

be a part of the good of creation. To will to do all things for the love of the Creator is not a very specific will. There is the opportunity at all times to do whatever one is doing for the love of the one infinite Creator. But if there is no production, if there is only the being and that beingness remains joy-filled and filled with thoughts of the one infinite Creator, thoughts of love, thoughts of unity, thoughts of peace, the entity continues, then, to function fully as one whose work it is, whose mission it is, whose job it is, whose choice it is to serve others, to help lighten the planetary consciousness at this time with so many brothers and sisters which have also come from afar. And if you ask for it, you shall find it—a comfort that you cannot give yourself because you are limited, but a comfort that can be given to you because the nature of the Creator is love and compassion. There must be dependence upon love, a realization, a brave willingness to realize that the Creator is real, that the Creator loves and forgives and has forgiven all that is mis-done, that the Creator has no low self-esteem, but rather, work for you to do. It is the centered and canny watcher and observer that spots the opportunity for love, that finds the place to give a smile of hello or a welcome handshake, a cheery word or a pat on the back. Consequently, never judge the self, but each day groom the will to desire to seek the love and the light of the one infinite Creator, and then, if there is aught to do for the Creator that lies before you, do it with a glad and merry heart and singleness of vision for only one reason—for love. However, we feel that at your current level of development, shall we say, it is the sending of the love and the light in the general form, the simple vibrations and intentions for harmony and peace within the heart, that may with hopefulness be sent, and it then be realized that as all healing vibrations, these shall be used and be translated, shall we say, in a most general sense by those to whom they are sent.

1989/07/02: Our love is shared with each of you as we enjoy this privilege and hear through this instrument's ears the sounds of your quiet evening, the soft, soaking rain of summer and the seeking thoughts of those who wish to serve others to serve the Creator and to know the truth. Now, the entities which enjoy Buddhism and Hinduism are those which have experienced many lives in a culture which has been set up to furnish certain spiritual lessons about love, just as your own situation is. This is why over and over again we encourage that entities meditate and that they do so from time to time in groups, for in the group comes the universality of worship, adoration and love. Can I love. The human entity does not have the simple, persistent strength to be daily throughout a lifetime without opening the door within to the teacher that bids you take up the cross, take up your condition, take up your humanity and follow in the footsteps of one who healed, who loved, who brought light, who brought union, who brought joy. It is not good to undertake work in consciousness of a higher kind before one has gazed at one's life and, to the extent it is possible, made amends, squared away debts and, in general, until the person no longer has the love of the wealth of the planet, but the love of the Creator as the motivating force. Consequently, we urge two things upon you, first that you attempt a very intentional time of just spending time with the Christ consciousness each day, silent and listening, and we ask that you love each other, for in loving each other, you shall work very actively upon the kundalini. Love expressed is infinitely valuable. We encourage you to work on your polarity, to use your teacher, whether it be incarnate or discarnate and to allow some discomfort into the life, that one may burn away that which is not needed and temper the personality that remains to be flexible, gentle and very, very strong in love of neighbor and of Creator.

1989/07/03: And we thank all who seek the truth and turn their face towards the mystery of infinity and the Creator's love. By far the greater part of the Creator is not active but resides in a state of love, which force created all that there is, and which force each of you seeks to bind into your lives more and more naturally, more and more authentically, more and more deliberately. Non-dramatic services to others—those who tend the child, those who sweep the hearth, those who work in jobs that do not seem to have satisfaction in them—are just as capable as the most experienced seeker of bringing into manifestation within their creation the love of the infinite One. The spiritual is a matter of life, and, in this illusion, death, for that which you do within this illusion, the choices that you make here, will in turn affect your being at the harvest, and the more polarized towards the light

you have become, the more loving, the more compassionate, the more accepting, the more peaceful, the more joyful, the more light you may accept in joy and use. The photon is the manifestation of that great original Thought of Love. Thus, the paradox is that compassionate feelings and actions in service to other entities by loving, by supporting, by sharing or by a brief smile to a stranger, these things commend you as a servant of the one infinite Creator, yet what you receive back from the creation is a thousand-fold that which (you) have expressed. You may then evaluate these biases for their polarity in service to others and in mutual love. This is the intensity of the Creator's love for each, and to be oneself in fact and not in conjecture, one needs to open oneself carefully and gaze with interest and an acuity of observation upon each and every situation, looking for the opportunity to serve and to share love. Basically, you are uncovering who you are as you refine yourself, for the original self that is your consciousness is the consciousness of the Creator, that great, intense, passionate love which calls into being the photon and from that point all manifestations of your illusion. You will not know how you have done until you have left the heavy chemical illusion that you experience and are once again able to look at the life experience as part of what this instrument would call the Akashic Record, turning the pages of the life, gazing at the tapestry one has woven of love and sorrow and service and selfishness. We thank this instrument and would at this time transfer to the one known as Jim, leaving this instrument in love and light.

1989/07/09: In the density to which you aspire at this time, the density of love and understanding and compassion, it would not occur to entities that were unsuited, to create new life, because each could see each other's radiance and particular aura and configuration of spirit. In your culture, passion is veiled; true passion, true love, for creation, for the Creator and for each other are not things that are intensely felt, appreciated, given thanks for among the majority of your people. Because the only thing that is important is that you persist in attempting to communicate love and light. You are their teacher, each parent, and you hopefully will desire to give passion and love and a sense of peace that you feel within your heart to those children that are yours to teach and rear and tend. Often there will be a former relationship which was unbalanced and a particular person will be in the life pattern against all reason for the simple advantage of the opportunity to be able to balance previous distortions of love and free will. When one picks one's parents, one looks for the opportunity to learn the lessons of love that one has decided are still to be learned. This was, however, not because the instrument wished to hurt herself, but because the instrument wished to learn more carefully and fully to love without any expectation of return. We would suggest more of it for each of you, for each of you that has chosen a mate has chosen a mate as carefully as you have chosen the parents, and if you cannot learn the lesson that this mate offers and you move on to another, then you shall learn the lesson, but it will be more difficult so that it will get your attention completely and you will be moved to passion, to love, and to selfhood. The wolf at the door will come back again and again until you have turned into a lamb and have walked innocently and in a balanced fashion through the tattered remnants of what was a ruined relationship or a lack of love. If an entity which has come here only for a spiritual path conceives, the child is simply spontaneously aborted, as the body's consciousness already knows that the mission of this particular entity does not include the luxury of loving a child, but rather the entity must face the fact that that work to which he gives his love and labor is his child. That passion is the love of the one infinite Creator. When you feel the orgasm of your sexual union, you then understand the Creator's love for you. It is that intense as a steady state, and for that reason you can see why we find the word love to pale and not be adequate to convey what the Creator's love truly is. You can only imitate that love by returning it. I invoked the archangels, whom I've always loved.

1989/07/16: Our hearts are brim-full in thanks for your calling us to your meeting here this evening, for sharing with us your love for each other, your love of the Creator, and your earnest and sincere seeking for the truth and the mystery of creation. This is, as we understand it, due to the fact that each of you was an unit of consciousness in the creation before this one, so that when the Creator began this creation, He sent out those agents of His active love housed in phys-

Love Sentence Book

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

excerpts compiled by Andrii Logan Zvorygin February 18, 2023

1974-2022

1 Introduction

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

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

2 Disclaimer

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

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3 1974

1974/08/06: (Unknown channeling) ..in the love and the light of our Creator. It is simply a return to the thinking that created you with the simple Thought of total love expressed by the Creator.

1974/09/21: The new vibration is love, as is the old vibration and yet, my friends, the truth of love becomes a little more obvious with the higher vibrations. Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be misspent time and mistaken words and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change. Yet, the heart of all action is love. The freedom that this gives you to give forth love in its original state, at all times, to all people is a very precious gift, we think.

1974/09/22: The Creator has filled your essence with His love and His light and you have become a true channel, able to illuminate each moment with love. The new vibration is love, as is the old vibration. And yet, my friends, the truth of love becomes a little more obvious with the higher vibrations. Through meditation, my friends, you may begin to see the heart of love in all the clumsy actions of all those who enter your atmosphere in your daily activities. There may be misspent time and mistaken words, and yet, my friends, each action and each desire is, in truth, a manifestation of love, shadowed and twisted sometimes, for man is also a creator and can cause the shape of love to change. Yet the heart of all action is love.

1974/10/04: What you know of as energy or consciousness or love is extremely wider spread in its definition than you can imagine.

1974/10/13: For, my friends, everything that you seek is in the direction of this understanding—total, complete understanding of the truth and love of your Creator, the Creator of us all. A knowing that is the love, the infinite wisdom of the Creator, the Creator of us all. It is total wisdom, total love.

1974/10/31: If one is to reach the goal that he desires during the experience, it is necessary that he adjust his thinking so that his automatic reaction to any experience is always a reaction of love and understanding. All of this is for the purpose of testing your ability to express love and understanding. Each of the experiences, regardless of how they seem, are simply illusory tests, operating upon you directly to produce an opportunity for you to display your understanding of love. If this is the only reason for this illusion, it should be obvious that once an individual is aware of this, that he spend his time in learning to react to each experience with only an expression of love and understanding. For this reason, they have required repeated experiences in the physical, and will require in the future repeated experiences to make the simple step from reacting to experience blindly, and, shall we say, without suitable expression of love and understanding, to a future goal which is exactly the opposite. It is simply to express love and understanding, regardless of the experience that confronts you. It is putting before you continual tests of your ability to express our Creator's love. The only thing that is of real benefit is if you are able to express with no reservation the love and understanding of your Creator. Each of these are played with different sets of rules, but they all have the same goal: the goal of understanding, the goal of arriving at that ability to express love that is the Creator's. My friends, to give love, to emit a vibration of understanding, is to form a consciousness which is not an illusion, but what one may call a reality, although as an ultimate form, one

could not call it a reality. But one may call it a reality to express love compared to the illusion as you understand it. And how does one express love, and how does one express understanding, and how is it possible to express these things at all times. It is impossible, my friends, to react with love and understanding if you are dealing with the imperfect, foolish and sometimes ridiculous people that you will encounter in your daily life. It is only possible to express love when you begin to have an awareness of the Creator. You yourself, the originating agency of this love which you wish to express: you are the Creator. If you can remember that the one known as Jesus saw each individual entity as part of the Father, then, my friends, you will be able to better express the love of the Creator.

