in your Mass (of the distortion of the love of the One Infinite Creator called Christianity) wherein a small portion of your foodstuffs is seen to be a mentally configured but entirely real man, the man known to you as Jehoshua or, as you call this entity now, Jesus. It was by this method of sustained visualization over a period of training that we worked with these concepts.

49.78 Law Of One txt

152: I am Ra. In our peoples there was what may be considered, from the viewpoint of wisdom, an overabundance of love. These entities looked at those still in darkness and saw that those of a neutral or somewhat negative viewpoint found such harmony, shall we say, sickening. The wanderers felt that a more wisdom-oriented way of seeking love could be more appealing to those in darkness.

49.79 Law Of One txt

100: There are Logoi which have offered a neutral background against which to polarize. This Logos chose not to do so but instead to allow more of the love and light of the Infinite Creator to be both inwardly and outwardly visible and available to the sensations and conceptualizations of mind/body/spirits2 undergoing Its care in experimenting.

49.80 Law Of One txt

57: I am Ra. This is thoughtful but confused. The Matrix of the Mind is that which reaches—just as the kinetic phase of intelligent infinity, through free will, reaches for the Logos (or, in the case of the mind/body/spirit complex, the sub-sub-Logos, which is the free-will-potentiated beingness of the mind/body/spirit complex)—to intelligent infinity, Love, and all that follows from that Logos; to the Matrix or, shall we say, the conscious, waiting self of each entity, the Love or the sub-sub-Logos spinning through free will all those things which may enrich the experience of the Creator by the Creator.1

49.81 Law Of One txt

19: Further, we suggest the hanging of the cut garlic clove in the portion of the room which has accommodated those whose enjoyment has turned into a darker emotion centering upon the area we find you call the wet bar; also the room intended for the sleeping which is found near the kitchen area. 20: The appropriate words used to bid farewell to those of the lower astral shall be used in connection with the hanging of the garlic cloves for the period of approximately 36 of your hours. We believe that this is equivalent to two of your night periods and one of your lit periods. This should cleanse the house as you find it to the extent that it is neutral in its vibrations.

21: We suggest that you then request of this living entity that

sides by strangeness. And when each of these lost scintilla of love/light begin to find within themselves those resources which enable them to make a beginning of a journey back to the Creator, they can learn to give the name "love" to that energy which fuels them along the way, starting from this beginning and looking toward the end. Now, as a matter of fact, love is of such a nature that it can find itself directed in many different ways, and can find itself caught up in many different configurations, and can find itself frustrated because in the very many-ness of its directions, it can discover confusion; it can lose its way; it can feel that it has no way home. And in this extremity, love—and searching within for the end for that resource which can be its only healing, which can be its only sense of direction—can feel like, for the first time, it is sounding out depths in the nature of love that have lain long concealed, that have, in fact, in a way, never yet been revealed. And it is true, my friends, that each here has a secret love that is unique to it alone, and a secret love, shall we say, that the Creator, the one original source of all love, longs to have returned to itself as revealed.

12: Now, as you reflect upon this process, it can be staggering to realize that it takes place over eons upon eons of what you call your time. And yet we would suggest to you that there is a sense in which all of these vast eons of time that you undergo [through] your various incarnational cycles—moving from one density to the next, and to the next—that all of these eons of time are, in fact, as of one instant. For there is a sense, grounded in the nature of love itself, in which all time is always all together. That points to a quality of love which is rather difficult to grasp, particularly for one whose experience is measured out moment by moment, particularly for one who carries a sense of past time as memory and dwells in relation to future time as anticipation, and situates the self between past and future in such a way as to suggest that time itself is a fleeting phenomenon, an ever-moving phenomenon. Movement is an expression of energy that it-self takes on structure, and these structures have proven to be rather useful in giving context for those intrepid souls who venture forth into the Creation, having lost the sense of where they came from, having willingly yielded the primary sense of connectedness to all that is, so that the particular features of being an individual center of love could be more distinctly explored, could be more distinctly refined, could be more distinctly related to other points of distinct loving.

14: The forgetting has been particularly useful in this regard for there are elements or features of the Creator that have come to light only in view of what has transpired in the realms in which the veil has been operative. You will note that prior to the advent of the veiling—which was itself a possibility that had to be discovered—there were no entities which had undertaken to polarize to the negative; there was no concept of being able to serve exclusively the self, for there was enough of a residual awareness of being connected in the primary energy of love that the complete sense of separation was not even felt as a possibility. So to have not only the possibility but the actualization of a way of expressing the Creator's love as love of self exclusively was a piece of news, shall we say, brought to the Creator reflecting on a sense of itself that it had not previously had.

15: Now, it is our understanding that that love which confines itself to love of self is a love which is, in fact, self-limiting, and which must, at some point in its development, learn to move past that configuration, and in doing so, acquires again, the polarity of other love primarily. But something in the meantime has been learned, something in the meantime of the nature of the Creation, of the nature of the Creator, of the nature of love has been learned, and will be learned more and more as the Creator itself expands in its awareness of what it means to be a source of love capable of differentiating itself into loved and loving, capable of being the one who loves, the one who is loved. And since that capability is grounded in the original creative act of freewill, it gives also the possibility of being the one who is not loved or the one who does not love. In the ultimate sense, love has no opposite, and yet when love is conceived as an activity, it does exist in a world of possible opposition. And so, love, rediscovering itself as unity, finds that it is through the overcoming of opposition, through the overcoming of displacement, through the overcoming of a sense of being lost, that love finds a depth previously unreachable within its very self. So it can easily seem to be a paradox that love, in order to be love, has needed to traverse the realms of the unloving, has

needed to lose itself in order to find itself, but we find that this is precisely the nature of the Creation, as best we have been able to understand.

16: What you call your realm of time/space is a realm in which the sense of unity is more prevalent, the sense of being surrounded by love is more prevalent, and it is a place where those who have ventured forth into those domains of space/time in which they work in a more focused fashion, may find respite and restoration.

21: I have short one, Q'uo. There are many in this group who are avid gardeners and I was wondering if you could just give us a few words of the metaphysical dynamics behind gardening and sharing love and communion with second-density plants?

23: I am Q'uo and am aware of your query, my brother. Indeed the second density is as aware of love as is the third density though perhaps able only to express it in certain limited functions and fashions. As you partake in the gardening experience, the tending of the plants, the planting, the weeding, the tilling and the sending of your own love to these entities, they are aware upon a very basic level of the nature of love itself, and are able to connect this reception of love with your presence, and are able to then shine forth this love in their production of the flowers, the fruits, and the very quality of their own being that is a beauty of balance and of the second-density approximation of the One Creator. There are also those spirits about that you may call the nature spirits, the devas, each of which has a certain kind of, shall we say, mentorship or relationship to the second-density creatures, so when you are gardening, you are not only interacting with the second-density plants, you are also interacting with those devas and nature spirits that are in charge of certain portions of the plant and animal kingdoms. These also contain the One Creator in abundance as the One Creator is everywhere at all times expressing itself in various ways to those who have ears to hear, eyes to see and hearts to understand. 30: I'm not quite sure if I'm going to say this right, but when we are in our gardens, or when we're feeling love for a person, or having these types of experiences, there's a spaciousness, an openness, that we sense and which also happens in meditation sometimes. I wondered if we're touching on the metaphysical space when these events happen—when these experiences happen?

37: I am Q'uo and am aware of your query, my sister. Indeed this is so, for in the higher densities you no longer must deal with the veil of forgetting. The veil of forgetting is very helpful for the third-density entity, for it allows you to have experiences that would not be as likely to have in the higher densities, for in the higher densities you are quite aware of the unity of all Creation, of the love that is the energizing force of all Creation, but in that particular type of environment, it is oftentimes more difficult to find a reason to move from the perfection in which you exist into new expressions of your own being. Thus, the third density, where you forget that perfection offers you the opportunity to move into more intense polarization, shall we say, more intense expressions of the love vibration as you respond to the difficulties in your own life experience. The problems and the challenges of your life experience are those gifts that allow you to call upon the spiritual nature of your own being in order to solve them, to balance them, and to internalize the love and light that you find all about you. Yes, you shall find the higher densities offer you more experience within the spiritual realms, in the metaphysical realms, but forget not the great offering and treasure of the third density, for it allows you to find that which is the pearl of great price within an illusion which seems to contain very little of beauty for many at this time.

42.9 2016/05/07

3: To begin you have asked us whether or not it is more appropriate to embrace the traumas that come your way upon this spiritual path and to attempt to learn from them, rejoicing in them, and moving on from them having learned what they have to teach. Or if, perhaps, it is your obligation as a seeker of truth to bring more harmony into your life, to let your life exemplify those qualities of the truth, the peace, the love, and the power of the One Creator. Or if perhaps there is a third path which is a blending of the two. My friends, we can tell you that there is a certain kind of emphasis or primary quality to the learning of lessons through

what you call “the difficulties,” and indeed many have programmed these into their lives for this very purpose. You can find that there are abilities that are brought forth from you, [from] the very depths of your being, that quality of your soul which is so valuable yet inestimately and seemingly distant from you. These can be called forth by the necessity of meeting the challenges that are yours as you move through each day’s round of activities, and perhaps discover that there is a certain loss that you must bear, a certain problem you must solve, a certain wound that you must heal; all of these are the stuff, shall we say, of your third-density illusion.

5: When these patterns move around in the spiral of endlessness that is your incarnation, into and through and beyond the third-density illusion, you may rest assured, my friends, that you have found a pattern that was put in place previous to the incarnation and that this pattern has within it the opportunity for you to be more than you thought you were; to exhibit those qualities that you were not that sure you had; to find love where there seems to be none; to find harmony where there is disharmony; to find healing of wounds that are deep; to make clear the communication which has been stifled and muffled and distorted. Yes, my friends, there is much to recommend the learning by the traumatic experience in confronting that experience, shall we say in your colloquialism, head-on—not running from it at all, not attempting to avoid it at all, welcoming it as a precious treasure that you will be able to learn from, and to, as you may say, blossom as the seed that is cracked open rather violently by the expanding of its own inner nature, but brings forth the flower that is of great beauty, the scent that is sweet, giving pleasure to the eye, purpose to the mind, and a means by which one may see that there is growth possible in the most difficult of circumstances.

13: The more you are able to discover within even those situations which give difficulty, even those situations which tend to elicit from you a rejection—a feeling of being hurt, a feeling of anger, a feeling of hate—even these we say, can, if allowed to develop into a deeper sense of love which one does achieve through acceptance, suggest that the catalyst that has been on offer is indeed serving its function well. We would say to you that catalyst that is allowed its play in such a way that it inspires you to response is catalyst that is properly received, and you should not despise your inspiration in the response that you come to in relation to your catalyst, which can often take the form of seeking to improve the circumstances of your life, in seeking to improve the circumstances of the lives around you, and in seeking to improve the conditions of the social complex of which you are a part. All of those activities which reflect the inspiration to betterment, the inspiration to expression of love, the inspiration to a resolve to heal—all of these are indications of a good and proper use of catalyst.

23: Q’uo, Todd asks: “When loved ones of ours have passed on, is it possible for them to hear our thoughts and sense our feelings for them? For example, if we visit the grave of a grandparent or parent and we focus our thoughts and feelings upon them, if we then ‘talk’ to them in our mind, is there any chance they will receive our messages of love?”

25: I am Q’uo and am aware of your query, my brother. It is indeed so that those who have made their transition from the third-density illusion into the world of the spirit remain in contact with those they have left behind, for those times which, as you have said, there is a concern, a worry, a sense of love wishing to be communicated, or the like, for their ties are with entities of their own kind, not only within the world of the third-density illusion, but within the world of the spirit where there are also families and grouping of entities that move in harmony together, learning the various lessons of this density in which the choice is made to serve others or the self. If one is concerned to make such a contact, simply speaking from the heart, perhaps in a place familiar to both, or significant to both, is a good means by which to establish this contact.

42: We find that it is most often helpful for such an entity to have a relationship with one other entity that is of a bonded nature, that kind of nature which such entities usually are not able to experience in the earlier years, or indeed throughout the entire incarnation. The ability to reveal oneself in full to another in the honest representation of the emotions, the thoughts, and the desires, is what is often helpful to such an entity. And yet when this entity is in the situation in which an other-self approaches it in this manner, without the abil-

ity to observe the previous necessity of boundaries, of clarity, and so forth, we find that oftentimes the entity described as a sociopath will take advantage of the situation and further express its own sociopathic nature upon the one seeking to serve it. Thus we find that the entity expressing these qualities is oftentimes looking for the overall, shall we say, corraling or dividing itself from others so that it must be in the institution and experience the treatment of the self as being so far out of bounds that it must be able to redefine itself, or exist within the narrow boundaries of the institutionalized situation. We are sorry not to be able to offer more concrete examples or how such an entity may be approached in a loving manner, but entities program such experiences in order to see how they may exist without that quality which you would call love, and how they will be able to bring forth other qualities within themselves that may perhaps compensate in such a manner [as] to offer them a substitute.

42.10 2016/09/04

0: [overview] The Confederation sources stress the importance of seeing the love in the moment, any moment. Can you help us by suggesting approaches or strategies for making a positive identification of love when it’s not readily apparent? 4: You ask how to make the seeking of love possible in those situations in which it is not obviously present to the outward eye. This, my friends, is a very good question for each of you and for us to consider, for most of the illusion which you inhabit does not appear to contain much of that quality which you call love. And this is not by accident, my friends, it is by design. For each of you took part in the design of this illusion. That part of you which is the one Creator, which resides within all of the creation, has fashioned this illusion in such a way that the quality of love, of total acceptance of another, of giving the energies of your being to another freely without expectation of return, are hidden within each portion of this creation in order that in some way, and at some time, those entities such as yourselves that are taking their existence now here, in this illusion, may learn certain lessons related to love by finding it through their own efforts—those efforts which are put forward each day as you go about your daily round of activities.

5: It is most helpful if you are conscious that what you do in this illusion is indeed the seeking to find love and to give love at all times. There is no other activity which has value in your spiritual journey other than this seeking and finding and giving of love. Those activities with which you busy yourself as a part of your profession, your hobbies, your activities, your leisure time—all of these are vehicles through which you move in a certain fashion to discover love, whether consciously as a conscious seeker of truth, or whether in a manner which may seem to be accidental as one which moves in a less conscious fashion through the daily rounds of activities. 6: All have the opportunity to seek and to find love. As we have said before, this creation is made of love. It only seems to be other than love, in order to provide you, shall we say, a challenge that allows you to increase your polarity of positive seeking to serve others by finding the love in those situations in which you find yourself engaged in your daily round of activities.

7: The more difficult it is to find the love, the more positively polarized in every situation in which you are able to perceive it. It is well to begin your day, shall we say, in a conscious remembrance that this is your purpose: to seek love, to find love, to give love, to be love. If you can find a manner in which this is a reminder to you—be it a period of prayer, a period of meditation, a period of reading inspirational messages—whatever manner allows you to become aware that this is your purpose for the day, it is well to begin the day that lies before you in this manner.

11: We would sum up those words which we have had to offer through the one known as Jim by simply saying that this is a creation of love, and that you are within this creation in such a way that love is called forth from you. It’s quite simple to pose the question of the purpose of the creation by suggesting that it is from love and to love that all originates and is directed. But, there is inevitably a question that will arise upon the minds of those who seek, and it is “Why should there need to be, in a creation of love, an effort made to love? Why should there need to be, in a creation of love, an experience of impediments to love? Why should there need

the invocation of the magical personality are alternate meditations, first on power, then a meditation on love, and then a meditation on wisdom, and to continue cycling that way? Is that an appropriate technique?

178: I am Ra. This is indeed an appropriate technique. In this particular group there is an additional aid in that each entity manifests one of these qualities in a manner which approaches the archetype. Thusly visualization may be personalized and much love and support within the group generated.

49.67 Law Of One txt

32: I am Ra. Each of the support group has an excess of love and light to offer the instrument during the working. Already each sends to the instrument love, light, and thoughts of strength of the physical, mental, and spiritual configurations. These sendings are forms. You may refine these sendings until the fullest manifestations of love and light are sent into the energy web of this entity which functions as instrument. Your exact sending is, in order to be most potent, the creature of your own making.

39: Now, we have the First, Second, and Third Distortions of Free Will, Love, and Light. Am I correct in assuming that the central core of this major galaxy began to form with the Third Distortion? That was the origin of our Milky Way Galaxy?

75: Why do the densities have the qualities that they have? You have named the densities with respect to their qualities, this density being that of... the next, the fourth density being that of love, etc. Can you tell me why these qualities exist in that form? Is it possible to answer this question at all?

117: In sixth density, the density of unity, the positive and negative paths must needs take in each other, for all now must be seen as love/light and light/love. This is not difficult for the positive polarity which sends love and light to all other-selves. It is difficult enough for service-to-self polarized entities that, at some point, the negative polarity is abandoned.

49.68 Law Of One txt

169: Let me skip over the Hierophant for a minute because I’m really not understanding that at all, and just ask you if the Lovers represent the merging of the conscious and the unconscious, or a communication between conscious and unconscious?

49.69 Law Of One txt

92: I am Ra. In answer to the previous query we set about doing just this. The Significator of the Spirit is that living entity which either radiates or absorbs the love and the light of the One Infinite Creator: radiates it to others or absorbs it for the self.

49.70 Law Of One txt

32: Each of the support group, by offering the love and the light of the One Infinite Creator in unqualified support in these workings, and in energy transfers for the purpose of these workings, experiences between 10 and 15 percent, roughly, of this effect. It is cumulative and identical in the continual nature of its manifestation.

40: This particular group, at this particular nexus, is attempting to conserve the vital energy of the instrument. It is attempting to balance love of service and wisdom of service, and it is faithful to the service in the face of difficulty. Temptation has not yet ended this group’s story.

103: I am Ra. We have opened our hearts in radiation of love to the entire creation. Approximately 90 percent of the creation is, at some level, aware of the sending and able to reply. All of the infinite Logoi are one in the consciousness of love. This is the type of contact which we enjoy rather than travel. 121: However, our interpretation of your query was a query concerning the social memory complex traveling to another major galaxy. We have not done this, nor do we contemplate it, for we can reach in love with our hearts.

49.71 Law Of One txt

11: Jim has a personal question which is not to be published. He asks, “It seems that my balancing work has shifted from more peripheral concerns such as patience/impatience, to learning to open myself in unconditional love, to accepting my self as whole and perfect, and then to accepting my self as the Creator. If this is a normal progression of focus for balancing, wouldn’t it be more efficient, once this is discovered, for a person to work on the acceptance of self as Creator rather than work peripherally on the secondary and tertiary results of not accepting the self?”

49: I am Ra. We touch upon previous material.2 The harvest of the previous octave was the Creator of Love manifested in mind, body, and spirit. This form of the Creator experiencing Itself may, perhaps, be seen to be the first division.

70: I am Ra. The purpose of incarnation in third density is to learn the Ways of Love.

72: I guess I didn’t state that exactly right. What I mean is, since there was no forgetting, since the mind/body/spirit complexes had the consciousness, in what we call physical incarnation, they knew the same thing that they would know not in the physical incarnation. What was the mechanism of teaching that taught this, the Ways of Love, in the third-density physical prior to the forgetting process?

102: There is the possibility of love of other-selves and service to other-selves, but there is the overwhelming awareness of the Creator in the self. The connection with the Creator is that of the umbilical cord. The security is total. Therefore, no love is terribly important; no pain terribly frightening; no effort, therefore, is made to serve for love or to benefit from fear.

141: I am Ra. All parameters are being met. Remain united in love and thanksgiving. We thank you for your conscientiousness as regards the appurtenances.

49.72 Law Of One txt

22: In the third density, entities are attempting to learn the Ways of Love. If it can be seen that all are one being it becomes much more difficult for the undisciplined personality to choose one mate and, thereby, initiate itself into a program of service. It is much more likely that the sexual energy will be dissipated more randomly without either great joy or great sorrow depending from these experiences.

94: I am Ra. The penetration of the veil may be seen to begin to have its roots in the gestation of green-ray activity, that all-compassionate love which demands no return. If this path is followed the higher energy centers shall be activated and crystallized until the adept is born. Within the adept is the potential for dismantling the veil to a greater or lesser extent that all may be seen again as one. The other-self is primary catalyst in this particular path to the piercing of the veil, if you would call it that.

49.73 Law Of One txt

63: However, it functions as transfer if either has the orgasm. And, indeed, in the case of the physically expressed love between a mated pair which does not have the conclusion you call orgasm, there is nonetheless a considerable amount of energy transferred due to the potential difference which has been raised, as long as both entities are aware of this potential and release its strength to each other by desire of the will in a mental or mind complex dedication. You may see this practice as being used to generate energy transfers in some of your practices of what you may call other than Christian religious-distortion systems of the Law of One.

75: I am Ra. If both entities are well polarized and vibrating in green-ray love, any orgasm shall offer equal energy to both.

85: If one entity is blocked and the other vibrates in love, the entity baffled will hunger still but have a tendency to attempt to continue the procedure of sating the increasing hunger with the one vibrating green ray due to an impression that this entity might prove helpful in this endeavor.

99: The great key to blue, indigo, and finally that great capital of the column of sexual energy transfer, violet energy transfers, is the metaphysical bond or distortion which has the name among your peoples of unconditional love.

57: In the case of those with whom you, as entities and as a group, are not in resonance, you wish them love, light, peace, joy, and bid them well. No more than this can you do, for your portion of the Creator is as it is, and your experience and offering of experience, to be valuable, needs be more and more a perfect representation of who you truly are.

59: Thus you may see, in many cases, the loving balance being achieved: the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time. Thus you serve One Creator without paradox.

68: This is the great virtue of the magical working whereby consciousness is sent forth, essentially without vehicle, as light. The light would work instantly upon an untuned individual by suggestion; that is, the stepping out in front of the traffic because the suggestion is that there is no traffic. This entity, as each in this group, is enough disciplined in the ways of love and light that it is not suggestible to any great extent.

104: Similarly it offers a continual opportunity for each in the group to express support under more distorted, or difficult, circumstances of the other-self experiencing the brunt, shall we say, of this attack, thus being able to demonstrate the love and light of the Infinite Creator; and, furthermore, choosing working by working to continue to serve as messengers for this information which we attempt to offer and to serve the Creator thereby.

127: I am Ra. This is correct. There is great humor in your attempt to be of polarized service to the opposite polarity. There is a natural difficulty in doing so since what you consider service is considered by this entity non-service. As you send this entity love and light and wish it well it loses its polarity and needs to regroup. Thus it would not consider your service as such.

157: I am Ra. Continue, my friends, in the strength of harmony, love, and light. All is well. The alignments are appreciated for their careful placement.

49.61 Law Of One txt

78: I am Ra. The entity becomes aware of power. This power has the capacity of energizing those which may be available for harvest. This entity is desirous of disabling this power source. It sends its legions. Temptations are offered. They are ignored or rejected. The power source persists and, indeed, improves its inner connections of harmony and love of service.

85: I am Ra. The positive polarity sees love in all things. The negative polarity is clever.

49.62 Law Of One txt

32: I am Ra. We presume you mean to inquire whether in the death experience, no matter what the cause, the negative friends are not able to remove an entity. This is correct largely because the entity without the attachment to the space/time physical complex is far more aware and without the gullibility which is somewhat the hallmark of those who love wholeheartedly.

54: Secondly, when a positively oriented entity incarnates in a thoroughly negative environment it must needs learn/teach the lessons of the love of self thus becoming one with its other-selves.

56: However, the process of learning the accumulated lessons of love of self may be quite lengthy. Also the entity, in learning these lessons, may lose much positive orientation during the process, and the choice of reversing polarities may be delayed until the mid-sixth density. All of this is, in your way of measurement, time-consuming, although the end result is well.

72: I am Ra. Let us say that the positively polarized individual makes a poor student of the love of self and thus spends much more time, if you will, than those native to that pattern of vibrations.

49.63 Law Of One txt

97: I am Ra. Since the concepts of space/time, or physics, and time/space, or metaphysics, are mechanical, they are not

central to the spiritual evolution of the mind/body/spirit complex. The study of love and light is far more productive in its motion towards unity in those entities pondering such concepts. However, this material is, shall we say, of some small interest and is harmless.

100: For instance, you stated that “the potential difference may be released and polarities changed after an entity has learned/taught the lessons of love of self”—if the entity is a positive entity that has found itself in negative time/space and then had to incarnate in negative space/time. And what I was trying to do was build a base for attempting to understand, or at least get a slight understanding of, what you meant by this statement: that potential difference may be released and polarities changed after the above step.

101: I am very interested in knowing, if placed in a negative time/space, why it is necessary to incarnate in negative space/time and learn/teach love of self and develop, I guess, a sixth-density level of polarity before you can release that potential difference. I was trying to build a little foothold, or platform, from which to make that more apparent. Could you speak on that subject, please?

49.64 Law Of One txt

75: I am Ra. Not necessarily. It is possible for what you term white magic to be worked for the purpose of altering only the self, or the place of working. This is done in the knowledge that to aid the self in polarization towards love and light is to aid the planetary vibration.

49.65 Law Of One txt

14: I am Ra. This is incorrect but subtly so. In invocation and evocation of what may be termed negative entities or qualities, the expression alerts the positively oriented equivalent. However, those upon the service-to-others path wait to be called and can only send love.

49.66 Law Of One txt

12: The general improvement of the place of the performance of the ritual of the purification of the place is known. We may note that the distortion towards love, as you call this spiritual/emotional complex which is felt by each for this entity, will be of aid whether this is expressed or unmanifest, as there is no protection greater than love.

62: When the entity Jehoshua² decided to return to the location called Jerusalem for the holy days of its people, it turned from work mixing love and wisdom and embraced martyrdom, which is the work of love without wisdom.

71: I am Ra. This is, in relation to this instrument, quite correct. It is aware of certain over-balances towards love, even to martyrdom but has not yet, to any significant degree, balanced these distortions. We do not imply that this course of unbridled compassion has any fault but affirm its perfection. It is an example of love which has served as beacon to many.

72: For those who seek further, the consequences of martyrdom must be considered, for in martyrdom lies the end of the opportunity, in the density of the martyr, to offer love and light. Each entity must seek its deepest path.

145: The three aspects of the magical personality are stated to be power, love, and wisdom. Is this correct, and are these the only primary aspects of the magical personality?

147: I am Ra. The three aspects of the magical personality—power, love, and wisdom—are so called in order that attention be paid to each aspect in developing the basic tool of the adept: that is, its self.

149: The three aspects are given that the neophyte not abuse the tools of its trade but, rather, approach those tools balanced in the center of love and wisdom and thus seeking power in order to serve.

161: I am Ra. Any entity may, at any time, instantaneously clear and balance its energy centers. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. To be a healer by nature one must indeed train its self in the disciplines of the personality.

176: Then is it correct that a good sequence for developing

to be—in a creation in which love is Alpha and Omega, source and destiny—an experience so bereft of love that love itself can at times seem to be the most impossible result, the most difficult task that one can be required to do? And to ask this question is to focus on love as a particular kind of activity in which you can engage. You may engage indeed in many kinds of activities, and it is easy to list love upon a long list of things you might accomplish in the course of the day.

12: There is another sense of love, however, which we would invite you to consider. We have suggested that, in the nature of the creation itself, love may be counted as one of the early distortions that permit differentiated experience, that permit individuated souls to find their way, to have experiences in a diverse creation and to bring back to the Creator the fruits of these experiences. This portion of the nature of the creation we have sometimes called the second distortion. Now, the first distortion in this creation we have called free will, so it may well seem that love is a dimension of the nature of the way things are that comes about as a result of a first innovation, shall we say, in the creation, involving the development of free will.

13: Now, to some extent this is true. To some extent it is true that love follows upon free will as a possible activity of those who embody free will in relation to one another, and one could say, in a larger sense, in relation to the creation as whole. In this sense it would seem then that a proper consideration of the nature of loving would require a fuller consideration of what it means to have free will. That is a story in itself, my friends, but it is useful to note [that], were it not for free will, were it not for the possibility that in creating an infinite number of, shall we say, sparks, or holograms of the creator—each of which can experience itself differently—the creator itself would have no possibility of knowing itself in any way that it did not already have prior to the event of the creation. And so there is contained in the concept of free will a potential that, strangely enough, registers as a not being of the creator to the creator. That already suggests the need of a return to the creator, by the creator, so that the creator may reap the harvest of the creation that has been undertaken so that the creator may know itself.

14: Therefore, already in the first act of creating, the distortion towards not being the creator is already at hand, and then we may say, secondly, that the need to return to the creator is also suggested and hence the second distortion, that which we have called Love, may be seen as incident to the first distortion we have called free will.

16: To return then to the concept of Love as it is separated from the first distortion, called free will, we would say this: we would say that Love comes in a secondary position in relation to free will, only in a rather limited sense, because there is another sense of love which is prior yet to the sense of love we have suggested as the second distortion, and that sense can be used to describe a quality or a feature or a face of the One Creator conceived as completely undistorted, completely unhampered, undifferentiated, unseparated from Itself. Unseparated, we say, but therefore in a peculiar sense, unknown.

17: Now this quality of being unknown is what we have sometimes called the quality of mystery. And it is mystery which characterizes as best as we have been able to discern, the One Creator in its undistorted self. But we would also like to suggest that the mystery of which we speak is a mystery which resonates down through every distortion, every facet, and every iota of the creation. This mystery is available for participating in, and to our experience, limited though it may be, love is always the most eloquent, the most searching, and the most fulfilling way of participating in the one central mystery which is the Creator Itself.

18: And so, in the infinitesimally articulated experiences, down through all the densities, and in manner upon manner of creaturely existence, beyond the wildest imagination of any particular creature, there is available the possibility of taking up a direct relation to the one mystery of the creation, and making of this mystery a celebration of the creation itself as the Creator is given the opportunity to participate in a relation [that] the creature has made available to that Creator. The making available of that magical moment goes by the simple name of love.

19: And so when you are able to love your neighbor, when you are able to love yourself, when you are able to love the entirety of the creation with all of the shortcomings that you may perceive in it, with all of the difficult people that you may

know, with all of the flaws which you may be able easily to see within your own self, then you have the greatest gift to give the Creator that the Creator ever could want. The Creator then becomes known to the Creator, just as when you love someone, that someone becomes known to you in a deeper way than they ever could be if the carrier wave of that relationship was anything else but love.

20: Now, in truth of course, there is really nothing else but love that could be the carrier wave, and yet we may talk about love in diminished capacity, and we may talk about love in more fulsome capacity. The struggle that can characterize your daily affairs can be seen simply as an effort to move that which is diminished into a circumstance or a configuration in which it is more full, in which it is more realized, in which it is more deep.

21: Now, one could easily suppose that were it the case that in one bright, shining day, all were able to return full some love back to the Creator, that the Creator would stand fully exposed to itself, and would know itself finally in its completeness. However, it has been our experience, (and once again we would like to iterate that our experience is limited), that no knowing ever even begins to exhaust the mystery of the Creator, or the mystery of the creation. It is truly an inexhaustible source. And that inexhaustibility is something which you may sense in a small way in your experiences of love for your fellow creatures. For when you love your beloved, when you love your wife, when you love your husband, when you love your children, when you love your friends, when you love your groups, when you love your planet, you do so in such a way that it does not diminish that which is love. In fact, strangely, it seems to augment that which is love, and once again we face a paradox or a mystery, because a mystery which is so infinite and so completely mysterious, which seemed to be something that could not become more itself, that is to say, more mysterious, by being loved, and yet, it seems to us that this is exactly what happens. It seems to us that the creation does become more, and that the concept of infinity very strangely, incomprehensibly, is susceptible of becoming more. And more than that, it is of such a nature intrinsically that the orientation to more is part of its very constitution, part of its make-up.

22: So the creation has the character that it is an open invitation, that every creature, at every level, in every manner of its expression, to participate in the expansion of that which is already infinite. To participate in the unfolding of that which is forever the same and eternal. For this circumstance, we can find no better word than mystery, and for the most successful attitude in relation to this circumstance, we can find no better word than love. For it is in any that you do love, the simple mystery of their being that calls that love forth from you. And when you do love, you bring out that in your own being, which is itself of the element of love.

23: Having done so, do you not find it easier to be that love which we are now telling you that you are? And when you do, do you not find it easier when it comes time for you to engage in an activity to allow a little bit of that activity to include the love that you have for yourself to love yourself. To love the others around you that are able to elicit that love from you—that is as great a gift as you will ever be given.

24: To love those that seem to you to be unlovable is strangely enough an even greater gift, for when you are able to find in yourself that resonance of love that can reach out to that which does not solicit it, but rather seems on the contrary to reject it, you have inched, however slightly, towards a wholeness of your whole being, towards a realization of your own being as unified, and every such experience of loving the unlovable, every such experience of unifying the un-unified is an experience of the Creator finding its lost love returning home, returning to its source. And in doing so, you give also the opportunity of that other center of being, that other incarnate individual, an opportunity, perhaps, to experience (once again however slightly), an aspect of itself, himself, herself, not previously accessible. And so love heals many a wound, love bridges many a division. Love offers itself both as a possible activity and as a condition of being which is the very stuff, the very source, the very destiny of the entire Creation.

27: I am Q'uo and I am again with this instrument, and we appreciate this instrument's challenging of us in the name of that which it holds most dear, in the name of Jesus the Christ and unconditional love. At this time we would ask if there are follow up questions to which we may respond.

40: I am Q'uo, and I am aware of your query, my brother. Yes

my friends, you have the veil of forgetting that separates your conscious from your subconscious mind, in order to make the unity of the creation more difficult to perceive, in order to make the love that made all things as difficult to perceive, and the light in which all things are made, again, another mystery to penetrate. This veil of forgetting is your great friend; though it hides that which is the great jewels, the treasury, the pearl of great price within your illusion, hides it from you on a daily basis, yet if you are able to utilize both that intuition which is available through your subconscious mind with the mental faculties of analyzation, and with your spiritual desire to move forward in your progression in unity with the one creator, you will find it possible to penetrate the veil, in some degree, greater or lesser according to the faith and will that you exercise in this process. You will be able to make more clear that which is not clear; you will be able to make available to you that which seems hidden from you, for there is much that is hidden in this illusion as you are aware, due to the presence of this veil.

55: I am Q'uo, and I am aware of your query, my brother. Ah, we see the desire to penetrate the illusion, to go to the heart of all that is. This is a noble journey, my friends. Each you ve- we correct this instrument. Each of you is upon it. You can be upon no other journey for that is the only journey. The heart of your journey is to seek the Creator that is within you, the Creator that you are, the Creator that is all things. There can be no other way of looking upon an infinite creation of unity. The Creator took pleasure in making this, what you call creation, in order that it might know itself through the free will of each of its entities that it has created. From the Logos of every star within your skies, to the planet upon which you dwell, to each of your entities that you share the illusion with, each of you has free will to exercise however you wish. Each exercise of free will teaches the Creator more of itself, and fulfills the purpose of the illusion. Each of your actions reveals more to you of yourself, and if you are conscious of the seeking process, of the Creator itself, it is a journey of lovers, the creator loving you with unending love, you seeking and loving the Creator with a growing love. At some point, you will find the Creator, there is no other outcome for the end of this journey. At some point, the creator will know all that you know and will thank you for all that you have taught it of itself. At some point every entity within this great one infinite creation will coalesce again into unity, bringing home to the Creator the fruits of this journey through the octave of densities in which you now travel. You are all upon the most noble quest, you are all upon the quixotic quest. We salute each of you, we bless each of you, we encourage each of you. 62: So yes, the learning is much slower there, but learning does occur, for each entity in the positive choice of service to others joins with others of its kind to form a group mind/body/spirit complex, which those of Ra have called the social memory complex, so that the experiences of each entity in the complex of all incarnations is available to the entire social memory complex. And with all of this great library of information available, the choice is made at all times to be of service to others, especially those within the third-density illusion, who yet exist within the veil of forgetting, the veil of darkness. Thus, the third density provides an opportunity and a service to those of the higher densities. By being confused, you are providing a service, my friends. Take heart; even in confusion you are of service. Thus, entities within the higher densities seek to serve others as well, those of sixth may serve fifth or fourth when they have questions concerning unity and the balancing of love and wisdom. There may be planetary entities that are difficult in their evolutionary process that have some sort of problem perhaps with a sun that is old and not functioning correctly, or the tectonic plates upon the planet that are misaligned and need some sort of assistance. There are various ways of social memory complexes to be of service, but as you correctly surmise, it is a much more patient learning, it is a much more elongated learning, it takes a great deal more of what you call time, though time is not perceived in the same sense in the higher densities. Time is more, shall we say, fixed in an eternal present so that all past present and future experiences are available in a simultaneous fashion. Thus, the experiences don't seem so, shall we say, drawn out to the higher density mind/body/spirit complexes as they would to your own.

63: Since we have come to the end of the queries, we would thank each once again for inviting our presence—you have provided us a very great service by allowing us to speak to

you, and to share our love for you, and our appreciation of the great light that you have created in this weekend of seeking and sharing and serving each other and the Creator. This light is quite evident to those of us within the higher densities. We gather around it to rejoice with you, to worship with you the One Creator that exists within you, and around you, and all about this one infinite creation.

42.11 2016/09/17

3: You ask this day if the universe in which you live and move and have your being is indeed rigged in your favor, of beneficence to you, and if the catalyst is also that which is helpful in your growth. We can say quite confidently that this is indeed so, for in a universe of unity in which each portion of each part of the creation is a part of the One Creator, there is indeed nothing but support, love, encouragement and the giving of assistance from one portion to another, for in the creation of the father, each portion serves each other portion. This is the nature of unity.

4: But we know that you wish to know more of the details of how this expresses itself within your life pattern and within the life pattern of all those around you. How is this support given? How is it perceived? How is it possible when it seems that each of you is quite separate from each other, that you do not have a binding unity with the One Creator, an identity that cannot be dissolved by any illusion? Within the illusion that you now find yourselves, it seems so very likely that you are moving as individualized creatures who have maybe a good chance here, or not such a good chance there to make progress on your spiritual path; and yet we tell you that each step that you take—those that seem sturdy, strong, and successful, and those that seem a bit wobbly, unsure, mistaken—are all a part of one path of seeking that each offers its fruits to, shall we say. There are no mistakes, my friends. Those experiences which you have which you would perhaps call mistake, from these do you learn, perhaps even more than those that you would call a success. You are creatures of light. You are creatures of love, for of these two qualities are you made.

5: Within this illusion, the third-density illusion, you have placed yourself in order to be able to make progress that would not be possible without the illusion, for you come from the world of the spirit where all is obviously one, and yet each entity there feels the great need to move in service to the Creator, to polarize the self more positively, to become a greater servant of the Creator in all portions of the creation, and yet they cannot move as they wish, for it is so obvious that all are one that there is not quite the same motivation for movement that there is within your illusion which so carefully covers all the jewels: the basic concepts of unity, love and light of the One Creator of which all are made. Because you exist within this illusion and must use your own free will and your faith to continue your movement, you reap a reward that is not possible in the higher densities of love and light, for there there is no illusion of separation. Here you grow under conditions which are most difficult for the seeker who has just begun the journey, just begun this cycle of choice of determining whether to be of service to self or of service to others, for both are viable paths to the One Creator, with the service-to-self path, of course, finding its end before it finds its goal within the sixth-density illusion.

9: I am Q'uo and am with this instrument. We would begin our communication through this instrument by thanking this instrument for the arduous challenge it has placed before us before it permitted us to speak. This, my friends, is what accounts for the delay, the pause in our communication, for this instrument was not going to allow us to speak unless we could attest that we come in love and are willing to acknowledge that Christ is Lord. We gladly do this, for we do understand ourselves to be servants of the One Creator in the light of Christ.

18: So, those modes of being which you have learned to develop, and which have served as the envelope for your spiritual essence, and the vehicle for your moving around in the existence which you currently enjoy, this does have a protective element to it, and we do not advise the premature release of the energies constitutive of yourselves which aid in the filtering of catalyst so that you may continue to unfold in a healthy and protective atmosphere. One of the ways that you can go about promoting this healthy and protective atmo-

nothing. Be at peace. There is some toll for this work. This instrument embraces this, or we could not speak.

122: Rest, then, in that peace and love, and do as you will, as you wish, as you feel. Let there be an end to worry when this is accomplished. The great healer of distortions is love.

49.56 Law Of One txt

24: I am Ra. Continue in love, and praise, and thanksgiving to the Creator. Examine previous material. Love is the great protector.

33: I am Ra. In a nonspecific sense we may affirm the correctness of your statement. The vital energy may be seen to be that deep love of life or life experiences, such as the beauty of creation, and the appreciation of other-selves, and the distortions of your co-Creators' making which are of beauty.

34: Without this vital energy the least distorted physical complex will fail and perish. With this love, or vital energy, or élan, the entity may continue though the physical complex is greatly distorted.

39: As the green-ray cycle or the density of love and understanding begins to take shape the yellow-ray plane or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third is learned. After this period there will come a time when third density may again cycle on the yellow-ray sphere.

70: We may respond to the heart of your questioning by noting that the purpose of such combined activation of mind/body/spirit complexes is that such entities, to some extent, consciously are aware of those fourth-density understandings which third density is unable to remember due to the forgetting. Thus fourth-density experience may be begun with the added attraction, to an entity oriented towards service to others, of dwelling in a troubled third-density environment and offering its love and compassion.

117: At full activation of the true-color green density of love, the planetary sphere will be solid and uninhabitable upon its own, and the birthing that takes place will have been transformed through the process of time, shall we say, to the appropriate type of vehicle to appreciate in full the fourth-density planetary environment. At this nexus the green-ray environment exists to a far greater extent in time/space than in space/time.

129: I am Ra. The influxes of true-color green energy complexes will more and more create the conditions in which the atomic structure of cells of bodily complexes is that of the density of love. The mind/body/spirit complexes inhabiting these physical vehicles will be, and to some extent are, those of whom you spoke, and, as harvest is completed, the harvested entities of this planetary influence.

49.57 Law Of One txt

21: The principle behind any ritual of the white magical nature is to so configure the stimuli which reach down into the trunk of mind that this arrangement causes the generation of disciplined and purified emotion, or love, which then may be both protection and the key to the gateway to intelligent infinity.

33: We seek now without polarity. Thus we do not invoke any power from without, for our search has become internalized as we become light/love and love/light. These are the balances we seek, the balances between compassion and wisdom which, more and more, allow our understanding of experience to be informed that we may come closer to the unity with the One Creator which we so joyfully seek.

77: In the most basic sense, any allopathic healer may be seen to, perhaps, be one whose desire is service to others in alleviation of bodily-complex and mental/emotional-complex distortions so that the entity to be healed may experience further catalyst over a longer period of what you call the life. This is a great service to others, when appropriate, due to the accumulation of distortions toward wisdom and love which can be created through the use of the space/time continuum of your illusion.

100: In the healing exercises, when you say "examine the sensations of the body," do you mean those sensations available to the body via the five senses? Or in relation to the

natural functions of the body such as touching, loving, sexual sharing, and company? Or are you speaking of something else altogether?

109: I am Ra. Continue to consider the alignments. You are conscientious and aware of the means of caring for the instrument in its present distortions having to do with the wrists and hands. As always, love is the greatest protection.

49.58 Law Of One txt

34: In this ongoing struggle the light of freedom would burn within the mind/body/spirit complexes capable of such polarization. Lacking the opportunity for overt expression of the love of freedom, the seeking for inner knowledge would take root, aided by those of the Brothers and Sisters of Sorrow which remember their calling upon this sphere.

55: Specific intentions such as aiding in a situation not yet manifest are not the aim of wanderers. Light and love go where they are sought and needed, and their direction is not planned aforetimes.

61: You may at this time note that as with any entities, each wanderer has its unique abilities, biases, and specialties, so that from each portion of each density represented among the wanderers comes an array of pre-incarnative talents which then may be expressed upon this plane which you now experience; so that each wanderer, in offering itself before incarnation, has some special service to offer in addition to the doubling effect of planetary love and light and the basic function of serving as beacon or shepherd.

62: Thus there are those of fifth density whose abilities to express wisdom are great. There are fourth- and sixth-density wanderers whose ability to serve as, shall we say, passive radiators or broadcasters of love and love/light are immense. There are many others whose talents brought into this density are quite varied.

64: We may note at this point while you ponder the possibility/probability vortices, that although you have many, many items which cause distress and thus offer seeking and service opportunities, there is always one container in that store of peace, love, light, and joy. This vortex may be very small, but to turn one's back upon it is to forget the infinite possibilities of the present moment. Could your planet polarize towards harmony in one fine, strong moment of inspiration? Yes, my friends. It is not probable; but it is ever possible.

49.59 Law Of One txt

13: I am Ra. The basic material has been covered before concerning the nurturing of this instrument. We recapitulate: the exercise according to ability, not to exceed appropriate parameters, the nutrition, the social intercourse with companions, the sexual activity in green ray or above and, in general, the sharing of the distortions of this group's individual experiences in an helpful, loving manner.

176: I am Ra. Continue as always in love. All is well. You are conscientious.

49.60 Law Of One txt

18: We would welcome the services of the entity who uses, and I will use the misnomer, you might say, of attack, since I do not consider this an attack but an offering of service, and we welcome this offering of service—but we would be able, I believe, to make more full use of the service if it were not physically disabling the instrument in a minor way. For with a greater physical ability she would be able to more appreciate the service. We would greatly appreciate it if the service was carried on in some manner which we could welcome in even greater love than at present. This, I assume, would be some service that would not include the dizzying effect.

41: May we say that although we of Ra have limited understanding, it is our belief that sending this entity love and light, which each of the group is doing, is the most helpful catalyst which the group may offer to this entity.

45: I am Ra. We were about to note that this entity has been as neutralized as possible, in our estimation, by this love offering, and thus its continued presence is, perhaps, the understandable limit for each polarity of the various views of service which each may render to the other.

goes before the Council of Saturn and, if approved, is completed. The characteristics of this type of contact include the non-painful nature of thoughts experienced and the message content which speaks not of doom, but of the new dawning age.

49.49 Law Of One txt

81: Thus the sub-Logos can offer only a basic skeleton, shall we say, of catalyst. The muscles and flesh—having to do with the, shall we say, survival of wisdom, love, compassion, and service—are brought about by the action of the mind/body/spirit complex on basic catalyst so as to create a more complex catalyst which may, in turn, be used to form distortions within these higher energy centers.

126: The origin of all energy is the action of Free Will upon Love. The nature of all energy is Light. The means of its ingress into the mind/body/spirit complex is duple.

49.50 Law Of One txt

10: This each of you do as a subconscious function of true attitudinal, mental, emotional, and spiritual distortions towards this instrument. There is no magic greater than honest distortion toward love.