1974/11/01: We speak of beauty to those who are beginning, for truly, all is beauty; all is joyful; all is full of love. Your desire is to come past these limitations, so that you may express the infinite and incandescent love and light that is within you and is the Creator. And so we are here, in love and in light, to sting you, to stimulate you.

1974/11/10: Plants give love and service without question, for they know the one question.

1974/11/12: The time is the present; the place is here; the Being is love. If, my friends, you were able to live completely within the moment and to realize the love which is all around you, and to sense the immediacy of your surrounding, you would no longer be other than truly perfect within the illusion as well as outside of the illusion. Each of you may consider that your discomforts, whatever they may be, may be alleviated and finally removed by the application of the higher law of love and understanding of the eternal present and the eternal immediacy of the entire Creation. And yet, if you may understand what we were saying about the truth of love, oneness, of here and now, you may begin immediately to comprehend your New Age.

1974/11/15: For, my friends, insofar as you love and feel at one with those things which are difficult for you, to that extent will those circumstances be alleviated. This is not due to any laws within our physical illusion, but is due to the law of love. And those changes which you make by love upon your spiritual body, will, of necessity, reflect themselves within the physical illusion. And this is not by your doing but by the simple love of the Creator. They met with beings who, to them, radiated the beauty and the love and the knowledge of the Father, which they considered to be held by the one called God.

1974/13/t: The shaping force, my friends, is love. (overview) Hatonn: We of the Confederation of Planets in the Service of the Infinite Creator are preparing to launch a new attack upon your planet, an attack of love. If one is to attack with love, it is necessary that it be done with utmost care. The only possibility, if one is to attack with love, is that the ones attacked desire that they be attacked.

4 1975

1975/11/23: And that one thing, my friends, is to know the Creator, and to be instruments of His love. And within this physical realm, the lesson you must learn is love. And love is one, and love is all. And that intelligence, my friends, is the love of the Creator. We must learn to focus our consciousness on His love, which is readily available to all. Many thoughts are kind and loving.

1975/11/30: How much awareness have you had this day of the love and the light of the Creator you have within you. If your consciousness is dwelling at a higher (resonance) within the realm where you know that you are a creation of the Father, you know that you can manifest His love. Then the opportunity for you to make a mistake and manifest that which is not love will be that much farther from you. You are a child of love. For you, my friends, love may yet light up the sky.

1975/12/07: Our purpose is the same as our desires and our desire is to share our love and knowledge with the inhabitants of planet Earth, and with all others who would request it. All that there is is love and light, love being the physical manifestation of all things. Love is all things. The Creator is love, and He resides within you. Each time that you express your love, you have created. And each time you pass up a chance to show love, you have also passed up your chance to

ity and suffering to learn the lessons of love. We are those who speak of love and light, and we wish each to realize that those who speak of a life experience as the proverbial bowl of cherries, as this instrument would call it, have in one way got it right, because this is an illusion, my friends, a complete and total illusion. Above all things, we urge you to live a life in faith and love, faith that what is happening should be happening, love for all that moves and breathes, love for the elements themselves, love for the Creator; and above all, love of each other. No matter how confused or difficult it may seem, there is a heart to it and in that heart is a lesson of love. When one truth changes to another, do not be afraid, for the basic truth is love, and its basic expression within your density, faith. You have within you love and variousness. Thus, one may experience a good deal of frustration and anger pointed toward the self within an incarnational pattern as a result of various what an entity may call mistakes and ineffective application in order that a greater love and compassion might eventually replace the anger and frustration which were the first distortions or biases with which the entity began. Within your illusion it is quite possible to progress in a spiritual sense without physically doing any particular thing, for the entity which is consciously aware of the process of evolution may utilize any experience, thought or desire in order to advance the ability to feel love and compassion for the self and for all other selves. The hallmark difference from our point of view between the judging and the discerning is that in the act of judging an action, a thought, or an entity, one in some degree removes that thought, action or entity from the loving compassion that one would feel in a normal sense without the judgment. In the act of discerning, one looks at a thought, a word, an action, or an entity and attempts to describe what is occurring without removing this thought, word, action or entity from the heart, shall we say, and attempts to relate to that thought, word, action or entity in a fashion that is consonant with the feeling of compassion and love that each portion of the Creator has as a natural birthright.

1989/06/18: The offering of unity and unconditional love that the master known to you as Jesus offered has been so subverted and contaminated with doctrine and dogma that it seems that there is no longer the possibility of what one may call Christian worship. Therefore, you attempt to channel your own deepest love and service to others. So our focus, perhaps, to you this evening would be to suggest that a time be set aside, and, if possible, a special place where one may go to listen within one's heart, having opened the door behind which stands the consciousness of Christhood, the consciousness of Love. This consciousness is infinite, and one who trusts it and has faith in it is able to tap into that overflowing, beautiful and ineffable stream of the Creator's love. We are here because we are those of the consciousness of love, and we come to you as called for this particular kind of information which we give you in love, asking you always to remember that all that we say is opinion and not gospel. More time is spent thinking about the one infinite Creator and Its loving nature; less time is spent considering the treasures of this particular illusion. The creation, first density of rock, sea, fire and air; the second generation or dimension of plants and animals, all of these are connected intimately with love. If it is invested with enough devotion and love from third-density entities such as yourself, it too will become ensouled within a physical body which is able to be self-conscious. Perhaps the most characteristic reason is that of the unlearned or incompletely learned lesson of love. Each lesson which comes to you, each challenge and difficulty and demand, holds a lesson of love for you. All the pieces are stitched together, making the truth of love complete. We suggest to you, therefore, that whatever your strong point is—intuition, analysis, meditation, prayer or contemplation—that you focus upon this in a daily and earnest manner; seeking to know how you may offer love, asking that the opportunity be given to you to share that love with others. We suggest that this may not, indeed, be the case, and that each request for service be gazed at, not from the standpoint of pleasing the self or the other self, but from the standpoint of where the love is in the situation so that you may fasten on to that lodestar of love and light and act accordingly to those principles which stream therefrom. Therefore, we ask you to steep yourselves as you would immolate a tea bag in the teacup in the love and the light of the infinite One, that what needs be done for you to polarize, for you to choose, may be done with what this instrument would call singleness and gladness of

heart. This is not to say that you should not be merry, full of laughter and joy, comforting and exhorting each other always in love. The very desire and zeal to be faithful and loving to one another is a light for the nations, a lightening of the planetary consciousness and the hope of your planet (at) this particular time. Thus, willfulness becomes willingness, and difficulty becomes a smoothly running river of love and light that cascades you know not where. One feels as a voyager would, going to conquer new lands, going to embrace the world with love and light. We find that you have in essence provided the answer to your query, in that it is, indeed, our observation that as your planetary sphere moves into a new sector of time and space that the increased love and light of that sector is felt as it streams through the web of energy vortices of your planet by each entity upon your planet, much as would the print on the written page be enlarged by the magnifying glass.

1989/06/21: (overview) It is said that our main goal or lesson is to learn to love, to serve, to give of the self to others. Within that silence there is a love and imperishable beauty, a compassionate wisdom and an ever-comforting pair of arms that will rock you gently through the cradle of this incarnation until the chrysalis that you are becomes, in fourth density, the butterfly. Honor yourself and let no man or woman take away from you your own knowledge of your own nature and birthright, for you are all made of love. We encourage people to love each other. We can only say that if one perceives that one is at the point where one cannot go on in partnership, it is not a negative thing, lovingly to separate. You may decide to accept a very sacrificial environment because you have decided to learn a very difficult lesson about love, that generally being that one loves the ideal, but one sees the shallowness and foolishness. It is difficult to love shallowness and foolishness, yet this is the incarnation in which you must make the choice to love and be of service to others. Therefore, if there is the strength within to continue loving despite the challenges of a troublesome mate, a good spiritual line of accelerated growth will spiral forth and you shall shine brighter and brighter. So, in solving a riddle that cannot be solved, such as the riddle of how to deal with someone who is despectfully using you, it is well to take into meditation this dilemma, not urging one or the other way, but asking, seeking, hoping for an answer that may be more unitive, more loving and more effective in making loving gentle relationships occur. For you wish to give glory to the infinite Creator, and no matter who you love, that you love is the glory of humankind. It does not matter if that love be twisted by another; it does not matter if that love be unknown or thrown away or despoiled. But in our way of thinking, we would simply suggest that in this very difficult illusion the main focus be upon centering oneself in love and acting out of love rather than reacting out of negative emotion. When you receive an impression as to what would be well to be done, act upon it in a loving and compassionate manner, for truly you are dealing, no matter how else it may seem, with yourself, with the Creator. Rather than causing him pain, you may witness unto him of the light and the love of the infinite Creator by refusing to be beaten down, by moving from love imperishable into action, by reacting not at all to the negative things that move about one, but, rather, to put oneself in a protective shell and move through the life as one who is not quite of the life or the illusion. Therefore, we ask that you gird your loins in situations of this kind, put on the armor of light and move out freely against any and all wickedness, knowing that love does overcome all things, and that all things besides love are distortions of love, no matter how depraved. Once you see that you have found the basic lesson of love which you are to learn, then it may become clear to you why you have been associated with this difficult spouse in the mated relationship. If one has the challenging relationship that tests one day after day, exhausts one, tires one, confuses one, then we suggest time alone, a walk, a meditation each day, a retreat to a beautiful place for the weekend, times when you—the entity who you really are—may sit down and contemplate the entire picture of your incarnational pattern that you may see a lesson of love you are to learn. Seek that love which ravishes and makes one whole.

1989/06/25: Shall you choose a Creator that is loving and giving, and shall you be loving and giving. The creation is made up of the Creator's thought, the great original Thought of Love that is within each. In others, willfulness has given way to willingness, willingness to work, to share, to love, to

that entity is clever, for cleverness can be devastatingly terrible—it is because that entity feels love. Love created all that there it. Now, when one loves another entity, one is loving a distortion of the Creator, the distortion caused by free will acting through many incarnations upon the personality of the one that is loved. True love occurs between entities when one looks into the eyes of the entity and sees not only the familiar self, but the Creator. We emphasize worship, worship of that which is infinite and invisible, that which loves without stint, that which may be seen most clearly as a symbol as the sun—radiant, generous and ever outpouring. Such generous love has your Creator for all of you, all of us, all of the infinity that is the creation, all of the illusions contained within that creation. It is appropriate to think hopefully, with love, and with trust. One must begin; one must make the choice to have faith, to have hope, to have trust, to have this cluster of words that can barely express something called love. But one does not, if one is seeking to emphasize spiritual growth, armor the self, blame the self or blame the other self, but simply sees that a process is taking place and that all is well, and love does abide, whether in the present or in memory. Entities in any walk of life, whether it be long or hard work in the outdoors or long and hard hours at the desk, are not hampered from dwelling upon holy ground and loving the Creator, for all that one does may be done specifically for the love of the one infinite Creator. And so a network of love, a web that grows, begins, and little by little, one begins to know more and more entities who love unconditionally that which they see of Christ, if we may use that word, or the Creator in you. Each within the circle wishes to learn to love and to love each other. Those who feel they are not doing enough for the most part are loving already, but they are blocked from their own ecstasy, from their own joy at love, because they see the illusion of work and toil, of shadow and arguments. Therefore, to encourage one's feelings, we encourage reminding oneself how much one loves the Creator or how much one loves the weed by the road, the tree at the top of the hill, the house in the middle of the city, the river as it meanders downstream. Anything that is truly, truly loved by a seeker may be dwelled upon, and as one does any chore whatsoever in life, one may do it and ennoble it because one does it for the love of the one infinite Creator. But let yourself feel, and you will find that as you love the Creator, you will begin to realize your other loves. There are things which each love, there are people which each love deeply, irrevocably. To be in touch with those feelings and to be in touch with a feeling of self-forgiveness about all that occurred or occurs between these two entities or between you and that particular career or thing which is loved, is simply the outgrowth of the original love which is infinite, intelligent and what you would call divine. Love runs through you as a river, and as you make that choice to leap into a life in faith and not look back, you do a great service to yourself and to the consciousness of planet Earth, which is improving greatly at this, and we thank each of you that is a part of that. One who is dwelling in love and doing that which one does for the love of the Creator moves fairly easily in this consciousness through the challenges of difficult relationships or problems, through wearying times, trying times, sad times and happy times, exhibiting always an awareness of that which is going on—we do not wish to speak like Pollyanna—but realizing also that beneath these daily occurrences of life and death within the illusion there lies an imperishable, infinite point of view that is made entirely of love. So it is always helpful to one who feels very tired, very disappointed, very downhearted, or very depressed, to visualize each chakra and open the self to the love of the one infinite Creator and allow it to rise until the heart expands and sorrow has had its day and the heart now sings with the love of the Father. Trust ever more in a kindly but mysterious Intelligence that is love. Trust love. Come to your safe place often and experience love from the one infinite Creator and love for the one Creator. But allow the means of moving from time to eternity to be personal to you, to be an object of worship and love, for it is the bridge of faith that moves you into the present moment which has all the resonance of eternity. For in faith, one does love others, one sees the Creator in others and, finally, one makes that move from loving the Creator in someone to loving someone with all the foibles, the character defects, and the aggravations. The first work must be done to forgive and love the self. The nature of any mythology is that which offers the model, the blueprint, which provides the seeker a means by which it might move itself in a

general fashion, made more specific by application, with the goal of enlightening the self with the love and the light of the one Creator in a relatively pure fashion. I know I can love her and I can be with her, and that's important, but I feel a little bit at sea as to how I can help her. To provide the loving words, understanding, sympathy and embrace is to make safe the relationship and trust which are most necessary for any assistance to be received.

1989/05/14: And those who suffer are those who bear fruit, therefore, each of you has chosen difficulties on purpose, not for your abstraction, disgust, apprehension, fear or worry, but for catalyst, that you may learn the lessons of love that it has been given you to learn to make the choice of service to others. Over and over again has come the same experience, the same disappointment, or the same betrayal, the same anger or the same love, the same difficulty or the same needs. Perhaps one is learning patience; perhaps one is learning to love without expectation of return. To love without expectation of return is a most important lesson to learn. If those about you are unable to deal with the fact that you as a seeker have become an actor in the play who writes his own lines, not one who mouths the lines given by mother or grandmother or mate, one simply does not be concerned that others are not understanding, that others do not seem to be loving. For the satisfaction of being a true, independent, metaphysical spirit is in the loving. It may be the scrubbing of a pot, it may be a great adventure, it may be professional work or waxing the car, but if it be done for the love of the Creator, then shall it be blessed and nothing shall be unholy within your spirit, your heart and your mind. For as you do all that you do, you do it for the love of the Creator, and adversity then seems much further off, much more distant, and you are strengthened by your faith and by your will to be yourself. You must stand upon your own two feet metaphysically and see that, yes, you are responsible, yes, you do not know why, perhaps, you are in a situation, but, yes, you have the faith that it is no mistake whatsoever, but what should be happening, and, yes, you have the will to endure, to love, and to serve. Do not be discouraging to yourself, but give yourself every encouragement as would a mother, and do all that you do for the love of the Creator. Yet those who seek to have faith do have faith dimly remembered, do have passionate love for the Creator, and they seek to reach that within themselves. Kindness and charity and hope and faith—all of these things are different ways of saying love, and that is the essence of your being, that is the essence of your Creator, that is the essence of creation itself. You shall one day be interested, rather than fearful, of what the day may bring, for the entity which rules himself needs little but the infinite Creator and the ability and opportunity to love others. However, over against this caution, we assure you that you cannot truly make a mistake, for whatever road upon which you turn, you shall meet your catalyst again and again until you recognize it, love it, forgive it and move beyond. We would now transfer in love and light. For each of you, my friends, is a complex being with various lessons, abilities, desires, blockages and challenges to face, all revolving about the concept of love and compassion. What would you advise someone particularly in love with someone since a long time and doesn't know how to deal with it anymore and knows it doesn't lead any place. That response, as you know well, is love or compassion.

1989/05/28: To some, it may seem as if the Creator is progressively against them (to) these or those who have not awakened to the catalyst being that which is borne as fertilizer to the ground of faith and love and service to others, that fruit may appear from the suffering endured and learning the lesson. Each of you loves each other. Each is beloved not only by the Creator but by those who have chosen to be companions within the life experience of this spirit. Those who are able to cross the threshold to the fourth density upon their physical death may move into a larger life, a life of glowing colors and harmonious entities, a life where all the lies and deceptions and the schemes and attitudes are known and loved and forgiven, and therefore are no longer needed as armor and are dropped; a density of understanding of each other, of being able to see which mate is truly associated with you and is truly to be with you, and in this instance we would refer to the query of the one known as P. The choice of a mate is most important, for one who seeks may seek much more stably, much more objectively, and much more creatively if that spirit is, shall we say, in harness with another entity which likewise is dedicated to carrying the cross of human-

develop your birthright of being a creator. This we know, for this He has shown to us again and again: that He created us in a vibration of pure love, and that He considers all of us as Himself. And so we tell you this, not knowing the ultimate reason, only knowing that reason enough for our infinite existence as entities within a loving creation exist and may be told to all. We come to give you a message of love. In many cases, it may seem as though this human personality of yours may never get, shall we say the hang of showing the Creator's love to others. It may seem that the possibilities of the situations which you are in are very, very limited for showing love. When the situation seems difficult, wait for a moment for the realization to come to you that in you is a spirit, and within that spirit is enough love to carry you through that situation so that you may show the love of the Creator.

1975/12/21: My friends, our purpose is to love and serve the people of planet Earth and throughout the Creator's infinite universe. The words which we speak are offered with love and as guidance, intellectual guidance along the pathway of enlightenment. My friends, man upon planet Earth presently stands upon the threshold of unlimited knowledge, unlimited love. You may not hear words, my friends, but you shall hear truth and love. In your moments of silence, you shall hear the universe speaking through the lips of the Creator the truths of infinity and love. Love moves in the darkness, and its energy brings forth the light. Each of you is formed in perfect love. And all that you meet are other portions of the same light, formed in perfect love also. Our presence, we genuinely hope, is of support and love. I will say but a few words through this instrument, and that is, my friends, that all that was created by the infinite Creator is what is known to you as love. My friends, through living out your existence surrounded in love, you may say that you protect yourself from all that you do not wish to experience. For, my friends, there is nothing stronger than love. Surround yourself in this love.