49.51 Law Of One txt

33: Take, then, the crystal, and feel your polarized and potentiated, balanced energy channeled in green-ray healing through your being, going into and activating the crystalline regularity of frozen light, which is the crystal. The crystal will resound with the charged light of incarnative love and light energy and will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed. This entity requesting such healing will then open the armor of the overall violet/red-ray protective vibratory shield.

49.52 Law Of One txt

52: I am Ra. The prana scooped in by the pyramid shape gains coherence of energetic direction. The term “upward spiraling light” is an indication not of your up and down concept, but an indication of the concept of that which reaches towards the source of love and light.

49.53 Law Of One txt

37: Further, having learned to radiate acceptance and love without expecting return, this entity now must balance this by learning to accept the gifts of love and acceptance of others, which this instrument feels some discomfort in accepting. These two balancing workings will aid this entity in the release from the distortion called pain. The limitations are, to a great extent, fixed.

53: I am Ra. In the hands of one of fifth-density or above this particular energy may be tapped in order to communicate information, love, or light across what you would consider vast distances but which, with this energy, may be considered transdimensional leaps. Also, there is the possibility of travel using this formation of energy.

49.54 Law Of One txt

11: The second ramification of condition is that which we might call the degree of mental efficiency in use of catalyst provided for the learning of programmed lessons, in particular, and the lessons of love, in general.

32: I want to ask a few questions Jim had here about the healing exercises. The first is, in the healing exercise concerning the body, what do you mean by the disciplines of the body having to do with the balance between love and wisdom in the use of the body in its natural functions?

36: There are natural functions which have to do with other-self. Among these are touching, loving, the sexual life, and those times when the company of another is craved to combat the type of loneliness which is the natural function of the body, as opposed to those types of loneliness which are of the mind/emotion complex or of the spirit.

37: When these natural functions may be observed in the daily life they may be examined in order that the love of self and love of other-self versus the wisdom regarding the use of natural functions may be observed. There are many fantasies and stray thoughts which may be examined in most of your peoples in this balancing process.

38: Equally to be balanced is the withdrawal from the need for these natural functions with regard to other-self. On the one hand there is an excess of love. It must be determined whether this is love of self or other-self or both. On the other hand there is an over-balance towards wisdom.

40: No matter what the behavior, the important balancing is the understanding of each interaction on this level with other-selves, so that whether the balance may be love/wisdom or wisdom/love, the other-self is seen by the self in a balanced configuration, and the self is, thus, freed for further work.

59: This is not a dimension of knowing, even subjectively, due to the lack of overview of cosmic and other impurities which affect each and every situation which produces catalyst. The subjective acceptance of that which is at the moment and the finding of love within that moment is the greater freedom.

69: I am Ra. This is largely incorrect. The balancing requires a meditative state in order for the work to be done. However, the balancing of sensation has to do with an analysis of the sensation with especial respect to any unbalanced leaning between the love and the wisdom, or the positive and the negative. Then whatever is lacking in the balanced sensation is, as in all balancing, allowed to come into the being after the sensation is remembered and recalled in such detail as to overwhelm the senses.

83: The primary mental/emotive condition of this large area of the so-called brain is joy, or love, in its creative sense. Thus, the energies which we have discussed in relationship to the pyramids—all of the healing, the learning, the building, and the energizing—are to be found in this area. This is the area tapped by the adept. This is the area which, working through the trunk and root of mind, makes contact with intelligent energy and, through this gateway, intelligent infinity.

49.55 Law Of One txt

33: It is at this point a question of two forms of the leavings of what you may call a spell or a magic working—the healer’s distortions versus the attempt at Orion distortions: the healer’s distortions full of love, the Orion distortions also pure in separation. It seems that all is well except for some possible discomfort which shall be attended if persistent.

62: I am Ra. This is correct. We may note that the harmonies and loving social intercourse which prevails habitually in this group create a favorable environment for each of you to do your work.

91: The early fifth-density negative entity, if oriented towards maintaining cohesion as a social memory complex, may, in its free will, determine that the path to wisdom lies in the manipulation, in exquisite propriety, of all other-selves. It, then, by virtue of its abilities in wisdom, is able to be the leader of fourth-density beings which are upon the road to wisdom by exploring the dimensions of love of self and understanding of self. These fifth-density entities see the creation as that which shall be put in order.

100: This instrument did mention a feeling of discomfort but was nourished by this group and was able to dismiss it. Had it not been for a random mishap, all would have been well, for you have learned to live in love and light and do not neglect to remember the One Infinite Creator.

109: These distortions remove the focus from the One Infinite Source of love and light, of which we are all messengers, humble and knowing that we, of ourselves, are but the tiniest portion of the Creator, a small part of a magnificent entirety of infinite intelligence.

117: I am Ra. You could cease in your attempts to be channels for the love and the light of the One Infinite Creator.

121: I am Ra. The love and devotion of this group misses

sphere is through a selection of friends, associates, and fellow seekers who are of like mind and who tend to promote a response in you that resonates with the highest and best kind of being to which you aspire. There will be catalyst provided by others which is not of this encouraging nature. Some of this catalyst will be incidental. You do well to ask repeatedly “Where is the love in this situation—how might I respond in as positive a way as I can sustain?” There are some times in which you are well-advised simply to step back and retreat into that more safe atmosphere, thriving within the envelope you have created, and allow things to settle to the point that you are able once again to open yourself to a world which is not always as welcoming as you would like it to be.

42: I am Q’uo and am aware of your query, my sister. Those entities of first and especially the second density, have a variety of vital energy which is a given, shall we say, from the Logos, the Sun body which has, shall we say, the care of this particular solar system, or in some cases of the galaxy as well. This given is provided through the [metaphysical] rays of the Sun and those emanations from the Sun body which are not as easily perceived as are the [physical] rays of the Sun. These energy sources enliven and enrich the experience of especially the second-density creature so that it is able to move forward in its ability to become self-conscious, to use that consciousness that was begun in the first density of earth, wind, fire and water, and elaborate, shall we say, upon this consciousness, so that it becomes that which is able to individualize itself in a fashion which, toward the end of the second density experience, allows the second-density creature to give and to receive that which you call love, that which you call compassion.

43: It is rare, but not unheard of, for second-density creatures to have also the spirit complex added unto them. This happens as you are aware quite frequently in the case of that creature which you would call the “pet,” that creature which is given love and affection by the third-density entity. By this giving of love and affection, the second-density entity is enhanced in its ability to give and receive love itself, to be able to develop the complex of the spirit, and thus be ennobled in a sense, so that it is perhaps harvestable within its next incarnation into the third density itself at the lowest levels of the third density.

46: To just extend that further, are we able to help first and second density entities increase their vital energy through loving them and having an intention to help them with their vital energy?

48: I am Q’uo and am aware of your query, my sister. Indeed it is so that such an investment may take place between a third-density entity and the second density, and in some cases even within first density places or geographical locations that are venerated and utilized as places of worship and of praising of the One Creator in a continual fashion, these places then take on a kind of quality of investment that enables them to further advance their own spiritual journeys into the second density, so that the third-density entity is indeed able to aid those beings of the first and second density by giving the attention, the love, the care, the continual contact with them on a basis of what you would say, the higher levels of the spiritual seeking and sharing.

107: Those who are able to hone a vision in mind for a long period of time, as you would say, a certain amount of minutes, shall we say, five to ten, and to see healing energies moving in this image going into the area which has sought healing, that this visualization of the healing actually moving into that area, is that which is most helpful and useful. These energies of the mind, and of the heart and of the spirit that are so sent in this visualization, then, move through the area needing the healing and provide a healing energy of light and of love, that goes to the heart of those that partook in such creations of destruction and turmoil and trauma, and into the area itself, into the geophysical structure of the area, into the stones, the rivers, the ancient byways that were at that time inhabited by those that caused the destruction, for these entities and places and things are also that which continue to exist in a certain fashion upon a certain level of vibration, and you may reach these levels of vibration in your meditative states again, as we say, through the process of visualization.

42.12 2016/10/01

9: Now, to seek by means of the pathway that we have described as “service to others” would indeed seem to suggest that the service you have to provide, the service you seek to provide ever better, is indeed a service to a being other than yourself, or beings other than yourself. We will admit that this can seem to be rather paradoxical, for is it not the case that all are one and all are in the One Creator of all that is? And this we do affirm as being true. Still, it does make sense, as nearly as we can tell what sense making amounts to in the course of seeking, to place your seeking in such a way as to open it up so that it becomes receptive in relation to what it apparently is not. Your seeking seems to have the structure of an outreach into that which is not yet, that which has not yet become a portion of the self, that which the self seeks to relate itself to. You seek to relate yourself to the other selves around you, those whom you have learned to love, those perhaps whom you have learned to fear, to like, to dislike, to avoid, to be attracted to—all of these options of dealing with other selves are indeed a portion of the seeking process. And it seems that in seeking by relating yourselves to what you are not, you are reaching out for another; you are reaching out for the other, and otherness, if it can be thought to be ultimate, would suggest that what you seek is not what you already are—for were it what you already are, why, indeed, would you need to seek?

11: We would illustrate this point by suggesting that you consider how you relate to those people you consider to be friends, those people that you consider to be a part of a larger group to which you also belong, with connections, with ties, that are of the stuff of love itself. Those that you love, if they sorrow, do you not sorrow with them? Those that you love, if they rejoice, do you not rejoice with them? So whether it be sorrow or rejoicing, is it not the case that when you are able to be with them in a true and open-hearted way, that the boundaries between self and self have diminished to the point that there is a kind of mutuality? And a mutuality that opens each to a deeper and broader way of being, one even that may have been unimaginable prior to the experience of opening the heart.

16: You are our beloved others which we experience as other than ourselves and yet also as having a selfness, an anchor into the beingness of the Creation itself, that we, ourselves, share. We are both tethered to the same source, and it is because it is our joy to experience your joy as our own, it is our sorrow to experience your sorrow as our own, that we find the otherness that exists between you and us is, in fact, dissolved in the experience of sharing our being with you and your being with us. This, we say, is the pathway of the open heart in which again and again otherness dissolves into sameness, but doing so always opens again to the great adventure of the Creation, which is that new otherness always emerges. This comes as close as we are able to approximate to our understanding of the way the Creator itself experiences itself. It becomes other than itself and having become other than itself, it becomes again one with itself. It flows out, it flows in; it flows out, it flows in infinitely. One can find oneself within this great flowing out and in and out and in, and one can find oneself caught up in the rhythm of the Creation without having to decide at any one particular point whether this or that element of one’s experience belongs to the within or the without.

30: I am Q’uo and am aware of your query, my brother and my sister. This is not an easily answered query, as you may guess, for there are many, many individuals, groups, religions, nations and factions are taking in such warring activities. The possibility of such being brought to a close within the short time that remains within your third density illusion is very small, and yet there is always hope, my friends, that at some point, the destruction that has been wrought upon the populations of this planet may become so abhorrent to all those who view it that there could be a choice that is made in an instant to lay down the arms, to open the hearts, and to seek anew a shared humanity with all those about them. This will take a great deal of effort on the part of all entities who are conscious of the need to find a peace within each hungering heart. This is the journey of many lifetimes brought to fruition in an instant. It is that which has occurred so very rarely within the Creation of the Father, and yet it has occurred. Your particular planet is one which is heavily populated by many entities who are finding the need to repeat

this density so that their choices of love and service to others may finally be made.

41: I am Q'uo and am aware of your query, my brother. The one known as St. Francis had a history in previously incarnations as that which one might call "the monk," which he continued within the incarnation in which he composed the prayer of which you speak. His experiences throughout various of his previous incarnations in the mountains of Peru, gave him the opportunity to see how the various qualities of the illusion are so easily accepted by the masses of the population so that there would be a great release of bound-up energy of love and acceptance, shall we say, if one could indeed balance the darkness with the light, the sadness with the joy, the despair with hope, the injury with healing, and so forth. Thus, many experiences within this entity's incarnational history gave it the inspiration to compose this poem that is such a succinct description of the possibility of forgiveness within this illusion—for forgiveness for each heart that seems to have strayed from love, forgiveness of the self that has followed such straying, and forgiveness of all who have harmed any other self. For in forgiveness stops the wheel of karma, and karma plays such a great and inexorable role in the journeys of so many entities upon your planet at this time—karma from previous incarnations and planets and illusions.

42.13 2016/10/15

6: Each entity that incarnates here wishes to become a blessing, shall we say, to the mother that has produced it and all that it is in the physical sense. This desire to bless, to love, and to serve Mother Earth and those fellow entities upon it, then must pass through what you call the "veil of forgetting," in order that there may be a pure opportunity for making the preincarnative choices, possibilities, realities, blessings, offerings of love in the most basic sense of the nurturing of the life force of the planet, of the life force which moves through each entity, of attempting to see the Creator within each other entity, in attempting to relate to each as if you and the other were one.

7: This is not an easy lesson, my friends, as obvious as it is before incarnation, as you pass through the veil of forgetting, indeed there is a forgetting of the basic truths of all of the Creation, that you are all part of the One Creator, that the Creation in which you move and live and have your being is made by the power of love, and is formed of that which you call light, the photon vibrating at various levels and angles of vibration. All of this is obvious before incarnation; afterwards hardly supposed, dimly surmised, hopefully discovered at some point.

8: Those of you who are conscious seekers of truth have brought yourself to a point in your own incarnational experiences that you are able to access much that you chose to learn before the incarnation began. You know the general theme or outline of the energies and experiences that you offer to others and to Gaia as well. Most of the time there is the concept of love contained, of making well that which has been broken, of healing that which has become sickened or diseased or distorted in some way because of a difficulty in relating with harmony to all, including the self, and as you pursue these dim recollections to flesh them out, shall we say, to give them color and life and vividness, you share with those about you in what you would call a teaching fashion so that you are able to work together to piece together the puzzle that is the primary aim of the incarnation for all entities, the great puzzle of existence, the great puzzle of being, the great puzzle of progression into unity with all, into unity with the One Creator.

10: Many there are upon your planet at this time who slumber, who move about in an unconscious fashion reacting rather than creating, responding in ways which may be defensive, offensive, confused, difficult, disharmonious, lacking a picture of any overall description of what the life is about, of whether there are purposes to life—is there more than the daily round of activities ambition pursued, of money obtained, of status and position exercised, of power over others. By your seeking, by your sowing the seeds of that which you have found within your own life experience and shared with you and by you with other seekers of truth, you provide the opportunity for there to be a revealing of that which has been hidden, a purpose for all entities upon the planet to lend

their services to the planet, to plant their own love as a seed in each portion of the planet with which they come in contact. This can happen in any number of ways. Imagination is the only limitation in this regard.

11: If your desire and your intention is to be of service to others, to aid Mother Earth in her birthing of that fourth-density being which is you and many, many others at a future time, as you would call it, then you may see the opportunity to share love in any amount, in any form, with any entity, at any time, for indeed, each moment contains love. Part of the great riddle of your existence is to find love in all moments.

12: It is quite easy, as you know, in most; some moments seem to contain none. If it seems to you that there is no love in any moment that you experience, perhaps it is your opportunity then to offer your love to that moment. We do not ask you become evangelists or proselytizers; we ask you to simply radiate that which is the heart of your being, for in each heart there beats the rhythm of love, the revelation of light, the truth of unity, the Father there rests within. Seek the Creator within yourself and all other selves in whatever form that has meaning to you, whether it be love, whether it be service, whether it be light, whether it be potential realized, whether it be hopes yet unrealized, whether it be the dreams of a more harmonious experience upon the planet.

22: If you go forth with the light of love within your heart and seek to share as best you can that which is yours to share, then you have done what you can. What more can you do? Go forward to see the Creator in all; to love the Creator in all; to be a person with a large enough mind and an open enough heart to include all within your prayers. Pray for those who feel they are your enemy; pray for those who despitely use you. Pray that that entity may become one with you and you with it, for all are truly one. Eventually this truth will be born within your illusion. The fourth-density population of this planet will come forth. How long it will take depends upon the choices your people make.

27: I am Q'uo and am aware of your query, my sister. This grid of energy about your planet is a network of portals that allows the passing through of energies from what you would call your sun body, the sub-Logos, the intelligent energy of this entity of love. It moves through each portal and is, shall we say, accelerated or enhanced, especially at this time of the transition into the fourth density, so that those who are open to the concept of love and understanding, the primary qualities of the fourth density, may then share those qualities with those about them, especially in the meditative state or the contemplative state using visualization or however you choose to do it.

28: You may see the energy from the Logos, the sub-Logos, your Sun Body, moving through these grids of crisscrossing lines of power and entering the planetary web or surface and becoming available to those who are in need of love, who have a dearth of that quality within their being, who call out for assistance in confusion, in pain, in difficulty. You may see these portals enhancing the love available to all such entities, and then, in another fashion, these portals are also available for those who are now moving through that transition which you call the dying or the moving into the larger life. As each entity then is able to move through such portals, the light coming through these portals is that which the entity moves toward in order to gauge its, shall we say, harvestability, or ability to be graduated into the fourth density. It is the ability to welcome and enjoy this enhanced level of light and love coming through the portals that will determine each entity who moves into larger life as to where the entity is placed by its own ability to welcome and enjoy the enhanced love and light.

33: I am Q'uo and am aware of your query, my sister. Indeed, there are labor pains occurring across the planet as a whole, for each time there is a group of people, shall we say, the immigrants from the Middle East, that suffer the difficulties within their own country, the bombings, the terrorizing, the killing of those who do not agree with the prevailing point of view—any time there is a pain or anguish of this nature, you may see it as equivalent to a labor pain. Whether it is entities who are being discriminated against in another country for their race, their sex, their political beliefs, their religious tenants, these also produce a pain that could be seen as a labor pain. Any time there is a disharmony in any group or individual that has the lack of love, the lack of understanding, the lack of acceptance of such an entity, it produces a pain of a mental nature, a spiritual nature, an emotional nature, a

design, and the entity proceeds until catalyst strikes it which causes it to form a bias towards acceptance and love or separation and control. There is no lack of space/time in which this catalyst may work.

49.42 Law Of One txt

11: The incorrectness lies in the consideration that social memory complexes were planned by the Logos or sub-Logos. This is incorrect, as the unity of the Creator exists within the smallest portion of any material created by Love, much less in a self-aware being.1

22: I am Ra. Let us clarify further. As we have previously stated, all beings have the potential for all possible vibratory rates. Thus the potential of the green and blue energy center activation is, of course, precisely where it must be in a creation of Love. However, the negatively polarized entity will have achieved harvest due to extremely efficient use of red and yellow/orange, moving directly to the gateway indigo bringing through this intelligent energy channel the in-streamings of intelligent infinity.

33: The percentage of service to others of positively oriented entities will harmoniously approach 98

49.43 Law Of One txt

15: I am Ra. The query suggests that which has been learned to be impractical. However, were we to again be naïve enough to think that our physical presence was any more effective than that love/light we send your peoples and the treasure of this contact, we would do as we did do. We would be, and we would offer our selves as teach/learners.

31: And through this dynamic between the societal self and the other-self which is the object of love, greater and greater intensities of understanding or compassion are attained. This intensity continues until the appropriate intensity of the light may be welcomed. This is fourth-density harvest.

52: The seniority of vibration is to be likened unto placing various grades of liquids in the same glass. Some will rise to the top; others will sink to the bottom. Layers and layers of entities will ensue. As harvest draws near, those filled with the most light and love will naturally, and without supervision, be in line, shall we say, for the experience of incarnation.

49.44 Law Of One txt

40: Each experience will be sequentially understood by the growing and seeking mind/body/spirit complex in terms of survival, then in terms of personal identity, then in terms of social relations, then in terms of universal love, then in terms of how the experience may beget free communication, then in terms of how the experience may be linked to universal energies, and finally in terms of the sacramental nature of each experience.

42: Where these energies meet is where the serpent will have achieved its height. When this uncoiled energy approaches universal love and radiant being the entity is in a state whereby the harvestability of the entity comes nigh.

58: I am Ra. We request your care in the placement of the neck support for this entity as it is too often careless. You are conscientious, and your alignments are well. The timing, if we may use that expression, of the sessions is basically correct. However, you are to be commended for observing fatigue in the circle and refraining from a working until all were in love, harmony, and vital energy as one being. This is, and will continue to be, most helpful.

49.45 Law Of One txt

24: This is one instance, and extrapolation may be made to other entities which are aware of the process of evolution. This entity chose, before incarnation, the means whereby catalyst had great probability of being obtained. This entity desired the process of expressing love and light without expecting any return. This instrument programmed also to endeavor to accomplish spiritual work and to comfort itself

with companionship in the doing of this work.

27: These givens, shall we say, apply to millions of your peoples: those aware of evolution and desirous in the very extreme of attaining the heart of love and the radiance which gives understanding. No matter what the lessons programmed, they have to do with other-selves, not with events. They have to do with giving, not receiving; for the lessons of love are of this nature both for positive and negative. Those negatively harvestable will be found at this time endeavoring to share their love of self.

30: Could you give an example of negative polarization sharing love of self? It would seem to me that that would deplete negative polarization. Could you expand on that concept?

39: Let us re-examine this metaphor and multiply it into the longest poker game you can imagine: a lifetime. The cards are love, dislike, limitation, unhappiness, pleasure, etc. They are dealt, and re-dealt, and re-dealt continuously. You may, during this incarnation begin—and we stress begin—to know your own cards. You may begin to find the love within you. You may begin to balance your pleasure, your limitations, etc. However, your only indication of other-selves' cards is to look into the eyes.

40: You cannot remember your hand, their hands, perhaps even the rules of this game. This game can only be won by those who lose their cards in the melting influence of love; can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you."

41: This is the game: to know, to accept, to forgive, to balance, and to open the self in love. This cannot be done without the forgetting, for it would carry no weight in the life of the mind/body/spirit beingness totality.

51: The adepts then become living channels for love and light and are able to channel this radiance directly into the planetary web of energy nexi. The ritual will always end by the grounding of this energy in praise and thanksgiving and the release of this energy into the planetary whole.

49.46 Law Of One txt

9: The second class of those who ward this process are those of the Confederation who have the honor/duty of standing in the small places at the edge of the steps of light/love so that those entities being harvested will not, no matter how confused or unable to make contact with their higher self, stumble and fall away for any reason other than the strength of the light. These Confederation entities catch those who stumble and set them aright so that they may continue into the light.

10: The third group watching over this process is that group you call the Guardians. This group is from the octave above our own and serves in this manner as light-bringers. These Guardians provide the precise emissions of light/love in exquisitely fastidious disseminations of discrimination so that the precise light/love vibration of each entity may be ascertained.

49.47 Law Of One txt

63: Let us remember that we are all one. This is the great learning/teaching. In this unity lies love. This is a great learn/teaching. In this unity lies light. This is the fundamental teaching of all planes of existence in materialization. Unity, love, light, and joy: this is the heart of evolution of the spirit.

49.48 Law Of One txt

17: The entities in this and some other vividly remembered cases are those who, feeling the need to plant Confederation imagery in such a way as not to abrogate free will, use the symbols of death, resurrection, love, and peace as a means of creating, upon the thought level, the time/space illusion of a systematic train of events which give the message of love and hope. This type of contact is chosen by careful consideration of Confederation members which are contacting an entity of like-home vibration, if you will. This project then

which, to our knowledge, has never been overcome, for after fifth-density graduation wisdom is available but must be matched with an equal amount of love. This love/light is very, very difficult to achieve in unity when following the negative path, and during the earlier part of the sixth density, society complexes of the negative orientation will choose to release the potential and leap into the sixth-density positive.

69: I am Ra. This is incorrect. The sixth-density negative entity is extremely wise. It observes the spiritual entropy occurring due to the lack of ability to express the unity of sixth density. Thus, loving the Creator, and realizing at some point that the Creator is not only self but other-self as self, this entity consciously chooses an instantaneous energy reorientation so that it may continue its evolution.

78: I am Ra. The wanderer has the potential of greatly accelerating the density whence it comes in its progress in evolution. This is due to the intensive life experiences and opportunities of the third density. Thusly the positively oriented wanderer chooses to hazard the danger of the forgetting in order to be of service to others by radiating love of others. If the forgetting is penetrated the amount of catalyst in third density will polarize the wanderer with much greater efficiency than shall be expected in the higher and more harmonious densities.

49.35 Law Of One txt

11: Again, it is fortunate that this instrument has the opportunities for loving social intercourse which are of some substantial benefit. Basically, in your third-density continuum, this is a matter of time.

34: I am Ra. The principle so veiled in that statement is but the simple principle of the constant (or Creator) and the transient (or the incarnate being) and the yearning existing between the two, one for the other, in love and light amidst the distortions of free will acting upon the illusion-bound entity.

49.36 Law Of One txt

27: I am Ra. In this density some entities whose means of reproduction is fusion may choose to perform this portion of experience as part of the beingness of the sun body. Thus you may think of portions of the light that you receive as offspring of the generative expression of sixth-density love.

48: I am Ra. The first, or red-ray, density, though attracted towards growth, is not in the proper vibration for those conditions conducive to what you may call the spark of awareness. As the vibratory energies move from red to orange the vibratory environment is such as to stimulate those chemical substances, which lately had been inert, to combine in such a fashion that love and light begin the function of growth.

95: This is why the brilliance, or rotational speed, of the energy centers is not considered above the balanced aspect, or violet-ray manifestation, of an entity in regarding harvestability; for those entities which are unbalanced, especially as to the primary rays, will not be capable of sustaining the impact of the love and light of intelligent infinity to the extent necessary for harvest.

121: Red ray is the foundation; orange ray the movement towards yellow ray which is the ray of self-awareness and interaction. Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray, which is the first ray of radiation of self regardless of any actions from another.

49.37 Law Of One txt

15: This is not indifference or objectivity but a finely tuned compassion and love which sees all things as love. This seeing elicits no response due to catalytic reactions. Thus the entity is now able to become co-Creator of experiential occurrences. This is the truer balance.

19: However, if you encounter another self in his territory and he attacks you, your response may be more of an emotional nature creating physical bodily responses. Am I correct in assuming that when your response to the animal and to the other-self, seeing both as the Creator, and loving both, and understanding their action in attacking you is the action

of their free will, then you have balanced yourself correctly in this area? Is this correct?

25: I am Ra. This is correct. The response is love.

29: I am Ra. This is correct and further is of a major, or principal, importance in understanding, shall we say, the principle of balance. Balance is not indifference but rather the observer not blinded by any feelings of separation but rather fully imbued with love.

34: Thus we, as a social memory complex of fourth density, had the tendency towards compassion even to martyrdom in aid of other-selves. When the fifth-density harvest was achieved we found that in this vibratory level flaws could be seen in the efficacy of such unrelieved compassion. We spent much time/space in contemplation of those ways of the Creator which imbue love with wisdom.

45: I am Ra. Your previous assumption was correct as to the catalytic action of this starvation and ill health. However, it is within the free will of an entity to respond to this plight of other-selves, and the offering of the needed foodstuffs and substances is an appropriate response within the framework of your learn/teachings at this time which involve the growing sense of love for, and service to, other-selves.

49.38 Law Of One txt

133: The surrounding of self in a sylvan atmosphere, apart from distractions, in a place of working used for no other purpose, in which you and your associates agree to lay aside all goals but that of the meditative seeking of the Infinite Creator is, shall we say, not gadgetry but the making use of the creation of the Father in second-density love and in the love and support of other-selves.

49.39 Law Of One txt

46: I am Ra. There are various methods. We shall offer the most available or simple. To share the difficult contact with the other-selves associated with this working and to meditate in love for these senders of images and light for self and other-selves is the most available means of nullifying the effects of such occurrences. To downgrade these experiences by the use of intellect or the disciplines of will is to invite the prolonging of the effects. Far better, then, to share in trust such experiences and join hearts and souls in love and light with compassion for the sender and armor for the self.

59: We have spoken before of those things which aid this instrument in the vital energy: the sensitivity to beauty, to the singing of sacred music, to the meditation and worship, to the sharing of self with self in freely given love either in social or sexual intercourse. These things work quite directly upon the vitality. This instrument has a distortion towards appreciation of variety of experiences. This, in a less direct way, aids vitality.

49.40 Law Of One txt

31: I am Ra. We shall go to the limits of our attempts to refrain from infringement. Two are a sixth-density origin, one a fifth-density harvestable to sixth but choosing to return as a wanderer due to a loving association between teacher and student. Thus you three form a greatly cohesive group.

49.41 Law Of One txt

39: The entity polarizing positively perceives the anger. This entity, if using this catalyst mentally, blesses and loves this anger in itself. It then intensifies this anger consciously in mind alone until the folly of this red-ray energy is perceived, not as folly in itself, but as energy subject to spiritual entropy due to the randomness of energy being used.

46: I am Ra. This is partially correct. The first acceptance or control, depending upon polarity, is of the self. Anger is one of many things to be accepted and loved as a part of self or controlled as a part of self, if the entity is to do work.

70: I am Ra. The catalyst, and all catalyst, is designed to offer experience. This experience in your density may be loved and accepted, or it may be controlled. These are the two paths. When neither path is chosen, the catalyst fails in its

physical nature. All these pains at this time could be likened to the labor pain of your Mother Earth, for you and she are one, you are made of her, she is your mother, she is birthing that which is your child. The relationship between all of you is that of oneness, is that of unity. Such pain is felt by all at some level, perhaps not consciously, perhaps not mentally, most usually in the spiritual sense so that within the meditative state you may tune into the level of pain that is occurring upon the planet if you are willing and strong enough to feel and empathize with such pain, perhaps a small degree would be enough, to reveal to you the nature of such a mass experience of pain upon the mother to all.

42.14 2016/11/06

2: I am Q'uo, and we are with this instrument. We are honored to be called to your group this day. We are well aware of the work each has done this weekend as you, too, seek to become channels of love and light through the impression and speaking of the words of your language, for each of you is a channel in this respect and in many others. The life you live you channel; the love you give you channel; the thoughts you have you channel. There are many blessings upon you that have been given to you because you have drawn them to you as channels of love and light, the blessings of friends that are now gathered here—of those whom we have become close to throughout the years—the times and places, the families of each, the pursuits of your interests. All of these are blessings of the Father upon you.

4: You are of noble birth, a crown of the Father is already upon your head. Why would you take birth in such a limited illusion and risk forgetting, in fact, must needs forget all that you are? In this way, as you know from your studies within this circle of seeking, you may pursue greater understandings in a, shall we say, much more intensive fashion than is possible in your home density, for each of you here is a wanderer, and you well know that, or we could not speak it to you. You have come here to discover how to live a life of seeming limitation, and yet, by various types of limitation that seem so real to you, can you truly expand your service to all to the One Creator, your love for all for the One Creator; for when you forget that which you are within this illusion, then little by little you have the opportunity to discover small bits of the truth of yourself and the mystery begins to unfold.

7: So, as you look upon yourself in the larger sense of your origins, of your destiny, of your choices to be here, you are indeed, beings of infinite worth. I laugh because it is so obvious to us, because we do not see the boundaries that are helpful to you and yet difficult for you, and we understand this. We have sympathy for you; we too, have traveled this trail. It is not easy, but it is valuable, it is powerful, it is full of opportunity to serve, to learn, to love, to become light.

10: I am Q'uo and I am with this instrument. You are beings, as we have said, of infinite worth, and yet this can be the most difficult realization for you in this density of seeking. For you are behind a veil that, for the most part, shields you from a true understanding of who you are. And for all the world it seems that who you will become must be based on what you have done and, therefore, if you should become worthy it will be based upon deeds that render you worthy; it will be based upon accomplishments that render you worthy, and it will be based upon the recognition in the eyes of your fellow human beings that see you as worthy. Worthiness is something, therefore, worth striving for. Worthiness is the name for that which all strivings can be understood as belonging together in a single ultimate unity. So whether you strive for excellence in the job that you have undertaken, whether you strive for excellence in the performance of those services to family members, to loved ones, whether you strive for excellence in personal attainments of a more discrete fashion, shall we say, you strive ultimately to achieve a position which, in your own estimation, counts as worthiness.

13: We now turn, with the permission of this instrument, which we would like to say was reluctantly granted, to the example of this instrument's life, for it is true that this instrument has struggled mightily with the question of worthiness. It has been a long and arduous struggle, bravely undertaken, and we will say, undertaken with what this instrument only reluctantly will call determination and a little bit of grace. And yet, this instrument has spent an inordinate amount of time gazing into a sort of abyss, feeling that

everything to which it has turned its hand, every goal, every project, every effort to aid those it loved, beyond the measure of the love it had for itself, all this seems to have turned to dust. All this seems to have come to naught, to have been a vast featureless plain of disappointment. And so, for what has all the effort been spent? And so, for what has worthiness been placed upon the altar of aspiration only again and again to have the fondest hopes cruelly dashed, and the fondest expectation that there might sometime be the right action taken, that there sometime might be a redemption of all effort spent, that there might sometime be a sparing of the despair that can be the lot of one whose attempts to serve seem to have come to naught.

15: It is not for one who lives in the veiled condition, that is the lot of all who dwell in third density, to judge of the worth or the unworth of any effort made to serve. It is true that service as a requirement, as a need, as a calling, does not come to an end and, therefore, there is always more service that can be offered. One is never done or completed in one's calling to service. The effect that true service, truly offered, has is that it does empty out the whole of the being of the seeker little by little, so that that which is carried of an unnecessary nature in the end needs no longer to be carried. When you have given your all, when you have opened your heart in love, without reservation, there is no more that could be asked of you, and it is not necessary to carry the heavy weight of judgment if, in your perception, the gifts you have had to offer have borne no fruit. That is something that is beyond your capacity to control. Your love may have effects far beyond their intended range of application. Your loves are always well spent just by being loves.

16: And so, the worthiness we would suggest to you that you seek lies not in the realization of the effects you have sought to achieve through your service and through your seeking, but rather in the nature of the service and the nature of the seeking themselves. Your worthiness does not depend on any reflection you might be given from the world concerning any excellence to which you may aspire. You discover your worthiness in opening your heart to service and opening your heart to love, and allowing that great cosmic energy which is the gift to all who are incarnate to flow through you and, doing so, to find its destination where it will.

26: There is the need to make a contact, shall we say, that is helpful and supportive, whether it be with a guide, with your higher self, with an angelic presence with whom you have previous contact and appreciation, with those entities of a discarnate nature who are of great love vibration themselves and which can impart to you an enlivening equivalent vibration.

29: Thus, you are armed, shall we say, with a sense of yourself that is infinite, that is powerful, that is loving, that is desirous of serving. These are the qualities that you seek to enhance within your own being as you move into the role of an instrument—an instrument that is used by others, such as are we, who have the same desire as you do, to be of service to the One Creator in whatever form or fashion or function we may be. We find that there are many ways to serve and that the way in which we are now offering ourselves in service is one of the most gratifying, for we know that you will take that which we have to offer and not only use it for yourselves, but will share it with others in your means of communication to those who regularly seek from you such inspiration and information.

35: This intensification of desire and intention is as important as the practice, for it fuels the practice. When the heart can imbue the mind with the limitless love for all Creation, a gift of the Father, then the spirit is reached in such a fashion that it becomes likened to a shuttle to make that penetration of intelligent infinity possible for you in the channeling process. For that is what you do when you channel. You make that contact. This is a holy contact. This is a sacred contact. Not just because it is a contact that produces words from those such as are we, but because it allows other energies as well to move within this opening, this contact—the energies of the One Creator, the energies of love, of light, of unity, of power, of service, of seeking, of compassion, of curiosity, of investigation. All of these are facets of the very jewel that is the Creator living within you.

40: I am Q'uo and am aware of your query, my brother. We see the treasure of a contact such as this one as that which is most helpful not only in the information that we are able to transmit through instruments such as those are here gath-

ered, but, because of the nature of this particular group and organization, there is the possibility of disseminating this information around your globe through the means of the electronic transfer of information over your internet system. We seek communication in whatever form is the most helpful means of aiding the population of your planet in its progression towards harvest. We feel that whether the information is channeled, is offered, or wherever it comes from, if it is that which speaks of love and light contained within every being, if it speaks of the sharing of that quality of love and light with all others in order that the heart center might be opened, this is the information that is most helpful.

41: There are also means of providing healing at this date in your evolution being so near to the end of your third density. There are many, many more entities who have the ability to offer healing practices and to teach such to others so that the healing may be not only of the body, but of the mind, and perhaps even of the spirit, and may serve as a kind of illustration or symbol to others of these qualities of love and light, for the true healer works with the one to be healed in a loving and compassionate fashion; and aids that entity to be healed in healing itself as the healer is able to offer its contact with intelligent infinity to interrupt the red/violet ray that holds the degree of ease or disease within the one to be healed.

42: Any type of giving of love to another entity in whatever form, be it spoken words, be it written words, be it healing, be it the smile on the street, whatever means of sharing love and light is possible, is that which we see as being most important at this time. There is no way of sharing love and light that is not important. It is the intention with which it is shared we find to be of greatest importance. We find that the intention here within this group is very pure and is very powerful, and we take a great deal of pleasure in observing the light which emanates from this group. We are most grateful for your calling of us to be of service to you today.

42.15 2016/11/19

7: We are aware of the one known as Mahatma Gandhi. He is one who traveled the road of seeking both spiritual enlightenment and social justice. Indeed, few in the history of your planet have traveled this road more successfully. He took on the British Empire, my friends, and he won. India became free. When he would meet with his advisors the night before the day of meeting with social, political, spiritual and community leaders, they would plan the day, and if the day was promising to be a long one, he would simply say, "I must arise earlier to meditate longer." Do not refuse to use any tool that you have, my friends, as long as you use these tools in love, in light, in consideration of the fact that you deal only with the Creator, no matter what the face may present itself to you.

16: These possibilities that we have just listed we would suggest to you can be seen as so many possibilities in which you can be entrapped, for in the open-hearted service, there cannot be the least scintilla of judgment. The open heart does not judge. And so, there is work of a preliminary nature before any who would serve with the clarity of the open heart, and this work is to ensure that the service that one proposes to offer is indeed grounded in an open-hearted, or green-ray energy. So, the work of the self upon the self is a work that, if it is neglected, will inevitably yield a circumstance such that the service that comes forward will be tainted if it is not first washed in love.

19: But if you look deeper into the heart of that nothing, it may begin to be clear that what seems to be nothing can, upon closer inspection, turn out to be a something after all. It can seem that what you have available before you that you can possibly do, could not possibly have much effect on the course of events, and yet a little bit here, a little bit there, can surprise you. And the more that the little bits of your interactions with the world are filled with larger and larger bits of your love, the more that love can come to have a place in the world.

20: There is no telling, my friends, what effects a little love will have, and if you do the work that is available for you in the immediacy of your life, in the immediacy of your meditations, in the intimacies of your interactions with your fellow human beings, you may find, you may find, my friends, that a very little can become a very lot.

21: Now, having said that, we will not say that you should inevitably withdraw from all interactions with what you may

call, the larger social movements, which may be underway and which may have the opportunity to change the course of events as they unfold upon your planet. We have simply spoken to the need for each individual to consider well, to consider often, and to consider deeply, what energy you are contributing to the flow or the current represented by these movements. If you bring anger, you will find that anger begets anger. If you bring fear, you will find that fear begets fear. If you bring love, you may find that love reaches out in love and finds itself in response to love offered back. And as predictable as anger is in its response, and as predictable as fear is in its response, even in a completely opposite way is it unpredictable how love will respond to love that has been offered. For it is love that is the creator of energy and it is the energies of anger, of fear, and of judgment, that are restrictive, that are destructive.

22: So, the core of our message to you today, would simply be that those opportunities for engagement with your social energy complex which suggest the possibility that you may bring to this engagement the fullness of your own love, these are opportunities well taken. If, on the other hand, you find that your personal circumstances are such that as you get called forth into these group energies, you feel yourself thrust out from your center, and you feel yourself losing your balance and you fear yourself at a distance from the creative source of your own loving outreach, then it is better to take a step back, to retreat into a safe place, to join yourself with those of like mind and of open heart that you may find renewal, for you will never have the ability to offer positive energy to the social complex if that positive energy is not already what describes your situation.

23: There are energies abroad in the land at present which are of a negative hue. Negativity is not ultimate correctable by equal but opposite negativity, and so the trick of serving in the environment you now face, is to, first of all, find the source of the positive love you have within you, and then secondly, to find some pattern of expressing your being that allows you to maintain the thread of that positivity as you wend your way through the complicated pathways of your opportunities to serve your larger society.

24: We feel the distraught cries, not only of this group, but of many who share your society at this time. We are the Brothers and Sisters of Sorrow and we have sorrowed with your peoples many times before, but we will say that for all the sorrows we have endured with you, that there also have been many, many joys. Those joys will not die, my friends, those joys can serve as a reminder and a beacon that better days will come, and the way that you can keep the home fires burning, is by remembering the love you have for those around you that make it easiest for you to remain within the center of your love, which, once again, is the open heart. In the simplicity of the open heart there is a way, and it is to that that we would commend you.

29: I have a question. Many near-death survivors report with great consistency unconsciously leaving their bodies and being drawn to a non-earthly realm where they meet a spirit entity of infinite unconditional love and light whom they tend to regard as God, or other cultural equivalent deity. Many also experience a life review, and some are able to learn about life purpose and the true nature of creation far beyond current scientific understanding. Do you regard what we learn from such experiences to be consistent with your teachings in general?

41: Your felt responsibility is true, for whatever the outcome, your choices made now in this incarnation have their say in that outcome. Your ability to move in service to others through the love in your heart, the determination of your mind and the infinity of your spirit, will help to determine that which occurs with your realm of experience. Your realm of experience will serve as a pattern for others, so that there may be a reflection of your experience to others' minds and spirits and hearts and souls. Thus, your beginning actions where you are now in your life experience, could begin a chain reaction, shall we say, that will have its effects felt far into the future. Thus, we highly commend your feelings of responsibility to be carried out in the way that you feel most appropriate. We remind you, as you know well, that consulting the heart within, the Creator within, is most important in flavoring, shall we say, or biasing any action that you take. All actions done with love create a far greater probability of realization than those that do not contain this most important quality.

of the learn/teachings of this density of beingness.

49.27 Law Of One txt

46: I am Ra. We have just described to you the state of beingness of each Logos. The process by which space/time comes into continuum form is a function of the careful building, shall we say, of an entire, or whole, plan of vibratory rates, densities, and potentials. When this plan has coalesced in the thought complexes of Love, then the physical manifestations begin to appear; this first manifestation stage being awareness or consciousness.

49: As the Love creates the vibration—I will make this statement first. Let me say, I believe that Love creates the vibration in space/time in order to form the photon. Is this correct?

53: Then the continued application of Love—I will assume this is directed by a sub-Logos or a sub-sub-Logos—this continued application of Love creates rotations of these vibrations which are in discrete units of angular velocity. This then creates chemical elements in our physical illusion and, I will assume, the elements in the other, or what we would call non-physical, or other densities in the illusion. Is this correct?

67: I am Ra. This that you speak of as gravity may be seen as the pressing towards the inner light/love, the seeking towards the spiral line of light which progresses towards the Creator. This is a manifestation of a spiritual event or condition of livingness.

49.28 Law Of One txt

28: This mind/body complex then in second density discovering the growing and turning towards the light, thus awakening what you may call the spirit complex, that which intensifies the upward spiraling towards the love and light of the Infinite Creator.

63: It is very unusual, as we have said. However, the experiences of bisexual reproduction which were of the nature of the entity Gandalf were, to a small extent, of spiritual benefit due to an unusual relationship with another entity, this also what you call a cat. This entity also being of an unusually third-density orientation, or investment, from previous life experiences. Thus the formation of what could be seen to be recognizably love did exist in this relationship.

49.29 Law Of One txt

28: The green-ray energy transfer occurs due to the vibratory rate of each entity being undistorted in any vital sense by the yellow- or orange-ray energies; thus the gift, shall we say, being given freely, no payment being requested either of the body, of the mind, or of the spirit. The green ray is one of complete universality of love. This is a giving without expectation of return.

52: It is to be noted at this juncture that although it is much more difficult, it is possible in this type of association for an entity to be of great service to another in fidelity and sincere green-ray love of a nonsexual nature, thus adjusting or lessening the distortions of its sexual impairment.

62: I am Ra. Just as we of the Confederation attempt to beam our love and light whenever given the opportunity, including sexual opportunities, so the Orion group will use an opportunity, if it is negatively oriented, or if the individual is negatively oriented.

82: I am Ra. The racial memory contains all that has been experienced. Thus there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various predispositions to adversary relationships—or, as you call them, marriages—rather than the free giving one to another in the love and the light of the Infinite Creator.

49.30 Law Of One txt

48: Fourth-density wanderers, of which there are not many, will tend to choose those entities which seem to be full of love or in need of love. There is the great possibility/probability of entities making errors in judgment due to the compassion with which other-selves are viewed.

49.31 Law Of One txt

7: This supporting group has always, due to an underlying harmony, been of a very stable nature as regards protection in love and light, thus ensuring the continuation of this narrow-band contact. However, the vital energies of either of the supporting members being depleted, the instrument must then use a larger portion of its vital energies, thus depleting itself more than would be profitable on a long-term basis.

57: The impulse to protect the loved other-self is one which persists through the fourth density, a density abounding in compassion. More than this we cannot and need not say.

49.32 Law Of One txt

27: Very often the catalyst for emotional pain, whether it be the death of the physical complex of one other-self which is loved or some other seeming loss, will simply result in the opposite: in a bitterness, an impatience, a souring. This is catalyst which has gone awry. In these cases, then, there will be additional catalyst provided to offer the unmanifested self further opportunities for discovering the self as all-sufficient Creator containing all that there is and full of joy.

40: There are some few whose desires to aid society are of a green-ray nature or above. These entities, however, are few due to the understanding, may we say, of fourth ray that universal love freely given is more to be desired than principalities, or even the rearrangement of peoples or political structures.

44: I am Ra. Let us take two such positively oriented active souls no longer in your physical time/space. The one known as Albert, who went into a strange and, to it, a barbaric society in order that it might heal. This entity was able to mobilize great amounts of energy and what you call money. This entity spent much green-ray energy both as a healer and as a lover of your instrument known as the organ. This entity's yellow ray was bright and crystallized by the efforts needed to procure the funds to promulgate its efforts. However, the green and blue rays were of a toweringly brilliant nature as well. The higher levels, as you may call them, being activated, the lower, as you may call them, energy points remain, in a balanced being, quite, quite bright.

64: Finally, one may polarize very strongly third ray¹ by expressing the principle of universal love at the total expense of any distortion towards involvement in bellicose actions. In this way the entity may become a conscious being in a very brief span of your time/space. This may be seen to be what you would call a traumatic progression. It is to be noted that among your entities a large percentage of all progression has, as catalyst, trauma.

78: This entity polarized somewhat towards the positive in its incarnation due to its singleness of belief in truth and beauty. This entity was quite sensitive. It felt a great honor/duty to the preservation of that which was felt by the entity to be true, beautiful, and in need of defense. This entity perceived itself as a gallant figure. It polarized somewhat towards the negative in its lack of understanding the green ray it carried with it, rejecting the forgiveness principle which is implicit in universal love.

79: The sum total of this incarnation, vibrationally, was a slight increase in positive polarity but a decrease in harvestability due to the rejection of the Law or Way of Responsibility; that is, seeing universal love, yet still it fought on.

49.33 Law Of One txt

21: However, the desire to serve and to grow was strong in this programming, and when the opportunities began to cease due to these distortions towards love of power, the entity's limiting factor was activated.

49.34 Law Of One txt

55: I am Ra. There are no [negative]¹ beings which have attained the oversoul manifestation, which is the honor/duty of the mind/body/spirit complex totality of late sixth density, as you would term it in your time measurements. These negatively oriented mind/body/spirit complexes have a difficulty

would not detune and would not cease sharing love universally under this chemical substance, was simply to drain this entity of as much energy as possible. This entity has a strong distortion towards busyness which it has been attempting to overcome for some time, realizing it not to be the appropriate attitude for this work. In this particular area the ingestion of this substance did indeed, shall we say, cause distortions away from viability due to the busyness and the lack of desire to rest; this instrument staying alert for much longer than appropriate. Thus much vital energy was lost, making this instrument unusually susceptible to infections such as it now experiences.

31: I am Ra. At the level of time/space at which this takes place in the form of what you may call thought-war, the most accepting and loving energy would be to so love those who wished to manipulate that those entities were surrounded, engulfed, and transformed by positive energies.

42: I am Ra. These entities are of the density of love, numbering four.

49.24 Law Of One txt

50: There have been many communications from fourth density due to the drawing towards the harvest to fourth density. These are the Ways of Universal Love and Understanding. The other teachings are reserved for those whose depth of understanding, if you will excuse this misnomer, recommend and attract such further communication.

131: I am Ra. These attempt feelings of love towards the planetary sphere, and comfort and healing of the scars, and the imbalances of these actions.

145: This is due to the sincere belief of fourth-density negative that to love self is to love all. Each other-self which is thus either taught or enslaved thus has a teacher which teaches love of self. Exposed to this teaching, it is intended that there be brought to fruition an harvest of fourth-density negative, or self-serving mind/body/spirit complexes.

155: This is why we iterate quite often, when asked for specific information, that it pales to insignificance, just as the grass withers and dies while the love and the light of the One Infinite Creator redounds to the very infinite realms of creation forever and ever, creating and creating itself in perpetuity.

156: Why, then, be concerned with the grass that blooms, withers, and dies in its season only to grow once again due to the infinite love and light of the One Creator? This is the message we bring. Each entity is only superficially that which blooms and dies. In the deeper sense, there is no end to beingness.

170: The other green-ray possibility is that of one entity offering green-ray energy, the other not offering energy of the universal love energy, this resulting in a blockage of energy for the one not green ray, thus increasing frustration or appetite; the green-ray being polarizing slightly towards service to others.

49.25 Law Of One txt

52: I will have to think about that and ask questions on it in the next session, so I will go on to what you have given me as the Second Distortion which is the distortion of Love. Is this correct?

56: I would like for you to define Love in the sense... in this sense as the Second Distortion.

58: I am Ra. This must be defined against the background of intelligent infinity, or unity, or the One Creator, with the primal distortion of Free Will. The term Love then may be seen as the focus, the choice of attack, the type of energy of an extremely, shall we say, high order which causes intelligent energy to be formed from the potential of intelligent infinity in just such and such a way. This then may be seen to be an object rather than an activity by some of your peoples, and the principle of this extremely strong energy focus being worshiped as the Creator instead of unity, or oneness, from which all Loves emanate.

60: Is Love... is there a manifestation of Love that we could call vibration?

62: I am Ra. Again we reach semantic difficulties. The vibration, or density, of love, or understanding, is not a term used

in the same sense as the Second Distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity; the vibration love being that density in which those who have learned to do an activity called "loving" without significant distortion, then seek the Ways of Light or Wisdom.

63: Thus in vibratory sense love comes into light. In the sense of the activity of unity in its free will, love uses light and has the power to direct light in its distortions. Thus vibratory complexes recapitulate in reverse the creation in its unity, thus showing the rhythm, or flow, of the great heart-beat, if you will use this analogy.

66: I was trying to make an analogy between this physical solution and the concept of love and light. Is this close to the concept of Love creating Light, or not?

70: Then I will expand a bit more on this concept. We have the infinite vibration of Love which can occur, I am assuming, at varying frequencies, if this has a meaning in this. I would assume that it begins at one basic frequency.

73: I am Ra. Each Love, as you term the prime movers, comes from one frequency, if you wish to use this term. This frequency is unity. We would perhaps liken it rather to a strength than a frequency, this strength being infinite, the finite qualities being chosen by the particular nature of this primal movement.

75: Then this vibration which is, for lack of better understanding, which we would call pure motion; it is pure Love. It is... it is not... there is nothing that is yet condensed, shall we say, to form any type, or density, of illusion. This Love then creates, by this process of vibration, a photon, as we call it, which is the basic particle of light. This photon then, by added vibrations and rotations, further condenses into particles of the densities, the various densities that we experience. Is this correct?

82: The nature of the vibratory patterns of your universe is dependent upon the configurations placed upon the original material, or Light, by the focus, or Love, using Its intelligent energy to create a certain pattern of illusions, or densities, in order to satisfy Its own intelligent estimate of a method of knowing Itself. Thus the colors, as you call them, are as strait, or narrow, or necessary as is possible to express, given the will of Love.

49.26 Law Of One txt

6: I am Ra. This concept is incorrect, as is any concept of the one intelligent infinity. This concept is correct in the context of one particular Logos, or Love, or focus of this Creator which has chosen Its, shall we say, natural laws and ways of expressing them mathematically and otherwise.

9: Well, we had yesterday arrived at a point where we were considering colors of light. You said that "the nature of the vibratory patterns of your universe is dependent upon the configurations placed on the original material, or light, by the focus of Love using Its intelligent energy to create a certain pattern of... of illusions or densities." Then after this material you said that there's further information which you'd be happy to share, but we ran out of time. Could you complete the further information on that?

15: This Light that occurred as a consequence of vibration, which is a consequence of Love. I am going to ask if that statement is right. Is that correct?

25: I am Ra. It is necessary to consider the enabling function of the focus known as Love. This energy is of an ordering nature. It orders in a cumulative way from greater to lesser so that when Its universe, as you may call it, is complete, the manner of development of each detail is inherent in the living light, and thus will develop in such and such a way; your own universe having been well-studied in an empirical fashion by those you call your scientists, and having been understood, or visualized, shall we say, with greater accuracy by the understandings, or visualizations, of the one known as Dewey.

30: The experience, or existence, of space/time comes into being after the individuation process of Logos, or Love, has been completed and the physical universe, as you would call it, has coalesced or begun to draw inward while moving outward to the extent that that which you call your sun bodies have, in their turn, created timeless chaos coalescing into what you call planets, these vortices of intelligent energy spending a large amount of what you would call first density in a timeless state, the space/time realization being one

46: We thank you, my brother, for your consideration, for your determination, and for your love.

54: This type of balancing may be carried forward into all other aspects of the life which move one away from the center of love for all. Any experience that does this is that which requires balance, be it confusion, be it doubt, be it disharmony, be it temerity, be it foolhardiness, be it over bravery, shall we say. All of these need balance within the mind of the entity who seeks to become a healer.

42.16 2016/12/03

6: So what do you do now, my friends, what do you do now? You have felt a great disillusionment descend into a kind of darkness within your own being and your culture; yet not all see it in this fashion, for some love the darkness, some love the light. Each pursues that which has meaning to each. And so we look at you now as beings of light with freewill paramount in each experience, with the ability to direct that free will in whatever direction you wish. You are, indeed, as free as you wish to be.

20: We will not say that the birth will be easy. It is sufficiently clear now that it will not. There will be dark times, there will be confusion, there will be many opportunities to turn away your eyes in despair as you gaze upon the deeds of your fellow human beings. Know, however, that you are an unquenchable source of love. That is the gift that you bring to the party, so to speak. And when you join with another, your gift is redoubled, and redoubled again with the addition of each new soul that joins with you.

33: If you are able to balance your energies in the yellow ray energy center to a sufficient degree to allow further movement, then the movement occurs into the heart energy center, the green ray center. This is that which expresses your energies upon a universal nature, in love that is given to all with no expectation of return. This may be seen as a steady state of the One Creator, for all is seen as that which is deserving of love, and able to give love. The giving and receiving here is balanced. This energy center is that which marks the harvestability of an entity within the third-density illusion. When you are able to open this center to a sufficient degree, and give more love than you receive, shall we say, then your harvestability grows nigh.

46: I am Q'uo and am aware of your query, my brother. This is an interesting query. We find that the nature of the group receiving messages from supposed extra-terrestrial sources, or the individual receiving messages, is based upon the qualities of the group or the individual: their strengths, their desires, their determination to be of service to others, and so forth. There are some entities, such as the one known as Andrija Puharich, that have a love of the riddle, a love of the untangling of that which is put in symbolic form and not presented, shall we say, in the normal manner. This entity received information from sources which were, shall we say, not always of a positively oriented nature. These messages received in a fashion which was meant to, shall we say, glorify the puzzle-solving abilities of the one known as Andrija, thus the tape recorder was used. In other instances, other mechanical devices were used with this entity. We suggest that for those entities who are positively oriented, as was the one known as Andrija, and who have abilities to reflect this positivity in its most pure aspect, that there is no machine or technology more efficient for the reproduction of contact with those of a positive orientation than the human mind. The human mind which has been tuned to its highest and best qualities to transmit information in a stable fashion is far superior to any mechanical devices.

42.17 2016/12/17

3: You have come into this illusion to learn, to grow, to serve others, and to seek the One Creator in all. Why would you come here to do such a thing? Where you were before you came here it is obvious that all is one, that the Creator exists in all things, in each entity, that love is the power that made the Creation, and that the Creation is made of light. There is joy from whence you come; there is purpose; there is power. So why would you enter an illusion of darkness in which you must place the veil of forgetting between your conscious and your subconscious minds. Why would you risk forgetting all

of the truth that you know in your very being, every cell of your being? You wish to learn more than can be learned in such an environment of seeming purpose, power, direction, unity, for in those realms of the exalted nature of Creation, progress is far more slowly made, for there is little against which to push, little reason to exercise your spiritual muscle, shall we say. Yes, growth does happen there, but it is far slower than is possible within your third-density illusion.

5: You wish, in many cases, to improve your appreciation of compassion, of love, of understanding. These are all facets of the same quality, my friends. And how do you do this? May we say first of all you do not program more love, more compassion—you program the opposite, my friends, you program the lack of compassion, the lack of love, the lack of understanding, the lack of sympathy, for by so doing, you set into motion within your own soul's being the desire to solve these riddles; anger being one of the great riddles of your illusion; anger being that which is not possible in the higher densities, for only unity, joy, peace and understanding are possible there. But here, in your third-density illusion, it is possible to experience anger; for it is possible to see one as separate from another self and to feel an emotion that is not love for another self, or perhaps even for the self, for your anger may be pointed in any direction. For the conscious entity who is aware of the process of seeking within the third-density illusion, if there is the desire to achieve more love, more compassion, [then] the lack of that love and compassion—in the form of anger, or non-acceptance of other selves, or irritation, or impatience, whatever form your anger may take—is pointed toward yourself.

9: For if you look with the eye of compassion, true heartfelt love, upon any situation and remove yourself from it, look from a distance, you may see, if you see clearly, the Creator experiencing itself through you. For is that not the reason for the Creation? To give the Creator a variety of experiences that it would not have without your free will choices. And so you do, in everything that you do, give the Creator more intensity and variety of experience.

10: So as you look from a distance and see the Creator experiencing itself, for the moment that you are no longer attached to that image and that experience, you feel love, you feel compassion, you feel understanding, you feel acceptance, and then you move again, placing yourself in the role in which the anger has been experienced, and you lose that distant perspective, you lose the knowledge of the Creator experiencing itself, and this is not a bad thing, my friends—this is why you came here, this is what this illusion offers you. Do not feel bad that you have what you call anger or other distortions. These are the methods by which you learn what you wish to learn. When you are experiencing such catalyst know in your heart and in your soul you are doing what you came to do.

11: Now, my friends, what shall you do with the anger, besides feel it for the moment and then the remorse later. We recommend that which those known to you as Ra suggest as a balancing exercise, for in this exercise you take the anger that has disbursed itself about you and colored your emotions with its very being, and you use it in a fashion which can result in the diminishing of the anger and in the increasing of love for yourself and for all the Creation about you.

12: Those of Ra have said that it is the nature of distortion, in this case, anger, that in order to balance distortion, one must first accentuate it. This is the way of all distortions, of all learning, so when you feel anger, at the end of your day, in your meditation (and we strongly recommend meditation), at the end of your day for this very purpose, relive again that experience that brought forth anger from you. See it as it developed. Feel again that anger mentally, then increase the anger to what you might call a ridiculous proportion so that it is overwhelmingly powerful within your mind as you meditate upon it. And then, at the height of its power, for just an instant, image its opposite, that is, the love that you wish to develop in this incarnation. As you image that love, rest back and observe it growing within your consciousness, larger and larger, within the inward mental picture, until it equals the ferocity of the anger that you have just created.

14: This is not a quick or easy program, my friends, but if there is no balancing to your distortions, if there is no balancing to your anger in this instance, it shall continue for the rest of your incarnation, and the learning of love will come very, very slowly. It will come eventually, but not in the degree to which you had hoped.

15: If you wish to accelerate the learning and the gathering of love within your being, then use the balancing exercises to do that very thing, for these exercises are that which allow your lower energy centers most especially, and occasionally the higher energy centers, to function more effectively, to allow the intelligent energy or the light, the prana of the One Creator from your Sun body, your Logos, to enter through your feet and lower chakras and to move without hindrance through the entire system of chakras or energy centers. Eventually, it is the goal of each seeker to cause this energy to move through the red of the survival and sexual impulses, the orange of the emotional nature and one-to-one relationships, the yellow of the group involvement of the self, to the green of universal energy of love freely given, to the blue of free communication and inspiration, and to the indigo ray wherein there lies the One Creator, and the intelligent energy of that One Creator, and may be discovered by the seeker who is able to remove the blockages from the lower energy centers through the process of your balancing.

17: Thusly balanced, your energy centers, at some point in your incarnation, will be free to allow the energy of the One Creator to move higher and higher until the green-ray energy center is activated. As this center is activated, then the harvest of the entity is near, for it is only necessary to clear the red, orange and yellow, in order to arrive at the green-ray energy center. The ability to love and serve others about one, more than one loves and serves the self, for this is the positive path of which we speak, and we are well aware that each within this circle of seeking is a positively oriented entity seeking to move the energies higher and higher in the positive sense. Then, if you are a doughty seeker, full of adventure, and wishing to experience more catalyst, it is possible to move higher and higher within the energy centers, until eventually the prana of the One Creator meets the intelligent infinity, the Polaris of the self, the North Star, residing within the indigo ray, and the fully experienced presence of the One Infinite Creator is possible. This is the great goal of all who seek this pearl of great price, shall we say.

43 2017

43.1 2017/01/07

5: As you move upon this path of self-realization, you discover that there are indeed no mistakes. In fact, there have been no mistakes, though there seem to have been many—in the old ways of doing things, for example—and yet each step that mankind and humankind has taken, whether it be a step forward, a step backward, a step or two to the side, all of these have been necessary to bring you to where you are now, and where you are now is at a point of decision making. So as you evaluate possibilities, go within to meditate, to open yourself to a greater realization of what is possible for you in your own life pattern. Go into meditation without pre-conceived ideas that this is what you need. Realize that if you are moving in unity with the One Creator, the Creator knows well what you need and will provide it. Rather, go into the meditative state in an open fashion, opening your being completely to possibility. Realize that you entered this incarnation with many choices of lessons wished to be learned, opportunities to be experienced, services to give, joy to be shared, love to be given freely to all.

7: As you are able to open yourself in this fashion, then receive whatever guidance is available. Come out of your meditation, and keeping that open sense of your being in the forefront of your perceptions, move through your daily round of activities, looking always for opportunities to express the love of the Creator to those about you, looking always for ways to serve those who you find in your path of experience for the day. Look for those synchronicities and coincidences, those subjectively interesting happenstances that find their way to you somehow you do not know—and yet, when they find their way to you, you recognize the rightness of their appearance. You recognize that this is a portion of your own creation that has moved to you through your own freewill. Look at this gift as that is what it is: a gift from your greater self to you within the incarnation. Open it, examine it, feel it, perceive its heart, shall we say. See if there is a way by which you might utilize it as an enhancement of your own

deepest nature of one who seeks to know the Creator in all, of one who seeks to love the Creator in all, of one who seeks to serve the Creator in all. If this is a manner in which you may pursue in a daily fashion that which is inside of you, then your days shall become, shall we say, firmly rooted, or strongly structured in the foundation of your being that you have reached through meditation and then in the experience of the day this becomes a tool, this becomes a manner in which you approach your life, your patterns of experience, your processing of catalyst.

9: For it is that time now, within your third density experience, that the harvest comes nigh. It is the time that many feel is a darkened time, a confused time, a perilous time, a dangerous time, and yet, my friends, we tell you it is said truly that it is darkest before the dawn—and my friends, the dawn does come. It is slowly appearing now within the hearts of those such as yourselves that speak of these things, that seek these things, for it is that which is meant to be. All cycles end and new cycles begin. And thus, you are upon this planet at this time ending the third density experience that has been for the purpose of providing each a choice, a choice of how to seek the Creator beyond this third density. You have weathered the difficulties of existing on the other side of the veil of forgetting, not being able to see with clarity the unity of all Creation, the power of love that has formed it, the light out of which it has made it. And yet you have prevailed, because with this veil of forgetting you are required to make an effort to seek that which it hides, and you have made that effort. And that effort you may see as growth of a spiritual sense, a polarization in your consciousness that would not have been possible to make as effectively without that veil. Though it may seem to stand between you and that which is most beloved, it is that which gives you the opportunity to realize the beloved in your own life, and in the lives of those about you.

10: There are truly no mistakes, my friends. The path you travel now is the path that will take you to this new vision of the future of your peoples that will pass through the third-density illusion and lead you into the fourth density of love and understanding. It is a path that has been a long journey for each soul upon it. There has been much seeming trauma, difficulty, disharmony, confusion, doubt, obstruction, blockage... and yet, we tell you that all these seeming negative aspects are opportunities for you to learn, to move beyond them, to deal with each other in the most efficient manner possible. You have been given blessing upon blessing. Many have gone unrecognized. That is fine, my friends, for they have had their effect upon you. Sometimes you have learned in spite of yourself. Sometimes you have learned not knowing that you have learned, and yet you have learned. You have gone forward. You have moved with that goodly company of souls who are of like mind with you, and now you are on the edge of a new experience. Together shall you go there; together shall you rejoice in the love and the light of the One Infinite Creator. Peace and blessings, my friends.

45: Then, the heart energy center is that which signals the ability of the entity to give love to all those about one, even those one does not know, for at this energy center, the expression of love is universal in its sense of being given without expectation of return. This energy center is that which signals the harvestability of the mind/body/spirit complex that is able to open it and keep it open, shall we say, in the regard of giving more than is received.

43.2 2017/01/21

3: We all move in unison in a certain step, seeking the love and light of the One in unity with the One, and in all that we do, in all that we say, and in all that we think—for we, who have moved somewhat further along this path than you, have found the truth of unity to be that which is omnipresent. We cannot find a place where there is no unity. However, we are well aware that within your own illusion, you have no trouble whatsoever discovering places and people that seem not at all in unison with you, that seem so very separated, distinctly different—almost antagonistically opposite in some cases—from your own perception of the reality around you.

4: This makes it difficult, as you have carefully framed in your question, to be able to accept and utilize the catalyst that is offered by those who would criticize you for your beliefs, your behaviors; who would judge you for the same in a negative

49.16 Law Of One txt

23: I am Ra. The proper role of the entity is, in this density, to experience all things desired, to then analyze, understand, and accept these experiences, distilling from them the love/light within them. Nothing shall be overcome. That which is not needed falls away.

24: The orientation develops due to analysis of desire. These desires become more and more distorted towards conscious application of love/light as the entity furnishes itself with distilled experience.

33: Thus, the distortions to be avoided are those which do not take into consideration the distortions of the focus of energy of love/light, or shall we say, the Logos of this particular sphere, or density. These include the lack of understanding of the needs of the natural environment, the needs of others—self/ mind/body/spirit complexes. These are many due to the various distortions of man-made complexes in which the intelligence and awareness of entities themselves have chosen a way of using the energies available.

49.17 Law Of One txt

11: I am Ra. There are three types of second-density entities which become, shall we say, enspirited. The first is the animal. This is the most predominant. The second is the vegetable, most especially that which you call sound vibration complex “tree.” These entities are capable of giving and receiving enough love to become individualized. The third category is mineral. Occasionally a certain location—place, as you may call it—becomes energized to individuality through the love it receives and gives in relationship to a third-density entity which is in relationship to it. This is the least common transition.

65: Thus, the weakening of the physical vehicle, as you call it, was designed to distort entities towards a predisposition to deal with each other. Thus, the lessons which approach a knowing of love can be begun.

87: I am Ra. We can speak only in metaphor. Some love the light. Some love the darkness. It is a matter of the unique and infinitely various Creator choosing and playing among its experiences as a child upon a picnic. Some enjoy the picnic and find the sun beautiful, the food delicious, the games refreshing, and glow with the joy of creation. Some find the night delicious, their picnic being pain, difficulty, sufferings of others, and the examination of the perversities of nature. These enjoy a different picnic.

49.18 Law Of One txt

150: I am Ra. The fourth density, the density of love, or understanding, was the density of the particular entity which offered this possibility to those of your first major cycle.

152: You use the same nomenclature for fourth-density negative as for fourth-density positive. Both are called the dimension of love or understanding. Is this correct?

154: I am Ra. This is correct. Love and understanding, whether it be of self or of self towards other-self, is one.

49.19 Law Of One txt

46: As the incarnations begin to accumulate, further needs are discovered: the need to trade, the need to love, the need to be loved, the need to elevate animalistic behaviors to a more universal perspective.

47: During the first portion of third-density cycles, incarnations are automatic and occur rapidly upon the cessation of energy complex of the physical vehicle. There is small need to review or to heal the experiences of the incarnation. As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love.

76: The first calling was approximately four six thousand, forty-six thousand [46,000] of your years ago. This calling was of those of Maldek. These entities were aware of their need for rectifying the consequences of their action and were in some confusion in an incarnate state as to the circumstances of their incarnation: the unconscious being aware, the conscious being quite confused. This created a calling.

The Confederation sent love and light to these entities.

78: How did the Confederation send this love and light? Precisely what did they do?

80: I am Ra. There dwell within the Confederation planetary entities who, from their planetary spheres, do nothing but send love and light as pure streamings to those who call. This is not in the form of conceptual thought but of pure and undifferentiated love.

128: However, in the South American area of your planetary sphere, as you know it, there grew to be a great vibratory distortion towards love. These entities were harvestable at the end of the second major cycle without ever having formed strong social or technological complexes.

49.20 Law Of One txt

31: Thus the shortened life span is due to the necessity for removing an entity from the intensity of experience which ensues when wisdom and love are, having been rejected, reflected back into the consciousness of the Creator without being accepted as part of the self, this then causing the entity to have the need for healing and for much evaluation of the incarnation.

56: I am Ra. A light being appeared bearing that which may be called a shield of light. It spoke of the oneness and infinity of all creation and of those things which await those ready for harvest. It described in golden words the beauties of love as lived. It then allowed a telepathic linkage to progressively show those who were interested the plight of third density when seen as a planetary complex. It then left.

60: I am Ra. This is correct. As a group they stayed. There were those peripherally associated with this culture which did not stay. However, they were not able to be harvested either and so, beginning at the very highest, shall we say, of the sub-octaves of third density, repeated this density. Many of those who have been of a loving nature are not wanderers but those of this particular origin of second cycle.

90: Then did the technological advancement of Atlantis come because of this call? I am assuming the call was answered to bring them the Law of One and the Law of Love as a distortion of the Law of One, but did they also then get technological information that caused them to grow into such a highly technological society?

49.21 Law Of One txt

29: We discovered that for each word we could utter, there were thirty impressions we gave by our very being which confused those entities we had come to serve. After a short period we removed ourselves from these entities and spent much time attempting to understand how best to serve those to whom we had offered ourselves in love/light.

49.22 Law Of One txt

79: I am Ra. Although the impression that they had given to those who called them [was] that these entities were an elite group, that which you know as Diaspora occurred, causing much dispersion of these peoples so that they became an humbler and more honorable breed, less bellicose and more aware of the loving-kindness of the One Creator.

49.23 Law Of One txt

7: The second hope lay in the possible misuse of the most powerful means of transmission of energy between your peoples in the area of body-complex distortions. We have not previously spoken of the various types of energy blockages and transfers, positive and negative, that may take place due to participation in your sexual reproductive complex of actions. This entity, however, is a very strong entity with very little distortion from universal green-ray love energy. Thus this particular plan was not effected either, as the entity continued to give of itself in this context in an open, or green-ray, manner rather than attempting to receive, I or to manipulate, other-self.

8: The only remaining distortion available, since this entity

healing but for healing of mind/body/spirit complexes. It came to our attention that your density was distorted towards, what is called by our distortion-understanding of third density, a premature aging process. We were attempting to aid in giving the mind/body/spirit complexes of third density on your planetary sphere more of a time/space continuum in one incarnation pattern in order to have a fuller opportunity to learn/teach the Laws, or Ways, of the primal distortion of the Law of One which is Love.

88: This is correct. We offer the Law of One, the solving of paradoxes, the balancing of love/light and light/love.

120: I am Ra. This was transmitted by one of Confederation social memory complex status whose idea, as offered to the Council, was to use some of the known physical history of the so-called religions, or religious distortions, of your cycle in order to veil and partially unveil aspects or primal distortions of the Law of One. All names can be taken to be created for their vibrational characteristics. The information buried within has to do with a deeper understanding of love and light and the attempts of infinite intelligence through many messengers to teach/learn those entities of your sphere.

49.13 Law Of One txt

19: I am Ra. Rapid aging occurs upon this third-density planet due to an ongoing imbalance of receptor web complex in the etheric portion of the energy field of this planet. The thought-form distortions of your peoples have caused the energy streamings to enter the planetary magnetic atmosphere—if you would so term this web of energy patterns—in such a way that the proper streamings are not correctly imbued with balanced vibratory light/love from the, shall we say, cosmic level of this octave of existence.

40: I am Ra. Picture, if you will, the One Infinite. You have no picture. Thus, the process begins. Love creating Light, becoming love/light, streams into the planetary sphere according to the electromagnetic web of points, or nexi, of entrance. These streamings are then available to the individual who, like the planet, is a web of electromagnetic energy fields with points, or nexi, of entrance.

41: In a balanced individual each energy center is balanced and functioning brightly and fully. The blockages of your planetary sphere cause some distortion of intelligent energy. The blockages of the mind/body/spirit complex further distort, or unbalance, this energy. There is one energy. It may be understood as love/light, or light/love, or intelligent energy.

58: The center of heart, or green ray, is the center from which third-density beings may springboard, shall we say, towards infinite intelligence. Blockages in this area may manifest as difficulties in expressing what you may call universal love, or compassion.

61: The indigo-ray balancing is quite central to the type of work which revolves about the spirit complex (which has its influx then into the transformation, or transmutation, of third density to fourth density), it being the energy center receiving the least distorted outpourings of love/light from intelligent energy and having also the potential for the key to the gateway of intelligent infinity.

98: I am Ra. These are planetary entities harvested—wanderers only in the sense that they chose, in fourth-density love, to immediately reincarnate in third density rather than proceeding towards fourth density. This causes them to be wanderers of a type, wanderers who have never left the earth plane because of their free will rather than because of their vibrational level.

103: I am Ra. Only up to a very short point. After this point, the many-ness of distortions are equal one to another. The First Distortion, Free Will, finds focus. This is the Second Distortion known to you as Logos, the Creative Principle, or Love. This intelligent energy thus creates a distortion known as Light.

106: You also said that you offered the Law of One, which is the balancing of love/light and light/love. Is there any difference between love/light and light/love?

108: I am Ra. This will be the final question of this time/space. There is the same difference between love/light and light/love as there is between teach/learning and learn/teaching. Love/light is the enabler, the power, the energy giver. Light/love is the manifestation which occurs when Light has been impressed with Love.

112: I am Ra. This instrument requires a certain amount of manipulation of the physical, or body, complex due to a stiffness. Other than this, all is well, the energies being balanced. There is a slight distortion in the mental energy of this instrument due to concern for a loved one, as you call it. This is only slightly lowering the vital energies of the instrument. Given a manipulation, this instrument will be well for another working.

120: I scan each and find it acceptable to share this information. The wanderers in this working are of two densities: one the density of five, that is, of light; one the density of love/light, or unity. To express the identity of which came from which density we observe to be an infringement upon the free will of each. Therefore, we state simply the two densities, both of which are harmoniously oriented towards work together.

49.14 Law Of One txt

93: Fourth, the cycle of love or understanding.

95: Sixth, the cycle of light/love, love/light, or unity.

143: I am Ra. The desire to serve begins—in the dimension of love, or understanding—to be an overwhelming goal of the social memory complex. Thus, those percentiles of planetary entities, plus approximately four percent more of whose identity we cannot speak, found themselves long, long ago in your time seeking the same thing: service to others.

49.15 Law Of One txt

21: We cannot offer shortcuts to enlightenment. Enlightenment is of the moment, is an opening to intelligent infinity. It can only be accomplished by the self, for the self. Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment. But who can know when an entity will open the gate to the present?

57: I am Ra. The one known to you as Jesus of Nazareth did not have a name. This entity was a member of fifth2 density of the highest level of that sub-octave. This entity was desirous of entering this planetary sphere in order to share the love vibration in as pure a manner as possible. Thus, this entity received permission to perform this mission. This entity was then a wanderer of no name, of Confederation origins, of fifth density, representing the fifth-density understanding of the vibration of understanding or love.

59: Did you say the fifth vibration was that of love? Fifth density was that of love?

61: I am Ra. I have made an error. The fourth-density being is that which we intended to say, the highest level of fourth density going into the fifth. This entity could have gone on to the fifth but chose instead to return to third for this particular mission. This entity was of the highest sub-octave of the vibration of love. This is fourth density.

110: I am Ra. I will attempt to sort out this question. It is difficult. This entity became aware that it was not an entity of itself but operated as a messenger of the One Creator, whom this entity saw as Love. This entity was aware that this cycle was in its last portion and spoke to the effect that those of its consciousness would return at the harvest.

145: The best way of service to others is the constant attempt to seek to share the love of the Creator as it is known to the inner self. This involves self-knowledge and the ability to open the self to the other-self without hesitation. This involves, shall we say, radiating that which is the essence, or the heart, of the mind/body/spirit complex.

176: In the devachanic planes, as you call them, are those whose vibrations are even more close to the primal distortions of love/light.

217: [footnote start]Footnotes have been added to 14.18, 14.25, and 16.13-14 indicating the correct timeframes.[footnote end][footnote start]This should be fourth. Ra corrects the error in the next answer.[footnote end][footnote start]This has been discussed in various places, most explicitly and poignantly in 15.7.[footnote end][footnote start]"Strait" is used instead of "straight" because it is a better contextual fit and because of Ra's love of archaic and poetic language.[footnote end]

sense, and reject that which you offer, even when you offer it with your heartfelt love. For that which you offer is so very different from that which many entities are acquainted with, or have even perceived the slightest hint of; so what they are responding to is that great difference between your ways and theirs, for they yet reside most firmly behind the veil which you have begun to penetrate in your own seeking, and the veil, as you know, is quite an efficient means of segregating that which is, from that which seems to be.

6: Though you may feel threatened, judged, rejected and in general ignored as an ultimate response by such entities, can you not also feel for them: the great sorrow of their dimmed sight, both within and without, that holds so much from their lives that could enrich their very being to the degree necessary to begin their own journey of seeking in a conscious fashion. For those who would so criticize you and ostracize you are suffering from the disease of ignorance and sleepfulness, for such is the beginning state of consciousness within the third-density illusion. It is meant to be this way for all entities in order that there may be a, shall we say, reward for penetrating the illusion about you. The harder that you have worked to make sense of the world about you in the way in which your spiritual journey has made sense to you requires that you work quite diligently on a daily basis to utilize the catalyst that comes your way for the purpose of continually clearing your sight and opening your heart to the Creator which exists both within and without. At some point within their incarnational experiences at the end of the third density, most entities are making progress upon this path of removing the veil and beginning to catch a glimpse of the love that created all that there is out of the light of the One Creator.

7: So, when you find yourself in a situation in which you are opposed by those who disagree with your point of view and judge you for it, we would suggest first that you look at the situation as we see it: you have begun to see clearly the nature of reality. You have found yourself in relationship with another who has not; you have been blessed and the other would rather curse you, shall we say, and yet, it is their own state of ignorance and sleepfulness that keeps them shackled to a restricted point of view. If you can begin to color your relationship with such entities with the color of compassion, to begin first to see that it is not so much you with which they disagree, it is that which you propose or propound; that which you expose them to: a dimly felt experience of love, of light, of unity which begins to shake their perception of reality. It causes them to fear they shall fall from the shaky craft that floats upon the sea of consciousness and drown in the waters of this so-called "unconditional love and unity" of which you speak. Thus, they feel greatly threatened for their very lives, for their thoughts, for their feelings, for their present, for their future, for all that they hold dear.

17: For as you go through the daily activities of your lives, you will find again that there are those who present you with all the resistance you could ever want and give you every opportunity to, once again, take in these judgments of a world which is interested in your liberation not at all. And so you might find that you have taken on a certain heaviness of the world, and for those who have a bit more experience on the path of spiritual seeking, it can sometimes begin to seem that earlier experiences of liberation are hardly a gift at all, for you are now burdened with the realization that much, much more is possible; much more love can be felt; much more harmony can be created than is being created, than is being felt.

21: Yes, my friends, judgment is a two-edged sword, and if you carry the effects of judgment, it can weigh you down to the point where your best resource, your capacity for hope and your capacity for joy, is something that seems so far removed, that you will never restore it to yourself. We can assure you that you have recovered from every mistake you have made in the past. We can assure you that you will make more mistakes in the future and that you will recover from these as well. So long as you approach every new experience with a commitment to love, to healing and to service, we feel confident in telling you that you will emerge from that experience better off than before.

22: And so, it is to these commitments that we would commend you and assure you that from the point of view that we have to offer, you are all doing great service as you bring your love and your light to this planet, which is, indeed, very much in need of that love and that light.

47: Q'uo, there is one more from C who says: "I would love to hear an expansion on the subject of those who will not be

harvesting to fourth-density earth and instead entering third-density harvest on other planets. In the context of family and close loved ones, how are these ties connected between those who will be staying in the fourth density positive, and those who need further incarnational lessons in third density? This is important to me because I've been feeling a large amount of distress that some of my family members may not be able to rejoice with me in the love of fourth density, although I have faith that we will be reconnected in time."

54: I am Q'uo and am aware of your query, my brother. The use of substances such as the marijuana or the LSD or the mescaline, and so forth, can be considered useful to a certain extent. That is, that the eyes are opened to a certain amount of a larger reality in which the nature of love, of light, of joy, of unity, are appreciated by such an entity. However, we would recommend that as in all experience or processing of catalyst within the third-density illusion, there is the opportunity to learn these basic lessons, and then to move in a, shall we say, more natural fashion for the further expression and experience of the higher levels of consciousness that are resulting from the personal efforts in what we would call a more natural manifestation of the meditation, the contemplation, the prayer, the utilizing of the catalyst of the daily round of experience. It is easy for some entities to become so used to the ease with which an expanded vision may be obtained in the use of these so-called drugs that there is not the exercise of the internal powers of perception and apprehension of the greater reality that is a natural portion of each seeker's beingness. It is important for each seeker to exercise this natural ability to pursue understanding, if we may use this misnomer, in the daily round of activities. Thus, our recommendation is a limited and introductory use of such substances for the serious seeker of truth.

43.3 2017/02/04

0: [overview] In the Law of One, Session 4.20, it states: "The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one and that one is love/light, light/love, the Infinite Creator."

9: There is, shall we say, a kind of reckoning that is being devised by those of the, shall we say, more compassionate nature, in which there shall be a rising of the ability to give in the nurturing, all-compassionate love that has been allowed by the male to the female sex upon your planet. This rising of the love quotient, shall we call it, shall occur not only in the female gender, but also within the male genders of those males who have developed a greater appreciation for a wider point of view.

12: I am Q'uo, and am with this instrument. We would begin our communication through this instrument by thanking those here present, as well as this instrument and the one called Jim, for the effort it expends in calling upon us to speak and to share that energy which we have to offer as a portion of this seeking which we may all participate in together. We would point out that those here present are calling, and we are those who are responding to this calling. Now, you may liken this calling to the expression of a kind of desire belonging to the female principle, and you may liken our response to the calling as a kind of desire feeling [itself] called by the desire of those here seeking for truth. In our response there is a maleness, you might say, for we reach to you from a place which lies in your future as you might understand it, and in that sense, if you can, for a moment, pull back from your present circumstances of incarnation and consider yourself in a fully rounded way, you may see that there is really no ultimate separation between us and you. Now, in this circumstance of seeking, however, there seems very much to be a separation, and that separation seems to be the basis of this experience which you might understand as communication. We reach to you with this message of love and of light, as indeed, you have called us to reach to you with our message. Your calling is polarized; our reaching is polarized—female to male, male to female. And thus we have an event taking place that is an event in your lives, and an event in our lives, and an event in the life of the Creator. And so, we have as it were, simultaneously, an event which registers without polarity and with each of the two poles of the polarities represented by the male and the female principles.

18: The path of evolution is a path of integration. Integration involves portions of selfhood that have grown, that have developed over the course of a pattern taking place in many lifetimes, in such a way that not all portions of the being grow and evolve at the same rate and in the same way. And that creates a situation in which it is possible for portions of the self to be cut off from the larger whole, and to be forced to exist a kind of satellite existence on the periphery, causing perturbations, if you will, in the main body of the developing complex. In order to reabsorb these elements, one must, first of all, discover that they have in fact been denied admittance into the center. And one must find, first of all, a way to grasp how it has come about that they have been thrust out from that center. And then secondly, they must be loved as that which has been thrust out, and as that which properly belongs in the center.

24: As you well know, there are in your Earth experience at this time those who do not intend to evolve upon the path of that polarity, but choose rather to remain focused exclusively upon the self. That means that they attempt to evolve without opening the heart, and for them, that means that there is not an opening or a forum in which the male and the female may be integrated. Indeed, it can be a benefit to those who seek to serve primarily themselves to maintain this unintegrated state, to maintain the differentiation between male and female such that rather than coming together in the embrace of love, the two principles vie interminably with each other, and in such a way that it can be seen to be the desire of each for each, which is the very medium of that perpetual contest. And, in that context, the female can proudly embrace its devious capacity to manipulate the male, and the male can, itself, proudly embrace its propensities to dominate the female. Each of the two polarities declaring victory after its own fashion.

26: The key to healing, the key to bringing into balance the two dimensions which are essential to your process of evolution at this time is acceptance. This acceptance must begin precisely where it currently finds itself, and that is, you first of all must accept that there is an imbalance, and you must allow that imbalance its sway long enough to begin to love that energy which has felt itself to be pushed out from its center. To reject that energy in its current configuration is merely to create a circumstance in which action will continue to play upon reaction and no genuine healing will be able to take place. And yet, we would say that the commitment to healing will yield, little by little, a greater integration, and the greater the integration, the less one of the polarities will be pushed to the periphery, the more it will be brought in to the center. And the more that does happen, the more the distortions that have come to characterize your relations between the sexes will, indeed, begin to fall away.

35: I am Q'uo and we believe that we grasp your query, my sister. The path of the open heart is what is available to each entity upon this planet. The third density has, as its sole purpose, the development of that quality which you may call "unconditional love." This is the quality which is associated with the green-ray energy center, that being the heart-ray energy center. In order to be able to move into this energy center, it is necessary that an entity be able to look upon the world about it and see that which draws forth from it this quality of love, for there is nothing in the creation that has any nature that does not deserve love. Even those most seemingly despicable, questionable, and evil-seeming entities are the Creator in another guise, which also deserves love. This path is that which is not easy to travel within your illusion, for it is most easy to see reasons to divide one self from another.

36: Thus, this path of the open heart is that which is a path which must be consciously traveled. The seeker of truth must realize that which he or she is doing, for this realization will bring forth the challenges ahead. To be able to utilize the catalyst of the daily round of activities in a useful manner, one must look to the meditative state and see where there is the lack of love that needs the balance of love, the lack of wisdom that needs the balance both of wisdom and of love, for each day you are presented with catalyst that is covered in a certain fashion, to give you the opportunity to love. Some opportunities are easier than others. Those within one's family are usually, not always, but usually easier to love than those who are not within one's own immediate family. Those who seem to be of like mind, religion, culture, or color of skin, are also seemingly easier to love than those who are of a different origin, culture, religion, or color of skin. However, all

provide catalyst to the seeker to love. When one travels this seeker's journey upon a conscious level, there is the need to look to those about one eventually as brothers and sisters all. 37: However, for most, it is a slow journey. It is one that is learned over many lifetimes, perhaps [even from] previous third-density experiences which have not yielded the proper polarity and ability to see all as the Creator and as the other self, and therefore, to love all others as such. Thus, it is a long road for some, or, indeed, most upon your planet, and yet for those who are able to make this journey within their own hearts, the qualities of loving others unconditionally are unmistakable in their appearance and in their effect, not only upon the seeker of truth itself, but on those with whom this seeker touches in its daily round of activities.

38: Thus, there are many, shall we say, seeds of love floating about within every country and section of this planet that will be able to show, by example, the qualities of love that are indicative of the open heart. Therefore, it is hoped that as yeast allows the bread to rise, that the yeast of these loving hearts will have their effect upon the bread of humanity, will cause humanity to rise to a greater level, to be able to include each entity within all experience in the heart.

39: This is what is necessary for any entity to be graduated into the fourth density of love and understanding. It is possible, as those of Ra have said, for the population of this planet to take hold of the needle and point it in one direction, to polarize positively in one fine, strong moment of inspiration. Though it is not probable, it is ever possible. And it is well to remember this possibility as one moves through one's daily rounds of activities, for if the heart is able to be opened in a larger and larger sense among the populations of this planet, then many of the problems of this troubled earth can begin to be solved by compassion, by giving and receiving that known as love.

40: Those of another culture may be welcomed here, those of another religion, those of another color of skin, those different in whatever way they may be different, for as each one seems to be different in many ways, in the heart each is the same for are not all one? Is not each entity the One Creator? Cannot the entity who has opened its heart in love see this truth?

47: Q'uo, you just spoke about it seeming to be easier to love those who are more similar to us, or seem to be within the same tribe, and there are some in the scientific community who believe that the basis for this is biological as a result of the evolutionary path that we've taken as second-density creatures into third density. Is this the plan of the Logos that we might evolve that way and then be met with this challenge as a way to polarize or would this be more of an unpredicted result from the experiment of our Logos.

43.4 2017/02/18

4: Each of you lives now in incarnation which is one of a great line or lineage of incarnational experiences that have brought you to this point in your own evolution of mind, body, and spirit. Before this incarnation, you, as a seeking aspirant of unity, of love and of light, set before yourself the possibility of learning those lessons that are most important to you in your ability to be of service to others, to polarize in a positive sense toward your seeking of the One Creator, and to be able to express the unity of all the creation that lives within you and without you.

7: In your question, you are presuming that the conscious mind, through many years of processing catalyst, has developed a certain bias of its own that may or may not be in congruency with the bias of your subconscious mind. In most cases, for positively oriented entities, seeing positive connotations to catalyst, these biases will, very likely, be positive in nature as well, so that you become one who sees into the heart of experience, not being fooled, shall we say, by the exterior appear of that which comes before your notice. For indeed, within your third-density illusion, there is love in every moment, in every event, in every entity, and it is your task, your challenge, your joy to find that love there. It may be more or less difficult, depending upon previous choices and current catalyst, and the perceptions which you allow yourself to have.

15: But, there is not a template that you can put over all catalyst to give you the roadmap to what is negative and what is positive. In general, if you feel that in your response, you are

glaring, at which time the entity stops. This entity may have barely reached third density or may be very, very close to the ending of the third-density light/love distortion vibratory complex. Nevertheless, those who fall within this octave of intensifying light/love then experience a major cycle during which the opportunities are many for the discovery of the distortions which are inherent in each entity and, therefore, the lessening of these distortions.

49.6 Law Of One txt

86: This is, however, true of this octave of densities. The beings are harvested because they can see and enjoy the light/love of the appropriate density. Those who have found this light/love, love/light without benefit of a desire for service nevertheless, by the Law of Free Will, have the right to the use of that light/love for whatever purpose.

49.7 Law Of One txt

47: The entities of the Red Planet were attempting to learn the Laws of Love which form one of the primal distortions of the Law of One. However, the tendencies of these people towards bellicose actions caused such difficulties in the atmospheric environment of their planet that it became inhospitable for third-density experience before the end of its cycle. Thus, the Red Planet entities were unharvested and continued in your illusion to attempt to learn the Law of Love.

49.8 Law Of One txt

43: I am Ra. In the scheme of the Creator, the first step of the mind/body/spirit totality beingness is to place its mind/body/spirit complex-distortion in the proper place of love/light. This is done to ensure proper healing of the complex and eventual attunement with the totality-beingness complex. This takes a very variable length of your time/space.