1975/12/21: We ask that you remember that the universe is not deadly serious, but rather is a universe of love and joy, of lightness and laughter. As all are aware, we are presently within a time, or shall we say, a season, of your year, and this season is one of great expectations of great joy and love. Jesus, as you call him, was a being who resided upon the planet Earth for the purpose of demonstrating a proper, shall we say, way of living, a proper way of loving. For no matter how much they were able to torture him and maim his body, he was able to overcome his oppressors with love. And with that same love he was able to demonstrate to all the great power contained within his love: the power over life and death, the power over nature. In a concept such as this, there is also truth, for is not the realization of the power of love redemption. My friends, the answer is love. The realization of love is indeed your redemption. But the awakening to the abilities and the power within the concept of love, indeed, was your salvation. But remember, my friends, the story we have told you of the love of the teacher Jesus: love, my friends, is what is important. Know the love that you possess. And through the knowledge you shall find the capacity to channel the abilities contained within the love. At that time, my friends, once you have mastered the concept of love, my friends, once you understand this concept, then shall you not also be capable of achieving that which the great teacher Jesus demonstrated for us. Love was the ingredient that caused, or shall we say, made able, these accomplishments. Not the being himself in physical form, but the love within the being. That love is also within you. Accept this, my friends: love is all. Love is omnipotent. Love is Jesus, and love is you. And all together, all of these loves combined, all of these beings combined, are the Creator. From the Creator we have come, and we are manifestations of His thoughts of love. His love being equal for all enables all to achieve the same. And we wish to all a loving and a happy Christmas.

1975/12/28: But, my friends, I believe I desire first of all to speak to you of love. You seek love, you seek to know the Father, and yet the Father is in each face that you see. Within the one known as Jesus was a sight which was of love. Those whom he loved could be described as harlots, tax-collectors, publicans, beggars; there were many sick and crippled. He looked with love. And, my friends, this vibration of love, this vibration of compassion will transform your life into that of the Kingdom of Heaven. Woe be unto the man who begins to feel that it is his love that is setting those about him on the

path of light, that [it] is his compassion that is such a light to others. Woe be unto this man, for the love of the personality is limited. In my humility I must admit I cannot be a fit channel for the love of the Creator. The Creator is love, and His expression is love. Yet to the eye within, the eye of love, this rock will be the shape which the master may carve from the rock so that it becomes a beautiful statue, a statue with beautiful lines and coloration, with all the potential of that piece of rock set free in beauty of line. My friends, within each experience you must and shall abide by guidelines presented as laws to you through the love of your Creator. Yet once you have arrived, you shall truly become aware of the presence within the love and light of our infinite Creator, of all beings. Be aware that the desire that you have to receive the love and the knowledge of the love of the Creator is all that is needed. Desire only love, for it is all things. Feel the love and the light in its physical incarnations within the creation of your universe. Meditate and listen; the love will be beating against your ears.

5 1976

1976/10/17: The Confederation of Planets in the Service of the Infinite Creator is indeed a brotherhood, my friends, and our purpose is one: to share with you our understanding of love. It is a difficult thing to love yourself and others in a totally trusting way. And this transformation occurs when a brother stops seeking a brother in love, and seeks only to rejoice in the Creator who is in his brother, be he a friend or a foe. People are not alike, yet love has created them all. And the Creator within them is lovable, is love itself, and can speak to you of love in the face of the most inharmonious aspect on the outer plane. Moreover, there is a great satisfaction on the love of a personality in, shall we say, vengeance or getting even. We speak often of brotherhoods and of love. Each individual must take upon himself the responsibilities of what you would call light, and that is to progress spiritually, and to allow the love to take form within you, and to be shared with those around you. It should be for the benefit of the Creator and all of the Creation, knowing that you are a portion, that you are important, and that you are capable of assisting (in) bringing about the love and the light in greater clarity throughout the universe. Call upon love, and we are there. For man upon planet Earth—those who are, shall we say, of a serious nature—is dedicated to absolving those experiences which are destructive to bringing about that day of love among all on your planet. Our love and light and that of the Creator be with you.

1976/10/24: Enter into the experience with an attitude of love, of love which contains no resentment or fear. Your love is also infinite. And if there is a reason that the white light and perfect love of the Creator was generated into what you have called the Word, so that entities may appear to people the cosmos, we do not know it. And you asked yourself, if you were put to the test, would you still know what love was. Whatever else you needed to do while you were here, your basic motive was to penetrate the things of this illusion with your discrimination so that you could see the love and the light, as you would call it, the heaven that penetrates all that there is. Meditate, my beloved brethren, you are all one.

1976/10/26: (Don channeling) ...in the love and in the light of our infinite Creator. For in this union, my friends, is all that you could ever possibly express in love. We are here, as have been many before us, to bring you good news1 to tell you that love and the thoughts that proceed from love are all that there is within the universe. For that form, my friends, is a form of total love. There is no one single answer to any of your questions, except the question with respect to the Creator and His love. We will do everything that we possibly can to aid you in your seeking of that which we all seek: to understand love.

1976/10/30: the love and the light of our infinite Creator. 1976/10/31: We have been created by love and we are love. In all things that are apparently so different there is an underlying unity and that unity is love. In all experiences that are so difficult there is an underlying understanding that unifies the disparity and that underlying essence is love. At your beginning and at your ending is love. That which is begun in total love and unity is divided and set against itself by the intellectual understandings of men. This and that and

not love. It is only when you allow your intellectual mind to become quieted so that your inner self may begin to function that you may begin to realize your connection with the infinite love of the Creator. That you may begin to feel that love flowing through you and making a mind of unity between you and your brothers, be they your friends, your enemies or even total strangers. Yet, the ability to send thought forms, or as some would call it, to pray, is a matter of simply, in a confident and quiet manner, visualizing that object or person whom you wish to help and then visualizing the white and perfect light and love of the Creator flowing from the Creator through you and to that object or person so that it totally surrounds the entity whom you [visualize.] This is all that is necessary. That purpose is to become aware of your true self and in so doing you begin to vibrate in harmony with that true self; that is, to vibrate within the harmonies of love. In all humility, my brothers and sisters, do that which is in front of you to do and love. Within your experience at this time love is but one of many, many descriptions of feelings and thoughts which you have. And it may seem a very distant goal to you that all could be love. Yet, that which you imagine fondly as heaven is nothing more than the final realization that all is truly love.

1976/11/07: You must render unto others that love that you find within you. Love one another and you shall indeed love yourself. But love not yourself and indeed you cannot love another. For you must know what love is from within you in order to share it with others. All things lead back to the same position no matter in what direction you turn; no matter what avenue of seeking you choose, it shall lead you back to the center of your being and bring forth from within you the love and knowledge of the universe. For in both states you are inspired by the Creator and His love which you have called the Word. In your solitude, realize first that you are in direct relation to love, and that this love is your whole existence and all else is the appearance of love. In your communion with others, realize that the blessings and the troubles are possible only through the relationship of love between you.

1976/11/14: It is only our desire to be completely open and free with knowledge and love we have come to know. And among these clues, shall we say, the most two important which we can stress is the practice of meditation and the practice of service unto your fellow man, which is in itself is the expression of love. All that is needed, my friends, is to truly love one another. A love which is not possessive. A love that is pure from the very existence from which it has come. Love, my friends, is much more than man upon planet Earth realizes at this time. For one who truly loves can look upon disease and one who truly loves can look upon all forms of decadence and view perfection and know that underneath or within that which is viewed lies the potentiality of perfect being, perfect expression. For, my friends, as you sit in your periods of meditation, as you love one another, and as you render service unto one another, from within your being is projected those energies which will flow throughout not only the sphere on which you live but throughout the universe. Energies of love attracting to itself like energies of love, each magnifying the other. With each little portion of love that you send out upon the ether waves, you have rendered service unto your fellow man. And you have brought unto yourself greater portions of love from those around you.

1976/11/21: (Carla channeling My beloved brothers and sisters, it is a great privilege to make contact with your group. My beloved brethren, love each other. Many of you have chosen to work with one another and to love one another in simple fashion. Accept all things freely and lovingly, and in saying this we do not mean that you must submit yourself to the onslaught of negativity. Learn to be able to be, shall we say, bombarded by all negativity and meet it with your own positive energies and with the love and light which resides within you and overcome that negativity, purify it, encase it in the light, and send it back from whence it has come with your blessings. All that you can do for those is to love them and to bless them and allow them to go their way. But service, my friends, comes only in love and love does not demand and love does not possess. Love does not criticize. Love does not place judgment. Love my friends, as this instrument has been told before, can be simply defined: the L is for luminescence, the O is for omnipresence, the V is for vacillating, the E is for eternity. Love is luminescence, the light within you; the omnipresence everywhere vacillating and flowing forever eternally within you and within all

your men who walk this plane of existence. And within each particle, within each molecule, within atomic structure that your scientist's observe, this love is and this love shall always be. Love is the most potent energy of the universe and it shall succeed over that which you call darkness or negativity. Know that I love you, that my brothers and I continually send you our love, our light. We are with you always in the light and the love of our infinite Father. It is indeed a pleasure to send forth this love in many forms and in all directions.

1976/11/28: That that one being is in a state of perfect love and harmony. And that our purpose in this and every experience is to more fully realize and understand the reality of that perfect love. And love them at all times as your Creator loves you.

1976/12/12: We say only to you that we are completely with you and send our light and our love to you. You must be aware that our basic desire is to tell this planet that love is all that there is; to let this planet know that the creation is the Creator's and that many, many within its infinity praise His name.

6 1977

1977/04/13: One person, who is sure of who he and is radiating the joy of that knowledge and who can reach out with his light will be of infinite service, as people always have been when they are able to shine with the light and the love of the Creator. It has been said that we are a voice of love. We ask you to lift up your voice also, for each voice that speaks of love and light to your peoples is a voice of great worth and of great beauty. Seek that love and light within yourself, my friends, and then share it.