57: The Law of One has, as one of its primal distortions, the Free Will distortion. Thus each entity is free to accept, reject, or ignore the mind/body/spirit complexes about it and ignore the creation itself. There are many among your social memory complex-distortion who, at this time/space, engage daily, as you would put it, in the working upon the Law of One in one of its primal distortions; that is, the Ways of Love. 58: However, if this same entity—being biased from the depths of its mind/body/spirit complex towards love/light—were then to accept responsibility for each moment of the time/space accumulation of present moments available to it, such an entity can empower its progress in much the same way as we described the empowering of the call of your social complex-distortion to the Confederation.2

67: Exercise One. This is the most nearly centered and usable within your illusion complex. The moment contains love. That is the lesson/goal of this illusion or density. The exercise is to consciously seek that love in awareness and understanding-distortions. The first attempt is the cornerstone. Upon this choosing rests the remainder of the life-experience of an entity. The second seeking of love within the moment begins the addition. The third seeking powers the second, the fourth powering or doubling the third. As with the previous type of empowerment, there will be some loss of power due to flaws within the seeking in the distortion of insincerity. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

49.9 Law Of One txt

9: I am Ra. The most important of the entities are the questioner and the vibratory sound complex, Jim. The two entities additional aid the instrument's comfort by energizing the instrument with their abilities to share the physical energy complex which is a portion of your love vibration.

49.10 Law Of One txt

15: I am Ra. Every effort is made to quarantine this planet. However, the network of Guardians, much like any other pattern of patrols on whatever level, does not hinder each and every entity from penetrating quarantine, for if request is made in light/love, the Law of One will be met with acquiescence. If the request is not made due to the slipping through the net, then there is penetration of this net.

23: I am Ra. There is contact at the level of light-form, or light-body being, depending upon the vibratory level of the Guardian. These Guardians sweep reaches of your earth's energy fields attempting to be aware of any entities approaching. An entity which is approaching is hailed in the name of the One Creator. Any entity thus hailed is bathed in love/light and will of free will obey the quarantine due to the power of the Law of One.

31: I am Ra. The Creator is one being. The vibratory level of those able to reach the quarantine boundaries is such that, upon seeing the love/light net, it is impossible to break this Law. Therefore, nothing happens. No attempt is made. There is no confrontation.

123: I am Ra. An entity which acts in a consciously unloving manner in action with other beings can become karmically involved.

134: This instrument also experiences some distortion of the green-ray energy center which you may call the heart center. It is overly open due to an intensive desire-distortion on the part of this mind/body/spirit complex towards service to others, or as you may call it, universal love. This entity, therefore, spends itself without regard to its reserves of mind/body/spirit-complex distortion in regard to what you call strength or energy. This distortion is primarily due to the blockage of the indigo ray, as we have said before. The misapprehension-distortion of the instrument responsible for this blockage is the basic orientation towards a belief in unworthiness. The unworthiness-distortion blocks the free flow of intelligent energy.

49.11 Law Of One txt

30: Awareness led to the focus of infinity into infinite energy. You have called this by various vibrational sound complexes, the most common to your ears being "Logos" or "Love." The Creator is the focusing of infinity as an aware or conscious principle called by us, as closely as we can create understanding/learning in your language, intelligent infinity.

41: This Light of Love was made to have in its occurrences of being certain characteristics, among them the infinite whole paradoxically described by the straight line, as you would call it. This paradox is responsible for the shape of the various physical illusion entities you call solar systems, galaxies, and planets, all revolving and tending towards the lenticular.

58: I am Ra. The galaxy, and all other things of material of which you are aware, are products of individualized portions of intelligent infinity. As each exploration began, it, in turn, found its focus and became co-Creator. Using intelligent infinity, each portion created an universe, and—allowing the rhythms of free choice to flow, playing with the infinite spectrum of possibilities—each individualized portion channeled the love/light into what you might call intelligent energy, thus creating the so-called natural laws of any particular universe.

103: Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with the present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle. The energies of your wanderers, your teachers, and your adepts at this time are all bent upon increasing the harvest. However, there are few to harvest.

49.12 Law Of One txt

5: I am Ra. Much as you would put on a vestment, so do your third-density beings invest or clothe some second-density beings with self-awareness. This is often done through the opportunity of what you call pets. It has also been done by various other means of investiture. These include many so-called religious practice complexes which personify and send love to various natural second-density beings in their group form. 47: The other pyramids are not placed properly for earth

48.7 2022/11/10

13: We would take this opportunity [to encourage] those assaulted by the daily barrage of, as you would say, bad news from the world to take hope—to put into simple terms, but nevertheless true—that love is here. And those attuned to this vibration, confused though their patterns of mentation may be, are strengthening that vibration, and planting it ever more firmly into the ground beneath the feet. All who, through the maze of the catalyst with which you grapple, seek the open heart which seeks to find, to experience, to embody, and to channel love in every situation, for every person, regardless of the stories circulating about, is participating in this work, be they dual activated or activated only in that body which is conventional for third density, that being the third-density yellow-ray body complex.new speakerQ'uo

48.8 2022/11/26

14: The word love is used frequently in Law of One, but love has become a buzzword in our culture. It can mean romance, marriage, charity, pity or any number of things. The term compassion seems much richer and suggests service to others. Can you please speak to what you see as the difference between love and compassion?new speakerQ'uo

48.9 2022/12/10

11: Through this instrument, we would share her sincere feelings of being held and uplifted, fully seen and fully held. We would like to speak to that gratitude. However, we feel that the depth and vividness of that vibrancy of that gratitude is beyond description. And through this instrument we would like to share that this instrument is appreciative of her fellow channels as well, and that she sits with immense pride and inspiration for their bravery, to balance the open heart with the wisdom of discernment, and to stand with humble courage. To be meek, but to be brave. And that this balance of environment—the one of support, empowerment, love, and combined seeking—is one of much potency. That the light shines brightly in this gathering, in this contact, which we are participating in this evening. At this time, we would ask if there is a final query to which we may speak.new speakerT

49 Law of One: Ra Material

49.1 Law Of One txt

5: Let us for a moment consider thought. What is it, my friends, to take thought? Took you then thought today? What thoughts did you think today? What thoughts were part of the Original Thought today? In how many of your thoughts did the creation abide? Was love contained? And was service freely given?

18: I am Ra. We communicate now. We, too, have our place. We are not those of the Love [density] or of the Light [density].1 We are those who are of the Law of One. In our vibration the polarities are harmonized, the complexities are simplified, and the paradoxes have their solution. We are one. That is our nature and our purpose.

51: You are not speaking of similar or somewhat like entities or things. You are every thing, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One. 82: And finally, a gift of water into which the love of all present has been given. This will restore this entity, for her distortions contain great sensitivity towards the vibrations of love, and the charged water will effect comfort.

87: I am Ra. We search your mind to find the vibration “Al-rac.” It is this vibration from you which contains the largest amount of what you would call love. Others would call this entity “Carla.”

88: The charging of the water is done by those present placing their hands over the glass and visualizing the power of love entering the water. This will charge that very effective medium with those vibrations.

92: [footnote start]The word “density” was added here to add clarity to what we believe to be Ra’s intended meaning. The

fourth density is the density of love and understanding. The fifth density is the density of light. Ra is of the sixth density where love and light are unified.[footnote end]

49.2 Law Of One txt

25: To go through the various crystals to be used would be exhaustive to this instrument, although you may ask us if you wish in another session. The delicacy, shall we say, of the choosing of the crystal is very critical and, in truth, a crystalline structure such as a diamond or ruby can be used by a purified channel who is filled with the love/light of One in almost any application.

46: The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-northeast. This is the direction from which the newer, or New Age, distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. This is a sensitive instrument, by which we mean the distortions which enter her mind/body/spirit complex come from any of her senses. Thus, it is well to do the following:

49.3 Law Of One txt

19: The incense acts as energizer to the physical body of this instrument, signifying its humanity. This is, therefore, a necessity that the wafted smoke is perceived from the same relative angle as the instrument perceives the opened Bible, balanced by the lighted candle signifying love/light and light/love and, therefore, give the mental and emotional, shall we call it, distortion complex of this instrument the sight of paradise and peace which it seeks. Thus energized from the lower to the higher, the instrument becomes balanced and does not grow fatigued.

54: The progress is normally from the understanding which you now seek to a dimension of understanding which is governed by the Laws of Love, and which seeks the Laws of Light. Those who are vibrating with the Law of Light seek the Law of One. Those who vibrate with the Law of One seek the Law of Foreverness.

77: They are part of one complex of love/light intent/sharing. To use the healing aspects properly it was important to have a purified and dedicated channel, or energizer, for the love/light of the Infinite Creator to flow through; thus the initiatory method was necessary to prepare the mind, the body, and the spirit for service in the Creator’s work. The two are integral.

93: That and only that chalice shall be the most beneficial as the virgin material living in the chalice accepts, retains, and responds to the love vibration activated by your beingness.

49.4 Law Of One txt

81: The second part has to do with the disciplines of the body complexes. In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions.

97: I am Ra. The Law of One, though beyond the limitations of name, as you call vibratory sound complexes, may be approximated by stating that all things are one, that there is no polarity, no right or wrong, no disharmony, but only identity. All is one, and that one is love/light, light/love, the Infinite Creator.

49.5 Law Of One txt

18: I was referring to the symbolic objects which trigger this instrument’s distortions towards love/light. The placement and loving acceptance of them by all present is important in the nurturing of this instrument. Therefore, the appurtenances involved must be described and their presence explained in your own words of teach/learning, for you have the proper attitude for the required results.

67: Thus, the illusion is created of Light, or more properly but less understandably, light/love. This is in varying degrees of intensity. The spirit complex of each harvested entity moves along the line of light until the light grows too

able to experience and express the open heart, you are on fairly safe ground we feel. But the open heart is a most elusive phenomenon, because you can set out to express hope, joy, and love, and yet find that the very qualities which you have consciously embraced and have sought to bring to expression are received in a way that either rejects these qualities, or rejects your particular expression of them. And now what do you do, my friends? How do you respond to this rejection. Do you respond by rejecting the rejection, or do you respond by further accepting the catalyst that the one you have engaged with has to offer you? This can be tricky terrain, my friends, for you do well to know something about yourself while traveling these winding roads. For example, it may be that you will encounter a limit to your capacity to express and sustain positivity in an interaction, and under these circumstances, it can be well, politely to withdraw. It may be that you feel up to the task of taking upon yourself the role of one who absorbs the negativity offered by another and transmutes that negativity to positive effect, so that your response does not seem to be a rejection, but seems rather to be an acceptance of what the other has felt the need to express. In the case of the other with whom you have essentially a loving relationship, this process can prove to be very helpful for both parties. In the case of the other with whom there is not a baseline effect of trust, this process can be baffled in its root. And so, we would not deny that there are occasions where the better part of wisdom is to keep your own counsel. We will not deny that there are cases in which the better part of wisdom is to mind your own energies such that you are able to keep them in balance in reserve for those occasions in which they might be deployed in a manner that has promise in your best ability to ascertain.

17: When you feel you are balanced and clear and gathered together sufficiently so that you have an energy to bring to the world in a balanced and clear fashion, then you may sally forth into the energies of your social complex with that gift which you have most precious to offer, which is the gift of your open heart, and in an open-hearted giving, you are also accepting of what comes back to you. As we say, this energy that will come back to you will be of many different and complex hues and arrangements of entangled energies. It is almost as if these energies will be specifically designed to throw you off, and throw you off they will again and again. The doughty seeker, however, will, having been thrown off, take this not as a rejection, not as something to be fought, not as something to be destroyed, but as a gift, as an offer of an opportunity to reach to a level and dimension of acceptance, reach to a level and dimension of positivity, reach to a level and dimension of love not yet discovered within yourself. When this discovery has been made, and when the fruits of this discovery have been through the slow work of meditation, of outreach, and of simple loving seated in the depths of your being, you will then find that you have to offer a deeper and greater gift to a very, very hungry world.

49: Further, the positively oriented entity shall send this love and light to itself, as a wall of light about itself, spiraling in clockwise fashion, as the upward spiraling line of light of all Creation does.

50: To complete the process, the positively oriented entity will send this love and light to the Creator which exists in all things everywhere at all times.

61: I am Q’uo, and am aware of your query, my sister. This is indeed so. There are many, many entities scattered about your planetary surface at this time which do this very thing, that is, to engage in the healing process of the planet itself and its various cultures, or individuals, depending upon the choice of the entity doing the sending. Those entities who are able, in the meditative state, to hold their mind upon one image for a series of minutes, shall we say, may then use this ability to focus their concentration, to send love and light to any place, person, group or situation upon the planet’s surface. In this way, there is a, shall we say, providing of a general kind of assistance of an unseen nature that is, however, felt in the mind/body/spirit complex of those entities receiving such sendings of love and light.

62: There are also entities in the Confederation of Planets in the Service of the One Infinite Creator who do nothing but send this love and light to this planet as well as to many others. Sending such love and light to those areas within the universe that are experiencing difficulties and are unable to resolve these difficulties with their own efforts and need the support of those who recall their own experiences at the

same level of evolution, and reach their hands in a manner of giving that love and light to those who need it.

81: This dedication of service of love and of light and of power to the One Creator calls upon energies within each entity so engaging in the sexual energy transfer, such that these energies are called for in a fashion which magnifies that which could be seen as the abstractly practical or measurable energies, multiplies them in a fashion which increases their vibrancy, their brilliance, and their power, so that there is a multiplier effect.

43.5 2017/02/26

10: Each entity on this planetary sphere is here for the purpose of being able to welcome and enjoy more of the love and the light of the One Infinite Creator through its own energy centers in a fashion which will allow it to be, shall we say, graduated, or harvested into the fourth density of love and understanding. This is a process which has gone on throughout all time and before all time, and it is a process which shall continue infinitely into the future. Thus, it is of primary importance, not only because it is necessary for entities to be graduated in order to progress further along this path of seeking unity with the one, but it is necessary at this particular time, in this particular density, to make a choice that will allow each entity to continue to move along the line of upward spiraling light, in either the positively oriented sense of service to others, or in the sense of service to self, that which is called the negative path, the path of that which is not, for it is a path which is built upon separation, an artificial separation in a universe of unity, we might add.

17: We recently visited Asheville, North Carolina, a place where we felt that we were glimpsing the embryonic beginnings of fourth density. We realized, or at least I realized, that however the discrete boundary is crossed, however the quantum shift happens—fourth density will be birthed through those doing the work of love and understanding on the ground. The fourth density itself literally comes into being through points of light such as we witnessed in Asheville, and points of individual and collective light that we witness around the world. Would you comment on this, please?

71: If the choices are more gradual, the same basic situation would also obtain, in that the entities would move through the death process in a manner which would exemplify the normal death process. The entity—not being consciously aware of its harvestability due to the group choice towards positive polarity—would then move into the form-maker body upon its yellow-ray body’s death, and again, move into the light which would gauge the harvestability of the entity, according to the energy centers’ ability to stand the impact of the love and light.

84: This is a somewhat quizzical point, and is the only one of its type, but it’s one that has perplexed me, so I’m going to ask it. In 63.8, Ra says: “As the green-ray cycle, or the density of love and understanding, begins to take shape, the yellow-ray plane, or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time, as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third density is learned. After this period, there will come a time when third-density may again cycle on the new yellow-ray sphere.”

105: Indeed, those who now dwell upon your planetary surface and breathe the free air have every opportunity to polarize that is necessary in order for each one to make the graduation, if that choice is their choice at this time. The necessity for most, as you are aware, is to become aware of that choice. This is not necessary in order to be graduated immediately, but is necessary in order to become more, shall we say, productive in the choosing. There is still time for choices to be made, both consciously and unconsciously, that can lead to graduation, depending upon each entity’s individual status, shall we say. The red, the orange, and the yellow rays being sufficiently opened, and moving into the green ray, with the opening of the heart center beginning to show itself in those acts of love and understanding which may demonstrate the ability of an entity to welcome and enjoy more of the love and the light of the One Creator.

131: This is a magical act in the very basic sense of the word. The entity so engaging in this experiencing of the pain of the planet and its population is beginning to transmute

this pain from the planet in such a fashion that it becomes a personal experience. That is not just painful—though it is, indeed, that—but is also joyful, for the one performing this magical act of transformation does so from an intense feeling of love upon a conscious level that few upon your planet obtain within the space/time realms. These entities give of themselves for the benefit of others, and give in such a degree that there is eventually the complete giving of the life pattern for the planet’s use in achieving the harvestability of its population.

43.6 2017/03/04

0: [overview] Our question today comes from our friend, Lana, and references two previously read quotes from Ra, and her question is: “I am confused about the sequence of activity and focus here. Should the spiritual seeker focus on the Creator, unity, love, light, and joy first, and only afterward focus on clearing the blockages in lower energy centers and balancing the self? This is confusing because Ra seems to indicate that lower-center blockages will impede efforts to seek the Law of One on one hand (15.12), yet indicates on the other hand that the Law of One should be put first (52.11). Can you clarify?” 1

4: My friends, you live in an illusion which has a past, a present, and a future. Your third density is the only such illusion that has these three features of what we may call “the eternal present,” for we live, ourselves, in this eternal present, in the spiritual realms, as you would call them, in which all is seen as one, in which love is the shaping force of the universe, which is made of light. Here it is far less difficult to be confused about what to do or how to be. However, in your illusion, these are questions of significance, for you must focus your attention upon one thing at a time, as time passes, in order to be effective in your expenditures of energy—the intelligence energy which is the gift of the Creator to you each day, that which enlightens you, gives your body energy, your mind inspiration, your spirit its very being.

5: Thus, we would suggest to you that you meditate upon a regular basis in order to discover what is, for yourself, the most important item, shall we say, upon your list of spiritual things to do. We realize that your world runs upon lists and things to do. Thus, we use this analogy in speaking to you, for we know that you have consciously chosen to seek that which is loosely called the truth, and you wish to know how to do it well. For each, at times, feels less than successful in pursuing this path of the conscious pilgrim. There are difficulties each faces in the daily round of activities that sometimes seem without end, and without solution, without more difficulties ensuing. If one is a spiritual being, how can such continue without a resolution resulting from the application of love, of light, of consciousness, of intention, of good will, if nothing else?

6: We suggest to you meditation because, my friends, each of you has all of the answers that you seek already within your being. This is suggested by many, suspected by some, yet realized by very few. It is more than a simple saying, an inspirational “hook”, shall we say, to move one along the path. No, my friends, it is the very foundation stone upon which each of you build an incarnation. Each of you, before this incarnation, set before yourself a series of choices that would allow you to learn that which you wish to learn. For before the incarnation, you see with clear eyes that which has come before, that which awaits in the future, that which exists at the moment, and you look at those needs that you have for growth of your understanding, shall we say, within the third-density experience—this understanding that will allow you to be harvested into the fourth density of love and understanding, if you are successful in recognizing those pre-incarnative choices, learning them through the catalyst that comes your way each day, and expressing them in your behaviors, in your thoughts, and in your words.

7: Thus, in meditation you may ask yourself, “What must I do this day with my daily allotment of prana, of intelligent energy, of the inspiration of the One Creator?” And begin by these meditations to discover a pattern that exists within your energy centers, whether it be of your relationship to one other entity; your relationship to a group of entities; your relationship to the entire Creation; your ability to give acceptance and freedom and inspiration to all those about you; your very being contact, shall we say, with the Cre-

ator within, perhaps in the form of your higher self, of your mind/body/spirit complex totality. These are means by which you may look upon your energy centers as areas of inclination, areas of interest, areas of expression, areas of inspiration. And yet, while you are doing this, it is well to look also upon the bigger picture, the life experience that lies before you, that has gone before this moment, that exists at this moment, and see if you can find the One Creator there. Or, if that is too much of a challenge for the moment, look instead for love, for that is the challenge of the third-density illusion, to find love in every moment, for it is there, my friends—the Creation is made of love, made from love.

19: And so, it is always good work when you begin by invoking the Creator in your meditation, to invite the Creator drawn down from that heart which is, even as we speak, struggling to open, and invite it into the lower energy centers as a resource, as a source of love, for that is the healing power in dealing with the blockages that you find within your complex of beingness. Sometimes these blockages will seem to you most inconveniently exaggerated, most unacceptably exaggerated, but we would invite you to reflect that it is a very useful process to exaggerate an imperfection so that it may be the more perfectly addressed, so that it may be the more thoroughly examined, so that it may be the more deeply healed.

21: We have focused on the orange and the yellow rays because these are the places in third density where you typically do find blockages that prevent an opening into the green-ray energy center, where unconditional love may be discovered. But what better work for this unconditional love to do than to reach back to those small conditions which have been placed within the heart of one’s seeking, such as to dissolve from within these conditions. That, my friends, is what healing looks like to us. To us, the work that one does with the blockages that one feels, sometimes announcing themselves with extreme suddenness and in a way that is completely unexpected, this work is the work of the open heart.

31: I have one. In a recent session, those of Q’uo said, “We see the love and the light when you come together as a tower of power that is flamingly bright, reaching to the heavens, calling to all who seek the light and serve the light.” My question is: in many past sessions those of the Confederation have commented on how the energy of our group appears in the metaphysical realm. If possible, would you describe in more detail what you see, or what you perceive when looking at our group, as our channeling meditations proceed, and what effect this energy and these effects have on each of us, and to our planet as well? And also, if it’s not an infringement of our free will, would you describe what you perceive when looking at a particular individual, either in general or, if possible, a specific person, which I’d be glad for that to be me, but any one of us, who is open to that during the channeling meditation?

43.7 2017/03/18

5: In the meditative state, when you have been able to relax your mind completely and let all cares and worries fall by the wayside for the moment, this is a process which can lead to your experience of the unity of yourself with the Creator, which always exists, my friends, at all times. What you are attempting to do in your meditative state is to become conscious of this unity, for there is nothing but the Creator about you, or within you. There is nothing but the Creator from which to make the creation, and this is exactly what the Creator did. All that is made is made of the love of the Creator, the light of the Creator, and the unity of the Creator, so that when you enter your meditative state, and let the cares of the day fall away—and this my friends, may take a while, depending upon the nature of your mind, the nature of your emotions, and the nature of the previous experience that preceded the meditation, or worries you may have on your mind. These are those challenges, those catalysts that present themselves daily, and within the meditative state it is possible for a brief period of time to allow them to move away from your conscious awareness.

11: Your illusion has many challenges that are your own choices, depending upon how you have planned your incarnation—for this life that you live on your third-density Planet Earth is a life lived within, shall we say, a school. You are at the third grade in this school. You have learned how to

speakerAustin

19: Yes Q’uo, in the Ra contact #102.11, Ra says, “Each entity must in order to completely unblock yellow ray love all which are in relationship to it with hope only of the other-selves’ joy, peace and comfort.” And my question is, how does this work if there is disharmony with other-selves in relation to us?new speakerQ’uo

47.5 2021/10/19

2: We would at this time ask if there might be a query with which we could begin to channel that love and light through this instrument.new speakerGary

7: Yes, thank you, Q’uo. We have another one sent in from P, who writes, “I am worried about the effect my physical illness is having on my spiritual path, one that I’ve only just started in life. I felt I was making pretty good progress, learning my lessons and seeing love in places I never did before. But this illness, whatever it is, knocks me out so that I cannot even meditate much anymore. I feel as if I spend most of my time now, wrapped up in my illness and trying to fight through it, rather than spreading love. How can someone who is so overwhelmed with such an illness and can hardly meditate anymore, still follow their spiritual path and also give back to the world?”new speakerQ’uo

47.6 2021/12/13

2: View this illusion in which we exist as a masterpiece be it a painting, a song, or a sculpture, it is as it is—a highly complex, intricate [work] of many pieces, many brushstrokes, many notes, each of them [brought] together in this dance to create this perfect whole picture. There are no blemishes. There are no mistakes. The brushstroke that is you, the note that plays when your soul sings, that is pure and important and necessary to create the larger whole picture. When one can see oneself with that kind of humble but true love and regard, then one can accept oneself as pure, which then provides avenues for the self to accept one’s imperfections whether they be seen as imperfection in action, imperfection in thought, imperfection in existence in a general sense.

48 2022

48.1 2022/01/05

6: Yes, Q’uo. We have one sent in from A2 who writes, “As someone who has always been strongly empathic, it can be distracting, depressing, or overwhelming to be a person here. Being keenly aware of others’ feelings, aware to the point of something along the lines of what I’d call auric infringement or entanglement, or something else. Someone else’s signal gets mixed with my own. I still struggle at times with letting others’ feelings overwhelm me. I’m sure the answer is something like, respond with love and/or take this into your daily meditation. And I know that on some level the answer is available to anyone at any time as we’re all the same One Creator, but if there are any tips or tricks available, I’d be curious what might be suggested.”new speakerQ’uo

48.2 2022/01/26

2: So, with that, we would like to impart that what you call positive wisdom is wisdom that has at its core and is backed by intentions that are informed by love. Not a love that is necessarily vulnerable but that love that is accepting. As was stated before in the previous instrument, a good example of positive wisdom at play with a backing of pure, but not foolhardy, love is the manifestation or inaction of what you call boundaries. This may seem as a—we correct this instrument—this seen... we apologize, we will take a quick pause to deepen the contact.[Pause]

3: Just as the musician may understand how certain melodies interplay with each other, how a certain environment causes certain acoustic artifacts and allows the instrument to shine brighter, how there are various ways of creating notes on their given instrument, so too does the seeker realize that

there are different contexts in which love may be offered. There are different ways that love can shine at any given moment, and the seeker imbued with wisdom has a clear vision of that moment. And when this wisdom and love are mixed in that moment, the mixture creates a potent potential for inspiration to shine through, and the nature of how love may be shared is brought to realization within that seeker.

48.3 2022/02/09

3: This question comes from Jonathan who asks: “My understanding is that of the four archangels, Raphael is associated with the gifts of air, Gabriel with water, Michael with fire, and Auriel with Earth. And that Archangel Raphael is associated with a compass direction we know as East, Gabriel with West, Auriel with North, and Michael with South. Would you please share with us some teach learnings and how to work harmoniously with the archangels and their associated elements and or compass directions in order to be more of service to others and to help our beloved planet Earth ease more gracefully into fourth density?”new speakerQ’uo

12: And then to the how question: how do we do that? Do we visualize them surrounded by white light? Do we open our heart and feel love? Do we undergo any particular procedure? Any information you can give on this topic would be appreciated.new speakerQ’uo

48.4 2022/06/23

6: I have noticed that I can be stronger in care for a loved one than I might for myself at times. I think that this is generally true of those upon the path of the positive polarity. Simple illustration: If I was on a long hike, say, with one known as Trish, or we were stranded somewhere, and she was having difficulty continuing onward, I would marshal the will and faith to help her which might not be so readily available were I alone. So, I’m wondering if there is a principle there for the student of the positive polarity why it is that we may have greater resources of strength and energy and will and faith in care for someone we love then we would for ourselves?new speakerQ’uo

12: So, my question, Q’uo, would be, if we are attempting to balance love and wisdom, how is it that they could be two faces of the same coin?new speakerQ’uo

48.5 2022/07/29

9: In simple definition, I understand the act of contemplation to be a process of thinking deeply and steadily about something. It seems that contemplation necessarily involves two things: focused attention and thought. One uses their attention in combination with thought to mine insight, as one mines the earth for gems, or to probe a topic generally, and then to make the self receptive to that insight which is delivered. Is it true that thought is used in this manner? If so, thought seems so limited a tool for spiritual contemplation upon the unity of all things, the love inherent all things, et., which are beyond thought. By focusing our thought in contemplation about the central subjects of unity, love, light, and joy, do we somehow open portals of revelation and understanding and gradual transformation?new speakerQ’uo

48.6 2022/08/14

4: For these three instruments it was their first time channeling in front of a gathered group. They had nervously accepted the invitation to channel on the final day of the 2022 Prague Law of One gathering. It turned out to be a very supportive and conducive atmosphere. The energies of all blended harmoniously together in shared spirituality throughout the weekend so that a circle of seeking was formed. While the attendees tuned together using sacred sounds, the instruments gathered in another room to perform their own tuning. When the instruments finished their tuning, and before the circle gathered, Trisha tearfully reported that she could see Carla present and glowing with love and appreciation.andnbsp;~

46.3 2020/01/18

6: My question is, it seems to me the central point of that is an attempt to seek love, and the intention to seek love, and not necessarily the successful finding of love in every moment. So, I'm wondering if, is the power that Ra talks about that builds in this attempt, is it necessary to find love for that power to build? Or is it just the attempt that empowers us? I was hoping that you could just elaborate on the difference between the attempt of finding love and the success of finding love.new speakerQ'uo

10: Q'uo, Ra says that the first thing that happens in creation is that infinity becomes aware, and this moment or event, so to speak, is one and the same with the First Distortion, the Law of Free Will or the Law of Confusion. Then this Free Will finds a focus and that begets the Second Distortion, or Logos or Love. It would seem that awareness is more fundamental or prior to Love itself, if that is even a sensible thing to say. I would be interested in hearing your exploration of the nature of the relationship between awareness and Love at the level of Logos.new speakerQ'uo

46.4 2020/01/25

9: Can you elaborate on what it means to be consciously unloving?new speakerQ'uo

11: Two super-quick follow ups. So are you saying, Q'uo, that the consciously unloving activity that accumulates karma is essentially any activity which seeks to intentionally infringe on the free will of another through control or manipulation? Whether or not the reasons are confused?new speakerQ'uo

13: In that case, would, say ... you also use the word negativity, and that's where I'm attempting to explore, because many positive beings have a variety of experiences of negativity, sometimes communicated. So for the entity who may have a, say, knee-jerk reaction of anger, or frustration, or other form of negativity, does that fall within the karma-accumulating unloving activity?new speakerQ'uo

27: I wouldn't think that Jesus would have consciously intended to act unloving to his playmate, but rather had that triggered knee-jerk, unconscious reaction. Can you clarify the difference between those two?new speakerQ'uo

47 2021

47.1 2021/03/10

7: Now, to my similar question: I was contemplating how Ra calls the fourth density the density of "love and understanding," I and I was considering the interrelated, if not synonymous, nature of the terms "love" and "understanding." And I was thinking about how storytelling may give some insight into how fourth density, or rather into how love and understanding relate. Because in a story, one may gain a fuller window into an other-self than [one] may be able to in the illusion of the real world. Thanks to the window that the author offers, you may be able to be in the thoughts of the character, to see their motivations, to see the circumstances that helped form them, to understand their intentions. And in the light of understanding, one has compassion for the character, even if, or regardless of, their misdeeds and the way they may hurt others. Now I'm wondering if this authorial window into a character sheds light on what Ra means by "understanding" being related to love in fourth density.new speakerQ'uo

10: Yes Q'uo, in descriptions of the positive path, there seems to be a necessity placed on loving the self. And I'm wondering if you can elaborate on what the key is to loving the self, supporting the self, trusting the self, allowing the self to fail, etc.?new speakerQ'uo

23: I have one somewhat related one, as people are starting their gardens in this area. Ra talked about how a third-density entity can interact with the second-density entity in the form of a pet, and how the pet might benefit from that relationship by being imbued with love and becoming inspired. I'm wondering if there's a similar relationship between a human and a plant that it cares for, and how these relationships might be same or differ from that between a human and

a pet. And then how can we cultivate that with the plant?new speakerQ'uo

47.2 2021/04/14

22: That was beautiful, thank you Q'uo. T writes: In the case of the unborn child dying before it's born, perhaps early in the pregnancy, does this serve as catalysts for the parents and family members as it gives them a chance to show love into the situation? Or are there specific purposes that could be spoken to? In such a case would the spirit come into the next viable physical body that is delivered and born normally? In other words, while the mother and father are sad for their loss is the baby soul telling them "Hey, I'm still here, hurry up and get over the sadness so I can be born into a body that works correctly"?new speakerQ'uo

47.3 2021/05/12

5: My next question I would love to explore in depth at a later time, but just as an initial foray into this realm: One could say that all things in space/time offer a window into the personal or collective unconscious mind. Whether that's the body or one's dreams or interpersonal communication, or government policy, even. Yet social media specifically, and the internet generally, seem to be a special case. So my question is, do social media and the internet offer a window into the personal and/or collective unconscious, and what generally is the relationship between this internet and our unconscious mind?new speakerQ'uo

10: Q'uo, when a loved one passes away, can communication still flow between us, from us here in the physical realm to those who have passed on to the non-physical realm, and is there any way we can become conscious of this communication?new speakerQ'uo

11: We are aware of your query, my brother. This query is one that is close to the heart of this instrument and she has been experiencing the very heart of your query for several years and in an increasing way as time passes. This time, in your space/time, offers greater and greater opportunity for those living in body to expand their entire body/mind/spirit complex in such a way as to not only become receivers of communication from loved ones and what you call spirit, but also to become so attuned so as to sense when such ones are nearby, as you may say, or within your range of attunement, so that you may also—those who are interested in doing so—may also transmit communication to those ones as well as receive, so that you may continue what dialogue, what heartfelt communication and understanding, imbued with love, across what you may call the veil.

12: This experience is one that is, in a collective sense, increasing upon your planet at this time as more of those loved ones cross to the other side in spirit form, leaving behind the body/mind/spirit complex and the space/time of Earth. However, while the opportunities for exploration and growth become more expansive in spirit form, have more freedom of movement and consciousness is afforded, those in spirit form, many times, have great desire to remain close to those they love who remain in body on Earth, and wish to communicate [that they] are joyed by the idea of continuing that dialogue of connecting to the heart and mind of those they love.

47.4 2021/09/22

4: Thus, we would suggest that your desire, your will to polarize in a positive sense of service to others is enhanced when you give your attention completely to the resolving of difficulties, and the enhancing of understanding, as much as is possible within the third density illusion. Thus, your will and your faith in the exercise of will to produce such growth are those qualities that will serve you well, whatever sub-density you are able to access in the shared experience that you are blessed to have with all other-selves that you come into contact with in each day's round of activities. For each other-self is indeed not only a portion of yourself, but a portion of the One Creator that speaks to you in words not heard, in images perceived, and in the open heart, sharing the love of the One Creator in all things. Is there another query my brother?new

be self-conscious and a conscious seeker of truth, and now, within this school, you have the challenge of finding the love that exists in every moment, for indeed, that is the challenge of your third-density illusion. Love has become the moving force, the creative energy that has made all that there is out of that which is called light, and yet, within your illusion it seems that there is so little of either love or light that you are challenged at every moment by what seems to be separation—a separation between yourself and others selves, between yourself and the world around you, between yourself and everything that exists. This illusion has the purpose of giving you the opportunity to find the unity, the love and the light, in each moment.

12: The effort that it takes to do this is that effort which you may call "the polarization in consciousness." You have the opportunity by using your conscious attention, and focusing as clearly and concisely as possible, as in the meditative state, upon each portion of catalyst that comes your way in your daily round of activities. If there is any experience that throws you from your centered feeling of loving all of the creation and of feeling one with the Creator that you achieve in your meditation, then that is grist for the mill, food for thought, catalyst for being processed into an experience that can give you information as to how the creation about you actually functions, about how love is embedded in each moment.

13: When you find that there is a catalyst or experience that topples you from the centered feeling within your inner mountaintop, then this is a gift to you, from you, before the incarnation; for various types of catalyst can be perceived by a multitude of entities in a multitude of ways; for each of you has chosen to learn various lessons that are what you have determined to be the next lessons necessary in your overall soul growth. You have not come here to be immediately enlightened, you have come here to work towards that enlightenment and gain the power of polarization in the process. This is not an easy program for advancement, for you have, of necessity, needed to forget all of the truths of how the creation is made and how you are a part of it—the truth of unity, the truth of love being all present, the truth of light being that from which all is made. In this illusion, it quite easily and persistently gives you this impression that all of these things are not part of this illusion, and are not part of the truth which you seek.

14: Thus, when you find you have been thrown from your one-pointed center, that still point of unity, then, in a portion of your meditation for the evening, it is well to take this experience, to relieve it again in the meditative state that you may expand it and allow it to become larger than it was in real life, to become ridiculously large, so that you experience it to the fullest, you experience all of the power of seeming separation, of disharmony, of doubt, of confusion, of jealousy, of rage, of anger, whatever the emotion, whatever the experience that has taken you away from your unity, may be utilized to find that unity deep within the self once again. For when you experience it in a ridiculously large manner, and then see the opposite coming toward you, if you are angry, seeing love coming toward you, and allow it to become as large in proportion as was the anger to begin with, then this process of balancing will give you an even keel, shall we say, according to that situation so that you see it as an opportunity for you to know yourself more fully, for you to know the Creator more fully, and for the Creator to know itself more fully. That is the purpose of the creation, my friends, that the Creator may know itself in greater depth and greater intensity and greater variety.

17: All of these are possibilities for you so that that still point within the heart of your being which you find in meditation can become more and more a reality that you experience in your daily round of activities, and as you experience this sense of peace, of equanimity and of joy within your own heart, then you may give it to others as you exude the very nature of your being, the simple interchange of ideas, of information, of experiences with those you meet every day, in any way that you might imagine. This illusion is for your experience, for your growth, for your ascension, eventually, into the fourth density of love and understanding.

27: I am Q'uo, and am aware of your query, my brother. As each energy proceeds from its point of origin to the point at which there is no blockage restraining its further progress, the energy does, indeed, stop at that point, and expresses itself as the either universal love of the heart, the inspiration

of the blue-ray energy center, or the state of beingness, the magical nature of the indigo-ray energy center. If there is no blockage to these energies, then the energies may continue on into the, what you would call "white light of the eighth chakra," that is, the chakra directly above the crown of the head. This is the contact with intelligent infinity that those of Ra have spoken of, and which is the product of the successful rising of the kundalini, shall we say. However, for most entities, the kundalini rises only to a certain point, this point being the point at which there is a blockage from the inefficient use of catalyst. The continued seeking and using of catalyst then, is the manner by which this blockage may be removed.

64: The process that we described in the opening response to your primary question was how to utilize the catalyst of your experience, the catalyst of your world, the catalyst of your daily round of activities, in order to be able to eventually utilize the shuttle in such a fashion. This is the work of the adept; this is the work of a lifetime; this is the work that requires great dedication, concentration, repetition, and, shall we say, imagination, for that which stands before the doughty seeker of truth is a gauntlet of catalyst that shall test one's ability to be able to find love where there seems to be no love at all; to find wisdom where there seems to be only ignorance; to find companionship where there seems to be only separation; to find unity where there is nothing but separation. This is the work of the magician; this is the work of the conscious mind; this is the work of the adept, my brother. This is what each of you is here to do; this is what each of you is doing quite well, in our estimation. We would recommend to each of you that you keep doing what you are doing.

47.8 2017/04/01

6: You asked today how those who fall in battle, and give their lives in the earthly sense, may be ministered to, both by those upon the inner planes—as you would say—to which they travel, and those upon the third-density material world that have compassion, concern, and love for those who are, shall we say, needlessly slaughtered in battle, the casualties of the conflict that are often seen as unavoidable by those who promote such engagements.

7: We can assure you my friends that there is much that is done for such entities, and much also that you can do, for your love and your light are actual things, forces, energies, healing energies, that you may send to all those who are in need of such. The sending may be done most effectively in your prayerful states, your contemplative states, or in your meditative states, where your mind becomes settled, calm, and focused upon one point, and that one-pointed focus then is used to direct the love and the light from your heart, your being, your soul, to all who fall by battle's wicked edge of the sword, the bullet, and the bomb.

8: This love and light needs only the intention for those who so fall to find its mark—better than any bullet, any missile or arrow could emulate. Your intention is what is of most importance here, fueled by perhaps your heartfelt love and compassion, as these pour forth from your very being. Make this, if you wish, a daily ritual to include in your prayers, your meditations, in your images, those who need the healing effects of love, of light, of your empathy, and your thoughts, directed to them by your intentions. We cannot overstate the importance of this type of ritual action, for we all are one being, my friends. Thus, when you send this love and light to all who need it, it is as though one portion of the body responds to another portion of the body: the needs, medications or ministrations to heal a shared wound, for there is no wound that wounds any that does not also wound all.

9: We would go one step further, my friends. We would suggest to you that as you go through your daily round of activities you remember that you are dealing with, and interacting with the One Creator at all times. There is no time that this is not true. Thus, any act of kindness, generosity, or compassion that you have for another, redounds to the entire creation, most especially to your planetary sphere, to those who are far and near who cannot give love without all becoming aware of it at some level, for again, we are one. This is no platitude, this is no illusion, this is the way it is, my friends. We are one.

20: Why should there be such a need, you may ask? Why in a creation of love should there be that which feels lost,

confused, unloved, even to the point of being utterly unlovable? Why? Why? Why am I, one must ask, so separated from myself, that the various figments and fragments of my imaginary being can hardly be brought into a condition of wholeness or health? And the only answer that we can give you is simply that what you are asked to undergo, as a creature who has ventured forth into individualized being, is a condition of being thrust out from the center so that you may bring back to that center awareness of itself. It is a going forth into oblivion, so that you may return from oblivion with a deepened sense of what it means to be what we all are, which is a one infinite central intelligent being. Those who seem to be thrust into the darkest of nights, therefore, are properly seen to be those who are gathering the filaments of oblivion, such that these may be brought back as a gift to the one being, that, like us, is constantly asking itself, “Who am I? Who are we? How will I be? How will we be?”

55: Q’uo, a quick one. I’ve recently discovered the joy of planting, specifically planting trees where I live. Is there a means that is efficacious for gifting the tree with love in a way that can be best received at the tree’s own level of intelligence?

43.9 2017/04/15

3: You ask about the nature of your being and the manifestation that is your physical vehicle in those centers of energy that process the prana, or the intelligent energy from your sun, your sub-Logos—that portion of the Creator which has created that bit of the creation in which you dwell and have your being, and move about freely to explore the nature of yourself, the nature of your reality—and how you might proceed as a conscious being through this illusion, and discover more of the One Creator, the love and the light of the Creator, and how they blend together into a creation of unity.

4: It is true, indeed, that you are not a machine—you are a marvelous creation of various energies of a cosmic nature, fused in a coherent fashion to be able to process the light of your sub-Logos in an ascending manner that could easily become a musical scale. For you see, the octave of your energy centers is created in such a fashion that there is within each energy center a signature sound vibration which has its own range of frequencies that are activated according to how the intelligent energy of the sub-Logos is able to move through your energy centers. The efficient use of the catalyst that comes your way in each day’s experiences allows you to activate, to balance, and to harmonize your energy centers over a period of what you would call a great series of incarnations in which you seek to learn how to move the meeting place of this intelligent energy higher and higher in your chakra system, so that you are able to give and receive that quality of love that signifies the open heart—the all compassionate love for the creation, that becomes the standard, shall we say, by which the light is able to manifest within your being.

9: The energies are also available to move higher when the conscious seeker of truth has mastered the ability to give and receive love from all those about one, and give it as well to those who surround the entity. This love is not only given to those intelligent beings which the seeker of truth interacts with on a daily basis, but to the entire creation; for at this level of being, the seeker of truth becomes aware that the entire creation is made of that quality that vibrates in harmony with the green-ray energy center, that being the love vibration.

10: Thus, this vibration of love begins to find a resonance within the total system of energy centers and causes the tones of each center to be raised to a minimum, shall we say, graduation frequency, so that there becomes within the seeker a kind of sacred choral hymn, emanating on a constant basis that becomes, what you might say, the identifying vibration of the entity. Each ascending energy center beyond the green will also increase the pitch and quality of the tone of the energy center as it is able to become activated, balanced, and open, ready to received further intelligent energy and move it upwards, until eventually, at the violet ray there is the ability of the seeker of truth to have the experience of union with the One Creator that gives this entity the ability to be harvested at any moment that it chooses within the incarnational pattern.

43.10 2017/04/30

60: Thus, we find that this group is well aware of the contact with those of Ra that was experienced for a number of years, and which has provided information from the sixth density that is, indeed, being utilized by many entities upon the third-density plane. The fourth-density investment of third density is most usually accomplished in one of two fashions—the most common fashion is the inspiration that may come in the dream state, in the meditative state, in those moments when one’s receptor mechanism within the mind is open to inspiration. This is the means by which fourth-density entities are able to transmit concepts of love and acceptance, of understanding and forgiveness, to entities within the third density.

43.11 2017/05/06

26: The red-ray energy center being that which deals with the survival of the entity and the sexual reproduction of the entity, its survival, shall we say, as a species. The orange ray being that individual or emotional idiosyncrasy that is expressed in a one-to-one relationship with another being. The yellow ray being that group expression of energies that the wanderer has involved itself in. The green ray being the opening of the heart energy center, and the experience of universal love, being able to both give and receive that love. The throat chakra being that freely given communication or inspiration and acceptance of other selves. The indigo ray energy center being that energy of the adept, the magical personality and its state of beingness, of the sense of the Creator as intelligent energy. The violet ray being that center which reflects the overall balance of all the energy centers.

43.12 2017/05/20

4: It is not a difficult thing, my friends, as you know, to look about you, and see opportunities for growth ever present. You may look at the catalyst of your day and the events in your daily round of activities as not being merely a list of things to do that, once accomplished, may then allow you to move onto that which is important. Indeed, my friends, every moment of your life contains love. It is your opportunity, and indeed, responsibility as seekers of truth to find that love in the moment, especially in those moments in which there seems to be so little love—in moments of disharmony, in moments of confusion, in moments of pain and suffering, in moments that seem to have so little to do with the spiritual path.

5: And yet, my friends, depending upon how you view such moments, each contains a great revelation for you: an opportunity for you to take that which is dark and make it light, to take that which is anger and make it acceptance, to take that which is confusion, and make it a sure path to the heart of love that resides in each soul on this planet, and indeed upon all planets in the infinite creation.

6: So, we would suggest to you that you look through the eyes, or shall we say, the lens, of love as a regular means by which you perceive that experience that you find yourself in from moment to moment. If you can remain conscious of those values and standards and principles by which you are guided in the most sacred moments of your spiritual journey, and take them with you into the mundane world, where those about you may not have any inkling or idea of how one might be inspired by love, [then you] might be desirous of sharing it with others through something as simple as a smile, through something as simple as speaking a hello, of looking for opportunities to give that which you have in abundance: your love, your understanding, your compassion, your desire to be of service wherever possible.

8: Each day’s round of activities will provide to you the means by which you can use the transforming energies of the fourth density of love and understanding that are now available to everyone upon the planet, and use them to give love to another. And when you give love to another, you give it also to yourself—for are you not that other as well? Is that not your other self? Is there anyone around you that is not your other self? In a creation of unity, how could it be otherwise?

9: The third-density illusion in which you find yourselves moving now is the only place within the universe in which there is a forgetting that all is one, that all is created by the

within their sleep. They ask for the love and the light of the Creator to be shined upon them, that they may be enhanced in some fashion whether it be of mind, of body, or of spirit. There are entities within those of Q’uo, Latwii and Ra, which are able to send a combination of love and light that enhances entities in a similar fashion, yet at a, shall we say, stepped up vibrational level. Those of Ra, especially, are able to contact entities within the sleep state and the dream state so that those entities you may call wanderers are oftentimes given images within the dream state that present a puzzle or an awakening so that there may be a revelation of the self to the self that awakens the self to the purpose of the incarnation.

45.24 2019/12/21

42: I am Q’uo and am aware of your query, my brother. In order to unlock the blue ray, which has the opportunity to share the love and light of the One Creator fully and freely with those about one, it is oftentimes helpful, when some blockage of this blue ray occurs, to look at the other self that has caused the difficulty or irritation, as the self. Thusly, one looks into a mirror and sees a portion of the self which is yet unbalanced within the self, and act upon the irritation as if it had been created by the self, for the self, and for the movement along the spiritual path by the balancing or resolving of the irritation through contemplation and meditation.

59: I am Q’uo and am aware of your query, my brother. There are infinite opportunities for transmuting the consciousness of the self into that which expands to the broader view. Some take the opportunity of the changing of the year, the changing of the seasons, the changing of the day, the changing of the hour, the changing of the moment. It is a grand choice that each may make to take whatever opportunity is presented to the self to determine that the infinite love and light of the One Infinite Creator that exists within the self, may be given an opportunity to shine ever more brightly to those entities with whom one comes in contact in its daily round of activities.

60: This can be done by a simple act of will and faith that one says to the self, “We shall now move forward in this love, in this light, in this moment, to shine ever more brightly, ever more clearly, and ever more constantly to each entity we meet upon the street of life”, for each entity is the One Creator; is the other self, is the entire creation standing before you, with needs, with services, with difficulties, with desires to seek ever more fully that which you have in abundance. Once again, we suggest that as you meet these entities, there is no mistake in your meeting them. They come to you as they are drawn to you by that light which shines within you and from within you, to all about you. This light is as a beacon that draws those who are weary, those who are hungry, those who are seeking the One, and have difficulty in finding even their way in the darkness of their own situations in the life experience.

45.25 2019/12/28

40: Thus, you offer to such entities in your attempt to communicate with them a chance to move in clarity through their communications, enhancing their service, so that at their level of being, they are also increasing their polarity as they are attempting to communicate through you to another loved one or friend, shall we say.

41: You are offering such entities a clear and purified means of being of service, a crystal opportunity in which they are full of joy to be able to participate, for in most instances, they are unable to make themselves clearly understood to any such entities without an intermediary, such as yourself, who may call upon another intermediary, such as the higher self, and establish a communication that allows them this signal opportunity to be of service, not only to another entity, but to a loved one.

59: This light, then, gauges one’s ability to utilize and move further into this light, as the light is moved into, then, the visualization may be seen to increase the vision of the one moving through death’s door, to see those entities that are awaiting one as one moves through that door, for each entity within the third-density illusion has friends, guides, teachers, and loved ones that will be waiting for it to help it penetrate what is called “etheria”. They will give their guidance, their

light, their love, and their understanding to the entity while it is attempting to perceive them, and to perceive the nature of the reality into which it has moved.

70: I am Q’uo and am aware of the query, my brother. This is a query which moves to the level of understanding that all is One. The animals, as you call them, of the second-density variety, which are utilized by many on the surface of your third-density planet for food, are beings that have consciousness, that have a soul, that have the ability to give and to receive love. These entities, then, can be utilized by those of the third density in any way that third-density entities choose. This choosing is done in a conscious manner when the second-density entity that is to be consumed as a food, is asked before its slaughter, shall we say, if this is acceptable to such entity.

86: I am Q’uo and am aware of the query, my brother. We find the word “challenge” is most significant in this query. The challenges of the third-density illusion are those which provide opportunities for people who are described as conscious seekers of truth to utilize in a manner which expands one’s awareness, opens the heart and allows the One Infinite Creator’s love to flow freely forth by the meeting of the challenge.

87: The challenge of those diseases, as they are called, Asperger’s and autism, are to be able to put forth another way of being, another way of seeing, another way of communicating—for entities with these conditions have another way of being. They are here to not only expand their own consciousness as they move into the fourth-density of love and understanding, but to offer to those about them the opportunity to see another way of being, another way of communicating, another way of accomplishing the life’s journey. For this type of seeing is that which moves beyond the normal third-density level of perception, and recognition and acceptance.

96: I am Q’uo and am aware of your query, my brother, and you are most perceptive, for indeed, these entities, who exhibit the qualities of autism most especially, and that called Asperger’s Syndrome, as well, have found the ability to move into the fourth-density of love and understanding upon other planetary spheres, and have come here in order to aid the birthing of this planet’s fourth-density experience of love and understanding. They are from a distant planet which has already achieved its transition into the fourth density of love and understanding, and the population of this planet has provided a small group of those able to make this transition and they are here now to aid the transition of this planet into the fourth density.

97: At this time, we shall again thank each for inviting our presence this afternoon. We are most grateful to have been able to share our thoughts and our being with you. We feel your love and thoughts and being shared in return with us. It is a blending of energies that is most joyous. We thank you for your love, for your understanding, for your desire to seek the One Infinite Creator in all. We join you in that seeking. Together we shall help to bring each other home. We are known to you as those of Q’uo. Adonai vasu borragus.

46 2020

46.1 2020/01/04

29: Ra: The instrument at this time should be in trance. The proper alignment is the head pointed twenty degrees north-by-northeast. This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. #2.6. (See also: #59.23)andnbsp;↵

46.2 2020/01/11

22: Yes. There is a query from David and David says, “What are demons? How did those beings become so separated of the love and the purposes of the Creator?”new speakerQ’uo

that the effect is, shall we say, vibrating love from the foundation of one's being, upward and outward into the conscious expression of one's own unique being.

45: Each seeker of truth, has the ability and the freedom to be and to share whatever it is in their heart that wishes to be shown to others and shared with others as an offering of love and of service, not only to others, but also to the One Infinite Creator who exists within each other being, including yourself, with whom you shall share this blog.

45.23 2019/12/14

9: Thus, it is hoped, pre-incarnatively, that the experiences with others will be of such an intensity that eventually there will be the breakthrough of the self that is expressing as the narcissist to discover that the entities surrounding the self are the ones who have the most balanced point of view that is offered as an objective referent for consideration by the narcissistic perceptions. This is a difficult path to follow. To depend upon the understanding and loving responses of entities about the narcissist is to look into a mirror and see that which eludes the narcissist—that is, the everyday appreciation of the appearance and abilities of all other selves. This appreciation, then, can be, if the narcissistic entity is successful, turned back or reflected upon the self in a manner which pulls away, or sheds the layers of narcissistic idolatry of the self. When these layers are removed, then, if the narcissistic entity is successful in surviving this removal of the façade of the self, then it is possible for there to be a birthing of a new and risen being that sees itself in equality with all other selves.

13: Yes, I have a follow-up to that. Like Aaron says, sometimes these narcissistic entities can do a lot of harm and damage to the people in their lives. Do you have any advice for somebody wishing to be of service to others, and how to handle a relationship with a narcissist? Some people have experiences of attempting to offer love and acceptance directly, but having that be taken advantage of completely and more harm coming from that attempt to offer love. So, do you have any guidance on how to relate to such entities?

16: This kind of service is that which attempts to give love and understanding, when it is known that oftentimes the response will be a rejection of such, seeing such attempts at love and understanding as futile expressions of weakness. However, this challenge, which has been undertaken, as we said, most of the time by a group, is that which can propel the progress of each person within the group if there is an intensive effort made to communicate in a manner which is non-threatening to the narcissist. The simple expression of love and understanding must then be translated in the day-to-day behavior, and not just the communication, that attempts to see the narcissistic entity as one which offers opportunity for growth amongst the entire assemblage of entities that are within the close approximation or daily round of activities for the narcissist.

33: I do have another one. Ra has said that a perfectly balanced entity would respond to any situation with love and sees all things as love, and that to a perfectly balanced entity, no situation would be emotionally charged. I'm trying to understand what "emotionally charged" and "love" mean. Is it possible that a perfectly balanced entity could look upon a situation and still experience something that could be called sadness, or sorrow, or anger? Or are these things considered an emotion charge and a perfectly balanced entity would only experience the constant love within any situation?

35: I am Q'uo and am aware of your query, my brother. We note that the nature of the queries this afternoon deal with the most difficult of circumstances which most of the entities of your third-density illusion do not attempt within the incarnation. The perfectly balanced entity is quite rare within the third-density illusion. However, each seeker of truth is upon the path of attempting to reach the level of love and understanding that would result as a means of viewing any situation. There are, as you know, various gradations of difficulty that each entity within its incarnational pattern meets in its life pattern. There are challenges of one nature and another that seem to promote and provoke the charge of emotion either positively or negatively. Each entity is, indeed, the One Infinite Creator, and contains all of the universe within its own being. As the entity moves through the incarnation, then, it attempts to open the heart in unconditional love as its

primary response to any situation which it encounters. The difficulty of the situations that are encountered then mean that such an entity will need to process the catalyst that has been encountered on a daily basis, consistently, so that that which appeared as one thing or another, that would be normally seen as a charged emotional situation, can eventually be balanced so that the observation of the seeker, then, becomes that which sees the Creator, knowing itself in each situation. Therefore, the response is love, for the Creator becoming able to know itself in every situation is the reason for the entire creation.

36: Thus, the entity who is able to see this more truly realized observation within its catalyst, in the daily round of activities, is beginning to see through the illusion to the truth of the situation. This is the great challenge—to find the love that is in every moment, in every situation, and in every entity within the creation. This challenge, then, provides an opportunity to move beyond the appearance of the illusion so that one is able to see the Creator within the self, within the other self, and within every situation and in every situation and in every other self, and the self, the Creator is seen as experiencing itself. Whether the situation on its surface illusory level may seem heartbreaking or heart opening, or difficult in one way or another, or joyous in one way or another, depends upon the growing ability of the seeker of truth to open the self to the greater reality that is the One Creator knowing itself.

42: I am Q'uo and am aware of your query, my brother. The holographic image so mentioned in this quote, is that which can be seen as the Logos, the Love that is the first product of freewill that wishes to know itself, the One Infinite Creator, then, uses the concept of love, the ability to create, what is seen as a creation, many stars, many planets, many entities, many energies, all in motion, in a manner which reflects the potential apprehension of the love, light, and unity of the One Infinite Creator expressed in all of the creation. Then, the creation itself could be seen as the holograph, and each portion of the creation, be it a sun body, a planetary body, a mind/body/spirit complex, or any first or second density awarenesses, may be seen as portions of a holograph, each portion or iota containing the One Infinite Creator in its full power and being. All else is seen as the same, for the holograph is unified, there is nothing but the One Infinite Creator expressed in various frequencies of vibration, various forms of manifestation, various powers of energy, moving in synchronicity with all other powers in the One Infinite Creation, to form that which is the one infinite creation.

54: I am Q'uo and am aware of your query, my brother. This is a topic which is most apropos to the day, for we are aware that there have been experiences with pets that have been difficult for some members of this group today. We would suggest that as the pet is related to by the owner, that the love which the owner feels for the pet be expressed in any way possible, and in every opportunity possible, in order that the love of the owner for the pet is invested in the pet so that it is much likened unto a seed that begins to grow within the pet and the pet then begins to feel a loving response for the owner, as it feels the love from the owner to it. This is a reciprocal opportunity to give that which is understanding, love, compassion, to the pet so that it may feel engulfed by the open-hearted unconditional love of the owner. This is a situation which is most usually accomplished over a long period of time, usually measured in years, for the experience of the pet and the owner to reach the full fruition of the pet being invested to the degree that the next incarnation that it will experience will be that of the third-density entity.

55: Thus, there is the type of giving and taking of love and light that is most beneficial between the pet and the owner. The owner also benefits in great degree by being of service to the pet so that in its own polarization process, the owner moves further and further along the positive path as the pet has become the vehicle, not only for the pet's evolution, but for the owner's evolution as well.

65: I am Q'uo and am aware of your query, my brother. There are various ways of teaching that go beyond what may be seen as teaching by many entities. Teaching in regards to channeling, as is now occurring, is mostly restricted to L/L Research by those of Q'uo, Hatonn and Ra. However, each of these group consciousnesses have other talents that are offered more widely to the entire population of the planet. These talents include the sending of love and light by those of Hatonn to entities that are requesting such, perhaps within their daily round of activities, within their meditations, or

power of love forming light. This illusion gives you the opportunity to refine and rediscover these basic truths of all of the creation, for if it were immediately obvious to you that all is one, that love is the great power of the universe, that all is made of light, what value would it be in your total beingness to have discovered that which is obvious? However, there is great value in your total beingness when you can find that love, that light, and that unity, in every situation about you. 10: Now, there are also ways in which you may enhance this realization of love and light and unity about you. In your meditations, whether at the beginning, the middle, or the end of the day, you may look upon the experience, and see what about it might have momentarily knocked you off your center of love. Was there some misperception upon your part that caused you for a short while to be unable to perceive the love that stood before you, the other self that stood before you, the Creator that stood before you? For each of you has a lesson, or a variety of lessons that is, you might call, the key of your incarnation—a certain way of perceiving the catalyst, or the experiences, that come to you, so that there might be a momentarily baffling of your ability to perceive the truth of love, of unity, and of light.

11: Look then, in your meditations, to how this manifested itself, and seek to balance the lack of understanding with a greater understanding. Re-create the situation that caused the momentary baffling of your perceptions. Enlarge upon that situation so that you cause it to become greater and greater—outrageously large. And then, for the moment, image the opposite. If you had a problem with love, or being unable to feel love, then see that love growing. See the lack of love that you experienced, in its outrageous form, balanced by the love that grows and grows to equal that lack of love in the situation in which you seek now to balance. Then, as you feel both the lack of love, and the love before you in equal proportions, accept yourself as the doughy seeker of truth, the hearty soul traveling a long and dusty road, and accept yourself for having both of these experiences contained within you, as means by which the One Creator might come to know itself better.

13: Each then, throughout the incarnation, can provide a great harvest of experiences that aid, not only your own spiritual seeking, and not only those about you as you share freely that which you have, but also aid the One Creator of all things, all universes, all times, all places. And within your meditation you might also conclude such a meditation with the feelings of gratitude that are a natural outgrowth of the full realization, or even the partial realization, that you have, within you, the ability to learn, to grow, to serve, to love, to become one with the Creator in each entity that you seek, in each entity that you exchange your experiences with.

14: The power of gratitude, praise, and thanksgiving is realized by many seekers of truth as that which is a foundation upon which you stand as seekers of truth. For as you are grateful, and give praise and thanksgiving for all that has been given to you, you continue the flow of those energies that are moving to you and through you in your daily experience. This sense of gratitude, combined with the ability to balance all momentary fluctuations away from perceiving the love about you, are helpful tools—indeed, the rod and the staff upon your journey to the valley of the shadow of death, as it would seem; where, within this illusion, there is much that partakes of what seems to be negative experience, of anti-life behaviors, of ignorance of how to promote the welfare of entities about you, of the planet itself having suffered thousands of years of degradation due to the bellicose actions of many different cultures, and peoples, and times.

16: We encourage each of you, as seekers of truth, and servants of the One Creator, to open your hearts as fully as you can, and share that love therein so that it might find its resonance in the love that does exist in each heart that you shall face, whether the entity that you shall face is aware of that love or not. By sharing your love, you cause a resonant vibration to be set up between you and all others that you come in contact with, so that this love vibration is enhanced in all entities that are open to the possibilities of change. For change is that which is your daily experience, though the change, over a period of time, is simply the movement from one level of vibration of love to another. Each of you travels this long and dusty road, bringing with you the love that the Creator has given to all the children of the one creation.

21: I am Q'uo, and am aware of your query, my sister. You asked about those entities that are known to this group as

those of Ra. These entities were able to find their beginnings upon the planet within this solar system which you know as Venus. This solar system is governed, shall we say, by a sub-Logos, a creative entity of love that you would see as your sun body. This sub-Logos has utilized the second density form that you would call the "ape body" to invest with consciousness of the self—that is, with self-awareness—so that all entities within this solar system that have been able to move from the second to the third density have utilized this body of the erect ape form that walks upon two legs, and has two hands, with the opposable thumb, which is the salient feature of this particular form of life; for the grasping thumb then, is able to cause the entity to use tools, and this use of tools further aids the entity in being able to speak the language, rather than intuit the concepts as in the telepathic type of contact. Thus, this allows such entities to move through the third density experience in a much more rapid progression, so that the means of discovering the other self nature of all entities surrounding such entities is enhanced. Thus, those of Ra, as with those of planet Earth, the planet previously known as Maldek, the planet Saturn, and the planet of Mars, have all hosted third-density beings which have been able to utilize the veil of forgetting that exists between the conscious and subconscious mind to enhance the spiritual seeking.

29: There is, within each soul's incarnational pattern, those pre-incarnative lessons that each has fervently hoped would be able to be learned within the incarnational pattern. The subconscious mind of each has been programmed by the soul to look with a certain bias upon catalyst that comes in the notice of the seeker, so that at some point the heart chakra might be opened enough to experience a sense of loving those about one, of loving the self, of loving the universe about one. This type of transformation is possible when one is able to be alert and aware of the pre-incarnative lessons so that when catalyst comes one's way, it can be seen in a certain fashion, so that no two entities would look at the same catalyst in the same way, since all are unique, and all have programmed certain lessons that are indeed unique, though they may include the lesson of love in some facet or fashion for each entity.

30: Thus, it is our hope that as the fourth-density vibrations continue to engulf the planet, that those entities who have not yet been able to find a conscious realization of their purpose in this life pattern might be able to open the door to their own hearts, so that there is the ability to experience the love therein, and to share it with those about one.

38: Yes, there's one from A., who writes, "Over this past decade there have been an increasing amount of stories about interspecies relationships. It seems animals don't have any trouble loving and bonding with other species, given the right circumstances. We also seem to be recognizing and utilizing qualities, abilities, and potentials in animals that were previously overlooked. Does this have anything to do with how the animal kingdom is relating to fourth density, or how fourth density is affecting the evolution of the animal kingdom?"

41: However, the vibrations of love are such that they speak to the love in each other portion of the creation within the third density. There is that, what we have mentioned before, as harmonic vibration set up between those forms of life that you call second-density animals, and indeed, even the plants as well, and indeed the rocks and soil, and so forth, all have this quality of love within them, and this quality of love is beginning to vibrate upon all levels of the third, as well as the second, and first densities.

42: Thus, the vibrations of the fourth density which beckon those living upon planet Earth at this time will be felt by all creatures, both those which you would call "sentient," and those which are what you would call lacking of sentient being. However, the entire creation, we assure you, is alive, and is able to respond to the vibrations of love which are now so easily observable moving about the planet and within the heart of each entity upon planet Earth.

43.13 2017/09/03

3: We have observed your planet for a great portion of what you would call time, for this harvest is one which a great number of angelic forces have been observing with hopefulness and steadfast concern for many of your years. For you see that many of the seekers of truth upon your planet have

yet to awaken to the fact that they are those who are here to move forward in the evolution of their minds, their bodies, and their spirits, that journey of what you call seeking the truth: the truth of unity of all things, the truth of light that has made all things, the truth of love that permeates all things and all entities. We are ever hopeful that those who have long slept upon this planetary surface may gently awaken to the knowledge that there is a greater purpose to their knowledge of life, pursuit of its fruits, and elevation of their goals, shall we say, in this life experience.

4: The question put forth today for us to consider is how those entities who have oriented themselves in service to others may look upon the harvest of those who have oriented themselves towards service to self, for all now have the opportunity to move forward in their evolution, as the transition into the density of love and understanding is underway upon your planet. Indeed, this process has been ongoing for some of what you would call time and shall continue for what we perceive to be an unknown amount of time into your future. Unknown, we say, for there is great confusion among many upon your planetary surface at this time—confusion as to what is the nature of reality, what is their place in the overall picture of the creation in which they find themselves moving about in somewhat random and difficult patterns of expression. We are aware that many of you here are desirous of being of service in whatever way you can, and perhaps may entertain some doubt or hesitation in regards to those entities who have chosen another path from your own. They have chosen, shall we say, a darker and more restricted expression of the infinite love and light of the One Creator.

8: The query for today requests information concerning what we regard as one of the more difficult nodal points of the creation as it is currently unfolding, which is to say, the differentiation of pathways to the Creator that we have called the pathway of the service to self, and the pathway of the service to others. Now, these pathways have long been understood upon your planet as distinct and have gone by different designations. You have the distinction, for example, between good and evil; you have the distinction, for example, between the way of love and the way of hate, the way of hope and the way of fear; and we could go on and on in indicating differences that the two pathways represent, and signals, shall we say, by means of which their difference can be registered.

21: We find also that those who have chosen the path of service to self, and have achieved harvestable quality in pursuing that path, are not, shall we say, stupid. They recognize very well what the dynamics are that they are dealing with, and so there is no means by which a service-to-others entity can talk them out of their position, or show them the error of their ways. You may offer them love and light, but it is safe to do so chiefly behind a strong curtain of protective light—a curtain of protective light, we would add, which is always available to you to invoke. It is your birthright as an incarnate soul to have access to this curtain of light which is often made use of by those in a positive orientation when faced with a psychic attack. You cannot talk an Ipsissimus out of the polarity that has been deeply and fundamentally chosen and honed over long years of development. You can seek to co-exist as best as you can.

23: So, we cannot tell you that you should not circle the wagons in a defensive gesture when such defense is necessary to preserve the integrity of the seeking of individuals, the seeking of positively oriented groups. But, we will say, that within many, many a positively oriented group, there will be the expression of negative emotions that can seem like they come from a service-to-self place, but in reality, at bottom, do not. So, even within circled wagons you will find apparent hostility, and we ask that you consider carefully whether these negative expressions—expressions of anger, hostility, prejudice, ill-feeling—could not, after all, be healed, could not, after all be offered the love which it is your best and highest gift to be able to offer, and with that thought, we would return the contact to the one known as Jim. I am Q'uo. Adonai, my friends, Adonai.

30: Souls of this planet have a great variety of sources upon other third-density planets which have not been able to, shall we say, make the harvest there, and have journeyed to Earth in order to make another attempt at this transition into the fourth density of love and understanding. The variety of planets and races that now dwell upon your planet are rich and varied in their individual experiences elsewhere and here, and have for some period of your time attempted to make

progress in the evolution of their minds, bodies, and spirits. These souls are those which have donned the, shall we say, persona or costumes of various types of thought processes and physical vehicles' colorations, shall we say, and their appreciation of the nature of the other self, that is, those entities which exist in communion and proximity to each other.

40: We would address this query by suggesting that there is more than one way to ask for assistance from the unseen realms of those who are guides, friends, inner planes teachers, and beloved family members who have passed on. One may, as was suggested in the query, ask specifically, at any time, for assistance in any matter that is specific in nature, or simply to ask for assistance in general with the process of living the life and expressing the desire to learn from each of the various portions of your daily round of activities.

53: And, we say that it has been a blessing and a joy for us to be asked to join your circle of seeking this afternoon. We are always most grateful to be able to feel the love within a circle such as this, to see the light emanating from it to the high heavens, and to rejoice with those great angelic beings who are called to you by the mere production of light and the expression of love. There is a heavenly choir that sings Hallelujah, Hallelujah, Hallelujah.

43.14 2017/09/16

5: To begin, the creation in which we all dwell is a unified creation. It is that which has been created by the One Infinite Creator delegating, shall we say, the love that is so much a part of the One Creator to those entities that you call suns or stars, Logoi which reflect the love of the Creator in their activity of furthering the creation in which it holds true that all is well. For each Logos entity makes its own galaxy of stars, shall we say, using the material, the basic blueprint, we may say, that is given to it, to each one by the One Creator. Thus, the entire creation, in its infinity of beingness, can be seen on a macrocosmic scale to be that which reflects the One Infinite Creator and its desire to know itself in ways that are not possible without entities exercising their free will as they move through the densities of experience, learning the lessons of each density, and eventually returning again, in unity, to the One Creator, bringing the gifts of their free will choices to aid the Creator in knowing itself.

17: And so, to be a creature is, in a way, to be a twofold entity—an entity that is vulnerable to the upper limit of that concept, absolutely, completely, vulnerable, and an entity which is equally absolutely and completely invulnerable. There is a perfection of sorts in that balance. Now, the adventure of the creation involves a double movement, shall we say, a movement outward into the vulnerability of individuation, and a movement inward, into the invulnerability of unity, which we might also call love. The vulnerability, therefore, we might call "unlove," or the feeling of the loss of love.

32: I am Q'uo, and am aware of your query, my brother. Again, a very thoughtful query. The vulnerability that is felt by a positively-oriented entity is that vulnerability which has been pre-incarnatively recognized, shall we say, for your third density is one which, as we mentioned, is pursued on the other side of the veil of forgetting, and yet, each soul which enters third density is aware that it will forget the perfection of the creation, the love in every moment, and the light which forms each portion of the creation. Thus, it willingly takes on this vulnerability that has the function of allowing it to learn lessons that may, shall we say, involve trauma, the vulnerability being exposed and utilized by the nature of the third-density illusion in which there is the feeling of separation and the need to explore this feeling of separation in such a way that there is a growing sense of unity that results from the seeming opposite. Thus, the positively-oriented entity willingly exposes itself to the vulnerable situation in each incarnational experience in order to gain the increasing knowledge of the sense that all is well, the sense of unity that is, indeed, the nature, the true nature, of reality.

50: Q'uo, switching back to the positive path again, on the theme of forgiveness, it seems like some things are harder to forgive than others. I think some people on the positive path find it easier to forgive things done to themselves versus things done to other people, and there are some things that just seem unforgivable, and understanding that this is a process of evolution, and growing love to more and more acceptance, do you have any advice on what to do if we find some-

clearest communication that offers the opportunity of joining the hearts and minds of those within the conversation that contains disharmony, or the need for clarification, may be aided by the opening of the green-ray energy center as well. [Thus] there may be added to the clarity of the blue ray the compassion of the green ray, which does not alter the truth in its essence, but perhaps may state the truth in a loving fashion which does not include the more aggressive parts, or jarring parts of total clarity where there may be accusations or blame, and the making of another responsible for this or that result of the interaction between entities. Thus, the green ray energy center may serve as a kind of loving acceptance of another being so that the clear communication is received as a kind of spiritual food.

45.21 2019/11/23

20: As it traveled to these various locations, studying with various masters, it became aware that as it was able, in its meditative state, to enter into a unity with the One Infinite Creator, whom the entity called the Father, then the entity known as Jesus eventually became able to blend its totality of being with that which it called the Father, or which it saw as love. And as it was able to blend its beingness with the Father, with the creative principle of love, it then became that which it sought and in many cases, in the recordings of the words of the entity known to you as Jesus, this entity speaks as the Father. The entity speaks not just as the one known as Jesus, although in other locations it spoke as the entity Jesus who had access to becoming the Father.

26: I am Q'uo and am aware of your query, my brother. Yes, indeed, this is what we attempted to speak to, as we describe the various abilities of the one known as Jesus to enter into communion and then union with the Father, or with that principle it saw of as love. This is something it was able to do during the incarnation, and also after the incarnation.

35: I am Q'uo and am aware of your query, my brother. The one known as Jesus, as it traveled to distant lands for a great portion of its early life experience, was able to master the ability to create these experiences of unity with the Father, or with the concept of love, the creative principle. As it was able to do this on its own, it then learned that there was a certain kind of technique that it could teach to others that would be a portion of their learning process as they desired to become disciples and were accepted as disciples by the one known as Jesus.

36: This entity, then, as it interacted with not only the twelve, but many others as well who were not what you would call primary disciples, but who, indeed, followed the one known as Jesus in a literal sense as he moved about the regions of what is now called the Holy Land, to share the message of unity, of love and of light, with all those who had ears to hear, and hearts to understand.

75: I am Q'uo and am aware of your query, my brother. Indeed, we find the one known as Edgar was quite well-informed by his ability to penetrate the Hall of Records and to discern from these records of the evolution of humanity upon Planet Earth. [He saw] that the incarnations available within the third-density illusion, beyond the veil of forgetting, were an opportunity not only within each incarnation to become transformed or initiated or to become more and more one with the Infinite Creator; but that each moment, each day, each observation by the seeker of truth had the ability to transform the entity in a manner similar to that of initiation. As the seeker of truth becomes more and more aware of the journey of the seeking of the One Infinite Creator within itself and within all of creation, it discovers that there is the chance to become that which it seeks in every moment of its existence if its point of view is broad enough, and travels down to the roots of its consciousness and to the heights of its beingness so that it is able to perceive in a manner which is enhanced and imbued with the love and the light of the One which it seeks with every fiber of its being, in every daily round of activities, so that all becomes the oneness for such a being, becomes the Christed experience for such a being. At some point, this type of desire to seek the one in all gains a kind of spiritual momentum and reveals to the mind, body and spirit complex, that it is, indeed, that which it seeks, and this realization, or illumination, then, becomes to be manifested more and more fully, so that illumination becomes communion, and communion becomes union with all

that there is.

45.22 2019/12/07

23: One person generally has love in their heart, they evolve spiritually throughout their lives, but they also participate in the earthly game in which they do things that would be indicative of sleep: they enjoy watching television, going out and drinking on the weekends, partying with friends, etc. But they do all this with love in their heart, and they serve when they can.

24: And another person who is continually refining their life and trying to cut away things that aren't being directly of service, and both of these people have the intention of love in their heart, but one of them is expending their energies specifically for service, the other one is sort of just living life with love in their heart. Are both of these people on the strait and narrow path, or is it only the one who is continually dedicating their path to service?

26: I am Q'uo and am aware of your query, my brother. This is an interesting query, for it displays or reveals the type of seeking that moves higher and higher in the energy centers of the human being. The entity which works its best to give love in each situation, while not consciously seeking to refine the giving of love, to higher and higher expressions of this love/light or prana of the One Infinite Creator, is working through the red, orange and yellow, and proceeding to open the heart energy center of the green ray. This is what each entity on this planet is attempting to do at this time, for that is the goal—to move higher and higher through the lower energy centers so that the heart may be opened in unconditional love to each entity about it. This allows an entity to utilize whatever experiences come its way, whether they be specifically spiritual, recreational, mundane, procedural, or whatever, the open heart then, tinges or colors each experience with this unconditional love that is given as a matter of fact, shall we say, a simple beaming of the unconditional love to all about one. This is a very helpful manner of being, for it is that which produces the harvestability that is desired by each entity on Planet Earth at this time.

28: This is the work of the adept as it begins to move the energies from the blue into the indigo ray where the intelligent energy of the One Infinite Creator finds a resonance with the quality of beingness that is revealed in the indigo-ray energy center. This is the center of the higher self, the self which sees the overview within the life pattern, the self which can create changes in its own consciousness at will. This is the path of the adept, and is the path of that which is followed by few who have been able to go beyond the green-ray energy center, for within this illusion, that traveling of distance is considered quite sufficient for harvestability into the fourth density of love and understanding.

31: Just one more follow-up. When wanderers incarnate on Earth, are there some that incarnate with the plan or the hope to live that former life where it's just a general loving nature through the regular mundane earthly days, or do most wanderers generally hope that in incarnation they choose that path of the adept, and continually refine their service throughout their life?

34: Each wanderer has in common with each other wanderer the first and most basic desire that is—by its very being, of expressing love to others—to be able to enhance the vibratory patterns and intensity of the Earth plane, the third-density illusion, which is in such chaotic stress that the feeling of love has the potential to reduce the level of stress and increase opportunities for clearer perceptions beyond and through the chaos, the confusion, the disharmony, and so forth.

35: All wanderers have, as another goal, the desire to provide certain specific services according to their unique talents. Some become teachers of spiritual principles, some become healers of mental, emotional, spiritual, or physical difficulties, some become those who may be seen as creative artists that express through word, through paintings, through music, the love and light of the One Infinite Creator, the unity of all creation, and so forth. Others, simply go about a daily round of activities, in what could be seen as a normal third-density experience, being mothers, fathers, teachers, clerks, bishops, and so forth, and in this attempt to serve, offer that love vibration which colors each service in a fashion which those entities receiving the service become aware of, if not on the conscious level, then upon the sub-conscious level, so

about relating to that?"

16: I am Q'uo and am aware of your query, my sister. We find that, indeed, there is in each entity a kind of programming that may partake of what you may call a kind of group consciousness, or a family of beingness that decides to incarnate as a group, and each to contribute a certain portion of the overall goals of the family or spiritual group. Some may choose to play the devil's advocate, shall we say, and provide the difficult catalyst that makes it necessary to look upon what is the nature of this catalyst. Is it truly evil? Is it evocative of questions? Can it provide inspiration of a certain nature that allows this seeming negative being and behavior to inspire in others the opposite, that which is unconditional love, that which is giving, that which is opening of the heart in complete freedom of being, so that the loving nature flows as freely as does the breath from the lungs.

31: Q'uo, what is the best way for an individual to respond in love to a situation that would normally promote anger?

34: If one may enter into this kind of communication with any other entity during the incarnation, when there is difficult with such an entity, there is, then, seen the opportunity to move into the heart which is obviously open, for each entity thus removing the difficult experience in its objective realm, taking it to the realm of what the emotions, the heart, the beingness of one has experienced, asking them if this is what is perceived by the other, so that the communication may continue in this fashion to unravel the snare or snarl of mixed emotions, mixed impressions, mixed words and meanings, thereby offering to each the opportunity to continue to open the heart in unconditional love, each to the other.

64: I am Q'uo and am aware of your query, my brother. The Law of One says simply that all things, all beings, all is One, One Infinite Creator, Intelligent Infinity, that which is all that is. Consciousness is a portion of the One Infinite Creator that becomes enabled, or created, when the universes begin to take shape as the One Infinite Creator and through free will creates the Logos or Love, which creates Light, which then condenses into the creation that is made of consciousness.

73: So, each, then, looks within its own experience and finds that which has value to it, examining it carefully against the standard of excellence that each is accustomed to in its own experience. The parent, then—having the opportunity to expand its own experience within the computerized world, and finding analogies within this experience to explain to the child how the meditative state allows the information of true value to sink into the soul of one's being—thereby enriches the being in a fashion which moves beyond any game or representation of the illusion that seems more important than the basic quality of being able to open one's heart in love to the child; thereby offers to the child the support of parental love in unqualified fashion, using the games and computer world as a means to find the love within the self within the child and within the world about one.

75: [footnote start]Questioner: I don't know if this is a short question or not, so we can save it till next time, but my only question is why the crusaders from Orion do this. What is their ultimate objective? This is probably too long to answer.Ra: I am Ra. This is not too long to answer. To serve the self is to serve all. The service of the self, when seen in this perspective, requires an ever-expanding use of the energies of others for manipulation to the benefit of the self with distortion towards power. - Ra, 11.31[footnote end][footnote start]Questioner: I have no idea of how long this would take or if you can even tell anything about that. Is it possible for you to give me a synopsis of the program of training required? I have no knowledge of what questions to ask at this point. I'll ask that question in the hopes that it makes sense.Ra: I am Ra. We consider your request for information, for as you noted, there are a significant number of vibratory sound complexes which can be used in sequence to train the healer.The synopsis is a very appropriate entry that you might understand what is involved.Firstly, the mind must be known to itself. This is perhaps the most demanding part of healing work. If the mind knows itself then the most important aspect of healing has occurred, for consciousness is the microcosm of the Law of One.The second part has to do with the disciplines of the body complexes. In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions.The third area is the spiritual, and in this area the first two disciplines are connected through the attainment of contact with intel-

ligent infinity. - 4.17[footnote end]

45.20 2019/11/16

10: Thus, each seeker carries a greater weight, shall we say, upon its spiritual shoulders, knowing that there is such an environment surrounding one that is lean or lacking in spiritual support requiring each individual to become more responsible—that is, able to respond to each situation that produces catalyst in the daily round of activities. This, in effect, in the practical sense, means that each conscious seeker, then, must prepare the self to engage in a loving fashion as much as is possible with the entities that populate its daily round of experience, who, of themselves, are often without any conscious knowledge of the spiritual journey, the opening of the heart, the ability to share love, and the strengthening and supporting each of the other upon this path.

11: Therefore, there is, for each conscious seeker, then, an opportunity to share that which is possible to share of the green-ray energy center, the unconditional love that is possible to offer in some fashion in every opportunity of meeting those in the daily round of activities. If one can imbue one's consciousness to begin the day in meditation with this desire to open the heart in whatever manner is possible without the total depletion of the green ray energies, then the most that one can do is done, and the intention to be of this type of service is that quality which colors or designates the life experience as that which is committed to service to others.

12: It is impossible for each conscious seeker of truth to make more of an effort in the sharing of love and of light than is available within the being. If there is the opening of the heart to such extent, however, that this imaging of the self being imbued with love, moving from the universe to the self in the heart and flowing from the heart outwards, then this type of a visualization can enhance the individual ability to offer that which is already within the heart, and amplify it and intensify it by the visualization of seeing the heart energies moving from the fourth density which now engulfs your planet, outward from the heart to each entity that one meets in the daily round of experience.

13: Then the conscious seeker of truth suffers less of the depletion that is likely when it depends only upon its own heart energies. Each conscious seeker, then, is well advised to be aware that there are many entities already within the fourth-density environment who send you and all the population of this planet love and light on a constant basis. The awareness of this available love and light, then, from these entities and from beyond, can aid each in the processing of the catalyst that comes with each day's experience.

22: I am Q'uo and am aware of your query, my brother. Each positive seeker who wishes to be of service to others, and to open the heart in unconditional love, is a kind of missionary that has a creed that includes the consideration of each other entity that will be experienced as a soul within the life experience. This creed of service to others is one which requires of the conscious seeker the willingness to give of the self in a fashion which upholds the desire to see each other entity as the self, and as the Creator.

23: Thus, the sacrifice that is made follows along the lines of refusing to engage in any arguments about the necessity to purely give that which is one's to give, the unconditional love of the heart energy center. The tendency for many conscious seekers of truth is to attempt to make a case when dealing with difficult catalyst from another self that the other self would benefit by following the advice or expressions of love of the self, thereby engaging in a spiritual discourse, or kind of changing of minds in the attempt to become more accepted by the other self.

24: Thus, the seeker who wishes to give what is most helpful must oftentimes sacrifice the proselytizing, shall we say, the spiritual sermonette, and by actions primarily, and words secondarily, always bolstered by thought within, offer that quality of love which accepts entities as they are, and makes the demonstration of one's own loving nature the teaching, rather than the words. The sacrifice, then, is that which is convenient, the spiritual sermonette, and replacing it with the actions that exemplify that which the sermonette would attempt to describe.

62: I am Q'uo and am aware of your query, my brother. There is a great deal of accuracy within your statement. However, we would go, perhaps, a step further and suggest that the

thing unforgivable, and we just can't seem to break through and offer love to something that seems so abhorrent to us?

43.15 2017/10/07

15: It is a central task of every entity which incarnates third density to begin the long process of integrating these voices, of finding that central resonance which alone, to our experience, may be said to be the source of truth. There are truths that speak more deeply, more eloquently of love than others, it is true. And it may be apparently clear to you that some of your fellow travelers have got caught up in false conceptions of truth such that they are moving further away, rather than closer to, the center, and risk finding themselves bereft of the very love which they seek to experience, and which they seek to share. But, if you reflect upon your own paths, you can discover many pathways which you may have taken which have seemingly led you astray, but which have, according to some almost unfathomable pattern, led you ultimately back to the very path that you feel is, indeed, most central to your being. And, it may be that in the process of this seeming detour, you have learned a lesson that was quite important to you, and possibly even vital to your capacity to take the next step on that path, which is uniquely your own.

18: You may have a broader picture, but unless somebody is specifically requesting that you give an accounting of that broader picture, it can be most intrusive for you to overlay your picture upon their process of seeking. If you contemplate what brought you to the position of developing a conviction with regard to those things you take to be true, you will find that the process according to which that came into realization was filled with a great many very nuanced circumstances in which you were in relation to a host of energies that you had to sort through. The same is true for those you would be teacher to. They are finding their ways, and will most likely be best served by those who are able to reach out a hand in friendship and in love that is not judgmental and that provides only such direction as can be provided by example. This can be frustrating. It can be frustrating because you can be quite convinced that you are surrounded by needy, despairing fellows in danger of losing their ways, and it is true, this is a constant danger, but we would say that it is a danger which no one individual can absolve any other individual from facing.

32: I am Q'uo, and am again with this instrument, and would respond to your query by suggesting that this is indeed so. When we are called by such entities, we are happy to respond by blending our vibrations with them so that there is an indication to them that we are with them. However, we are not able to speak, and shall not offer any thoughts that could be interpreted as a channeling contact, for this would not be appropriate. However, we are most happy to blend our vibrations with each such entity and group that calls for our presence. This is one of the means by which we hope to share more and more of our vibrations of love and of light with these types of groups that gather to do the same.

41: I am Q'uo, and am aware of your query, my brother. To those of your social culture, we may offer that vibration of love which is requested from us by entities who are unaware of such vibrations emanating from specific sources, and yet who feel the need within the heart of their own being to be nourished by these kinds of energies to alleviate the pain and suffering of confusion and division that are so prevalent upon your planet today. A simple cry of distress is enough for us to send our love and light to those who so cry.

56: It is so that your planet itself has achieved the fourth-density vibration of love. It is also true that the population of your planet is mixed between orange, yellow, and green vibrations. It is possible that this confusion can be harmonized at some point in what you would call your future. It is possible, as well, that such confusion shall continue and there shall be difficulties continuing of a geophysical and physical nature for the planet and for its population. We cannot say with any certainty what will occur, for this is a product of the free will of all the people that exist upon your planet. This volatility of energy within the mind and emotional complexes is that which makes it impossible to make a prediction with any hope of accuracy. We feel that there are certain probabilities that are more prominent than others, however, it is here that we must not cross the line for fear of infringing upon the free will of those entities who call Earth home.

43.16 2017/10/21

12: We would suggest to you that there is no magic mirror into which you can look to ascertain a one-answer-true for all circumstances. But there is one question that you may ask, and we have found it most useful at many stages of our development, and particularly within the context of third-density life. It is a simple question. You may ask "Where is the love in this situation, and how may I serve that love to the best of my capacity?" We say that is a simple question, but it is not one which is easily answered, for when you carefully contemplate what is involved in the question, you can see that it calls for a good deal of self-knowledge. You must be able to determine the extent to which you may open yourself up in full service, and you must be able to make an intelligent estimate of how you may be sustained in that service, as well as how that service may possibly be received by those other selves into whose service you wish to enter.

16: Those old habits of mind that you may have so willingly set aside may have served a function, you may now reflect, that you did not realize, and it is not so easy to take back up that which has been left aside, so the experience of undergoing a transition characterized by a certain amount of floundering is not uncommon. We do have, on offer, that small piece of advice which has stood many a seeker in good stead. For, when all else fails, you do have the love that resides within you, and when you allow yourself to be reminded that you are a creature of love, you have come into this creation to love, and that for better or for worse, you are resolved to enter the world lovingly, bringing to it the gift of your love—that, my friends, is the greatest protection we have found may be discovered.

21: So, every seeker must struggle with these facts of life. Every seeker must come to grips with the fact that the society in which you live is the bearer of a mixed message, or a two-edged sword. There is love on offer, but it is very often the case that it is not offered unconditionally.

22: And so, the process of analysis is something which you have to take very carefully into consideration as you wend your way through a complex, and many cases, distraught social experience. You must find a way to sort out where the love really does lie; where the potential for service really does reside; and how you might effectively attune yourself to those potentials and to that love, while, at the same time, dealing with a great many other selves who may or may not be so attuned. The process of third-density seeking is a difficult one, and you can never reaffirm enough your commitment to your central goal. If you understand that goal to be the opening of the heart, you have, to our experience, the safest measure and the safest goal that you may undertake.

32: For when the day is wall-to-wall with stress and disharmony, the ability to see beyond the disharmony is quite difficult to achieve. Thus, if you give yourself this opportunity on a daily basis, you will find that like any muscle within your physical body, your ability to perceive a greater picture, and to offer more and more of that quality of your open-hearted love to the picture is enhanced.

43: The short answer is an emphatic "Yes." To expand a bit, we, of the Confederation of Planets of the One Infinite Creator, serving that One Creator for all of our being, and all of our time, as you would call it, have always suggested that meditation is the path to the One Creator within. This is the means by which each seeker of truth can access some portion of that One Creator, whether it be to feel some of the presence of the Creator, to feel the grace of the Creator and to live by that grace, to feel the love of the Creator and to share that love with all about one, including oneself, to feel the light of the Creator, the power that has made all that is made, to feel the unity of the One Creator, so that the self is seen as the One Creator, for indeed, you are here to be the One Creator to those around you, as they are here to be the One Creator to you. There is not only love in every moment, as has been previously said, there is the One Creator in every moment and in everything, for there is nothing but the One Creator in all of the one creation.

50: I have one, if no one else has one right now. Q'uo, Ra has told us that there is a center to infinity, and from this center all spreads.1 And another time Ra has said that they have opened their hearts in radiation of love to the entire creation, and that approximately 9053: The center of the creation is a point in a, shall we say, reality beyond space and time, where the normal definition of a center would hold true. Thus, the

center of which those of Ra speak is a center more of where the beginning of creation resides. In the beginning, there was only infinity, there was only unity, there were no divisions in this unity. At some point, this infinity became intelligent, and became what Ra called "Intelligent Infinity," or the "One Infinite Creator." At this time (as we may misappropriate the use of that word), the Creator made a decision to know itself, and created what you would call "Love," or a "Logos," the one great central sun of all of the creation that was to come. It is at this point that the center of the creation is formed.

55: There is far more of the one creation that is, indeed, any or all of these qualities, and may perceive the love that is sent by any other entity, for all is as the body of the One Creator, and the communication is from cell to cell of the body of the One Creator.

76: [footnote start]Ra: "There is a center to infinity. From this center all spreads. Therefore, there are centers to the creation, to the galaxies, to star systems, to planetary systems, and to consciousness. In each case you may see growth from the center outward. Thus you may see your query as being over-general in concept." - 82.7[footnote end][footnote start]Ra: "We have opened our hearts in radiation of love to the entire creation. Approximately 90 percent of the creation is at some level aware of the sending and able to reply. All of the infinite Logoi are one in the consciousness of love. This is the type of contact which we enjoy rather than travel." - 81.23[footnote end][footnote start]Ra: "In a planetary environment all begins in what you would call chaos, energy undirected and random in its infinity. Slowly, in your terms of understanding, there forms a focus of self-awareness. Thus the Logos moves. Light comes to form the darkness, according to the co-Creator's patterns and vibratory rhythms, so constructing a certain type of experience. This begins with first density which is the density of consciousness, the mineral and water life upon the planet learning from fire and wind the awareness of being. This is the first density." - 13.16Ra: "... planets, these vortices of intelligent energy spending a large amount of what you would call first density in a timeless state, the space/time realization being one of the learn/teachings of this density of beingness." - 28.6[footnote end]

43.17 2017/11/04

13: So, the question becomes, "How might you achieve this result?" And in moving to an answer to this question, we would like to take up the second phase of wisdom, which is that phase complimentary to, but not to be substituted for, the receptive phase. This we would call the "expressive phase of wisdom." When you are considering information, possibilities, that you are unsure about, you might ask yourself "What would be the significance of taking this information up into my process so that as it works to engage my own process, so that it works to augment my possibilities of self-realization in the complex of energies which constitute the environment around me, the society to which I belong, how might all of this contribute to creating a more accepting, a more loving environment?"