1977/08/10: At the beginning of your cycle, your people were unacceptable, for there was a great darkness, a great forgetting, for all the souls that had begun in this cycle at that time had to begin with total lack of memory, had to begin in the darkness of total illusion to rediscover independently and of free will all of the truths of the Creator; all of the truths and of love and brotherhood; all of those things that separate the conscious awareness of the living soul from the instinctive rise of awareness of your animal life. All people are aware that it is possible to believe in love, in hope, in giving, in healing. The journey for truth, my friends, is a journey for love, a journey for yourself, for you are truth and love. The Word, my friends, was love. Love then formed gradually, step-by-step, all that the individual consciousnesses which were expressed by love at that time could begin to create. The universe has been peopled more and more by the individual imaginations and thoughts of all of those infinite beings that were created as part of the love vibration. It is our intuitive understanding that after the end of time, when all of the particles of infinite love have made the journey back to the Father, there will still be the Father. There is no beginning and there is no ending, but our universe is love.

1977/09/26: In understanding this, you can see that it is not the responsibility of anyone to point the fallacy of any path out to one who is consciously following that path with love in their heart. Though the path may not be the purest in your eyes, the love within their heart is. And that love shall eventually draw all to that universal point where all is indeed one with the other. The greatest law which you may observe is to love and respect one another as you would yourself; to love and respect the Creator within each individual. And in this way, you shall commune more quickly, in love and in harmony, with not only your brothers upon this planet, but with your brothers throughout the universe. For indeed, the universe in which we all exist is infinite in size and infinite in population as you would know. We have said to you love is all that there is. You must love your brothers and sisters. But, my friends, the beginning of love is the love of yourself as a whole and perfect being. Within you is perfection, wisdom and all the attributes of love. You begin to view your brothers and your sisters with something that does approach true love, for you will see, behind whatever manifestations may occur, that whole and perfect being that dwells perhaps very far beneath, perhaps very obviously beneath the mental, the spiritual, the emotional, and the physical clothing. As you go into the silence, know that you are within that which is love. We ask you again to understand that we come to you not to give you technology—for, my friends, you would not

cause the Creator had a Thought, a Thought of Love. Thus, the Creator created a principle, a Thought; it was Love. Love chose, out of all the ways to create, the particle called the photon. This velocity organizes and is the tune of love. It is as though there were one universe which contained one great principle, that principle being Love. The universe is one and expresses itself as love. It is, therefore, an entity of love and it must be approached lovingly. It may seem unnecessary in meditation to approach the silence as one would approach a lover, yet we ask you to sit and listen as you would listen to the one you adore, waiting with bated breath for that moment when you are aware that you and the Creator are lost in light together. You travel and are at your very heart moving within this light which has love as its product, love that is formed in such and such a way according to the vibrations of light that has formed all that is. You find yourselves attempting to penetrate the mysteries of your existence, which means that you attempt to penetrate the nature of love and the nature of light and the nature of free will which has created both of these qualities, the nature of the one infinite Creator, that Creator which has chosen to set in motion the creation as you know it, and the creation that lies beyond that which you know, that which rests in mystery. There is within each human heart the ability to express this acceptance in a direct ratio with the sincere desire to know what you call truth, for as you sincerely seek the truth of your experience and of yourself, you will find that all has the foundation of love and the qualities of light as it vibrates in a specifically defined field that gives you a framework or an environment in which to exercise your love. Thus, the creation has been made that you might play, as it were, study, romp as does the young kitten in the fields of experience that are made possible by the vibrational frequencies of the light which enfolds you and the love which empowers you. There is, in the relationship of human beings, the continual trading of the power over the self between various entities for a great variety of reasons, each of which has a relationship to the central theme of the incarnation, the ability to give and receive love under a great variety of conditions, therefore, the relationship that has as its foundation the complete power to exercise free will vested within each entity, each entity having a variety of lessons and services that it desires to perform, and therefore when it joins with any other entities there is the interrelationship and interaction that affects both entities in a manner which is described by the preincarnative choices that, in themselves, form the lens of which we spoke previously, that which is the subconscious predilection to see certain events in certain ways.

1989/04/23: The gift or service which we hope we have to offer to those of your planet is an ever-increasing realization of each entity's own capacity by will and faith to grow in love and light, to more and more become one with the infinite Creator and more and more to be a channel for an infinite love and an infinite light that humankind does not have in its native design, nor was ever intended to have. How would I prefer to accelerate my spiritual growth or aid another in its spiritual growth at this point?" This we hope is something that is never far from your minds through the day, and whatever you may ask us, it is an eye to the practical as well as the theoretical that we make our answers, for we are not those that simply say that the Creator is love and love is the Creator. That which is elemental is that which is made up almost entirely of the love and the light of the infinite Creator. Now, the relationship between you who are above and the plants and animals that are below is that you with your consciousness may affect that which is of second density, or even that which is of first, by your love of it, not because it is mechanically able to be predicted, but because it is life and is part of the one great original Thought which unifies all of us. The response to that thought whenever you see it, if you are centered, is to love, or, if there is not love in the artifacts of the moment, to do that which must be done for love's sake, your love of the infinite Creator. Thus, an interaction that you may have with animals, with plants, even with those things of first density, may invest them with more consciousness, more love, more beingness, until finally the consciousness that has permeated this life form which is so miraculous does not move back into the gene pool of that particular species, but has become individualized and has begun the walk towards the third density and full self-consciousness. Thus, we suggest that you heartily move towards a consciousness which thinks of the mystery of the love of the Creator; that your purpose in picking up each piece of paper, in doing your

chores, in doing the most menial of jobs, your purpose is to express your love of the infinite One. By your body you can only manifest the fruits of that which comes from within (of your] love for this planet and for each other and for the one infinite Creator. And it thrives upon your words of love and encouragement, just as you thrive upon the inspiration of the one infinite Creator. You are not the Creator, but your consciousness is one quantum leap ahead, and so it is as if you were turning back to help the little ones to grow as you speak to nature and express your appreciation, your heartfelt emotion, your caring and compassions and love of the beauty that is all about you. Desire compassionately to love each other, and much more shall be learned than the gazing at the order which permeates this local illusion. That which you seek upon this planet at this time is a consciousness that moves closer and closer to the one great original Thought of love. Ask with much intensity of hope and desire that you may be with the one original Thought of love. For you love that Creator, and you wish to do all that you do out of love of that Creator. It is a matter of getting the self, the questioning, curious, restless, gypsy self, put to one side long enough to sit in silence with infinite love. That infinite love is not far away. But may we say that at the end of third density, what we feel would be the most help is not physical, is not explanation of the order of nature, but rather an insistence upon a gaze at the spirituality of all that there is, the thought that each thing that one does is done for the love of the Creator. Anything that is done may be done for the love of the Creator. And as long as you are practicing that presence and the Creator is with you, all that you do, though it may be the most menial and undramatic thing possible, is blessed and appreciated, and you are loved. Indeed, if you do nothing, you are still loved. You shall always be loved. The only difficulty in third density, truly, is learning to trust that love, to rest back in the love, and to have the courage to return that love, although its recipient is invisible and infinite.

1989/04/30: Each day and night is its own entity, appreciated for itself, experienced for itself and action done for love out of faith. Those who feel that there is naught but love and light may be most distressed and confused by that which happens in the life experience which may be called traumatic or devastating. The Creator and you, together, have designed quite carefully the kind of lessons of love that you are to attempt to study within this life experience. It must bring back that which is unavailable, seemingly, and it must do it for the love of the infinite Creator. Have you learned to love the self and realized the consciousness of the self as blessed and holy... And when your personal myth, your personal journey has been enough refined—and we are not at that state yet, at all—you shall one day gather that consciousness in its purity, having burned away all the dross of illusion, and move once again into the uncreated love of the one infinite Creator. Encourage yourself in your pilgrimage and love one another. And although you need not believe in Jesus Christ or Buddha Christ or whomever, we ask that you have a consciousness of faith and live a life of faith to create that which you were born to be—a living string in the plangent tonality of infinite love. We thank this instrument and would transfer at this time, in love and in light and in the joy and in thanks, to the one known as Jim.

1989/05/07: If it is only thirty seconds as you lie in the bed upon waking and think to yourself, "Creator, I love You, I adore You, thank You for this day," you have begun speaking during this day to the one imperishable portion of yourself, that being the infinite Creator which is a part of each of you, which will enable you to take the material that the day's catalyst gives you and give you the resources to see difficulties as challenges and good things as wonderful gifts for which one gives thanks. When one has realized how much the Creator loves one, one begins to love back. It is easy to love the Creator. That love is unconditional. And so, in whatever form your myth takes, you must jump into it in faith, with no proof, with no idea where the road may lead, with terror; shall we say, and one then lives this way each day, each week, each month, each year, through the life experience, doing all that one does for the love of the one infinite Creator, and therefore becoming a portion of that one great original Thought of love. As you give to others, as your love of the Creator begins to manifest in your life in the cheerful smile, in the recognition within the self that one is self-forgiven, one is redeemed, one is holy and sanctified if one wishes to be by simple prayer. One begins to become a light to others—and it is not because