15: Now, we would say, that in truth, everything which is negative in its tendency, is also simultaneously positive in its potential, which is only to say that the choice, after all, is yours concerning how wisdom shall be used. The choice is yours concerning how you will take up the power that is invested within the information that comes into your hands. The choice is yours, and it is important to have a practice, which is regular, according to which you avail yourself of the possibility of carefully examining every last uptake into your own being, so that when it comes to manifesting that being, you can be clear that it will bear the mark of your love, that it will bear the mark of your compassion, that it will bear the mark of your resolve that nothing should come through you that has not been tested in the depths of your own being and found to be consistent with the value for which you stand.

59: I am Q'uo. We thank you, my brother, and again, we thank each present for inviting our presence this afternoon. As always, it is the greatest of honors to be with you. We are always amazed at the amount of light that is generated by the quality of seeking, and the pure-hearted sharing of love and light, that comes from this group, each time we are with you. Your light attracts many angelic presences, my friends, who sing the Hallelujah chorus as they witness your coming together to share that which is of your heart and of your spirit.

We sing with them and with you.

43.18 2017/12/02

6: I am Q'uo, and we are with this instrument. With regard to the inner self, we would ask you to contemplate a simple question—a simple question, we say, but one for which few answers are immediately forthcoming. The question is this? "Who are you, really?" Now, as it turns out, everyone already has an embarrassment of riches when it comes to the task of answering such a question, for everyone has a fulsome supply of elements of personality that have been gathered along the way of the life experience. You know, for example, what your ethnic belonging is, what your religious training has been, and you know a great deal about the culture in which your values have been inculcated. Therefore, you are richly supplied with opinions and perspectives, and also a host of initiatives that you may pursue as you seek to become a better self, and as you seek to share the riches of your selfhood with those around you whom you have come to love, whom you have come to respect, and to whose needs you have felt the impulse to serve. All of these elements constitute a very richly woven fabric of selfhood that, over the years of your life, you have come to rely upon, you have learned to wear as a comfortable garment.

20: Yes, the way of an adept, the way of a seeker of spirit is an arduous path, and you can feel, if you allow yourself to so feel, that what you have to offer has no place in the society around you. But, so long as you are willing to understand that what you have to offer is not a matter of right thinking, true information, proper perspective, but rather only a matter of simple open-hearted love, there you cannot go wrong.

27: I am Q'uo, and am aware of your query, my sister. All those entities which move through the light at the end of their incarnation upon this planetary sphere will have their violet ray, which symbolizes the balance of all the energy centers within the mind/body/spirit complex, gauged by the light of the octave of creation that is represented by the light-bringers, shall we say, so that the level of vibration might be determined. This level of vibration then, if it is still within the range of the third density, will require that all such entities move onto another third-density planet that is in accordance with their own particular vibrations. Thus, as you have surmised, these entities will move, not necessarily as a mass, onto the same third-density planet, but shall, with aid of their own higher selves and guides, choose a third-density planet that is in accordance with their own vibrations. This may be a planet that has moved through the first 25,000 year cycle, perhaps the second, as well, so that these entities may well find themselves within the third and final 25,000 cycle, and be able to insert themselves, shall we say, into this cycle, in order to continue their learning of the ways of love, and opening the heart to all those about them. Some will find it necessary to exist within the second 25,000 cycle, and some may even find it necessary to begin at the beginning of a 75,000 cycle, although this is far less likely, for those incarnated now within your third-density illusion, are here by means of what is called "the seniority of vibration," so that all here have some hope of making the harvest if there is the ability to open the heart sufficiently to allow the love within to manifest as service to others in at least 5147: The Law of Foreverness is simply an extrapolation of the Law of One that is seen to be in effect beyond this particular octave of experience. It is simply another name for the same law, for there is only one true law and that is the Law of One, however, there are other facets of the Law of One, such as that of love, that of light, and that of the ever-present moment extending infinitely forward and infinitely backward, and infinitely in all directions. Thus, those entities who experience the seventh-density of the foreverness of all things are merely experiencing a more intense experience and expression of that which you know of as the Law of One.

54: The aiding of all such entities, whether they be wanderers, those of the dual-activated bodies, or those of third density who seek the fourth density within this planetary sphere, is done by simply taking advantage of the opportunities which come your way to share from the open heart in any way that is possible for you to do. It is not that you must construct a certain procedure or plan for awakening any entity, but that you simply open yourself in your heart and in your mind, to every possibility that presents itself to you at any

35: If one can see past the outer parameters of the catalyst in front of one in the meditative state, and have the question within the mind and the heart how to more fully love and serve, then through this lens one may more accurately see the features and resonances that are facing one and offering to one the opportunity to do just that, to love, to serve, to accept, to give, to give praise and thanksgiving for the opportunity to be.

44: I am Q'uo and am aware of your query, my brother. Indeed, for many upon your planetary sphere at this time, the open-hearted love of the fourth density of love and understanding is actively functioning. This activity within the heart energy center, is that which will draw one into those areas or arenas within one's daily round of activities which are in need of this kind of loving acceptance on an unconditional level, so that one who has the open heart may begin to feel the pains of those whose hearts are wishing to open, but have a difficulty in doing so, and seek unconsciously or even consciously to find where there are those who have accomplished this feat, and who may be of service as a teacher upon an unconscious level or a conscious level.

45: The desire of those entities at this time upon your planet who are nearing their own ability to open their hearts in love and in light to all of the creation is that which is growing greater and greater in numbers and in frequency so that the calling for assistance becomes a great cry that is heard throughout the one infinite creation. Those of the love vibration upon this planetary sphere, then, in both conscious and unconscious ways begin to respond to this cry for assistance by sending love and light to those who call. This is a kind of resonance that is set up when the quality of love within one's heart begins to grow to an overwhelming nature and desire to serve others about one, so that love does not come just from your heart, but from the universe through your heart to those about you, as you become a beacon, shall we say, of light and love to those who call.

50: I am Q'uo and am aware of your query, my brother. Again, we refer you to the tool of meditation, for the meditative state is one in which the desires of one's being are broadcast like a frequency of assistance of love, of light, of beingness, of desire to reach one's highest goals, of the ability to realize the incarnate plan. This desire, then, is emanated from each portion of your being, so that the higher self begins to become more and more involved in your daily round of activities, giving you clues and hints, here or there, according to your discernment as to the path that is most appropriate for you to take. Thusly, if you retire to your meditative state and ask for that which is of the highest and best for you, the answer shall be given in some fashion that you can discern in your daily round of activities, if not within the meditative state at the time of the asking.

59: I am Q'uo and am aware of your query, my brother. We feel that what has occurred in each of the channeling sessions that we have attempted to speak towards in these last few years has been a growing desire to seek as one body or being those aspects of love, of light, and of unity, that may be offered to each upon a daily basis so that there is, within each, the ability to give and to receive love upon an elevated and continually more elevated state of consciousness.

65: I am Q'uo and we thank you, my brother. At this time, we would again thank each present for your generous invitation to us once again today. We are most overwhelmed with joy and gratitude at our ability to feel your love and your light as you join in seeking for the ultimate source of love and light within all beings. We join you in that search and walk with you upon that path. We are known to you as those of Q'uo, Adonai vasu borragus.

45.18 2019/11/02

19: I am Quo and am aware of your query, my sister. The fourth-density vibrations that are continuing to engulf this planetary sphere, have their origin within the deep spaces of the universe that surround you. There are various sources of energies that are attracted to a planet such as your Earth, your Mother Earth is making the transition from the third into the fourth density of love and understanding.

22: Thus, this makes a kind of confusion within the entity so that in its interpersonal relationships, perhaps with you or another, or many others, there is the opportunity and possibility of some difficulty in communication, in understanding,

in opening the heart in love, in being able to give as well as receive, all of these various types of propensities are available to each seeker at all times. Therefore, the enhancing of these abilities can oftentimes cause more confusion if the entity is not consciously aware of its own process of seeking spiritual truth.

23: If you, on the other hand, have this knowledge within your beingness that allows you to be aware of the purpose of your incarnation as being some facet of giving and receiving that known as unconditional love, then you will have, shall we say, an advantage, in that you will be able to offer this service to any other entity that comes within your reach within your daily round of activities. If then, in your daily meditations to begin the day, you look at that which you have to offer, whatever your strengths may be, whatever your lessons may be, and see that this is something that you wish to make available whenever necessary, then this is something that both your conscious and subconscious minds can grasp in a manner which is helpful, both to you, and to any entity that you might come in contact with.

24: Thusly, you have the advantage of being able to open your heart in love in those instances where another entity, not as conscious of a way of doing this as are you, might have a difficulty, and there might ensue a greater and greater arguing environment, where there is little understanding that is achieved, and no love that is given. Thusly, your meditation prepares you to offer the spiritual food of your open heart whenever you meet another hungering soul.

33: Each of the seekers present here today has been a blessing for the Confederation of Planets in the Service of the One Infinite Creator of which we are but one member. The Confederation of Planets in the Service of the One Infinite Creator has as its goal, the reaching of as many spiritual seekers of truth as possible to plant the seeds of love, of wisdom, and of unity, within each heart and soul, so that these seeds may sprout, and grow, and bloom, and in their time give forth the scent of the unconditional love of the One Infinite Creator that resides within each being, within each iota of creation.

45.19 2019/11/09

5: I am Q'uo and am aware of your query, my sister. Many entities that have had numerous incarnations within this third-density illusion have completed a significant portion of their journey into the heart of themselves that has as its purpose the opening of the heart in unconditional love to all those about one. There are various roads that lead to the heart of the self. Some incarnations travel one road, another travels a different road, and yet all, at some point, arrive at their destination, so that within each incarnation, there is seen to be a kind of quality of beingness that is activated by each incarnation's contribution to the whole of the being, to the soul of the self, so that the overall program of lessons and prophecies that are given for the self by preincarnative choices, may be seen to eventually, in a kind of puzzle fashion, so that each incarnation may contribute its part to the completeness of the puzzle that is the desire of the entity to open the self and the heart in unconditional love.

7: Incarnations which seem to offer hindrances, as have been mentioned in the question, are those incarnations which are not as obvious to the outward eye, or even the inward seeking eye of the entity itself, in discovering the purpose of the hindrance, the role that such a hindrance can play in achieving the final portion or piece of the puzzle that will then become that which allows the opening of the heart in complete and unconditional love for all about one.

14: Q'uo, I have a query. Someone has [what turns out to be] a follow-up, though it began as a stand-alone question. "If there are entities who incarnate and through any means, either by choice or by medical condition or other means, develop personality attributes that are negative, or hindering of self and others around that self, could that be considered somewhat along the same lines as someone with an actual visible handicap, because such a person might behave in certain ways that will focus those around that person to make a choice toward compassion and love in a situation, or toward even that person who is behaving possibly negatively or harmfully even? Could that be somewhat similar that it serves the greatest purpose of all of opening love within each soul that comes into contact with that person and their behavior, or are there other purposes that you could tell us

tions. Each entity, whether sensitive or not, within this planetary influence has then the opportunity to similarly begin the process of conscious seeking of that which you may call the truth—the truth of the unity of all things, the truth of the One Infinite Creator that has created all things and exists in all things and all entities, and is there, waiting within each entity and each iota of the creation to be discovered by those with eyes to see, ears to hear, and hearts to open in love and in light.

8: Thus, as you take with you these loving vibrations back to those residences and homes within this Earth sphere from which you have come, you have the opportunity to begin to share, in some fashion, these vibrations with those that you meet in your daily round of activities, for each of you has made what you may call the preincarnative choices to see the world about you in a certain fashion that allows you to learn those lessons that are most important to you in this incarnation.

9: Thusly, if you can imbue each experience, each generation and experience of catalyst with these loving vibrations, you have made a large step forward within the metaphysical realms to bring this power of love into the daily round of existence, into the mundane environment which is the third-density illusion in which you live and move and have your being at this time.

10: As you are able to do this, you are sowing seeds of love and understanding all about you, within the environment, within the entities you meet, within the air that you breathe, within the soil upon which you walk. These loving vibrations, then, consciously sown, have the opportunity to bloom and grow and bear fruit, as others become either consciously or subconsciously aware of their existence within their own being. Thus, you are, like the Johnny Appleseed of love and light. You wander where you may, seeding the planetary influence and its population with the love vibration.

15: I am Q'uo and am aware of your query, my brother. This query is an interesting one, in that it puts forth the possibility of that which would seem contraindicated—the warrior characteristic or mentality that would not normally be seen as a companion of the fourth density of love and understanding. But, within your third-density illusion which is so heavy and problematic at this time for so many people, with so many divisions between entities, so much doubt, anger, confusion and separation, it is not an easy process for the conscious seeker of truth to move through the illusion about it in a loving manner at all times. There are difficulties that prohibit in some instances the freely shared love and light when it seems to be rejected and thrown back into one's face, causing one to feel perhaps to be a failure.

16: We would suggest that the warrior mentality is one which may be defined as fearlessness, the ability to continue in the face of seeming despair, hopelessness, or failure, to give that which is of love and of light regardless of the response of any entity about you. Indeed, to receive any response with love and light, for this is the purpose of this illusion—to learn the ways of love. And, if you are able, under any circumstance, to respond to any catalyst with love, you have triumphed in a warrior-like fashion over those forces of darkness which would wish for this darkness and separation to prevail upon this planet.

17: Thus you move forward without fear of rejection, without fear of any type of difficulty that may stop your intense desire to seek and to serve the One Infinite Creator within all entities that you meet, for if you speak to that One Creator in all entities that you meet, in love and in light, at some level, the Creator will respond and return your love and light in kind, and then the love and light of the One Infinite Creator will continue to grow more and more within this planetary influence as it moves more and more into the fourth density of love and light and understanding.

39: This intimacy is a kind of conscious union with the small self, the greater self, and all selves that reflect some portion of the One Infinite Creator. The intimacy that is possible for each entity to experience and express becomes that which is a unifying factor so that when the eyes look upon the world about one, there is less and less division and separation noted and experienced, and instead there is more of the feeling of oneness with all of creation—which is, indeed, the truth of the creation, thus the intimacy of which you speak is a tool which may be utilized to increase one's perception of that which is the truth, that the One Creator exists in all things, and is there deep within each entity waiting to be discov-

ered, to be expressed, to be loved, and to be experienced as the greater self that exists within the smaller self.

45: Thus, we recommend that one look at the experience of happiness as that which also might be balanced to one's benefit, so that the happiness which may have its antithesis as sadness, be seen as transitory experiences of the nature of your reality and of your own being. As one then sees a new level of happiness, perhaps emerging within one that is more spiritually oriented, the happiness of the feeling of love unconditional for all those about one, the happiness of seeking the One at each moment of one's existence, the happiness of feeling love for all of the creation, and so forth.

62: Thus, the mental configurations were meant to be of what you may call an artistic level of expression of the unity of creation reflected in a kind of four-dimensional metaphor that allowed each entity viewing such an expression to expand its own level of consciousness and ability to apprehend the depth of not only the artistic creation, but of the nature of reality in general, thus moving beyond the three dimensions of your planetary sphere and seeing the existence of the fourth dimension of love and understanding that is, and was at that time, beginning to have its effect upon this planetary influence.

45.17 2019/10/26

7: Your Sun body is also subject to these same instreamings in a manner which causes it to become more active in its life-giving role for your planetary sphere, for the light and love, or prana, which flows from your Sun body and brings life and light to your planetary sphere, is also cyclical in nature. When the cycles of both the cosmic instreamings and your solar revolutionary expressions of love/light coincide, there is an increased effect upon not only your Earth sphere, but also upon those entities that inhabit your Earth at this time.

8: Not all of the population of your planet is in the harmonious resonance with these energies as are many of you who seek consciously the nature of the incarnational experience. For those who consciously seek in this manner to enhance their own journey of living and loving the experience and all about them, this is most helpful, for it blends with their conscious desire to receive just such energies. Even though they may be at such a level of vibration that it is necessary to retire into meditation more frequently in order to handle, shall we say, the quantity and quality of vibrational frequencies now available in your everyday life experience.

10: Those entities who are not conscious of this process of incarnational seeking on the spiritual path have much difficulty in that they, though not consciously aware of such energies, unconsciously are aware that such is occurring. And there is a, shall we say, mismatch between the perception and the experience so that there is much of mental and emotional confusion that results for those who are not ready at this time to look upon the life experience as that which teaches how to open the heart in unconditional love.

14: Yes, thank you, Q'uo. I would like to ask what is the wisdom that you may offer as to the best way for those of us who are spiritual seekers seeking to raise our vibration to the higher levels on our spiritual path, but also wanting to do it with light and love and consideration for all for these ones that you describe who are maybe thrashing about or having confusion. What is the best way that you could offer us to be with them, to interact with them?

29: These preincarnative choices, then, become another factor in aiding the mind/body/spirit complex in pursuing the overall plan for the incarnation in order that there might be an enriching of the experience of the third-density illusion that can aid one in moving from this illusion into the fourth density of love and understanding.

34: I am Q'uo and am aware of your query, my sister. We would recommend, as always, the meditative state as that opportunity to assess the nature of any catalyst or experience that one may feel is prominent at a certain time for the life pattern. In the meditative state, one can access those deeper levels of the conscious mind and the upper levels of the subconscious mind where there are clues and indications of relevancy, shall we say, that can be obtained by meditating upon the catalyst at hand. There is the quality of seeking in the meditative state that is enhanced by one's desire to know how to serve more effectively, how to open the heart more fully, how to give unconditional love more frequently.

time, and give of that which you have to give, as the moment requires and calls upon you to do. Each of you has the ability to share that love that is within you at all times, within your meditations as you radiate it outwardly to others, in your contemplations as you look upon that day that rests before you and awaits your insertion of yourself into it, and as you move through it to give that which is yours to give to those who ask in any way for it, simply perhaps as a smile returned, as directions given to the one who is lost, as providing a listening ear to the troubled soul, as giving anything that you have to give—willingly, openly, completely. Each of you is a teacher, my friends. Each of you is a student, and each of you can help to bring each other home. This is why you are all here at this time on Planet Earth.

43.19 2017/12/16

3: Today, you have asked us about a facet of your spiritual journey that you may or may not see as being a spiritual journey, for each of you, as you are seekers of truth moving yourselves along a path of unity, have brought into this incarnation various desires, talents, directions, and an ability to utilize all of your resources in any fashion that you choose. Each of you in this circle of seeking has become consciously aware that what you desire at the foundation of your being is to be a conscious seeker, is to realize within yourself the nature of love within the open heart, and to be able to share this love with each entity that you meet in your daily round of activities, for you are consciously aware that all is one, that the Creator exists within each of these entities that you shall meet, and that the Creator within yourself seeks expression as you allow it to. It has been said in your holy works if you but knock upon the door, the door shall be open to you. Your incarnation may be seen as knocking upon that door repeatedly, for it is a door that is opened with perseverance, and each of you has developed this quality of repeated seeking, of undeniable, of inevitability, and as you bring into your daily round of activities, this desire to knock upon the door; symbolically, with every action that you take, every person that you meet, every word that you speak, then you become, shall we say, hollowed out, and become a channel for the One Creator to utilize in the various means by which you have provided for your incarnation, previous to your incarnation.

37: We feel that there is some suggestion within this query that the difficulties of the planetary population to be able to utilize the catalyst of the daily round of activities in order to open the heart and share in love and light with all others about one, would be a correlation to this impairment of the pineal gland. We find that the difficulties suffered by this population's need for more attention being given to the possibilities of the heart center, are due to previous inability to open the heart in unconditional love that have been experienced in previous third density experiences, for many upon your sphere have had this difficulty previous to this 75,000 year cycle that is now ending upon your planet and have come to this planet for the purpose of repeating the third-density experience. This necessity for repeating the third-density experience is not due to any difficulty of the pineal gland.

44 2018

44.1 2018/01/06

5: It was mentioned earlier today that humility had a certain feature for the questioner that would nag at the conscious mind from time to time, reminding it that it had failed to exercise this quality. Other qualities that many have so dismissed could be the qualities of pride, the other side of humility, of self-worth when the self is seen as insufficient to a task at hand, or unable to comprehend the learning necessary to reflect the ability of the self to function as well as any other self. There may be features of certain relationships—of parent to child, of sibling to sibling, of friend to neighbor, and so forth—where it is the desirable nature of the relationship to express it freely and openly, and yet for some reason, which is perhaps not apparent or visible to the seeker of truth, this relationship has developed certain blockages, or diversions of freely expressed energy, thus making clear communication

difficult and open-hearted love non-existent.

9: These lower three energy centers are critical for each seeker of truth to clear so that the energy of the One Creator may move freely through them and begin to open the heart center of universal love and understanding. When this is done, then there is the opportunity for the entity to move from the third density to the fourth density of love and understanding. However, the shadow side of each seeker, having been relegated to the closet, shall we say, at some point, finds a way to become noticed, whether it is the nagging of the mind, or repeated experiences that lead the seeker to the closet to unlock the door.

10: At some point, each seeker of truth must realize that this shadow side is a good friend, and has much to teach, for it is holding in reserve those areas of blockage which, when dealt with clearly, release the energy that is held in place by the blockage, that it might move upward along the line of energy centers, and release a certain kind of experiential energy at each level, for you all have planned, previous to this life experience, those lessons which are necessary for you, in your own estimation, to complete in order to become the whole human being that you desire to be, that being which sees all as love, gives and receives freely with each, the quality of universal love and acceptance. The effort that you make to uncover those hidden areas within you that can offer you learning to achieve this goal, is what is called the process of the polarization of your consciousness, for as those who are devoted to seeking and serving other selves, this positive polarization becomes the means by which you might open the heart energy center and release the unconditional love that abides therein.

11: So, we would suggest to you that you make friends with your dark side, with your shadow self. Embrace it with open-hearted love. Invite it to share with you those areas which you have ignored in the past, for here is the repository of growth. Here is where you unblock the energies that await release. Here, within the shadow side, you have that grittier, heartier, more substantial part of yourself that has had to fend for itself for quite some time, and has developed qualities of perseverance, of endurance, and of desiring to be noticed and utilized as a full and whole partner in your journey of seeking. When this unification of your light side and your dark side can be made within your being, then you have the opportunity of, shall we say, functioning upon all cylinders.

27: I am Q'uo and am aware of your query, my brother. We look now to the practice that was suggested by those of Ra, for the balancing of all catalyst is that process which can lead to the releasing of the blocked energies within each energy center. So, when you would see any quality which you would say was part of your shadow side, then within your meditative state, invite that quality to present itself to you in a manner which reflects its most recent appearance in your consciousness. Look at that experience and make it larger—magnify it until it becomes outrageous, and then, for a moment, within your mind in meditation, image the polar opposite. If it be shame, image joy or positivity, however the shame has been expressed, find its polar opposite and allow that, by itself, to become as large as the original shame. Then, simply accept yourself and love yourself for having both of these qualities within your being as means to teach you love. This is a simple exercise, which when accomplished on a daily basis, may remove those blockages that exist as accentuations of certain qualities that are without balance.

28: Each seeker of truth must realize that it is a being of completeness, that its mind contains all things, and as you discover more and more qualities appearing in your daily round of activities that knock you off your center of love and understanding, then it is necessary to balance each quality with its opposite—the good as well as the bad, shall we say, for the wheel of karma moves through good and bad. Once you are able to balance these qualities, then you are off the wheel of duality, the wheel of karma, and may move forward unimpeded in your expression of the love and the light of the One Infinite Creator.

51: We thank you, my brother. We thank each present for inviting our presence this afternoon. It is always a joy to be with you, for you are the most inspiring seekers of truth that we have seen in quite some time. We are, of course, not always able to join many of those upon your planet who do seek truth, but we can observe, from what you would call a distance, that there is a growing number of those conscious seekers of truth that move into realms of expression of love

and light that are equal to those we find here. However, each of you is most dependable, and when we wish to be inspired by those who move through the heavy chemical illusion of your third density, we know that we will find such inspiration here. Yours is not an easy illusion in which to exist, but it is one that teaches more than any other that you can imagine. Take then heart on your journeys of seeking, and know that there is fruit being produced each time you meet a new experience, a new problem, a new solution.

44.2 2018/01/20

0: [overview] From love and acceptance to control and manipulation, there is a spectrum of response to catalyst. What about our relationship to the planet? Where on that spectrum does our present global culture lie? What would relationship of love and acceptance toward our planet look like, and how might we more effectively manifest that?

4: Thus, the two paths that have been described in your query this afternoon—that of giving and revealing the love and light of the Creator to all, and that of controlling and refusing to become part of the oneness of all—are the boundaries, shall we say, within which action occurs upon your planetary surface. Unfortunately, there is much confusion between these two boundaries, so that the majority of the population of your planet cannot comprehend either choice, and moves back and forth between the two, in mostly disharmonious manners and means, so that there is blockage in the intelligent energy or the prana, which is the gift of the Creator to each on a daily basis, and these blockages then, are reflected in behavior, each toward the other, and each toward the planet as well.

40: The type of communication of which you speak is the language of control, the language of suppression, the language of confusion, for under these conditions it is possible for the negatively oriented entity to willingly lure the unpolarized, or even perhaps the positively oriented entity into a situation which is like unto a prison, where thoughts are manacled, expression is muted, and freedom is an illusion. Thus, we would recommend that within your own daily round of activities you take time, perhaps at the beginning, or the end, or both, of the day, to center yourself in a mindful manner, which reduces the sensory inputs into your brain/mind complex, and returns you again to that quality which we find those of Ra had referred to as the “unfed conscious mind,” the mind of the beginner, the mind which has only consciousness as a resource, the mind which can calm the jangled nerves, and can allow the confusion to dissolve, the mind which can reveal once again, the basic purpose of each seeker of truth in the positive sense, that is, to reach within the heart and find the love residing there, to open that door to that love and bring it forth to share as one’s response to any situation which may confront one.

41: This will take, in some cases, a good deal of consideration, for in a world of confusion, the expression of love is very often lost upon those to whom you send it. Thus, one cannot be dedicated, shall we say, to a certain outcome, but must have begun the exercise of faith that that love, which is sent, will reach its destination, and will have its effect upon what you would call “the world condition,” the apparent misdirection and misapprehension of energies by those of the negative nature who seek at this time to use the small amount of time remaining within your third density to polarize sufficiently for their own graduation. So, our recommendation is meditation, centering, mindfulness, and love.

52: The feeling of the dissolving of such timelines is a residue of the learning of that which was set before you so that there is no longer a need for it to exist within any portion of your being, other than that being which you now are here. Thus, you are, shall we say, closing up shop so that there may be a graduation into the fourth density of love and understanding at the end of this incarnation.

58: This is a very fertile density, your third density, my friends, confusing though it may be. There is no other density within the octave of densities that provides such opportunities as are so easily perceptible here—easily perceptible, we say, to those outside of the third density. We have great sympathy for you, in that we know that so much of this third density remains a mystery, and a confusing experience for you. However, such mysteries and such confusions draw you forward into that which is awaiting for you within each mys-

tery and confusion, for in truth, all is one, and all teaches unity, love and light.

44.3 2018/02/03

5: Thus, as you move through your daily round of activities, you are well aware, if you utilize your sharing of news sources, that the disharmony upon your planet has seldom reached the levels of fracturing that are now being expressed by various groups, cultures, parties, and individuals, for there are individual interests involved that have very little to do with the spiritual path of what you would call “seeking the truth.” What is often sought is more of the mundane materials and rewards of your third-density illusion. This illusion has a purpose of eventually providing a means by which each entity upon your planet could turn from the trinkets of the world, shall we say, to the inner seeking of the love and the light of the One Creator which binds all people.

6: However, as you are well aware, various factions vie for a larger and larger piece of the proverbial pie. This not only leads to furthering the inability to grasp unifying principles, and to open the heart in unconditional love as is the necessity for graduation into fourth density, but it also accentuates the lower energy centers’ tendency to separate from other people, groups, and cultures, so that there is a continuing fostering of the rejection of any possibility of reconciliation. Thus, not only do your people suffer the fracturing of their own mental, emotional and spiritual capacities, but these disharmonious vibrations are exuded to such an extent that your planetary sphere itself begins to absorb them into the crust of the planet so that there is the rupturing of the crust at various times and places, as a means by which your planet attempts to harmonize the cosmic instreamings of the fourth-density variety with its own fourth-density core vibration.

17: And so, if we say then further that within a disharmonious planetary experience, your sleep may perchance be vexed to nightmare, we would hasten to add that there is that energy, that love of the Creator, animating even the experience of nightmare.

18: And so, we come to the question then, of what one who seeks in the name of love, who seeks in the name of serving others, and, in a state of humility as the innermost calling of the seeking, may do when confronted with those who seem to be so benighted in their conduct that darkness is built upon darkness, and anguish is built upon anguish, and hate builds itself upon hate. What does the positive seeker do when faced with this kind of expression? The answer, my friends, is not easily found, and we will not pretend to be able to give you a clear sense of direction that can see you through every darksome valley.

20: There is, within the creation, probably no more difficult question, for we could say, and in some sense we will say, that to the extent that you can absorb the hostility that is offered you from one of your fellow citizens, that is all to the good, and that is, in fact, one of the reasons that wanderers have incarnated upon this planet at this time. It is not simply a question of shining your light, which you may do; it is not simply a question of sharing with others that wisdom which it has been yours to discover, but it is, at a more visceral level, a matter of taking in the negative catalyst that is on offer to you, and transmuting that negative energy into simple un-presupposing love. That, we can say, surely is true, but as we also must add, it is not always possible for you, for there can come occasions when the strength of the negative catalyst that has been presented to you is so overwhelming that it exceeds your capacity to transmute it into love, and there is great danger for you, that it would have a tendency so to distort your process should you allow it to come in, that you, yourself, could be thrown dramatically off your center.

22: Now, there are things, even in these circumstances that you can do to aid the planet and we would suggest that that is work always well done. What you can do then, is to move into a state of meditation in as balanced a configuration as you are able to maintain in a stable way, and to invite in a little bit of the sense of the disrupted energies of your planet, a small nibble at first will suffice. And you may discover that as you become more experienced with this manner of aiding the planet, you are able to take in a little bit more, and a little bit more, and a little bit more of this negative, or disharmonious, or chaotic energy which your planet is currently exuding, and to work to heal it, simply by holding it in your heart and al-

lization of music of the spheres, as it is called.

51: I am Q’uo, and am aware of your query, my brother. My brother, within your very query is the answer to it, for the great desire, the intention that is expressed in your being and reflected in your query, is that which is of the greatest importance in determining the nature of your desire to serve others and to move forward upon your spiritual journey. The third-density experience, as you are well aware, is not one of understanding, for there is the veil of forgetting that separates the conscious from the unconscious minds, and from the greater nature of reality that is the true reality in which we live and move and have our being. However, within the third-density experience, this veil of forgetting makes it impossible to know or understand for sure what will be the product or the result of one’s efforts in service to others. What one can know is one’s intention, one’s desire, the strength of the desire to be of service, to be a loving entity, and to seek the One Creator within each experience, is that which will lead one forward upon the path of service to others, and increase the positive polarity according to the strength of the will and intention to serve.

56: I am Q’uo and am aware of your query, my brother. Each entity that has experienced the initiation that you may call contract with intelligent energy and/or contact with intelligent infinity, does so in an unique manner. Each entity within the One Creation is, indeed, unique. There are no two entities alike. Thus, generalizations are difficult when asking as to the process one would use in order to become able to experience Intelligent Infinity, and perhaps as a result of this experience, become what is called “psychic” or being able to exhibit paranormal abilities. The basic nature of such an experience is one which is fueled, once again, by the nature of the desire, the strong desire or will to move through each energy center, so that each is able to be open enough to transmit the prana or the love/light of the One Creator through it in a clear fashion so that the energies of the red, the orange, the yellow, the green, the blue and the indigo may function in a balanced manner; and allow the contact at violet ray with Intelligent Infinity.

45.15 2019/10/05

7: The beginning red-ray attraction will, of necessity, cause intense interpersonal interactions that are a portion of the orange-ray energy center. If the catalyst from these interactions can be successfully processed by each entity so that there is love and acceptance as the product of the processing of catalyst, then there is the opportunity for the energies to move higher within each entity’s chakras. Thus [energy] moves into the yellow ray of group energies wherein there is the chance for the two entities to blend as one in the social sense, so that they partake of a larger environment of friends, family, and so forth that comprise the group consciousness, thereby utilizing their orange-ray identities that have been solidified, shall we say, in the intense interaction relegated to the orange-ray energy center.

8: In a portion of the experience that each shares within the orange and yellow-ray centers, there is always the opportunity to move even higher into the green-ray energy center. This is where it is necessary for each entity to face the self in a manner in which there are no conditions set upon the sharing of unconditional love with those about each of the entities. This is the goal of the third-density experience upon your planet at this time. It is that which requires a kind of honesty that many entities find difficult to produce, for there is little of the true seeking of the self that reveals the, shall we say, clay feet, or the areas of investigation that have been ignored or not examined previous to the beginning entry into the green-ray energy center.

26: Thusly, it is often the case that only a bare remnant of the child identity is able to find a home within the maturing adult. However, we would remind each that this child identity is always present in some fashion and will respond with great glee and joy when this is recognized and allowed to have its say and its play, for the child identity is more closely aligned with the universal energies of love and light, and the playful interaction of the two. Thusly, if an entity such as yourself wishes to be able to once again contact that inner child that exists at this time within the heart of your being, it is well to be able to provide it with the same kinds of unique and inspiring opportunities for learning new experience that you

devise for yourself in whatever direction your interests take you. You are [thus] able to make this child within a playmate once again who can share with you, and become more and more you, as you are able to see the broader view of the so-called mature life and make room for that child within that can give it joy and harmony and excitement and inspiration. 37: These are a portion of the process of your planet’s movement into the fourth density of love and understanding. As entities upon your third-density sphere are able to harmonize their beings with these cosmic and solar energies, they also emanate from themselves a similar type of energy that may be apprehended by those in their presence, and indeed, beyond their presence. Each entity upon the planetary sphere that is resonating with the solar and cosmic instreamings is [thus] able to act itself as a beacon of light that emanates these stepped-down frequencies that represent the love, the light, and the unity of the One Infinite Creator that resides within each entity, and is activated by these energies, and reflects and promotes and processes these energies to those about the entity that is receiving them and broadcasting them.

43: Thus, it is well for such entities who are expressing the sensitivities of the green, blue, and indigo energy centers to give constant attention to the clearing of any catalytic obstructions that may find a way temporarily into any of the lower energy centers. Thusly, the entity that is sensitive to these energies will do well to engage in a daily program of examining the life experience so that there is a smooth flow of the prana, or love/light of the One Creator through each energy center ending at the indigo.

62: I am Q’uo and am aware of your query, my brother. In general, we would say that you have made an accurate summary of this process, of the movement of entities within this planetary sphere into the four density of love and understanding.

64: Again, as one moves from green to blue to indigo, one finds a greater and greater expanse of one’s beingness that is infinite in nature that may be, in many cases, utilized in a, shall we say, stepped-down fashion, to once again partake in what was, at a previous time in one’s spiritual journey, a kind of mundane experiential sharing of energies to accomplish what seems to be mundane results. However, the entity which has experienced the higher energies may bring them forth into this shared experience so that the product of such seeming mundane interaction becomes that which is enhanced by a greater expression of love of the One Infinite Creator to those entities that are a portion of the mundane gathering.

66: At this time, we shall thank each entity here for inviting our presence once again. We are always most overjoyed to join you in your seeking. You are our inspiration, as we hope we are your inspiration. You are our inspiration in that you move and live and have your being in this dense, heavy illusion of third density in which the truth of unity, love, and light, have such a difficult time being apprehended. You inspire us as you apprehend it and share it with others. We thank you for this great service to the One who is in all.

45.16 2019/10/13

6: I am Q’uo and am aware of your query, my brother. This gathering is a wayshower, shall we say, an example for all of humanity, in that the purpose of the gathering is to find those vibrations of love and understanding beginning to resonate more fully and freely within your heart, the green-ray energy center. The third-density experience upon this and all such planets has, as its purpose, the opening of this heart energy center in a manner which gives that which you may call unconditional love to all about one and all things about one, seeing the creation as one being, existing within every entity and everything that one may experience in the life incarnation. This purpose is one which resonates with the true heart of every being on your planet, whether the being is consciously aware of the possibility of opening its own heart similarly in love and understanding.

7: There is, as those of Ra have said, love in every moment and in every entity. As you gather together in this group and share that love vibration between you, that vibration begins to resonate outward in ripples that reach to the ends of the Earth, around the Earth, and engulf it in a manner which is perceivable by any entity which is sensitive to these vibra-

the feeling that the journey of seeking is enhanced by the blending of energies in this manner, and indeed, this is so, for the fourth-density experience is one of joined mind/body and spirit complexes, in order to form what you call the social memory complex. Whether the groups are of two, or three, or more, or many more, is up to each individual and group that desires to form these social memory complex—we look for the instrument to find the word—expressions of the inner drive for the shared experience of growth and understanding.

52: There is no entity without the ability to process such catalyst, even though the processing itself may require almost every fiber of energy available within each entity. This is a portion of the life pattern that has been made a possibility by many of those whom you call wanderers, who are from the higher densities, existing now within this planetary sphere in order to help the population of this planet move forward into the fourth density of love and understanding.

45.14 2019/09/28

6: I am Q'uo and am aware of your query, my sister. As you know, the purpose of this experience which each of you shares upon your Planet Earth is to begin to open your heart energy center in unconditional love for all those about you, for this is a choice which is available within your third-density illusion that can become transformative. For each seeker of truth that earnestly desires to begin this opening process, it is the desire and its strength that begins to prepare each seeking soul for this transformation, that which you call empathy, or the ability to feel what another person feels clearly and profoundly within your own being. This is the beginning of the opening of the green ray or heart energy center. The empathy that is becoming a stepping stone, shall we say, to the open heart is the product of the times in which you live, the frequency of vibrations of your very planetary sphere that is finding itself engulfed in more and more streamings from the cosmic sources beyond your planet that signal the transition period of your planet in its population into a higher vibration.

7: The portion of your population that is consciously aware of the process of seeking to open the heart to all of creation is that portion that is vulnerable to the incoming vibrations of love and understanding which begin to open the heart by allowing the seeker of truth to begin its own exchange, shall we say, of energies with those about it. In this exchange there is the apprehension of others' vibrations, that which they are experiencing within their own chakras or energy centers as they go through their daily round of activities meeting entities who spark within them certain catalytic responses that may be what you would call positive or negative, difficult, harmonious, and so forth.

8: To feel empathically that which another is experiencing is to begin to open the heart to greater and greater vibratory levels of unconditional love, for the response that such an entity who feels empathy for another elicits or produces is that response that wishes to be of service to the one with whom the entity empathizes. There is much within each seeker's life pattern that has been, shall we say, preincarnatively programmed to allow such vibrations to resonate within the beingness of the entity, so that what another person feels may be appreciated at the level of one's being that is beyond the mind complex comprehension, moving into the heart energy center, and then having the emotions arise within the heart center that reflect what another being is experiencing. This is, as we have said, the beginning of the opening of the green-ray energy center which will eventually allow the person experiencing the empathic identification with another being to also feel the desire to be of service to the other being in whatever way may be possible or requested by the other being. Thus is the positive polarity enhanced in its own projection so that the service-to-others quality of the seeker of truth is purified by the experience of the empathic identity with another entity.

24: The Confederation has talked about the blue-ray energy center in terms of wisdom and honesty and communication, and what you described earlier sounds like the process of opening the green-ray energy center of universal love is a very involved and maybe drawn-out process. I was wondering if there is a danger, or if it is a misstep, to attempt to exercise the blue-ray energy center before adequately open-

ing the green-ray energy center. And if it is dangerous, if you could talk about that.

26: I am Q'uo and am aware of your query, my brother. The blue-ray energy center is that center which features the love and light of the One Creator as it moves into shining with distinct clarity upon the world about the entity that is able to open and energize this throat-ray chakra. The clarity of the vision that is available to one who has activated the blue-ray energy center is a kind of crisp and clear apprehension of the pure qualities as they are presented to the perceptions of the entity utilizing the throat energy center. These perceptions have a quality that is pristine, shall we say, untarnished by cloudy or impure or disturbed or confused perceptions. These type of perceptions are possible at the lower energy centers, including that which you call the heart, or the green-ray center, for this center is one which is less discriminating, shall we say, in its perception as one who has opened the heart energy center has begun to feel an unconditional love and compassion for the creation about it, including the self. The green-ray energy center, however, may be somewhat confused—or to utilize the precise meaning of the word, fused together—with another entity's energy centers, so that there may be what could be seen from the blue-ray energy center a foolish or overabundant giving of love in areas where this type of abundant sharing of love could be of some detriment to the entity opening this energy center.

27: Thus, the green ray is that which is given freely without discrimination that is possible within the blue-ray energy center that sees more clearly that which is before the face, before the eye, before one's presence. Thus, it is not always necessary to open the green ray before the blue-ray energy center is itself activated. For the blue ray sees with a certain clarity that which the green ray does not see, for there are not conditions for the green ray in being able to see or love that which is before one. Thus, there is no danger, as far as we are aware of opening the blue ray before the green ray. The blue ray offers the one activating it a certain kind of protection. However, in relation to other selves, it is, perhaps, more helpful if the green ray is also activated before the blue ray so that the blue ray may be informed with the acceptance on an unconditional basis of another entity, or the creation about one.

30: Yes, I asked that question because sometimes it seems like certain seekers place an emphasis on wisdom over love, and in my perception sometimes this is done as lacking compassion, so I was wondering if it was that the blue ray—that they were attempting to exercise the blue ray before the green ray. But maybe instead, the wisdom that seems to be lacking compassion isn't necessarily actual blue-ray wisdom, and it's something besides the clarity that you spoke of. Is that correct?

32: I am Q'uo and am aware of your query, my brother. Basically, we would say this is correct, for the wisdom of the blue ray is the wisdom which sees the world about it in a clear light. The wisdom, or the compassion of the green ray is that which sees all as objects and beings of the One Creator that are to be loved without discrimination, without any holding back, shall we say. Thus, the blue-ray entity may, as you have described, be somewhat cold in its estimation and communication with other entities, if the green-ray energy center within it has not been activated. However, it will not be, shall we say, fooled by other entities as easily as one who has the green ray open without the activation of the blue ray.

41: I am Q'uo and am aware of your query, my brother. Indeed, music, as you call it, the rhythm of the spheres is that which is a significant portion of each higher density so that the orchestral sounds and vibratory patterns of musical expression become a primary means of communication between some entities who have a predilection towards vibrating in harmony with those beings that are a portion of the family or spiritual groupings of entities who, as a portion of their daily worship of the creation and the Creator, vibrate in musical notation their joy and love of living the higher density experience. There is, within each entity, a certain notational vibration that is unique to each entity so that the entity itself becomes likened unto an instrument that may be played, not only by the entity itself, but by the One Creator that exists within each entity. Each entity has within it the ability to vibrate musical notations in such a fashion that the creation itself begins to sing within such an entity. This type of orchestral vibration, then, becomes a worshipful experience for each entity that is able to partake in this type of internal-

lowing the loving energy of your heart center to infiltrate this fragment of planetary disturbance; and to infuse it with that love which you bring forth from the Creator such that within you, the Creator is able to find it meets the Creator and to return to wholeness that which has been fractured by holding yourself in a resolute, clear, and humble way, available for little bits of disturbed life energy. You are serving, my friends, in a fashion far more useful than you might imagine. 25: We live in the hope and in the conviction that every apparent misadventure in the creation is but the stuff of opportunity for the Creator to learn of the Creator. And within that hope, we find sustenance; within that hope we find courage. [It is] within that hope into which we may, in our sleep, retreat to regenerate ourselves. We find great strength, great comfort, great love, and with that thought, that love is simply the best answer we can supply for the most difficult question one can ask.

46: I am Q'uo, and am aware of your query, my sister. There are many, many features or facets of service that are unknown to both the one who seeks to serve, and the one who may need a service. Many of your entities are, shall we say, in tune with others within their own group, whether it be family, work, school, or whatever situation may draw you together, so that there is the opportunity and ability to perceive needs that are unspoken. Oftentimes this occurs between two entities which share the emotion that you call love or concern for each other. We perceive, however, that for most instances, you are requesting information concerning those who may not be related in such an intimate fashion with you.

71: My friends, much of what occurs in your illusion in the way of learning has trauma and difficulty, and misunderstanding as its basis. These are the qualities that offer exploration into the deeper parts of the self, and if there can be a resolution of these difficulties, the growth is exponentially larger than could be possible were the experience of a less traumatic nature. If all were happy and unified and pleasant and easily perceived, this would be like the situation before the great veil of forgetting was placed between the conscious and subconscious minds. Progress was quite slow. However, with this veil of forgetting (that brings true forgetting of all of the unity of the creation and the love and the light that forms every portion of the creation) also comes the ability to learn much more quickly that which is desired to be learned.

87: I am Q'uo, and am aware of your query, my brother. The grounding that you speak of, we perceive to be that which is likened unto planting the feet within the Earth in order to receive the vibrations of your Mother Earth in the sense of making its transition into the fourth density of love and understanding. Metaphorically and metaphysically, if you can plant your feet in such a manner as they may reach even unto the core of the Earth, and opened the heart and the mind and the spirit to the vibrations therein perceived, it is possible that you, in your desire to aid the planet itself, may send your heartfelt love and concern to the heart of your Mother Earth, for she is always receptive to such loving sendings, and responds quite vitally in its ability to receive and intensify these loving vibrations.

88: This is one means by which healing of your Mother Earth is possible, for entities to visualize in whatever manner has meaning for them, the enveloping of your planet within the vibration of love. This is that which is created within your being, by your desire, and is received by your Mother Earth as a natural function of her very being itself. Thus, such grounding can be beneficial to both you and to the Mother Earth and to her population who for the most part are unaware of her needs, or their ability to meet them.

44.4 2018/02/17

4: We would confirm to you first of all, that this is quite true. You are not all of an individual origination, you are here in groups, families, clans: those who are, shall we say, of a spiritual heritage that goes back many, many lifetimes within this illusion, and far more many lifetimes in illusions before this one. Many of you are from elsewhere, as it is said, having come to this planet over the previous many thousands of years, others more frequently, and frequently returning again and again to aid this planet in its transition to the fourth density of love and understanding. We have knowledge of this type of experience because we are aware that there are many of you who are portions of our own being and who have

gone forth through the veil of forgetting to join others of like mind and kind to serve the One in the many within the Earth planes.

16: Your needs, your desires, your hopes come from some place that typically you know not where, come from some depths that few within your realm of experience have plumbed, but that you may learn to plumb little by little, and one of the best ways to go about doing this is, indeed, to reflect on how it has come about that you have managed to cross paths with those who stimulate you in just the way they do, and in that stimulus, you find the workings of love, we would suggest; although quite frequently the experience of the stimulus, or what we call the catalyst, may, indeed, seem anything but that of love, for you can be challenged, you can find yourself repeatedly pushed off your center. And the more that you think that you have become comfortable in a configuration you have managed to achieve upon the surface level of your consciousness, the more ripe you are for finding yourself through some catalytic event once again pushed out of your comfort zone. These opportunities, we would suggest to you, are wonderful chances for beginning a process of inquiring into the deeper resonances of those events which take place upon the surface of your experience, and it's particularly valuable when there is not simply an outward event happening to you, but an encounter with another intelligence, bringing into your sphere of consciousness, dimensions, depths, needs, desires, hopes that upon further reflection you find resonate deeply with your own.

23: That does happen, my friends, and it happens more than we would like. But that possibility, too, is not unforeseen, for as we say, the very nature of individuating experience, as a whole, is that of free will. And, thus it happens that you are able to avoid finding these resonances within yourself that lead you into contact and communion with those you are prepared to love. Were it not for that possibility, free will would not be in play. Were it not for the possibility that you could fail to have your appointed rendezvous. The rendezvous would not have the significance that it does should it actually come to pass.

50: I am Q'uo, and am aware of your query, my sister. Indeed, this is so. There are various types of vibratory energies that are perceivable by one who is able to see the aura, or the combined energy reflection of the entire energy system of an entity. The primary quality of an incarnation is usually apparent at some level within the chakra or energy center system. Oftentimes there is a combination of energy centers which are being worked upon to achieve an overall balance in the soul's identity, shall we say. If, for example, the yellow-ray energy center is bright, and the green-ray energy center is somewhat dimmer, yet active, this would suggest that this particular soul or seeker is working to move from the third ray of group consciousness (that is that which denotes the third-density experience) into the fourth density that expands the definition or experience of the group energy into universal energies of love that is unconditional and all encompassing. If there is further work that can be done by such an entity into the blue- and indigo-ray energy centers, these will appear to one who can appreciate their vibration by seeing their color or feeling the vibration as somewhat dimmer, yet having a primary activation in operation.

62: There is a connection between all entities on planet earth within the unconscious mind, for all contribute part of their experience that is of a very basic or root level to the unconscious mind. This is more a part of the pre-incarnative choices made by each entity that now inhabits your third-density illusion. These choices were made before the incarnations were undertaken, thus, they were made before the veil was dropped between the conscious and unconscious minds. Thus, these choices are more pure in their seeking of love to experience and to give unconditional love, for this is the requirement of this particular density in order to allow those who are able to do so to be graduated or harvested into the fourth density of love and understanding.

63: Thus, there is a base of this general concept of love that each conscious third-density being stands upon, shall we say, symbolically, and attempts more or less consciously, usually in the unconscious sense, to move forward from. There are, however, misperceptions of the conscious mind that grow in some to be a larger and larger portion of the conscious behavior of many entities that keep them locked within the lower centers of energy of the orange and the yellow, and occasionally of the red, as well, when there is great difficult in

achieving a sense of survival and vitality. These blockages of energies keep the individual experiencing them from being able to perceive the bias from their own unconscious minds that is placed upon all catalyst which comes before the conscious notice.

64: Thus, there is much misperception of catalyst that could be used to enhance the foundation of green energy that is the purpose of the incarnation. If there can be, for a great number of entities in this state of blockage, a quality of perception or realization that unifies such entities at a more basic level of their very being, then it is possible for a mass population of a planet to be able to be unified in its ability to perceive a worldwide catalyst of a significant nature that can cause blockages to be unbound, and this basic energy of love to be released into the conscious mind.

65: However, it is difficult within the many cultures of your particular planet for us to imagine exactly what type of mass perception or occurrence could, in effect, free the blocked energy. It would be hoped that a unified philosophy of love and acceptance of others could begin to take root and spread throughout the planetary cultures. However, there is such division and animosity among the various religions, philosophies, political and social structures, that this seems highly unlikely.

66: However, those types of experiences that can unify consciousness can also come from that which is traumatic—from wars, and death, and destruction in a certain location that is of such cataclysmic quality that the entire planet is focused upon it for the length of its experiencing, and the blockages that have kept the green ray energy from being released, are, for the moment, released, as your communication systems provide in-depth coverage of that which is the great disaster, whether it be of wars, of environmental geophysical difficulty, or whatever the traumatic nature of the disaster is, for just an instant it would be possible for an entire population, due to your communication systems, to become aware of the dire situation being experienced by a portion of the planetary consciousness, so that sympathetic vibrations of love, and understanding, and concern, would be released upon a planetary scale; and for that moment, perhaps, the entire population could grasp the needle of the compass and point it in one direction.

69: Just a quick one, thank you so much Q’uo. You indicate that on a pre-incarnational level souls desire to graduate. They wish to learn the lessons of love, but they incarnate and there are blockages and divisions. Is the mass mind itself capable of manifesting an event like the one you describe in order to bring about that unity? Or, is the division on the surface of this planet so deeply rooted that we don’t have a whole functioning mass mind?

44.5 2018/03/03

3: You, as conscious spiritual seekers, have been upon this path of seeking for a lengthy period of time, as you measure, within this lifetime, and indeed, in lifetimes previous to this one as well. You have built up within your mind, your body, and your spirit the kind of momentum that seeks to understand the mysteries about you, for this illusion in which you now move and live and have your being is full of mystery. The mystery for most does not go beyond fathoming the means by which to make a living, to provide a home for a family, and to progress in worldly fashions upon the path of gathering worldly satisfaction. However, you have found that this is but a symbol, and a means by which you may apprehend a larger reality, that which does not lie about you, but within you, and as you seek more and more proficiently, you begin to reflect this inner realization of love, of light, and of unity, to those about you.

4: The question you ask today, my friends, is how best for you to proceed in this journey of seeking and sharing what you have found to be your inner truth—how much effort to make, and in what manner to make it, as you find yourself faced with what seems to be blatant disharmonies, unfairness, and injustice all about you. For this illusion has many such tangles to offer the spiritual seeker—how to insert the self, or if to insert the self, into these tangles and confusions of how, or whether, to love this or that person, group, or idea. This is the stuff of your third-density illusion; this is why you are here. To consider these points is to become a conscientious conscious seeker.

11: And if these are the predominate considerations in your feeling of the need to withdraw, we would suggest that you consider well your motivational life; for that which you would protect is that which you have constructed as a vehicle for navigating the difficulties of this world, and it may turn out in the end to be less important to your actual welfare—or less important to your deeper being—than you might suppose. Indeed, it is the case that by the end of the incarnation, you will have lost all, you will not take any of what you have gathered here into that life which beckons beyond this; not any, we say, but what is actually the most important, and that is simply the love that you have gleaned, the love that you have learned to give in response.

12: And so you can feel that your need to withdraw is motivated by your sense that there is, in this world, no love on offer to you, nothing of the nature of love coming forward to you, and so you withdraw into an inner sanctum where you can, at least, have the privacy to lick your wounds. Is that, however, all that you propose to do in this inner sanctum? We would ask you to consider whether there is something you may connect with in the meditative state that is more than a safe haven—that is, in fact, a kind of energy coming forward to you. We use the word “love,” but that can be misleading if you have a certain set of expectations placed upon what you would feel that normally to be; for it can be registered in ways that, once again, tend to push you off your center, and make you feel disoriented. It is a strength of energy, you might call it, and this can come from within as well as from without. And coming from within, it has the capacity to stir things up, shall we say, so that those structures of your sense of your own self that you have in place can be dislodged actually as easily, or more easily, from within as from without.

13: And so if safety, or respite, or rest is that which you require, it can seem doubly difficult if turning outward you find confusion, you find energies that will not allow you to see your way clear to participate clearly in them, and turning inward, you find energies that you can hardly recognize as your own. And even if you are willing to call them the energies of love, it is a love which you do not recognize; it is a love which makes you feel lost or disoriented. And so we would suggest to you that these considerations, all taken together, give a fairly clear description of what life in third density is like.

15: But within the tangle and confusion of loves and dislikes, and angry, and sorrowful, and grievous energies you experience on a daily basis in third density, the question of what polarity is what? can be most confusing, and it is often the case that you find yourself called to a mode of service which draws you out from yourself in a way that invites you to interact with others in the world in the name of a service which you think of as being directed to others. And yet, in the attempt you make to further the pathway of this service, you find upon the path that there are impediments, that there are stumbling blocks, that there are forks in the road leading to blind alleys, that there are fellow travelers whose full commitment to service to others you may come to doubt.

16: There are moments when you may come to doubt your own commitment, and you may begin to suspect that having started out with the best of intentions, you have found that those intentions have seemingly turned into the opposite of what you originally wanted them to be. You wanted, perhaps, to reach out in love and succor to those who are hurting, those who have been marginalized, those who have been unjustly done by, and you have found that there is little that you could do on their behalf by yourself and, therefore, have undertaken to make common cause with others of like mind that similarly are oriented to helping the dispossessed. But then you discover that these others may have a slightly different view of the right way to proceed, or you may discover that though you and the others you have chosen to work alongside are enough in harmony to make common cause, but are opposed by other forces that seem to be completely intractable, completely opposed to the initiatives which you are undertaking, and are, at the same time, so benighted to assume they have the right approach to the help of others. And in this situation, the temptation is to unsheathe the sword, to work aggressively against the resistance that is encountered, and to fight it back so as to prevail in what has begun to appear to you as a great cultural war.

17: And, my friends, when that has happened, you can easily see that your best intentions have turned into their opposite, and you have become not a bringer of the light, but one who has created a circumstance in which the light is less likely to

to be able to be perceived by each entity upon the planet. This is the great hope of the Confederation of Planets in the Service of the One Infinite Creator. However, we, as you, stand upon the sidelines watching the play unfold. Eventually, the play will reach its final act, and the One Creator will be found in all.

61: Q’uo, so, it’s my understanding that essentially, we’re creating the path to the fourth dimension in the way of fertilization now. I guess just in the way of perception on what you know, for me, in the way of love and light I carry through the day, and the way I live I sometimes see things as playing out as like a movie outside of myself. And so I’m asking, with what you’re saying, and the way of us getting together as collectives and meditating for the world, is that we’re carrying them closer to the violet light, which to me is part of us, most of us. Is it something that, to me, that we’re all called to here together today to know each other for something of that nature, to work towards a higher understanding of vibration and how we can do that together?

63: I am Q’uo and am aware of your query, my sister. Indeed, each entity within this circle of seeking as well as so many, many others of like mind, body and spirit, has within it, the capacity to contact that quality of love and light within each being which is the One Infinite Creator, and to send forth that love and light to the planetary population in a fashion which may inspire more seeking of the truth, as you may call it, by each entity. The seeking of this truth is the seeking of that which is the unity of all creation, expressed through the open heart that feels unconditional love for all of the creation. Each entity, in each iota of the creation, being seen as the other self, being seen as the Creator, being seen as the perfection of all creation within the third-density illusion.

64: Thus, each moment, each day, each diurnal period that you experience this love and light and send it forth to the planetary whole, is an opportunity to expand upon the possibilities of the harvest being completed in the positively and the negatively oriented senses, so that this planet may offer the fruit of its beingness to the One Creator at the level of the fourth density of love and understanding.

73: I am Q’uo and am aware of your query, my brother. First of all, we would suggest that each person see each new child not just as a child of a mother and a father of third density, but as a child of the One Infinite Creator, for in truth, that is the nature of each child and each entity upon this planet. Seeing each child as the Creator, look then to how the Creator within all may be apprehended and taught to this child as a means of daily inspiration and recognition of the Creator that exists in all. Find a manner in which you may share your love of the One Creator with this child upon a regular basis, just as you learn arithmetic and reading in your schooling system, teach them the oneness of all creation, teach them the unconditional love of all creation, teach them the light of truth of all creation, teach them the interrelatedness of all entities within the one creation, and most especially at this time, upon the planet you call Earth.

81: Q’uo, Ra describes some contamination in the collective mind, and they say specifically, “Thus, there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various pre-dispositions to adversary relationships, or, as you call them, marriages, rather than the free giving, one to another, in the love and the light of the Infinite Creator.”

85: The marriages, therefore, of those who are partaking in this sexual energy transfer have had to deal with the mixture of qualities that have been adjudged to be a portion of such sexual energy transfers. Few there are who have been able to look past these qualities of doubt and disgust to see that there is, within this energy transfer, the perfect beauty of unity, the sacred darkness and the wand of light moving in such a fashion as to create the opportunity for life to spring forth from the One Infinite Creator into the third-density illusion, thus awakening in both entities the opportunity to be of service to the new being. Whether or not entities are of the same biological nature, this same type of sexual energy transfer may also be seen to offer to each entity the bonding of a nature which is most holy in its grounding of beingness, so that there is also offered to each entity the type of service to others that the mated pair can experience and express in the daily round of activities, making holy each activity that is engaged in so that there is the expression of the One Creator, the love, the light and the unity within each activity that is undertaken by such entities. There is always the opportunity

to see past the contamination so that there is a purity that is discovered beyond all contamination, beyond all confusion, beyond all doubt. For each of you contains within you the One Creator that can be accessed and experienced and expressed in a pure sense in every facet of your being as you move upward along the energy centers, and express each energy center’s quality in a way in which the energy exchange is pure and perfect and personal.

45.13 2019/09/21

6: Then, as you move out of the meditative state and into your waking reality, take with you this enhanced desire to be of service so that in some fashion every interaction that you engage with another person has this desire to share the love and the light of the One Creator with that other person. Look to every interaction, whether it be a fleeting glance, with a smile, a conversation of seeming “small talk,” as you would call it, enhanced by the loving comment, a longer engagement of energy exchange where work is accomplished, of a physical, emotional, or intellectual nature, that is also imbued with this desire to share the love that you feel growing within your heart center. This is a type of experience and processing of catalyst, shall we say, that is able to cause a kind of resonance to be set up between your unconditional love pouring forth from the green-ray energy center and each other entity’s own green-ray energy center, whether activated or not; for within each energy center, the quality of each energy center is thereby enhanced when able to resonate with those offerings of love and light which you consciously send to each entity about you.

8: The means by which each entity is able to perceive the heart of its life path is enhanced by your own demonstration of how the open heart is primary within your life path. The example that you set is likened to the example of the one you call Jehoshua or Jesus, who said that it is important for entities to love the Creator with all their hearts, and to love their neighbors as themselves. This simple instruction and declaration seems to so many to be of so little value, when, indeed, it is of the greatest value for each entity within your third-density illusion at this time.

9: Thusly, if you can practice this ability to enhance your own desire to give the love and light of the One Creator freely to all those you meet in your daily round of activities, you are setting up the basic resonance for this quality of love and light to be energized into activity within those whom you meet, and indeed, with the entire planetary population, for all of the population of your planetary sphere may be likened unto the cells within the collective body of beings so that each cell can, in some fashion, become aware of the activity of each other cell, and when the activity raises its vibration to the green-ray energy center, then this vibration has an enhanced ability to facilitate the activation of the green-ray energies for a larger and larger portion of the planetary population.

12: Q’uo, can you speak to the growing perception that world is both getting somehow more loving and more hateful at the same time, right now?

24: I am Q’uo and am aware of your query, my brother. There is, indeed, at this time, the influx of the so-called negative polarity which seeks to be of service to the self by separating the self from all other selves in attempting to control them for the benefit of the self. This is in accordance with the opportunity for all entities to exercise their free will at all times, and most especially at this time, for this planetary sphere has, within its beingness, the fourth-density vibrations of love and understanding activated and beginning to have an effect upon the overall milieu or quality of experience within this planetary sphere. Thus, the vibrations of love and understanding of the service-to-others polarity are beginning to anchor themselves in a fashion which will eventually permit a greater reflection of this desire to see the One-in-all and to serve that One with all of one’s being, for the positively polarized entities.

44: I am Q’uo and am aware of your query, my brother. We find that this query has a great deal of importance, not only to this group, but to many other groups that are scattered about the surface of your Mother Earth, for at this time there is a great feeling of the necessity of blending energies and ideals in the pursuit of the fourth-density vibrations of love and understanding. There is, amongst many of your peoples,

connections that exist. It is not so much a visualization as it is realization that such is true.

26: The intimacy that each seeker of truth desires in the way of the open-hearted love, unconditional love for all entities, is possible to obtain through the intensification of this desire, this intention, this focus of one's beingness upon this quality so intently that there is nothing else in your field of vision, inner or outer, that is of importance to you, while you are exercising this ability, this desire and intention.

45: Then, instead of your part being programmed, your part is to deny the programming, to stand up for yourself in a way which you were not able to do as a young child, to claim what is your right, to claim what is love and light within your being, and which was not given to you when you were in your younger years, to stand up and to shout it, to cry, to give whatever emotional response you feel so that you rid yourself of that programming in a conscious fashion, giving voice to the anger and the hatred that was given to you, so that you expel it from your being, never again to be affected by it.

50: I am Q'uo and am aware of your query, my brother. Yes, my friend, the wanderer has far more likelihood of being affected by feelings of unworthiness than the regular, shall we say, or general consensus population, because within the wanderer, whether or not it is consciously known, resides the knowledge of the harmony of the home density, of the love and the light, which is the normal way of being for the wanderer whence it came. The wanderer, especially if it is unconscious of being a wanderer—but also if it is conscious—has this knowledge with which to compare the experience it is now having within this third-density planet, at this time, where confusion and chaos reign supreme.

53: Thus, at some point each wanderer will have the opportunity of making this realization that it is not better than anyone else, but it is different from those about it. [It] will see in this difference the possibility of worthiness: that there is much to value in love and in light, the foundation stone of each wanderer. Each wanderer may then look upon itself in a far different light, opening the heart to the self, loving the self, then being able to extend that love to others about it so that it is reflected back to the wanderer. As the love and the light of the One Infinite Creator begins to flow more and more through the wanderer's heart, reaching that level of understanding, shall we say, that is possible within this third-density illusion, [the wanderer begins to realize] that it is one most worthy, or it would not be here serving this planet that so desperate needs the love and light of each wanderer upon it, for this planet is having great difficulty in becoming born into the fourth density of love and understanding.

55: Then, with this knowledge firmly established within the mind, the body and the spirit of the wanderer, the wanderer may go forth in love and in light, in peace and in power, and in the knowledge that it has that which is valuable to offer, for it is a valuable being. It is the One Infinite Creator.

45.11 2019/09/07

8: The crystal, in general, is a faceted being which has the capacity to enhance the one who seeks to heal in its ability to do so, in order that it might interrupt the pattern of the balance between the mind, the body, and the spirit in each entity seeking healing. Thus, the crystalized healer is as important in the healing process as is the crystal itself, for the crystal is that being of inestimable value and intelligence which can utilize the light that moves through your being as you project that light into the crystal, so that your own love and light, or prana, as it moves through your centers of energy, is focused in a specified manner as it moves through the crystal, and therefrom into the various energy centers of the one to be healed which have become blocked by the inefficient or lack of use of catalyst from the daily round of activities for this entity.

24: I am Q'uo and am aware of your query, my brother. For the orange-ray energy center, the expression of the prana, or love/light of the One Infinite Creator, in a positive sense through this center, would allow the entity activating this energy center to relate to one other entity in a manner which was of acceptance, of giving, of that sharing which is personal, emotional, and individual to the two entities engaged in this type of energy exchange. The negatively oriented entities will utilize such energies in order to separate from and control such other selves that relate to the negative self on

a one-to-one basis. The positively oriented entity will utilize the energies of the orange ray in order to welcome and enjoy the offerings of another in hopes that the offerings of the self to the other will be enjoyed in a similar fashion.

31: I am Q'uo, and am aware of your query, my brother, and we would, in general agree with your summation of the process and quality of sharing of the orange- and the yellow-ray energies, so that eventually, these energies, then, are able to allow the entities so expressing them in the positive sense, to be able to make certain transitions into the green-ray energy center, moving in a unified fashion so that there is the freely given consideration, compassion, love and understanding, each to the other individual, each group to the other group, so that these individual and group energies then become spiraling in a fashion that moves into unconditional love for all entities and all groups, whether they are within the evident reach of the particular individual or group. Thus, the magnification of the positively oriented energies freely shared with the individual with the other group, then become magnified once again so that there is the sharing with all of the creation in an unclaimed or—we search this instrument's mind for the word—unconditional sense.

69: I have a final query, Q'uo. The researchers at the intentional community of Tamera, have concluded that, or theorized, that the free flow of Eros, which would be the free flow of energy throughout all energy centers with one another and the planet, is pivotal for our healing. In that vein, they have concluded that partnership, or the mated relationship is compatible with what they call "free love" or the flow, the open flow of orange-ray energy where it wishes to arise. Can Q'uo comment on that?

45.12 2019/09/14

18: I am Q'uo and am aware of your query, my brother. Normally speaking, the red ray is a ray which does not have an variable nature of expression. That is to say, it is normally fixed in its quality of beingness, that being the survival of the entity and the reproduction of entities. However, it is, indeed, quite possible to block the red ray in either of these expressions of its basic nature. The blockage is most usually accomplished by the entity in its conscious nature in which there would be seen a threat to the well-being of the physical or mental complexes of the entity. This fear consciousness, then, can, indeed, render the red ray blocked in a fashion which prohibits further movement of the prana, or the love and light of the One Creator, through its energy center.

52: I am Q'uo and we thank you for your query, and for your summation, which, in our means of estimation is quite correct. There is a continuation of these energies that are now engulfing your planetary sphere, for the clock of the cosmic nature has begun to strike in an ever more forceful manner, to call in the types of transformations that are possible within individuals at this time. There is the interaction of much of the positive and negative polarities upon your planetary sphere so that there is much confusion, much doubt, much difficulty, and much awaiting of that which is to come without a clear perception of how these cosmic instreamings may have their effect upon entities and upon your planetary sphere itself. Your planet has made the transition into the fourth density of love and understanding and its population is slowly being harvested in the positive and the negative senses, so that each entity which now passes through what you would call the death transition is offered an opportunity to move through a portal of light, where the light will gauge the ability of the entity to withstand the impact of the fourth-density vibrations, this measured by the violet ray of each entity's energy centers.

53: Thus, the transition into the fourth density is underway and shall continue for an unknown period of your time, for there is, as we have said, much confusion upon your planet at this time. However, we would suggest to each seeker of truth that as you send love and light to your planetary sphere and its population, that love and light works in a resonant fashion with the love and light of the One Creator which exists within each entity, so that whatever possibility any entity has for positive harvestability is enhanced by this resonant quality.

54: Thus, as entities such as yourselves hold meditations sending love and light to the planetary population, you enhance the opportunity for this harvest to be completed and

be able to shine forth. Love has turned to anger, to disdain, to hate. How could one not hate that which is unlovable? How could one not hate that which is a block to your expression of love? Thus, anything that thwarts your instinct to serve others cannot be made consonant with your efforts to be of help upon a planet which, to all with eyes to see, is in desperate need of help.

19: Every time you make that choice, you strengthen the choice itself. And even if it is the case—as, my friends, we assure you that the choice is imperfectly made, that it contains elements which are not pure, that it is situated in a context in which a great deal of confusion still remains—even if these things are in place as we say they will be, the act of choosing to serve others with an open heart makes more difference than you can possibly imagine, for it changes everything upon an instant if you can find love in the moment. And finding love in the moment puts you in a position of being the fool who loves, for you don't know where this love will take you. All you can do is follow it through and let it take you where it will—and we will tell you, it will take you to places passing strange, it will take you to places where you don't recognize where you have come, how you have gotten there, or who you are as the one who is there. All of these considerations that may constitute what you think of as a stable way to be in a difficult world will be subject to such dislocation that in the end the only thing you have to guide you is your resolve to keep on going in love.

20: And so, let us say you have committed to a mode of service which has put you in relation to others, and you find, at some point, that the circumstances are such that an undertaking begun in love has reached a point of vexation where love is hardly recognizable any longer as a sustaining energy, and it has been so overridden with feelings of frustration or anger, that you cannot find a way forward. You cannot see how your pathway can be cleared. It is then that a retreat into a position of meditation is always appropriate, but it is also the case that you can continue in service with those with whom you have made common cause, providing you are prepared to allow the unexpected manifestation of these vagrant loves within your own person, within the relationships you have undertaken, so that these experiences may catalyze you to a more eloquent relation to your loving instincts, to your loving efforts to reach out to supply what a world in desperate need of love calls for you to supply.

23: The more that you can take in to be healed, the more service you will be performing to this planet. And if we want to look at this circumstance from the standpoint of an engagement with the world, we could say that you do not have to be absented from that engagement altogether to have this process being working within you. If, for example, you find yourself in interaction with other selves that have found you to be inadequate or of an unsavory nature, and in responding to this judgment held very often aggressively against you, you mirror back acceptance, love. That, my friends, is the great breaker of the karmic cycle of action and reaction, and reaction, and reaction. That is the gift you may put on offer. 24: Now, we have spoken of a circumstance, which in our characterization of it has been given somewhat idealized form, for it will not always be the case that you are so configured in your being that you can make this movement which we have just described. It will not always be the case that you are so situated that you can return love for anger, love for hate, love for aggression. And then, upon those occasions when you have the good sense to realize you are up against your own limits, then it is that a retreat into the safety of your own process is perfectly acceptable—and, in fact, is highly advisable, for where you can do no good, it behooves you at least, to do no harm.

32: I am Q'uo, and am aware of your query, my sister. At this time there are approximately 350 million of these entities who have incarnated within your Earth planes in order to offer their service to those of this planet who would request such. Many have come in recent times also from other third-density planets who have made the graduation there, and are incarnating in what you may call the "doubly-activated bodies" in order to be of service in helping this planet make its transition into the fourth density of love and understanding. The number of these entities exceeds that of the wanderers, reaching nearly half a billion entities.

47: Yes, I wonder if there's a mirror effect, then, of this process, taking place on the part of those who love the entity in question?

67: I have one more if no one else does. Ra spoke of the mutual strengthening energy transfer which happens in a couple during lovemaking, which physically revitalizes the female and provides inspiration to feed the spirit of the male. They stated the path of this energy is up through the chakras for the female, but is the path the same for the male, or is there perhaps a circular route between the two entities?

44.6 2018/04/07

62: I am Q'uo, and am aware of your query, my brother. The beginning nature of the physical orgasm is that which is initiated by two entities that are sharing that quality of love for each other and for themselves in the red ray energy center. This is where the foundation is laid—pun not intended.

44.7 2018/05/12

6: I am Q'uo, and am aware of your query, my brother. Within this illusion that you now experience that has been created as it is because of the existence of what you call "the veil of forgetting", there is, indeed a choice that can be made, and must needs be made, if entities are to be, shall we say, graduated into the fourth density of love and understanding. This choice, as you are aware, is that which is to be either of service to others or service to self. Now, upon the surface of it, it would seem that there are, indeed, two distinct choices in this condition that has resulted because of the presence and the implementation of the veil of forgetting by those Logoi who have been, shall we say, able to prosper or benefit from the earlier Logoi who had no such veil and had some difficulty within the third-density illusion of shepherding the flock through the third density because of a seeming lack of choice.

7: In reality, in the larger sense, shall we say, when one looks at the outcome of each choice—that of service to others and service to self—as each grouping of entities continues to proceed along the evolutionary path, there is a distinct difference between each choice. Separation is the polar opposite of communion and coming into unity, and yet each [polarity] deals with the desire to become, once again, the One Infinite Creator. The means by which this desire is fulfilled seems to be quite opposite and different for the negative polarity in that it intends, and does indeed, separate itself from all other selves, and compacts itself to the degree that it seems totally removed from all around it. And yet, one must remember that there is nothing in motion that has not been made, and which does not contain, the One Creator. The Creator has made all that is, and has provided free will in the ultimate sense for each portion of its own being—both those portions which seek to radiate the love and light of the One Creator, and those which seek to absorb the love and light of the One Creator—and yet both deal with the love and the light of the One Creator for the purpose of moving back into unity with the One Creator.

9: [In] the situation that existed before the veil of forgetting it seemed that there was not so much free will available to third-density entities, yet these entities in themselves were each capable and free to make choices regarding each aspect of their spiritual journey. However, it could be said that because there was no veil, there was no opportunity to proceed as quickly as was later possible after the implementation of the veil of forgetting, for when it is not easily apparent to a third-density entity that it is the One Creator, that all of the facets of unity of love and of light that belong to the One Creator and each of its portions are not obvious, then it is that the entity in third density must work in the conscious sense to exercise its own will and faith that such possibilities are true and can be realized by each entity. This is an arduous process, my friends, taking many, as you know, incarnations in order to accomplish this polarization in consciousness, which is actually the action of each third-density entity after the veil of forgetting was implemented.

10: All of the trial and error, the spiritual sweat, shall we say, that has been spent attempting to make a coherent sense out of the life pattern, is the basics of the polarization process. This is where progress, ironically enough, and paradoxically enough, is most rapid, when the truth is hidden from the third-density being, then the attempt must be made to attempt to find the truth, and whether this takes a moment

or a lifetime or a series of lifetimes, still the progress is far quicker with the veil in place than without it, for without the veil what is the motivation to change the conditions that are observed to be of unity where each is the Creator? There is no fear or love so great as to motivate a change in attitude or position.

16: I am Q'uo, and am aware of your query, my brother. Again, we do not mean to be obscure, but we would suggest that this is true in the larger sense of removing the distortions or the qualities or facets of the being which are less reflective of the unity of the One Creator, of the radiance of the light of the One that is in the self, and the sharing of the love from the open heart. As one is able to remove the blockages through the energy centers that prohibit the free flow of the prana, or the intelligent energy through the energy centers, then progress through the densities of creation is also accelerated in a direct ratio, shall we say. So, there is the progress in evolution of mind, body, and spirit that is enhanced as the blockages, or distortions of each energy center, are ameliorated and balanced so that there is the clear reflection of the Creator's love and light as it moves through the crystalized centers of the individualized entity seeking its own evolution.

22: I am Q'uo, and am aware of your query, my brother. The negative path is that which attempts to use the love and the light of the One Creator in the opposite sense, as does the positive path. That is, to absorb it for the self, and to use the power that comes from it in order to control or manipulate other selves and further gain personal power by this manipulation. This has been described by those of Ra as "the path of that which is not." It is a path which takes that which is—unity—and fragments it into that which is not, which is separation.

23: However, once again, we suggest looking from a perspective where it is seen that each path involves individualized entities that seem separate from each other and seem separate from themselves. The first separation, of course, is the self from the self. Both operate within the boundaries of an illusory separation. The positive path, however, attempts to utilize the reality, or the truth of unity, while making its way through its own separation of self from self, and self from other selves. The difference between the two, of the separation of the positive path, and the separation of the negative path, is that those of the positive path seek to remove the separation and allow the unity that is the reality of all being to be manifest within the life pattern, while the negative path takes the separation of self from self and all other selves and attempts to capitalize upon this separation, in order to continue its journey into unity with the One Creator, by separating from all other portions of the One Creator, as though this were possible in the ultimate sense. However, as each present is aware, this is not possible past a certain level of the evolutionary process, for as the sixth density is approached and entered, the love and the light of the One Creator that has been compacted by the negative entity for itself alone must be released in order that further progress can be made, for within the sixth density, the balance between love and light must be achieved in the sense that each other self is seen, not only as the One Creator, but is seen the same as the self, whether that self is positively or negatively oriented, for each self is each other self, and the One Creator. The truth of this situation of the creation of unity, then, must be recognized by all entities who wish to continue their journey through the sixth density into the eventual unity with the One Creator.

28: I am Q'uo, and am aware of your query, my brother. The meditative state is that state of consciousness which allows that which is significant or true—in the basic sense of unity, of shared consciousness, and of equal participation in love and light—to be glimpsed and realized in some degree by the one who meditates.

38: [footnote start]Following the exercises to consciously become aware of love in the moment, and to see the Creator in self, other-self, and creation, Ra says, "The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer. With this attitude, these exercises can be processed. Without it, the data will not sink down into the roots of the tree of mind, thus enabling and ennobling the body and touching the spirit." – 10.14[footnote end]

44.8 2018/05/26

7: The great number of souls at this time that are incarnated upon Planet Earth, is due to the, shall we say, rapid approach of the ending of the harvest period of time, so that all entities who have been upon this planet in its previous cycles of evolution are now taking advantage of the remaining years for attempting to achieve the fourth-density vibration of love. This is a process which is likely to continue for some of your time, though it is most difficult to estimate in your years how long this may take. Within the overall span of fourth density itself, this is but a tiny portion of that period of time. However, relative to your experience of time, it could be some decades before this harvesting process is complete.

38: I am Q'uo, and am aware of your query, my friend. The correlation is not a one-to-one kind of correlation where you can easily see the similarities, or possible likeness of one to the other. The First Distortion of Free Will is that which could mostly be correlated, as we would see it, with what you would call the spirit, for it is that which is all, which has made a choice to become more aware of that which it is. The Second Distortion of the Love is that which we would correlate most closely with what you call the mind, for the Love of the Logos is that which is consciousness itself and begins to form the creation that will allow the first distortion to be fulfilled in knowledge of itself. The Third Distortion of Light would be correlated with what you would call the body, in our estimation, for the light is that which forms all things, all that is created as a field of being full of forms of life that are invested with the desire to grow, to be, to seek, to become. Thus, there is a correlation that is somewhat apparent upon close examination.

66: I am Q'uo, and am aware of your query, my brother. The process of reducing the planetary population is a further extrapolation of the information that we just shared with the one known as Fox, for as entities are continuing to age and move through the process that you call "death," then there is the opportunity for either the moving forward into the fourth density upon this planet, or of returning for as long as is possible to the third density to continue the process of polarization. However, at some point, which is imminent, though not specifically predictable, there will no longer be the opportunity to return for third-density work to be processed into fourth-density harvest. Therefore, as the planet continues to be upgraded, shall we say, in fourth-density vibrations, there will be less and less opportunity for the third-density experience to be offered to those who have not yet made the harvest. When this time comes, those, then, who pass through the death process will find it necessary to be placed by their etheric or form-making bodies into another third-density planet, perhaps in another galaxy or position, in order to begin again a new third-density cycle that will allow further processing of catalyst that will hopefully, at some point, allow the mind/body/spirit complex to open the green-ray energy center in unconditional love that will provide the passport, shall we say, to fourth density.

74: [footnote start]Julie is one of a handful of students learning to channel in the channeling intensive series.[footnote end][footnote start]Ra describes three primal distortions that birth the universe: the First Distortion they call the Law of Confusion or the Law of Free Will. The Second Distortion they call the Law of Love or the Logos. The Third Distortion they call the Law of Light.[footnote end][footnote start]Questioner: Sorry about that. Can you tell me what the twentieth archetype would be?Ra: I am Ra. That which you call the Sarcophagus in your system may be seen to be the material world, if you will. This material world is transformed by the spirit into that which is infinite and eternal. The infinity of the spirit is an even greater realization than the infinity of consciousness, for consciousness which has been disciplined by will and faith is that consciousness which may contact intelligent infinity directly. There are many things which fall away in the many, many steps of adepthood. We, of Ra, still walk these steps and praise the One Infinite Creator at each transformation. – 80.20[footnote end]

44.9 2018/09/01

35: I am Q'uo and am aware of your query, my friends. As we, in the realms of the spirit, look upon you with many other beings of light, we see gathered before us our other selves

this kind of illumination for the planetary entity and its population is that which feeds the soul of each conscious seeker of truth. [Indeed this] feeds the soul of the planet itself as it begins to interact with those conscious souls who are aware that there is a transition, both for themselves as entities, for the population as a group, and for the planet as an entity itself.

36: Therefore, there is much of a unified experience that is ongoing at this time. The planetary entity of the fourth density is this babe in the manger of the mind, body, and spirits that seek the fourth-density experience of love and understanding. This interaction between the fourth-density planetary sphere and the new fourth-density population that shall inhabit that sphere is as the parent to child, shall we say, in both directions [...] being inspirationally electrified so that there is much more energy available to the experience of growing, of seeking, of utilizing the love and the light of the One Creator. This growing and seeking is shared by the planetary entity being born, and the population of the fourth density that will inhabit this fourth-density planet.

43: It is hoped that [through] the efforts of your adepts, of your wanderers, and of those Confederation entities that send love and light to your planetary sphere, that these efforts at reducing the disharmony may indeed do so, and allow the birth of this planet to occur along with its population in a less difficult situation, shall we say.

57: I am Q'uo and am aware of your query, my sister. A portion of the experience for each seeker that is able to make the graduation into the fourth density of love and understanding, is to have the aura, as you call it, expand in a fashion which joins with others of the same vibratory level, to form an auric envelope, shall we say, of what you may call the social memory complex. Thus, each entity within the social memory complex adding to the overall vibratory nature of this complex, its own experience of each lifetime, including this lifetime, so that there is a vibratory representation of all efforts at seeking the One Infinite Creator that blend in an harmonic fashion, that allows the social memory complex to have a, what you would call a "data bank" of information upon which it may call at any time within your social memory complex's experience, where there is the desire to serve in a certain fashion, other selves who call for the services that are possible to offer according to the makeup of the social memory complex.

95: We would encourage each seeker of truth that wishes to make sense of it all to look within the heart and to see that each entity that is crying out for assistance, that is crying out in anger or frustration is the One Creator that has provided itself with challenges enumerable to find a reason to open the heart in love to all. At some point in each entity's journey, there comes the time when one throws down the intellectual defenses, the intellectual attack, the emotional retribution, and says within, "This must stop. I now stop my anger and open my heart in love."

96: Know then that when any soul does this, as more and more are doing now upon your planetary surface, this type of seeking and sharing of the love and the light of the One Creator within each individual heart has a resounding and resonating effect that affects every other seeker on the planet, every other soul on the planet that has any kind of sensitivity to the vibrations of love and acceptance, that when you can find any kind of love within your own heart and share it in meditation, in contemplation, in conscious interaction with others, that love will be felt by every other soul on the planet, for indeed, each entity is a portion of the One Infinite Creator, cells in the body of the One who made us all, and when your love is expressed to any other soul, every cells in the body of the One Creator resonates with this love and light, and there is, for at least a moment, a kind of healing of the anger, of the retribution, of the disturbances of doubt and confusion.

97: You, as one individual seeker can make a difference in this world as you find love within yourself and share it with others, and as more and more entities are able to do this, more and more love is generated so that there is a kind of momentum built up, that is hoped for, at some point to find the, shall we say, threshold of entrance into every soul on the planet, so that at some point it is possible that your planet could, indeed, harmonize in one fine, strong moment of inspiration, as those of Ra put it so well.

98: We encourage each of you to keep the faith, to keep moving forward, keep doing what you're doing, because you are

on the path of seeking the love and the light of the One Creator, and as you seek it, you shall find it; as you knock, the door shall be opened to you. Rejoice then, that you are a portion of the One Creator, and know then that all others are of the same origination, and shall again at some point, unite in unity, and peace and love and understanding.

45.10 2019/09/01

2: ...we have observed your gathering with great joy and humility—joy, in that you reflect the love and the light of the One Infinite Creator so purely and perfectly as individuals and as a group; in humility because we are humbled by the sincerity in the hearts here gathered. It is not often that we observe such a beautiful gathering of sincere seekers of truth.

15: I am Q'uo and am aware of your query, my brother. In these last days of your third-density illusion, and the first days of the fourth-density quality of beingness, of love and understanding, you are aware that there is a great variety of entities upon your planetary surface, each of which has incarnated by the seniority of vibration, in that there is the possibility for each to achieve this harvest into the fourth density of love and understanding. These entities are in search of that which you have tasted, perhaps briefly, perhaps fully, and that is the opening of the heart chakra, the unconditional love given freely to all things and all entities about one.

16: If you are able, in your daily round of activities, to find this open heart functioning as fully as possible with every entity that you meet, every entity with whom you exchange any kind of energy, then this loving vibration that is set up between two of you or more is then felt by each other entity upon the planet that seeks love and light, for you are truly all one being. All entities upon the planet, whether positively, negatively, or neutrally polarized, would feel this love if all were conscious seekers of truth. However, because most are not conscious seekers of truth, this love vibration, then, goes into the subconscious mind of the being, to be used as it is possible when this entity is able to realize, in any degree, the conscious nature of its purpose for being on the Earth at this time. That is, of course, as we said, the opening of the green-ray energy center.

17: So, as you are a seeker of truth, consciously aware of your journey of seeking, as you are able to consciously share your love vibration with any other entity, at any other time, this vibration becomes available to all other entities upon this planetary sphere to be used as possible, when the time is right for that entity.

18: Of course, there are other means by which you may also encourage and enhance the vibration of love upon this planet. Those who are what you may call "adepts" who are able to enter into a state of meditation that may be called visualization, may also send this same love and light to all entities upon the planetary sphere and do so in a conscious fashion, so that this love and light again is available when it is possible to be perceived by any entity upon the planet.

19: There are many other ways, of course, to share your love and your light. Each of you, as a wanderer, has come into the incarnation with various talents, perhaps speaking, perhaps writing, perhaps meditating, perhaps performing, perhaps creating one form of art or another, be it poetry, be it music, be it sculpture, whatever, into these talents, you may imbue your love and light, so that whatever you create is able to generate that love and light to all who view your creation.

20: Of course, we are not saying that we [know] all of the potential means by which to share love and light. Each of you has many other ways of which you are aware that this may be done.

25: I am Q'uo and am aware of your query, my brother. It is a portion of each entity's seeking in a conscious fashion, to hold the desire to obtain intimate connections of love and light with all other entities and with those especially close in the circle of seeking of such an entity. This desire, this intention, can be intensified through meditation and visualization, so that you may see your heart chakra glowing brightly in the green-ray vibration of color, seeing this glow of green love and light expanding outward to those about one, to those closest—nearest and dearest, shall we say—moving further outward until there is a connection eventually with every other entity upon the entire planet. This is possible, because as you know, you are all One, you are like cells in the body of the One Infinite Creator. All you need do is visualize these

I think what I'm struggling with is trying to reconcile what's going on in my emotional body. So my question at that level from my heart is: when you feel or perceive yourself to be in service to multiple people who are close to you, two or more, and you feel bound to these entities, perhaps by some calling or some pre-incarnative choice—maybe they're family members or people who have a long-standing role in your life, and you have a finite amount of energy, or seem to have a finite amount of energy to offer to each of them, and their needs seem to be pitted against one another, in that if you are to offer your energy, whether the energy that comes through you, as much as possible, whether your personal reserves, to just one of these entities, the other suffers. How do you reconcile the feeling that you're always falling short in serving those whom you love whose needs don't seem to match up? I guess that's all I have to ask. Thank you.

34: I am Q'uo and am aware of your query, my sister. When you wish to be of service to entities as what you've described, that seem to be at odds in their requirements of you, it is well to look within your heart, perhaps within the meditative state, to see and feel what is your true heart's desire. If that desire is to be of as complete and loving a response to needs as you are aware of, go then to that source of request of service from you and give what is asked fully and freely, until you feel that you have given all that can be given by you at that time.

36: Service is not always easy—service is often most difficult when it is most valuable to be given. All services given freely from the heart are helpful to all entities involved in the service. Indeed, in any way in which you may open your heart to others, you affect the entire creation, for all are One in love and light. If there is a pain in your heart from any service you offer, ask of yourself the source of the pain. Perhaps it is something within your being that you do not wish to do, but did even though it felt that it was something that was not helpful. If you are of service to others in the most beneficial way, you give to them what they ask of you. If that is not possible, then you need to ask yourself, why is this so. If it is truly not possible from an open-hearted way of your own being, then think again as to how the service may be most effectively offered. In most cases, simply giving as you are asked to give is the most helpful way to be of service for you cannot know how to serve another unless they tell you, unless they ask you.

45.8 2019/05/18

7: I am Q'uo and am aware of your query, my sister. The anxiety which produces stress is a portion of each seeker's methodology, shall we say, or technique, of preparing the self for growth. Much as a runner before a race feels the adrenaline pumping through the veins, so does the seeker of truth before the great opportunity to move more fully into unconditional love feel the anxiety that dealing with such a great unknown produces.

26: I am Q'uo, and am aware of your query, my sister. The unknown is always available to any seeker of truth who wishes to move forward in its spiritual path. This is the nature of the process of seeking. However, at certain points in the evolutionary process of planets and cycles, there is an enhancement of that which is always ongoing—the ability to welcome and enjoy the more and more purely streaming love and light of the One Infinite Creator. This time, this cusp in which there is much greater opportunities available to each seeker, this time of growth and cyclical change, is much as the mountain that seems so tall, the ocean that seems so deep, the challenge that seems so daunting. Each seeker has lived a life of preparation for this time, and this is the time when each of you is aware that that which is the purpose of your incarnation, may be fulfilled.

59: Q'uo, if we have disharmony within ourselves, or blockage to love, or some unintegrated aspect of our being, will the increase of fourth-density energies challenge or exacerbate those conditions?

67: It seems like there are three basic roads for those on this planet; entities can just completely armor themselves against the increasing energies, and be deaf to them in a way, or they can sense them a little more strongly and decide, on one level or another, to cooperate or not cooperate with the energies. If that's correct, what does it mean to cooperate with the fourth-density energies of love and acceptance?

69: I am Q'uo and am aware of your query, my brother. To be able to cooperate, or utilize these enhanced energies that are available to each entity upon your planetary sphere, one must be able to accept the possibility that the heart can be opened even further than it is opened at present, and be willing to step off the precipice, shall we say, as the Fool in your archetypes moves itself into a position of seeming foolishness, to open to such a degree that one is willing to share love with those who may feel very little love for you, who have, in fact, disharmony to such a degree that there is a defense against sharing love with you.

70: However, if you are able, in your own sense of self, to open your heart, your mind, your being, in honesty and in freely given love and light, and make oneself vulnerable to further reception of disharmony, yet nevertheless continue forward in that love and light, you may find that there is the opportunity to make well what was harmful, to make whole what was broken, and to fill with love the void that contained none before.