ing, ask oneself, “How may I indicate compassion, support, wisdom and understanding, and most of all, love. However, all these are things which one does with one’s mind in order to exhort oneself to an ever-deeper intensity of desire to focus and center upon the presence of the mystery of Love, that is, the presence of the love and the light of the one infinite Creator. If one is able to die, knowing one is dying, and recalling one’s faith in love, one’s transition is the easiest possible. This means that each of you is capable within this lifetime of achieving a harvestable attitude towards love. That is, each of you is capable of caring more for another, more for loving another, understanding another, comforting another, consoling another, forgiving another, than each cares for being understood or being loved or being consoled or being forgiven. This sacrificial nature of love, where one spends more of one’s time concerned with aiding others than one does concerned with aiding oneself, is a tremendously helpful way to move in polarization ever closer to the point where, when you do enter the larger life after the death of the animal which has carried you about, you shall be able to use the requisite amount of light from the infinite Creator. It does, however, have a validity, although this validity is limited, and one cannot move the entire journey to the Creator, as far as we know, without having finally to reverse polarity to the positive, for that is the truth of the creation: love, unity and oneness. Now, those who are unaware of a life in faith, those who have spent a great deal of time working to manifest physical possessions and loving those physical possessions, shall find it difficult to become those who care more for others than for the self, although if one withholds the possessiveness which one may feel for one’s possessions, and sees them rather as a gift from the Father, one may train oneself to think of oneself as a steward of the Creator’s goods. So, we suggest to each that during the lifetime one begin with the daily meditation to ground oneself in the Creator’s love and light, to focus upon service to others, to love oneself and love each other, and to have no fear of death, for there is no break in consciousness; there is no snuffing out of the flame of consciousness; the animal which has carried you about simply becomes unviable. Have you used rich colors and loving emotions. At this particular time in your density, many of you are hoping for, and some of you will achieve, harvest, thus going on to a more light-filled density, the density of love or understanding. If that is so, then the concerns of the higher self for that incarnation will be those of the new soul in a new situation which wishes, as always, to offer love. You are very, very important to the Creator and much loved. When you know this, perhaps it is easier to open the heart to love in return. As you do so, our best advice to you is to have lived a loving life, to have encouraged within yourself a consciousness of love in the presence of the infinite Creator. Or do you wish to live a life of love and faith. May you all find so much love for the Creator and for yourself that you can love others even more than you love yourself and see in them the infinite One. May you find that in yourself which is of faith and love and wishes to give, and through meditation and desire, nurture it until the tapestry of your life becomes jewel tones upon jewel tones and patterns upon patterns and you become a poem to give to the infinite Creator, the fruit of a life in faith—peace, love and joy; also sorrow, suffering and death. Gaze with love upon all, and when you gaze upon death, you shall think of the Creator, Its light, Its love, and you shall be instantly in a wonderful, beautiful place. This is the preparation we would suggest, the turning of the attention to love, the nurturing of the awareness of the Creator by meditation and by frequent, tiny thoughts during the day to bring one back to center. There are instances, however, where there is a final communication with those who have been the loved ones within the incarnation just completed. As I understand what you’re saying, most of us who are living sort of do not believe that we can actually communicate with our loved ones who are dead, but I also seem to understand that if we did, or if we attempted it in the right way, that it would be possible. This involves the careful examination of the life pattern, in order that the system of energy centers or chakras within the human physical vehicle might be utilized in a clear and lucid fashion that will allow the passage of the intelligent energy or love of the Creator through these centers without significant distortion. We can recommend that when this feeling of coldness is felt, that one might retire to the meditative state and find within that state the greatest degree and purity of unconditional love that one can within one’s being and send

his love to whatever entity or entities are responsible for providing the feeling of coldness, in order that they be bathed in your love as much as is possible for you to generate, and then this love may also be seen as light which you form about you as a type of shield or armor against further incursion. The desire to imbue each relationship and each activity with as much love and service as one can find within one’s being is that quality which shall provide the entity with the peace of mind, shall we say, in the ultimate sense.

1989/04/09: This is the radiance of unity, and in its promise lie the bloom of many kinds of qualities that may be considered positive and radiant—love, peace, unity, consolation, hope and joy. The positive polarity in fourth density is learning how to love completely, manifesting that love by creating a social entity of itself, that is, a single group memory. The fourth density is a density of love or understanding. All the lessons that you are learning now have to do with how to love the unlovable, how to accept the unacceptable, how to remain radiant though all of the negative seeming experiences of the illusion, how to refrain from armoring the self. Therefore, there are those of us in the love density and in the wisdom density which turn back to aid as teacher. But, in the sixth density, wisdom and love must be combined and it is wisdom’s final conclusion that we all are one. You are to make a choice in a seemingly negative atmosphere to be radiant and positive and loving, to offer the self as servant for all, to humble the self and surrender to that Self within, and in this you have help. The game, my friends, however, is too simple for most entities to grasp—to love, to smile, to have the light touch, to consider cautiously to reserve judgment, to encourage each other, to care for those whom you know who may need it. Yet, let us vow in whatever place we may be to pay attention, to see, and observe, and perceive that which our catalyst is attempting to give us in the way of lessons about love. Do not lose any opportunity to ask yourself in difficult circumstances, “Where is the loving thing to do; where is the love here?” Yes, negativity and positivity exist, and it seems prudent to both positive and negative entities to form alliances in the positive sense so that we may share in one higher self which is a common memory of us all. Gaze at any phenomenon and ask yourself, “Is it radiant and giving and loving and unifying or is it frightening and painful and difficult to bear?” Are you requested, or are you told and commanded. It is as well to accept, for now, that such is the case and to move always upon the positive path, thinking of others more than you do the self, giving more than you receive, understanding more than you are understood, being content to love. You are loved, loved most passionately and imperishably as the imperishable and unique soul that you are. Offer to the Creator a passionate life, a life filled with caring and giving and loving and sharing. Though it seems quite a foolish thing to do, the means is to enter, within one’s own heart, within the state of meditation or prayer and to find as much heartfelt love as one can generate and offer it to those that would wish one less than well, and to bathe these entities in this love and in that light and to offer to them that unconditional love from the heart which is so sweet and delicate to those of the positive polarity but which has the opposite effect upon those of the negative polarity. However, we must remind each that it is necessary that the intention for such a protection be not to resist or to cause the entities of negative polarity any discomfort at all, but to simply offer the heartfelt love to such entities and then to bathe the self in the armor of love and light and to offer this love as often as is necessary in order that the protection and wall of light be constructed about the entity in a pure and heartfelt manner. The ability to affect or remove these implants is present in those who seek to work in the metaphysical realm using the techniques of visualization and the, as we find you have called it, the laying on of hands in order that the healing touch of love and compassion might be directed according to the visualization which sees the implanted substance being dissolved by the intelligent energy which moves through the one serving as healer to the one seeking the healing.

1989/04/12: But remember always that you are here to love and to accept love, to be wise and accept wisdom, to feel the time, to feel the space that is the appropriate time for each thing. A simple prayer, the Lord’s prayer or a simple childhood rhyme, thus surrounding yourself with the love and the light of the Creator which you remember instantaneously and Who instantaneously sheds grace abundant upon you.

1989/04/16: Anything that is created is created first be-

be able to handle technology—but love. For, my friends, you badly need love. If all of you could love each other, you would refrain from your war-like efforts and from your defensive efforts. My friends, technology will come when you have love. We can only say to you that when you have love, you are joyful and full of energy and that which has been given to you to do you will do. If you do not have love, as it has been written in your holy works, all that you do will be hollow. Therefore, attempt at this time to find the love within yourself, and to reach out to your brothers and sisters. They come down from the mountain and live for the good of their brothers and sisters and for the love of the Father that gave them the life, the consciousness, the talent, and the will.

1977/10/27: And to touch each of you with the love of my brothers and me. That love is always with you, my friends. John was a fine young man, intelligent and well-loved by all who knew him. He was not in a state of love. And as this instrument would say, hip-hip-hooray! We are very happy for we are making good contact tonight and we appreciate and love the one known as M1 and each of you who are attempting to be our instruments, for we love those of your planet very much. But where it counts, my friends, in what you call your subconscious, if you are seeking, if you open to the good, to the truth, and to the beautiful, those qualities that are not qualities but merely the names of one thing and that one thing is love, will come to you. It can be a healing skill, for if you can begin to know that which is occurring, you can then offer your love and your light in such a way that you can mitigate the extremes of difficulty that you may have seen.

1977/11/02: We have talked with this group many times about love, many times about meditation. love... complete love... love... rather than love... for we do not wish to limit the concept of love to that of the parent of this child. But that love... love is that... Oxal is a stronger one and bears more of the, shall we say, stark power of love. That which we call love is the... There is no law but love... you cannot understand our love without...

1977/11/09: Man upon planet Earth is residing upon a testing ground of spiritual awareness; testing grounds in which he may grow and gain all of the knowledge necessary in order to expand into the universe and spread the love and the light, the truth and the understanding of our Creator. They in turn send forth to you emissaries of truth and knowledge and understanding and love. We are always grateful to you, we shall always love and respect each and everyone of you, and we shall always be here to help. We ask you to envision the energy of love all about you. Love is all about you. You breathe it in and you are a sentient being and you cause this love to have direction, my friends. And this love that you breathe in and absorb spirals up your energy centers—and we are aiding you and feeling this at this time—and the energy rises as smoothly as you have begun to open the doors of meditation. And as you become a purer channel, my friends, this energy rises more and more smoothly and becomes a pure love energy as you give it out as freely as it has come to you. We ask you to feel this energy, feel the unity of that movement of the love in the circle. This unity of love my friends, is reality. You are experiencing love at this time. Now, relax and continue to feel the energy coming in, being directed by the wisdom of your being, being sent to the group as love energy, and feel the unity.

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1978/03/27: The answer, as always, is love. Love is an atmosphere in which consciousness can be reinstructed in the original Thought. We offer you our love and our serenity and encourage you to seek those qualities in meditation. The environment is only a shadow compared to the power of love within yourself. Remember, my friends, you are the light of the world, as are all those who have consciousness of what you would call Christ or Creator or love. It is a feeling we are a magnetism of love that permeates those who seek it.

1978/06/26: We have witnessed the ebbs and tides as your life flows in the stream of consciousness and love and of the universe. Yet each step of the way we find relief, we find happiness, in knowing that our understanding has grown and knowing that our love has been multiplied. We of the Confederation share with you, above all things, our love. Yet, we are free to send them our love and our assistance for as they

would call upon their Creator, whatever that belief may be, they call upon us. And in order to do this properly you must prepare yourselves by becoming the being that you desire to be: one of knowledge and wisdom, love and understanding, one of strength and integrity. You live for love and enlightenment, for the fulfillment of your role in the creation of a perfect universe. I appear as the love in the heart of those who give. I am to be found by those who can recognize love. I am and you are the flame, my friends, the flame of love that burns and consumes. Love can only use you. You are the tool for love. You have chosen the path that consumes those things about you which are not love. When do you wish to become the flame of love, of joy, of light, of laughter, of freedom. We have only the process of love. We have only the knowledge that the flame, that the love is grace, is easiness, is strength.