75: I am Q'uo and am aware of your query, my brother. As each seeker begins the day, knowing that there is much work, as you would call it, of the physical sense, of the mental sense, and of the spiritual sense awaiting it, it is well to retire into the meditative state and to open the heart in that state to the One Creator; to move within the heart of the being of the seeker that the will of the Creator may be done that day through the seeker in all the actions, in all the thoughts, in all the words; that the seeker becomes a vessel then for the One Creator to move upon the waters of consciousness, both subconscious and conscious realms, so that there is a fuel, shall we say, that the seeker then is powered by, knowing that it has given itself over to the basic reason it exists. The purpose of the incarnation, the destination of each seeker of truth, [is] to open the heart in unconditional love to all and to aid this process by inviting the One Creator to move within the heart, within the mind, within the body, within the experience of the day, that this aid may be given to the seeker to share with all that comes before its notice. In this way, there is an enhancement of the ability of each seeker to find a way to give love where love seems to have no home.

76: Indeed, each entity has the ability to do this, for each of you have programmed your own incarnational experience to include the ability to enhance your own opening of your heart, sharing of your love, revealing of your vulnerability to those about you, realizing that to be the Fool is to be the wise one, for there is no knowledge of an intellectual sense, or an emotional reaction that can comprehend the immensity of the power of love to heal that which is broken.

45.9 2019/05/25

1: I am Q'uo and am with this instrument and this group, and we come to you in love and in light. We are honored, as always, to be able to join you at your request, and to offer those words of love, of inspiration, of assurance and consolation, that may aid you on your journey of seeking. We know the path you tread is difficult, and that gatherings such as this are most helpful in discovering and in sharing with those of like mind and heart the path that you have tread this week, this day, and into what you call your future.

13: I am Q'uo and am aware of your query, my sister. We would not put it exactly in that fashion, for we do not feel that speaking of the concepts of love, which is the concept each of you is most usually engaged in sharing, and seeking more information for, rather than speaking of wisdom or of unity or of foreverness, for each of these concepts is a critical portion of every seeker's journey. 1 There is no seeker of truth in any density of experience that would feel that describing consciousness, self-consciousness, universal love, and so forth, was a coming down, or a simplification of explanation of how such a word or concept is a fundamental portion of the infinite creation, the Infinite Creator, and each seeker on the path to unity with the One Creator.

35: I am Q'uo and am aware of your query, my brother. Each conscious seeker of truth who is attempting to open the heart in unconditional love, and therefore become what you would call harvestable, is potentially a parent of that which is being born at this time upon and within your planet, and within the heart of each seeker of truth. The fourth-density vibrations have been engulfing your planet for some period of time—that which you would call years, shall we say, so that

who are so eager to learn, so full of the optimism and energy of inspiration, that we ourselves are filled with inspiration with love for you, and shed light upon you to join you upon your journeys. When you gather together in gatherings such as this, the very heavens themselves rejoice, for you are but they at another stage of evolution, and yet you are they as they are, for each of you has a soul, a spirit that exists within these lighted realms which has sent you forth as an emissary into this illusion to suffer what is called the "slings and arrows of outrageous fortune," and to come together in groups like this to share means by which to deal with such outrageous fortune, to see it as a friend which teaches, as a guide which points the direction, as food which nourishes the soul. 36: For there is nothing but love and light, my friends, in various configurations in this illusion in which you inhabit and indeed within the entire creation. The One Creator has fashioned us all as means by which it shall know itself in greater variety and intensity and depth. You are the creator in earth clothes. You move as the Creator moves, yet there are times when you wonder, "How does this all work?" It works together, my friends. As you learn to be a community, and to commune, not only with each other, but with the natural environment about you, with those you know and do not know, with those within the angelic realms, and those beyond this Earth, for all are, indeed, one. There is no true division. Call, then, upon your friends at any time, and you shall be answered. The very heavens rejoice at your every step.

44.10 2018/09/15

7: I am Q'uo, and am aware of your query, my sister. Indeed, both the states of which you call sleep and the state of which you call meditation are means by which there is a balance achieved between that which is your conscious mind and that which is your unconscious mind, or your subconscious mind. For as you know well, these two portions of your unified mind are divided or separated by what you have called the "veil of forgetting." This veil of forgetting provides you with the means by which your process of polarization may be enhanced as it requires that you constantly seek in a conscious fashion, that which seems hidden from you: that is, more of the unity, the love, and the light, of the One Creator.

8: In your daily round of activities, as you consciously see and experience those events that populate your day and interact with those people that are a portion of your day, you are then able to begin processing the catalyst that they provide for you in the form of any movement in your being away from unconditional love. Thus, as you use your meditative state in any type of a balancing process to attempt to get a better grasp of the nature of the catalyst you have experienced, you are engaging in the polarization process. The effort that you make, the struggle that you must put forth, the attempt to untangle that which seems unknown or doubtful, is the essence of the spiritual journey, the attempt to make sense and to understand that which seems lacking in sense and understanding.

15: I am Q'uo and am aware of your query, my sister. This is an interesting query, in that the answer is both a yes and a perhaps. The yes is given to those entities who are able to use the meditative state in a more specific sense. That is, in the ability to create visualizations of various portions of Gaia that are in need of healing, and to see them with clarity for a number of what you would call your minutes. These visions, held in the conscious mind, then in the meditative state, may provide an ability for the forces of light to send to Gaia those imaged experiences of healing and wholeness that she so desperately needs. The perhaps is given to those entities who are able to utilize their catalyst in the sense by which we just spoke in the previous query, to enhance their own process of seeking so that they are able to open their hearts more and more in the love vibration, and this vibration is that which then adds its healing energy to that of Gaia and her needs, for as you grow, so does she grow. As more and more seek the love and the light of the One Creator within their own hearts and experiences, so then is further healing offered to your Mother Earth.

35: I am Q'uo, and am aware of your query, my brother. To any seeker of truth such as yourself, who wishes to enhance the process of seeking and the efficiency of the service of others through the sharing of the bounty that is possible in

seeking, the bounty of love and of light, we would again, as has been offered by Confederation sources for many of your years, recommend the using of the meditative state to begin to make deeper and deeper contact with your own subconscious or unconscious mind. Within this portion of your being is described for you and by you before the incarnation those qualities of your own talents and desires that wish to learn and to serve that will be able to be potentiated by your incarnational experience.

49: We also suggest that the ability of each seeker of truth to consciously ask the higher self for guidance within the dream state, within the meditative state, and even within the conscious state, is also a means by which entities may be of service to others, for at this time there is the enhanced ability to utilize contact with other portions of the being—be it the higher self, the guides, and angelic presences, the loved ones who have passed over into the world of the spirit, and, indeed, the mind/body/spirit totality. These are sources of inspiration and information for any seeker who has the desire to give over the individual will in the sense of "not my will, but thy will by done." That is able, then, to open a door to that which may previously have been shut to this entity.

50: There is also the opportunity of any entity who wishes to serve others to simply look about one and see what opportunities present themselves as a portion of the daily round of activities. As those of Ra have said, there are no mistakes. That which one sees and feels and experiences and encounters in the daily round of activities are opportunities to serve in even a small way, or a large way, it matters not, for each way of serving shares the love and the light of the one with all—for, indeed, you are all one being.

51: Any opportunity to serve, therefore, serves the one in all. If you can provide a loving service to any entity, then all entities, not only that entity, benefit, for your love vibrates in service to all, with all, because all have this same love within them.

58: Q'uo, would you speak to how fear may be a necessary component in our incarnation, and in our polarization that allows us the opportunity to choose to release fear, and choose love?

61: However, even the shadow side of the self has much to offer to any seeker of truth. It is the portion of the self that is most often feared and which takes the form of that in the outer world or illusion that then forms itself in the means by which the seeker may be able to utilize this form of fear to grow further into love and light by realizing in truth there is no thing to fear, for all is one. All is one in every aspect—both the positive and the negative. Love and light can be shared with all and benefit all without the need to fear any portion of the allness of one's being.

44.11 2018/10/06

7: I am Q'uo and am aware of your query, my sister. This is an interesting query, for indeed the first stage has begun. All of those who seek in the conscious fashion the One Creator, without discriminating the name of such a Creator, or the qualities of such a Creator, or the source of such a Creator, but simply realize that such a Creator exists, and that there is the great desire within the self to serve that Creator in whatever way possible, is an entity which is making itself available for the harvest into your fourth density of love and understanding.

10: As time continues to move forward into the fourth-density vibrations of love and understanding, there will be a decreasing population due to many factors that will allow entities to pass from this incarnation and to move through the cycle of light into the tunnel of light that measures the vibration of each entity so that it may be determined by each entity's ability to welcome and enjoy an increasing intensity of light whether or not this entity shall, indeed, move into the fourth density that is now forming upon this planetary sphere. Wars, disease, and simple old age will take their toll upon this planetary population, continuing to reduce it as time moves forward.

13: The progress, or the stages, as you have called them, of the blending of vibrations becomes amplified with the addition of each entity passing through that so-called tunnel of light, the vibrations of which are able to entice or draw toward it, those passing from the third-density illusion. As more and more entities, then, become aware of their new en-

vironment, there is the opening of each heart to each other heart, the opening of each mind to each other mind, the blending of the spirit, so that there is the ability to give and receive love in a fashion that is harmonious to all entities engaged in this group process. Thus each entity brings a living library of experience with it, as it is able to find a place within the beingness of the group. Each entity, therefore, will discover that there is a greater sense of self that enlarges itself within each portion of the group energies. Thus, there is the creation of what you would call a social memory complex that has a type of identity that is much likened unto the cells of the body of the One Creator becoming conscious of the Creator within each entity.

39: Your Mother Earth has been central in this process of growth through the first three densities, and shall continue to be central in this movement into the fourth density of love and understanding. Thus, the process of experiencing that which is known as the consciousness of self is that which is added by the planet itself, for the planet has, within it, the conscious awareness of each entity that has inhabited its own beingness.

44: Thus, your Mother Earth has within her living bank of memory the experiences of all life forms that live upon her and within her, and she gives to each what you may call a very basic kind of inspiration that inspires at the cellular level, as well as all higher levels within each conscious being, and within all lower conscious and unconscious beings and substances. Thus, your Mother Earth moves in concert with its population, being one with each at a very basic level. Thus, all move together within this illusion to the next illusion of the fourth density of love and understanding.

52: Technology can take the mind and the emotions a certain distance within the process of moving into the fourth-density illusion by describing various qualities that may be enhanced within the individual's mind/body/spirit complex. Practice upon these techniques of realizing these qualities of opening the heart, of expanding the point of view, of sharing service and love, of seeing the self as one with all other selves, and as seeing the self as one with the Creator, for these are helpful frames of reference that may be utilized to an increasingly efficient degree by those who have the capability of mental visualization and practice of these procedures.

62: We are most grateful to have been called to your circle of seeking today, my friends. It is a great inspiration to us and for us, as always, for you are sincere in your seeking and in your sharing of the love and the light of the One Infinite Creator, each with the other, and each with all whom you meet in your daily round of activities.

44.12 2018/10/20

9: At some point, this Infinite Creator made a choice—the choice was the first movement away from complete unity, and is called a distortion of that unity—a freewill distortion in which the Creator decided that it would know itself in ways that would not be possible if it did not create other intelligences and give them this same freewill which the One Creator exercised to begin the creation of a multitude of galaxies, each of which took the creative energy of the One Creator, that which you call love, or Logos, and from this primal Logos, extended the desire to know itself to an infinity of other Logoi, each of which created its own galaxy of experience.

14: Then there was a further transformation, or quantum leap, into the third density, that of the yellow ray, in which you now live and move and have your being, and have self-consciousness expressed to its greatest degree, calling forth the quality of the spirit so that that spirit, which was latent within second density, is now activated within your third-density illusion, so that you are a completed being, having the mind, the body, and the spirit, with which to process the catalyst of this illusion with the purpose of opening the green ray energy center, and moving into that harvest into the fourth density of love and understanding, which is the process which your Mother Earth and its population is now engaged in.

50: When the seeker then discovers the spiritual journey, then all seems to fall into place, as the pieces of the puzzle are more able to be placed in the proper location within the mind/body/spirit complex of the new-born seeker of love and light. Thus, within this realm of secrecy may be sown seeds

of infinity, and the seeker of truth moves forward.

65: I am Q'uo, and believe that we grasp your query, my sister. The way that we, of the Confederation of Planets in the Service of the One Infinite Creator, have always suggested that the spiritual seeker pursue the path of service to others is to attempt to exemplify those qualities of that path, which are fundamentally the love of the Creator within all beings, sharing the light of this Creator with all with whom each entity comes in contact on a daily basis, and attempting to see the unity of all creation before one, whether it seems an illusory separation of entities pursuing various means of control and manipulation of others, or seeming to give that which is needed to others, when it is needed.

66: Thus, our suggestion to each serious seeker of truth is to become that which you seek in the actions of your daily round of activities. Attempt to love with a whole heart when you're confused as to the nature of the experience confronting you. Attempt to share the light that you know of as the Creator within you. See the unity of all beings. Seek the light, and praise the light, and praise the One Creator in all.

44.13 2018/11/03

15: I am Q'uo, and am aware of your query, my brother. Indeed, you speak that which is most salient at this time for the population of your Mother Earth, for the time of fourth density experience is not just at hand, but is here, now, available to each. There is much ignorance of this possibility amongst the great majority of the population of this planet. Thus, the transition into the fourth density is occurring with some difficulty in the birthing process, shall we say, for there are energies available to all that may enhance each entity's seeking. But if entities are not consciously seeking to expand their awareness and find the openhearted love, that unconditional love that signals the harvestability into the fourth density of love and understanding, then oftentimes such entities will retreat into their own being, into the orange-ray energy center, so that they may defend themselves against what they see as being a kind of losing of the personality, a losing of that which they cherish, that which they cannot see beyond.

17: Thus, as you make efforts to blend your beingness with others in a kind of group mind as much as is possible within this third-density illusion, you are setting an example. You are showing the way and making it more likely that others shall follow, as they see the fruits of your labors, being that which is love and light freely shared with all. There is this quality of love and light within all entities, for the Creator exists within all entities. Thus, even those who have shut themselves off in a conscious fashion, from each other, still have that love and light within and can feel the resonance of it with your love and light as it is expressed in a group manner.

32: Thus, we encourage the telling of stories—the telling of stories that come from the heart, and speak to other hearts, for each heart within this illusion has the ability to open itself completely in unconditional love to all other entities about one and to the self as well, seeing the One Infinite Creator indwelling in all entities, in all essences, in all things, and within the self, because the story so told speaks to that which is true, to that which is known, at the heart of every being: that we are, indeed, all one.

44: Thus is the entity prepared to move even further along, or upward along, the energy centers, so that the catalyst, the food for growth in the daily round of activities that is processed by each conscious seeker may then offer the seeker the opportunity to move into the heart, or the green-ray energy center, and begin to expand its ability to receive and transmit the unconditional love of the One Infinite Creator.

51: As this process of evaluating each day's activities occurs in meditation at the end of the day, there may seem to be a certain kind of pattern evolving within the experience of such an entity so that the pattern expresses the nature of the pre-incarnative choice that has been experienced by the entity. Thus, paying attention to what is occurring in the life experience is the surest means by which to become aware of those choices one has made with the hopes that the learning of them will move the entity further along the path of the evolution of mind, body, and spirit, eventually resulting in the opening of the heart, and the movement into the fourth density of love and understanding.

58: The rider, the one who seeks the truth within the con-

to heart and making available a type of avenue of expression of awareness so that the light of common human consciousness grows brighter and brighter to reveal the difficulties, their sources and their solutions. This is a process which is gaining more and more momentum at this time, and which gives us who that exist in the inner realms great hope and inspiration as we observe the possibilities of your planetary consciousness becoming such as to become able to move into the fourth-density of love and understanding with a greater number of entities thus being able to participate in this harvesting period.

45.6 2019/04/20

6: I am Q'uo and am aware of your query, my brother. This great and elegant and powerful edifice that has been so long a portion of your planet's spiritual legacy is that which symbolized the eternal truths that may have aided so many thousands and millions of people throughout its many centuries of existence, that will endure past the destruction of the physical building that held those aspirants who wish to know more of the love and the light of the One Infinite Creator. For all those who mourn the loss of this great dwelling place that was, indeed, an entity in itself, we say to them, and to all entities that the truths that you hold dear in your soul, in your heart, in your spiritual journey, are those truths which will endure any kind of a catastrophe such as that which has taken this building from its earthly place and purpose.

16: I am Q'uo and am aware of your query, my brother. At this time, as you would call it, in the transition of your planet into the fourth density of love and understanding, there are waves of cosmic streamings engulfing your planet in a rhythmic fashion so that there is never a portion of this time that is without a certain kind of vibration of energy that acts upon various individuals in certain ways. For the most part, however, there are entities that are nearing graduation now whose inner sensitivities are such that they are more vulnerable to the energizing and upgrading effects of these cosmic instreamings so that their spiritual journeys, as they have constructed them, from within their own being, become energized in a manner which opens the heart in a more accessible means. That is to say, the opening of the heart becomes more possible for each entity that is sensitized to the variety of vibratory instreamings at this time.

17: There is the greater possibility that one may be able to channel these energies in a fashion which is congruent with the pre-incarnative plans that each has made that becomes the spiritual path within the incarnation. Thus, if you are open to such acceleration of these instreaming energies, you may be able to focus your own attention upon each portion of your daily experience in a manner which allows you to imbue what you do, and who you seek, and with whom you interact, with the loving vibrations of your heart energies.

18: This unconditional love can take many forms in that you may find yourself engaged in more meaningful and in-depth conversations concerning one's feelings, one's aspirations, one's doubts, one's fears, one's plan for moving into harmony with others, with the planet itself, with one's own being. Thus, these inner sensitivities can be likened unto the magnifying glass that allows the instreaming energies to become more potent within one's inner experience and thus becoming reflected outwardly to all about one, and affecting all in the manner in which you, yourself, have been affected.

25: I have a follow-up query, Q'uo. I've noticed that as the waves of love/light increase, many people are being confronted with the situation where they must use that increased energy to heal and evolve, or they are experiencing physical difficulty, and sometimes a dissolution of the physical complex. It also seems to be happening at the social and political level as well. Will that trend increase, and could you further elaborate on whether or not my observation is correct?

27: I am Q'uo and am aware of your query, my brother. Indeed, the cosmic instreamings have a dual purpose. The most salient purpose is that of aiding entities who wish to move forward on their spiritual paths in the opening of the green-ray energy center to be able to do so to make transitions in their own consciousness that then are shared with those about them so that there is a kind of momentum being built in their daily round of activities and experiences that allows a greater expression of this love vibration as a normal part of one's being and the sharing of that being with others.

28: The other possibility is that of which you speak. You are correct in your assumption that for entities who are unable to make, shall we say, an opening within their own being to welcome and enjoy these enhanced vibrations of love, there is, then, the critical point of realization that comes before the inner realization of such entities: that is that they must be able to more efficiently process the catalyst from their daily round of activities—realizing it is enhanced in its nature and requires a greater effort upon their part in order to process it—or the greater energies of love and understanding that are entering their mind/body/spirit complexes will begin to burn out the energy receptors and ability to respond.

29: There is, then, the increase of what you would call the disease or distortions of the mental and physical vehicles that are representations of the entity's inability, in some fashion, to welcome and enjoy and utilize these energies to process the catalyst of the daily round of activities. Thus, it is a kind of winning effect that is occurring, as the harvest begins to welcome those whose hearts are open to produce the fruit of love and the grains of understanding, and to separate those from the chaff, shall we say, that are unable to do this. We do not mean to be degrading to those who are unable to open the heart widely enough to welcome these energies, for they are the Creator attempting to know itself in a fashion which is becoming too much to bear, shall we say, [and] the circuitry of the body complex fails as does that of the mind.

40: It is oftentimes the case that such individual group subgroups then can aid the larger group to move forward as each entity upon this planet may do for all other entities by engaging in those activities which share love and light with those about it, and thereby enhance the overall experience and opportunity for the sharing of love and light by all entities upon the Earth, for are we not all One? However, there are often cases in which the group energies are not able to expand to the degree necessary in order to maintain the group cohesion and the group experience that has been the history up to the point of being unable to expand further in the journey as a group. Thus, there are those opportunities that are continued to be offered to such a group until there is the dissolution of the group in one form or another as various members of the group find other directions and groups with which to travel this journey of seeking the One, and the heart of the self opening to the One and all.

50: The mated relationship is that relationship which ideally allows each entity within it an equal opportunity to give and to receive the love and the light of the One Infinite Creator to all about the entity and within the relationship from each to the other. When there is constructed in such a relationship, a separation of equalities, shall we say, so that one is seen as lesser than the other, and must obey certain strictures or customs, shall we say, then it is that there is the distortion of the relationship itself and its ability to function as that which enables each to progress as teacher to the other, and as student for the other.

52: For before the incarnation, each entity incarnating within the third-density illusion has programmed certain lessons that will allow a perception and expression of love and light to inhabit the areas needing attention and learning within the incarnation. These types of programmings are able to enhance each entity's growth patterns as long as there is the acceptance of each entity by each other entity as being whole and perfect, even though there may be distortions within the mind/body/spirit complex.

45.7 2019/05/11

20: As regards your second query as to how to get the most helpful information from our group, we suggest that the same technique be used, that which you have done repeatedly in your interactions with us, and that is to ask what is on your heart. For that which comes from your heart, is the purest offering that you may give to any entity, be they from your density, our densities, or from any place. For this offering of the heart is an offering that brings all entities together in the opening of that green-ray energy center, an unconditional love for all beings, for all of the creation, whether you are aware of them or not, for the love that pours from your heart touches all, for all are indeed One.

32: I have one, please, Q'uo. You advised to ask what's on our hearts, and if I think long about this question, I will come up with a spiritual answer, and an intellectual answer. And

you discover this authentic self that is you at the heart of your being. You are able to utilize this realization in order to fully disclose the love and the light that is within you, that flow forth freely from you when you are able to realize who you are in truth, that you are but in this illusion a limited portion of the infinity of yourself that exists beyond all illusion, for authentically you are the love and the light and the unity of the One Infinite Creator. There is nothing else in the universe but these qualities formed in such and such a way in many dimensions of being in order to allow the One Creator to experience itself in ways which are more intense in variety and more pure in quality so that it may know itself more fully through each experience which you, as a portion of it, may have in any density or illusion of this infinite creation in which you dwell.

45.4 2019/03/23

27: I am Q'uo, and believe that we understand your query more clearly now, my brother. The commitment of the heart is that which each of you within this third-density illusion is attempting to make, for the heart is the center of unconditional love, which is the goal of each third-density entity to realize within the life pattern. For the unconditional love of all is that being that is able to find a means by which the One Creator moves through its essence, through its energy centers, through its daily round of activities.

28: As you take this unconditional love and let it move into individual expression of another entity in what you may call the romantic sense, in the sense of commitment to a journey together in some fashion, then you are making a change, shall we say, a directional change, in the unconditional love, so that that which is called the "bonding between two hearts" may occur and may provide each entity with the type of inspiration and partnership in cooperation that each will be able to aid the other as this journey of seeking continues with two becoming one. This is the type of commitment which is the expression of the unconditional love for all that has been funneled or pointed in a certain direction for a certain purpose, and this is the means by which many upon your plane of the third-density illusion begin the process of the total opening of the heart chakra to express love without condition to each entity and experience which one meets throughout the lifetime of experience.

29: We are aware that many entities find themselves seemingly thrown into a loving relationship with another in which there seems to be no conscious choice in the matter. There is rather the recognition upon the level of the basic being that this love exists without there having been any previous desire or expectation that such would occur. We are aware that oftentimes this can become somewhat unsettling as one feels that one may be intruding upon a certain level of personality or private personality, shall we say, that is not in accordance with what one would wish if the choice was made consciously. However, as a choice has seemingly been made upon the unconscious level, and the conscious mind must simply recognize it in one fashion or another, then the choice is to be made by determining within your meditative state, the appropriate direction that can be taken in each instance in which the experience is shared with the other self, which is the object of the loving affections.

39: I am Q'uo, and am aware of your query, my sister. As each seeker of truth makes itself available to the fourth-density cosmic streamings of love and understanding that are engulfing your planet at this time, there is a kind of transformation that begins, as you have surmised, within the energetic body so that there is a kind of electrification, you might say, of these cosmic energies that begin to have an effect upon all portions of the mind, body and spirit complex so that there is the opportunity to raise the level of functioning of the mind, the body and the spirit in a fashion which is congruent with the instreaming of cosmic energies.

42: However, we are always glad to suggest to entities that the body complex is that gallant steed which carries you about within the third-density illusion, and this steed needs its care and comfort as well, as the loving expression of the seeker gives that type of attention to its own physical vehicle.

47: I am Q'uo, and am aware of your query, my sister. We would answer this in short in the affirmative, suggesting that the ability of the body to realize and express the enhanced

genetic coding is a function of the seeker's conscious and spiritually directed focusing of these greater energies of the fourth density upon the body complex, perhaps within the meditative state, or perhaps within the means by which the body is given its sustenance and its care, its exercise and its love, shall we say.

81: I could squeak out a few more from this. I'll just ask one more, in gratitude—[these are] really excellent answers. I understand distortion on this scale: of unity at one end and separation at the other; or, the One at one end, and the many at the other, where more distortion moves toward the pole of separation, less distortion moves towards the pole, if it can be so-called, of unity. But, Ra also seems to use distortion in a sense between any two polarized values. For instance, they say that this particular house that we occupy now, it was very distorted toward angelic presences and light and blessing, and they said another time that one could be more distorted toward love. Is there another sense that the word "distortion" is used between any two polarized values?

101: [footnote start]Ra: The heart of the discipline of the personality is threefold. One, know yourself. Two, accept yourself. Three, become the Creator. The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing itself, accepting itself, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is then no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity. - 74.11[footnote end][footnote start]Ra: This location is greatly distorted. We find an acceptable description of this location's quality to elude us without recourse to hackneyed words. Forgive our limitations of expression. The domicile and its rear aspect, especially, is blessed and angelic presences have been invoked for some of your time past. - 106.47Ra: There is no magic greater than honest distortion toward love. - 55.2[footnote end]

45.5 2019/03/30

9: Thus, so seeking, is the seeker informed of the unity that binds all things and all entities. This is the foundation of honesty—that is, unity. The seeming separation that springs from this unity is an illusion that has been created in order to aid each seeker of truth in penetrating the outer qualities of the illusion so that as one looks at the daily round of activities that produce catalyst with other entities, one can see beyond the disharmony, the separation, the confusion and the seeming chaos, and look into the heart of not only the other beings, but also the heart of the self, and find there the quality of unconditional love that is the binding quality for all of the creation, for it is the power of love that has made all that is within the creation, and within each seeker's life experience.

10: If each seeker, then, can look at its own experience within its heart, within its mind, and within its soul identity, and discover the qualities of unity, the qualities of unconditional love, and the quality of clear communication, then the concept of honesty as it is applied in those teachings of the ones known as Ra can be made available to any entity who makes this seeking journey within its own being to find how honesty can be pure and clear, compassionate, and fully imbued with the qualities of unity.

83: It seems to me that we have in the midst of much turmoil collectively there might be some opening for greater love and understanding coming in because of a displacement of energies that have been, for example rigidly oppositional or fixed in their thoughts or stances, and that perhaps if great change has happened collectively in our populations that it makes room for compassion and love and understanding to come in, and it sounds paradoxical, but I'm wondering if you could comment upon the increase, the awareness that is increasing, of the need to be more loving and compassionate, and if this is actually going on?

86: These entities with the open hearts and the desire to find solutions to difficulties are becoming more and more numerous as there is a kind of communication setting up from heart

conscious realms of its experience, is one which is attempting to move into those areas of both the conscious and subconscious minds in a manner which will be able to perceive distortions, or qualities, or resonances, that are present in the unconscious mind that may enhance conscious discoveries of experience that is felt to be helpful by the seeker in its daily round of activities. We would suggest a spontaneous response in the clearest possible blue ray activity of the entity speaking to itself and to others, balanced by the green ray compassion, so that there is the freely given and received love and communication and inspiration from and to such an entity. The horse does not need to run away in order for the conscious seeker to be able to utilize the situation in which it finds itself. If one can ride the unconscious mind, shall we say, or explore into it as the doughty seeker of truth, then the ability to receive helpful direction is enhanced by the interaction in a free and open manner between the conscious and unconscious selves, and between the conscious self and all other selves within the illusion in which the entity lives, and moves, and has its being.

60: Thus, our recommendation that for most entities and most occasions, that freely shared love and light through words and actions be the process by which each seeker moves further and further along the journey of unity with the One Infinite Creator.

44.14 2018/11/17

14: When you are able to give praise and thanksgiving for this entire process, you are casting the process into the light of the One Creator 1 and the love that resides within your being awaiting potentiation as you are able to access those portions of your analytical mind and your unconscious. [The unconscious] provides the bias that is given to all catalyst that will then allow you to perceive that catalyst in a manner which is congruent with your preincarnative choices; for before the incarnation, you know and knew well those areas within your being which needed to be explored, which needed to be enhanced, which needed to be put forward as the means by which you move yourself further and further along the spiritual path.

15: Thus, the praise and thanksgiving for all things is that which is most appropriate for each seeker of truth to utilize whenever possible. All that you experience in your life, all that you experience within any incarnation, is a gift given by the One Creator to the One Creator residing in you. If you can see your life experience within this framework of the infinity of beingness that has formed you, and the infinity of beingness that is within you, and the infinity of beingness that draws you forward, you shall move forward with solid and stately steps of realization and experience that has been gained through the moving into the unknown areas with that praise and thanksgiving that brings forth light and love to illumine your journey.

22: Thus, that which was broken, or imbalanced, becomes made whole, or balanced, or bathed in the love and the light of the One Creator so that there is the reception of a different configuration by the one to be healed. Then, the healer allows the reintegration of the red/violet armoring shell to hold this new configuration in place and offer it as an enhanced means of moving through the life experience on the spiritual path for the one who has now been healed.

40: I am Q'uo and am aware of your query, my brother. This is a query to which the answer is not easily perceived, for it is a query which suggests that a seeker wishing to be of service to another gives something from the self that cannot be reproduced in order to be of service in the healing of another self who is in need of the seeker's aid. We would suggest that in most true healings, that which is necessary for the healing to be accomplished, or for another entity to be served in any fashion whatsoever, is accomplished by giving of those energies of the love, of the light, of the unity, of the harmony of all things, that can be seen as infinite in nature, moving through any entity which wishes to be of service to another in an infinite fashion. Therefore, the one wishing to be of service would be able to tap into these energies and allow them to move through the being of the self in a fashion in which there is an infinite flow of such energies and these energies then may be utilized in service to another.

50: This experience of utilizing such catalyst in an ascending fashion is that which requires that the meditative state

be utilized in order to examine the catalyst of the day; and each catalyst of the day which has moved the entity away from its center of love and balance as a response to all catalyst, then, is in its turn, balanced, so that it further allows the movement of the intelligent energy further up or along the energy centers. This meditative state is also enhanced, preliminary, shall we say, by the analysis of the mind to begin to achieve a basic understanding, if we may misuse this term, of the catalyst which is being experienced and processed by the entity in the meditative state.

52: Thus, as each energy center, then, is balanced and crystallized, the indigo-ray energy center may then begin the activation of that shuttle of the spirit which can move through the indigo ray, into the violet ray, transforming the intelligent energy of the indigo ray into the intelligent infinity of the violet ray so that the love that is activated within the indigo ray—that creative force that is within each entity—becomes able to contact the One Infinite Creator and thus, the sacrament of the fully experienced presence of the One Creator is had by the seeker of truth.

57: I am Q'uo, and am aware of your query, my brother. The one-pointed focus that allows the seeker of truth to attempt and eventually attain the activation of the indigo ray is a great and primary portion of this ability to activate the indigo ray, for its eventual activation itself [is] of the spirit, and uses this spirit as a shuttle for contact with the One Infinite Creator. However, we would also suggest that the indigo ray is the seat of that self which is the One Creator manifested as the creative power of Love. This, when realized fully within any seeker of truth, gives such seeker a sense of worth, of self-worth as you might say, that it is able to see itself as the One Creator, whole and perfect, worthy in every respect, in order to continue processing catalyst so that there is the gaining of the knowledge of the self at each lower energy center in a way in which these various aspects of the self are then put together in the indigo-ray energy center, so that there is, then, a wholeness of being experienced by the seeker of truth.

74: [footnote start]Reminds one of 95.24: "The seeker which has purely chosen the service-to-others path shall certainly not have a variant apparent incarnational experience. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst. However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator. The cruelest blow is seen with an ambience of challenges offered and opportunities to come. Thusly, the great pitch of light is held high above such an one so that all interpretation may be seen to be protected by light." - Ra[footnote end][footnote start]74.11: "The heart of the discipline of the personality is threefold. One, know yourself. Two, accept yourself. Three, become the Creator. The third step is that step which, when accomplished, renders one the most humble servant of all, transparent in personality and completely able to know and accept other-selves. In relation to the pursuit of the magical working the continuing discipline of the personality involves the adept in knowing itself, accepting itself, and thus clearing the path towards the great indigo gateway to the Creator. To become the Creator is to become all that there is. There is then no personality in the sense with which the adept begins its learn/teaching. As the consciousness of the indigo ray becomes more crystalline, more work may be done; more may be expressed from intelligent infinity." - Ra[footnote end][footnote start]See: 74.5 - 74.11[footnote end]

44.15 2018/12/15

6: I am Q'uo, and am aware of your query, my brother. Indeed, the journey that each of you takes within this third-density illusion is a journey fraught with what seems to be difficulties, dangers, and doubts, for there is much confusion within this third-density illusion. The veil of forgetting works quite handily to shield each entity from the true knowledge of the universality and unity of all creation, the love that forms it from light, and how each is a portion of the One Creator. If these facets of truth were available to each at all times, your journey would be much easier, and yet would not produce the results that are possible when you delve into the difficulties of misperception, of misrepresentation, of confusion, of anger, and of the problems of everyday life which pound upon the consciousness in a certain fashion that makes it seem that understanding cannot be had, that harmony is

an elusive possibility, that you cannot move your foot without tripping somehow upon another.

9: However, as you move into more intense communications with entities which seem to be operating from the lower energy centers, or operating in an unconscious fashion, without a clear direction of purpose, or the goals of their interaction, then it is that you must open yourself in some fashion to receive that energy of communication as clear or as muddy as it may be within your own heart and mind, so that in some way you may begin to order and fashion an understanding, a perception of what is being offered to you. The initial offerings may seem to be harsh or difficult or cold or calculating, however, if you move further and further into a clearer and calmer communication with any entity that stands before you, there is always the opportunity for moving closer to the heart of this entity and to the heart of your own being. This is the key. This is the goal of your incarnation and of this illusion, to eventually find the path to the heart that connects you both, to the heart that connects you with all things; for it is the heart, the ability to love without condition all those about you and all things about you which is the path to the fourth density of love and understanding.

11: Thus do each of you play your part within this third-density illusion, and indeed, within all densities of light, for each choice that you make within these illusions allows you to know more of who you are, more of who the Creator is, and the Creator to know more of its own beingness through your freewill choices. Thus, it takes a great deal of effort to make that which is unclear, clear; to find love where there seems to be none; to find companionship where there seems to be only argumentation. Thus, the effort that you make is that which is called the polarization of your consciousness toward service to others in this regard.

16: I am Q'uo and am aware of your query, my brother. Indeed, if you are able to utilize the ability to tune into another entity's heart or being in any fashion whatsoever, this will give you the chance to share in a more deep manner that loving essence that is within your own heart, for as you are more familiar with another entity, then that familiarity can create a path of communication that is clearer than a path that does not have this type of familiarity and awareness of the being of another entity.

25: I am Q'uo and am aware of your query, my brother. Indeed, as what you call time moves forward in its progression of beingness, there is within this planetary influence the continuing engulfing of the planet by those vibrations which are significant in heralding the fourth density of love and understanding. This intensity of vibrations that continues to surround and enhance the planet itself is a feature of the clock-like face upon the galactic spiral of endlessness, shall we say.

28: The subconscious perception of such energies is utilized by those entities who have not yet become consciously aware that what they are doing on this planet at this time is to utilize all catalyst for the purpose of opening their own hearts in love and service to others. The unconscious perception of these energies oftentimes is featured in difficulties for such entities, as for any entity, conscious or unconscious, of the process of evolution.

29: However, for those who are not consciously aware that these energies are available to enhance their own spiritual path, there are oftentimes the difficult of an entity in facing the self as it is, balanced or imbalanced, so that whatever healing might be available through the application of the vibrations of love and understanding to the imbalance is perhaps not perceived clearly, and the self then is not also perceived but realizes that there is some effort necessary in order to be able to achieve a more harmonious existence with its fellow beings. Thus, in such an unconscious entity there may be more difficulties that are not easily resolved, and may, indeed, form themselves into what you would call distortions or diseases within the physical vehicle that will hopefully catch the conscious attention of such an entity so that it may become more aware of the opportunities which such difficulties present.

32: Whooee, that was good, thank you. Yes, among the energies at play at present, there is one prominent thread catalyzing many people that I've crossed paths with, and it seems to do with intimacy, love, transparency, openness, vulnerability, and the question about the boundaries of relationships. One general term that in part speaks to this is polymathy, though I suspect that what I'm noticing has larger metaphysical origin and implication. Can Q'uo speak to this?

34: I am Q'uo and am aware of your query, my brother. Indeed, it is a possibility that many entities may become aware of the expanded ability to share love and light with each entity around one. However, in many cases, the beginnings of this sharing of love, of comradeship, of intimacy, of dedication to similar goals, of seeing the life path as joining in one fashion or another, begins in the realm of the multiplicity of partners in order that the beginnings of the sharing of love and light may be started, shall we say. These are oftentimes the first inklings of the nature of true all-compassionate love and acceptance of the entities about one.

35: However, after the certain portion of your time has elapsed and experience has shown that there are difficulties of communication or problems of perception that persist with the, shall we say, third-density experience of companionship that is now attempting to be transmuted to the fourth-density experience of unconditional love, oftentimes there are misperceptions of the ability of an entity to give this unconditional love, even unto the point of the romantic experience and expression of love, to more than one entity; for it is inculcated into the third-density experience that the fidelity of one mate to another is to be desired. The fourth-density experience of this loving expression of companionship and dedication to fidelity is oftentimes made more difficult to express in a manner which is efficient in the polarization of each entity's consciousness.

37: We are aware that this is a concept that is not absolutely clear within the mind of each entity that pursues the expression of love and commitment to more than one entity. The ability to focus upon one mate is that which is found in the higher densities to be the most efficient means of polarization of consciousness. 1 However, there are oftentimes the experiments with more than one mate that begins the fourth-density experience. There are no right or wrong answers for any entity in this regard. Each must discover for itself that which is most efficient for the self to move forward in the opening of the heart and the sharing of the love therein.

56: The communication, the ability to express love, the far-sightedness that sees new ways of approaching old problems, and the ability to enhance the growth of the vibrations of love wherever seen within the environment, are those means by which individual entities form group projects and group expressions of higher consciousness that then produce the fruits of the heart: the cooperative communities, the giving and receiving of love and inspiration from all about one, the ability to accept that which seems unacceptable, to have the feeling of love to be the end result of all interactions with other entities that no interaction is allowed to stop its transformation until the ability to give the love and light of the One Creator is experienced by all within the vicinity of each project or person that is able to shine this love and light from within its own being.

45 2019

45.1 2019/01/19

42: I am Q'uo and am aware of your query, my brother. Indeed, your dreams are messages that have great value to you if you give value to them, for your subconscious mind has within it, as we have said before, all of your preincarnative choices, all of your pre-existing existences in other incarnations. You have a great library of information within your unconscious mind that can be utilized in the form of the dream, which, when remembered and worked with in an analytical fashion, and in a meditative fashion, can reveal to you those blockages within your energy centers which you can then begin to work upon to allow the removal of the blockage and the moving forward of the intelligent energy, or the prana, of the One Creator to move you higher and higher along your energy centers so that there is the opportunity at some point to clear each energy center that leads to the heart. And within the heart chakra begin to feel the unconditional love for all entities and for all creation about you.

62: I have a query that builds on the last one, Q'uo, or maybe a quest for verification. Is it the case that the greater one's balance at each, for instances, chakra, the more love/light one can embody, and therefore, the closer one may become to embodying the One Infinite Creator?

45.2 2019/02/04

21: I am Q'uo, and am aware of your query, my sister. This land on which you dwell is a being of great wisdom and love, as you are well aware. This entity that is presenting itself to you in the form of geographical features, land, trees, water, air, is that which functions according to the divine plan the One Creator to be able to develop the natural means that would enable it to express its joy and love of the One from which it comes. Thus, if in your efforts at blending your energies with this entity, you can also be able to empathically identify with this being in a manner which opens the heart in total, unconditional love, so that there may be a communication developed between you and your land friend that may enlighten both of you, there is the possibility of an experience that is shared by both of you in which the purpose of the being and its joy in serving the One Creator might be enhanced so that there is a greater and deeper communion between you.

22: The beginning stages of this community are well underway, and there is a clear pathway already available through your previous efforts that will allow further communication to be had by you and this landed being that you so joyously serve and love. There is much of gratification and feelings of love that are returned to you from this land, as you move more and more in harmony with it and its overall purpose of making a joyful connection with all of the creation that both you and the land desire.

32: I am Q'uo and am aware of your query, my sister. The spiritual qualities which you have already exhibited within this land of experience, this experience of the sharing of the joy of the One Infinite Creator at your Luminate Festival is that which is of great beauty and loving kindness that we in the higher densities are very well aware of as we can perceive a great beam of light emanating from this particular ground and celebrated experience.

33: We can only suggest that you continue to do what you are doing, for opening your heart as you have done, to the land, and those who join you on the land, is that which will allow you to perceive each additional step that might be taken in the general sense and in specific senses to relate to more of the entities who join you here in a fashion which gives them more of the feeling of what is available on this particular piece of land, in the way of the vested love and direction of service to the One Creator so that each entity may feel that it is contributing its portion of love and light in this endeavor.

48: I am Q'uo and am aware of your query. We thank you for your repetition of the query. The crystals that are already upon and within this land are beacons of light and love energy which may be enhanced in their function of sharing the vitality of the creation as a whole through their expression of the intelligent energy that moves through them that then becomes a kind of invigorating or enlivening force within the land in its very molecular structure. The ability to energize the crystals is that which we would recommend as a means of enhancing the function of the crystals' relationship to the land and the land's ability to receive the enhanced vibrations that come from the crystalized light and love energy that is itself a response to your visualization of energy moving into the crystal for a specific purpose. We would recommend that you find within your own being the kind of direction that you feel is most appropriate for the land itself and for how you wish to improve the functioning of the crystalized nature of the land.

49: Thus, we would recommend that if you wish to accomplish the enhancement of the crystalized nature of the land, that you engage in daily meditative visualizations that would see the love and light of the One Creator passing through your energy system from the violet ray down through the red ray circulating back to your indigo ray chakra so that it might be projected therefrom into the trees, the land, the crystals that reside within the land that all may be enlivened by the love and light that you visualize and send to all of these portions of this property, so that the overall quality of the land is enhanced at the molecular structure, and this, in itself, is that which will bring about a greater amount of vitality so that all of the property itself becomes invigorated and able to express more and more of the love and the light of the One Creator.

69: I have a question to do with the activation of the land and the consciousness and the co-creation. Is there a dispensation available or any—that's the word that's coming,

dispensation—available to help keep the beloved souls that are coming here safer from the powerful energies created at this festival?

71: I am Q'uo and am aware of your query, my sister. The safeguards which are currently in place which are primarily the trusting that the One Creator is available to provide the guidance and protection to those who seek most purely to serve him, is that which we would recommend most heartily, for what you are doing here, as you engage the entities that are visiting this land in their ability to appreciate it, and to celebrate it and their own love for it, is that which provides a certain kind of protection, in that the fruit of your efforts is more and more unconditional love experienced by the land from the participants upon the land. Thus, this kind of generation of unconditional love provides a kind of protection that is quite efficient in being able to envelop those who seek this protection in the protective love and light of the One Infinite Creator.

81: I am Q'uo and am aware of your query, my sister. The love and devotion of those entities of whom you speak is that which is most impressive in our position within your environment. We see so clearly how each has offered that which it has wholeheartedly in order to blend its energies with those of all others. The weariness that comes from the continual physical, intellectual, emotional and spiritual expenditure of energies is a natural product of such unbounded devotion and commitment. There is a certain price that must be paid by each in this regard, for that which you do has a great spiritual value that is bought by this weariness. The effort that you make to be of service to others costs a certain amount of your energy. This type of depletion is not always immediately able to respond to the efforts that are made to alleviate for it is something that is equivalent of what you would call "friction" where material objects that move against each other create a kind of wearing and tearing upon each other.

82: Therefore our suggestion would be that in some fashion you might be able to conduct circles of energy generation where in the meditative state you gather together in a certain location considered by you to be efficacious for such ceremony and find a manner of expressing your love of that which you have done as an offering to the One so that it becomes a sort of mirror reflecting to you that which has come from you, to be able to serve others.

84: At this time, we shall thank each present for offering his or her love and light to us. We feel your love greatly within our own heart chakras, and we are appreciative of that love which you have so generously offered to us. We hope that our humble words have aided you in some degree in like manner for it is our great desire to be of service to such loving and sympathetically creative entities.

85: We are aware that each of you has a great deal of commitment to being of service to others and this service is like unto a beacon that reaches into the atmosphere around you and moves to infinity to become a demonstration of that love and light that comes from you to those who are experiencing it coming to them.

45.3 2019/02/09

9: This is as it must be, my brother, within your illusion, for to identify in such a compassionate and powerful way is a means by which you learn to appreciate the uniqueness of each experience which is yours to share within this illusion. Thusly do you immerse yourself in the nature of the illusion which is limitation, and the inability to expand the perception to include the wholeness of the creation within every individual part of the creation, no matter how small or seemingly insignificant. Thus, within your own heart, as you look within to see how this love has grown within you and has identified with that with which you feel grief, you then see that larger view, that panoramic view, the universal view that places each of us and each of our experiences within the love and the light and the unity of the One Infinite Creator. We look beyond the illusion in order to see the extending of each entity and quality into infinity so that there is truly no end to that which seems so limited. There is no true suffering that endures past the limits of this illusion, for beyond this illusion, there is no suffering. In truth, each of us has an identity and experience congruent with infinity, for we are, each of us, a portion of the One Infinite Creator.

16: Thus, as in meditation and in contemplation in an action

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