1978/07/03: My friends, we bear witness to love. We bear witness to all that there is which is love. And why, my friends, do we come among you at this time to speak of love. We are then free, my friends, to love. Love of others is much easier, my friends, when you can see the vibration of love in each of your brothers and sisters. One by one, my friends, those things which you call problems are solved by the application of divine love shedding light, shedding truth, shedding enablement on the so-called immobile lifespans. We are aware, my friends, that in your daily lives you cannot see clearly that love is in everything. But you see, my friends, you can not without a clear understanding of love. It is extremely useful, for in it you experience emotions and situations which act as a catalyst in order that the understanding of your basic spiritual self may become tempered and toughened, thus producing at the end of an experience in the physical body an intense understanding of love. It is as though, my friends, in our vibration we can never truly practice our understanding of love for we see it clearly. Life and love do not come to you from us, from books, from on high. No, my friends, life and love come to you from within. Try to remember, my friends, what you already know: that all men are brothers, that love and consciousness dwell in everything, that all that is around you is alive and part of the creation which is love. And that is that they should love and share. But we say to you, my friends, that your purpose is to love and to share. The details matter not, but only the care and daily constancy of your willingness to manifest the love of the Creator. For we are all, when cut off from love, unloving people, unloving beings, my friends, with very few resources. However, the Creator is an infinite and invisible flow of love. And a portion of that duty is to share our love and our energies with those who visit with us. For we of the Confederation are here to love and serve man on planet Earth. For it is spoken within your holy works, “As you sow, so shall you reap.” To give service in love to another is only to assure yourself that when you are in need it shall be given to you. I am touching with you now and giving you my love and the love of all of those within the Confederation. We can only share our understanding of, as our brother has spoken, how to live the better life, the life of love, the life which is natural to you in a higher sense. In fact, my friends, this would apply to all of your established, so-called religions of your planet where the original manifestations of universal truth and love had become clouded by the distortions of men who with their intellect and with the help of lower inspirations have muddled the waters of the original truths. You cannot make a totally wrong choice for all choices are within the creation of love. We offer our presence, as we said, not to dictate but only to give the brotherhood and the love of all of us to you. There is no doubt in our hearts that we are all part of love.

1978/07/05: My friends, we always speak to you of one simple thing: the love of the Creator. We are aware that, from your horizon, this love does not seem to be accessible in many ways in your daily life. And yet we say to you, my friends, that this love is closer to you than your breathing; more easily accessible than your own hands and feet; more familiar to you than your own thoughts. This love was the pattern from which each of you was stamped. And that same love that made you each the same has touched each with a unique part in that identity so that the universe is an identity and a harmony at the same time. To what can you reach out, my sisters, so that you can make use of the knowledge of love. What dramatic inquiry can you prosecute so that you can demonstrate love in the court of your daily life. In daily use, love becomes worn and shabby. We always urge medi-

tation and it is simply because, in meditation, you establish contact with that part of yourself that understands the nature of love. No matter how worn and shabby your ideals, your actions, or your concepts have become, there always remains the eternally pristine side where love flourishes in its original form. It is a great trick of mental discipline to reverse your understanding of love so that the clean, new side shines forth through your actions and words but it is infinitely possible at any time for you to do so. Yet, what we urge you to do—namely, to meditate, to learn, to grow, to love, and to remember the Creator—would be quite senseless were it not for a continued existence in which you would be able to reap the benefit of your growing and learning. And slowly, my friends, your wisdom draws you closer to the love of the Creator. You, my friends, are rooted in love. Rooted in love, my friends, you may bloom at full tide and empty. Rooted in love, my friends, you may always be graceful, always full of joy. Rooted in love, my friends, you may see that beauty and feel that joy and those about you may, through you, feel and see that which is true and that which is real.

1978/08/09: May we of the Confederation of Planets in the Service of the Infinite Creator extend our blessings and our love to each of you as you sit in this group this afternoon. The understanding that we are one, and that our oneness is that of love, is the complete and total message that we have come to give those of planet Earth. That you are one, my brothers and sisters, and that the nature of unity is love, is the truth as we understand it, that we come to share. It is the desire, my friends, to share our love with others, the desire to be of service to others. For we are all one being formed in love. It is as though as if you sat in love and contemplation together. Your vibrations shoot off into infinite space as a collection of harmonizing colors and yet, remove that understanding one dimension closer to the Creator, and one sees only the white light of all embracing love. Love, my friends, with a purpose. Enter the love that is about you and is empowering you. But for yourself, attempt in love to seek that which you most truly desire. And the white light and love of the creation will be yours to use. When you come together as a group, what you will call love is generated, my friends. We send you love, my friends; we love you, and we feel the vibrations of love within you. We bring a message of love, a message of ultimate joy, meaning and brightness to the universe. We say only that they are lessons and therefore a part of a journey whose end is, surely and without any error, that of total love and total joy. Not of the UFO message as such, but only of love. Love itself, my brother, is our only message. They are attempting to become more and more individualized, thereby shutting themselves off from power and love of the creation. Those who attempt to accelerate towards the good are deliberately giving up more and more of their individuality and taking on more and more of the love and power of that central sun source.

1978/08/21: And all of those throughout the universe who have become aware of these energies and who are capable of assisting you have either come to your planet or send their love to your peoples. We of the Confederation have been given the opportunity to come to you and to await the moment that we may unite as one, serve one another, love one another, and then focus our energies and our love to serving those throughout the universe, as we have come to serve you. Yet we have found that there is truly only one law, that is love, my friends. You have been instructed—(by) all of the great teachers that have walked this plane that you call Earth—to love one another. Man upon planet Earth has an infinite capability to love one another and it is only begun to open those doors and to utilize this ability. Yet this progression upon the physical plane of existence is irrelevant to the progression of your ability to love one another. And indeed in many cases, it is detrimental to assist you to develop the ability of the consciousness of love, for man upon planet Earth becomes engulfed in his experiences. But each with the purpose of assisting you to learn how to love one another. For all have come for the purpose of love and the fulfillment for the desire of the Creator. But we have witnessed great conflict and unfortunately a lack of love for one another on your planet. We wish only to serve and love you and ask that you do so for one another. You know that the great principle of love is the heart of all learning. Without the understanding of each parent that the child is a spirit born in love, without the understanding of each parent that the center of life is in appreciation of the force and the beauty of life and the love

that creates it, education becomes an artificial and difficult matter instead of the joyful and spontaneous flow of information gladly asked for and gladly given. We ask you, my sister, shall it be better for you to refrain from aiding because you cannot be perfect or shall you go forth, armed in love, and use those things which you know and those abilities of mind that you have worked upon in this incarnation and do what you can knowing that while it is imperfect...

1978/09/04: Visualize this globe as being created by the love in each heart and by the unity of the group. The universe has been made up of one substance and that, my friends, is love. How can you find the love that has been lost in infinite separations. We have come to tell you the truth of love and the power of unity. Again we ask in order to strengthen the unity of the group's energy that each of you visualize a beautiful white ball of light that surrounds your entire dwelling place and in which you are all totally bathed in love. Only the unspoken concept of love is complete. The sign, my friends, being instead the power of one person to walk in another person's shoes; the power of love, to reach and touch when those you call your enemies are attempting to build walls. You can only love. If you can only love one another, my friends, that would be the greatest miracle of all. It is a difficult situation for a sensitive person, and we recommend that in your meditation you pray for stability and protection and feel the love that makes us all whole. It is our understanding that that which was the Creator is infinite, and when there was a desire for self-realization, that which was one Being took energy, which we now call love, and with this infinite energy created all that there is. In the infinitude that is eternity—and that is a hard concept to grasp we are aware—the polarity that was achieved by the Creator in His creation, when love came forth and made all the universes, brought about an infinite series of cycles; each beginning in comparative darkness and rising to comparative light. Whenever you realize that great force of love in your dealings with others, you have given love to the Creator. Now how, my friends, can you be expected to know what love is and how to give it. What you are is being brought to the catalyst of a situation in which you must then discover the best way of showing love. Therefore, the stimulus for emotional displacement by sorrow and grief, frustration and anger, is almost never felt to any great extent, and we have very little choice but to vibrate in love and in unity. You on the other hand have chosen, and are appropriately placed in, a situation in which love is completely masked in some situation, and you must from your own understanding of reality find the love within each being and within each situation, dwell on it in your heart, and thus correct in your inner picture the errors in your outer picture. Now in your heart, when all seems awry, it is your lesson to find the harmony, to find that 2 plus 2 is 4 and thus secure in your knowledge of love. Allow that love and that right understanding to illuminate the situation and heal what can be healed. Go in meditation to that place within yourself where the Creator is, and dwell in the love that is indescribable.

1978/09/11: Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many lessons that are about you and letting the realization of love flow into you from the Father. Please, my friends, know that the love of the Father flows throughout the cosmos on the winds of all of the universe to you, through you, from you.

1978/10/09: As always, we of the Confederation of Planets in the Service of the Infinite Creator send out blessings and our love to each of you, and we welcome those who have not sat with this group for awhile. This is not what we of Latwii will send you, for we wish to bring you only the love, the infinite and ever-present love of the Creator that pours to you like the sun pours its warmth upon your planet. You humans, my friends, with the creation of man, have built walls between yourselves and between you and love so that you experience the winter, and you become cold in your heart and can feel that the love is limited between you and your brothers and sisters and between you and the Creator who needs you. This, my friends, is the Creator's love. We ask you—find the key to love in yourself, in your daily life. I send my love to you, and my light.

1978/10/18: This evening we are far from you and are using transmitting equipment of our own design in order to share our thoughts with you, for we have, shall we say, business elsewhere on your planet at this time, as there are some of what you would call crises, and there are times when those of the Confederation of Planets in the Service of the Infinite

make that choice always at each beginning, at each turn in the path. May you leap into each leg of your journey with faith undiminished, ready to run the race in love, in joy and in hope of wisdom and compassion. Thus, it is not a matter of pointing you in this direction or that, this religious system or that, but rather, perhaps, we may say in a very general sense that those things which keep energy from pouring at full volume into the heart energy center are those things which are not of love, but are distortions of love, seen in the faces and voices of those who have experienced pain. Before an interaction takes place, ask the self what spiritual principle is being called upon in this interchange and what role am I playing within the dynamics of love within this situation. So does service multiply itself in love. Each entity who dwells in love creates that which it could not imagine by its mere persistence.

1989/03/12: (overview) Concerning how our (most importantly) mated relationships are perhaps a manifestation of our love for our self. And to carry this further, how all relationships that we might come in contact with, however brief or long, intense or shallow, might also be some kind of a manifestation of our love for our self. This leads to discussion of the thought offered by the one known as R that the mate is the gift of love of the self to the self. We are simply saying that the concept there embodied in the female being the artifact of man and man's desire not to be alone is far different than the original statement of the loved one as a reflection of the love of self for self. Thus, we must pluck from the concept of the outer world of experience being created by the self's love for the self, we must broaden the horizons of this concept, as the author of this concept rationally had already begun to do, so that it includes all that there is. And in that sense, the Creator gazes at the Creator and knows that all has been created because of love. All that is is a reflection of the Creator's love for Itself, and further, Its desire to know more about Itself, to communicate with Itself for the enlargement of Its personality and to learn that which seems to be subjectively true, beautiful and perfect, that which, unlike the physical vehicles of your density, is imperishable. Thus, as one gazes into the eyes of the loved one, one may upon one level try to remember that one gazes at the gift of love of God for Itself. You may well not love yourself. Indeed, all of the mirrors are distortions, in some way, of love, yet the catalyst that this distortion of love may bring is far from a joyful experience. You sit with the Father and Mother of All, infinitely available to all, infinitely loving and infinitely unable to speak. Each of you, then, by the changes made by meditation, may begin to perceive differently throughout a lifetime of sincere and openhearted effort in love, not duty. As one meditates, one is intending to experience firsthand the Creator and the environment of the Creator, which is love, light and eternity, all of those in infinite quantity. Meditation, taken daily, systematically and without the long, long meditations, but, rather, short meditations followed by the feeling of being strengthened, the mind begins to remake the basic metaprogram of the biocomputer mind in order that it may complete the process of integration so that one may become more and more a positive, unified entity, capable of a singleness of heart, a singleness of purpose, and a singleness of passion and love. Indeed, it does aid a person to be relaxed in order to meditate, but even the strong desire to meditate, pray, contemplate or worship has the desired effect; it opens a door behind which stands a Creator who will not knock, who will not ring the bell within the head, who waits patiently to be asked to come in, to join with the seeking soul and to offer it light, love, healing, peace and joy. Yes, indeed, my friends, the Creator loves, and all of you are part of what it loves, for all of you are part of Itself. All of the reactions which one has in love, about love, with love are shadows of the Love that created all that there is, the one great original Thought that is the Creator. We encourage you, therefore, not to see love in every face if you do not, but to take it into meditation without judgment, for you are as you are; each pilgrim, with its self-perceived strengths and weaknesses is unique. The Creator does not judge, but loves. It is self-love. We urge and encourage and exhort each to love each other and to see the face of Love in every face. We appreciate the illusion in which you dance and realize that it is not an easy task to continue your daily round of activities, which seem so burdensome so often, to then move the concerns from the daily round of activities to that which lies behind each activity, to that which lies within each self and each beating heart, to look for those clues of

the Creator; to follow that trail of love, no matter how trying the journey. We salute each and share with you that which is our love for the Creator in each.

1989/03/19: Each of you also is an awakening spirit, and each of you begins to awaken to the need, not only for food of the spirit, but for tools and resources, that one find the means of growing the wheat, of removing the chaff, of grinding and breaking that which is hard within you, that the newborn spirit, that the wheat, that the gold which you have made and found within yourself may glow and become a channel for the love and the light of the infinite Creator. We feel that it is a kindly universe, a most loving and loving and beloved Creator, and we find that our fates, as far as our teachers know, are most benign, and that our end is never; that we are imperishable beings, created to be the active portion of the one Creator, cells of an infinite Mind, which learns about Itself because of the interaction of all of us, all of you, all those of your sphere, all of your galaxy, all those of the billions of galaxies that you may see, all those in the infinity of the illusion of this octave of experience. We come to say that there is one great original Thought; that thought is Love. Not a love as you know it, but a full and complete love, a love both beautiful and terrible, the love of the Creator to know Itself. In that love, It created by using free will that which is called consciousness, self-consciousness, shall we say. We come to speak of a love that is so great that it does not run out. We come to urge each to participate in that great original Thought of Love, for the more that one participates in the great original Thought, the more one's point of view regarding the mundane and everyday experiences of the life experience become infused with the light of the one infinite Creator and the compassion that is felt by the Creator for Itself, all parts of Itself, those who love the dark as well as those who love the light. We ask you not to be discouraged on that account, for the work that you do in consciousness by meditating and listening is that work of the will, the will to discipline the personality, to change willfulness into that phrase from your holy work, "Not my will, but Thine," in other words, not the will of free will which is various, but the will of the Creator Self which is a will to love. Do not allow the intellect or the instinct to rule the behavior, but turn again and again to the glory, the unity, the peace, and the joy of the presence of the one infinite and mysterious Creator; that Thought of love which created all that there is. Ah, my friends, what a jewel rests within you, what light, what love! You are unique, each of you, unique as snowflakes. You would not be here upon this planet within an incarnation at this time if you did not have a good chance of choosing to be of service to others to the extent that you polarize enough to graduate from this density to that density of love and understanding where the veil between the conscious and the conscious mind is lifted, and much is seen and understood that can never be understood within this illusion. The fourth density is a density in which one refines one's ability to love and one's knowledge of love, one's ability to be love and one's knowledge of being love. We hope that you may again and again and again choose love and serving others over that love which takes, controls and manipulates. May you spend your time with the Creator so habitually that this becomes a resource that you may become a channel for the love and the light of the infinite One. And then, my friends, you shall shine like a lighthouse, like a beacon, for you shall be a channel for love, that which does not stop, that which is infinite. We would suggest that the greatest protection for any entity in any situation is to see the self and all other selves as the Creator and to have as the foundation stone of any interaction between selves a true and heartfelt love for the other selves. Whatever actions may then depend from this basic attitude of love, compassion and acceptance may then proceed within the boundaries, shall we say, of the greatest protection that is possible. For to those who move within the ways of love, there is no fear of any other self, for all is seen as the Creator.

1989/03/25: The closest we may come to the active principle of that one great original Thought, which is the Creator in its active phase, is that inadequate word, Love. Consequently, that which one has faith in, if one must have faith in everything, is Love Itself, that which creates, that which destroys, that which is wonderful, that which is terrible, that which is all that there is. Divine and creative love is a great mystery. A person of faith will, by centering oneself upon the first and great original Thought of Love, attempt to listen to those interchanges which come to one, and before respond-

is experienced in sufficient quality, shall we say, there is a natural setting up of that which is not accepted as well. For as one defines that which one may accept and accept in a loving manner, that which does not reside within the definition in some degree partakes of that which is not accepted. As the entity begins to explore that which is accepted and that which is not accepted and begins to conduct this exploration in a conscientious fashion in an ever-widening reach of the life experience, illuminating those dark corners of the consciousness, the entity will find that there is a closer and closer connection between the self and that which has previously not been accepted, so that as this process continues, the entity is slowly able to expand that realm of that which is acceptable and that which is loved.

1989/02/19: Over and over again you shall receive lessons about that one great subject which you all came here to learn, that is, how to love. How to love is that which you seek to know, because the very nature of the Creator, as closely as can be defined by your words, is, indeed, love. Love made manifest is the creation. The way to move into a more interesting classroom, shall we say, than the one in which you now exist is to learn to love enough so that you think about the concerns of those whom you love just a bit more than you think about your own concerns. That is, the work you face in this particular classroom is the work of wholehearted and sometimes sacrificial love. Inevitably, then, you are constantly moved into situations where it is difficult to love. Love comes from within the self. That which is described as love, that which moves in and out of the pattern of light for each in relationship, is that poor analog of love which is imperishable, which is that which is possible to that human animal with spirit which you are. That is, you will be unable to love at all times; you will run dry; you will fail. Eventually, each spirit decides to seek a love that is greater than the love it has been able to manifest, that it may know it and thus manifest it. This is the true end of humankind—to learn well enough how to love that death from this illusion rises to life in a far more lovely and more challenging grade of study. You are here to make choices, and you are here specifically to make one central choice—to honor and worship the Creator within you and you within the Creator by serving others, moving towards unity of self with all others, moving toward peace, concern and passionately held ideals, or controlling others for the good of the self, manipulating those about one and making choices which separate one from the loved ones, from the society. But the way of service to others is very straightforward about its ethics, and perhaps these ethics may help as you seek to learn the lessons of love in this very difficult and challenging illusion of yours. We prefer to call it Love, to be careful in our delineation of our understanding of the nature of the Creator. The active principle of the Creator is creative Love, that which makes all that there is, that which takes all that there is back into Itself, that which is intensely curious about each thought and action and choice that you make, that each of you is the Creator, and through you the Creator learns about Itself. Thus, Love is the second priority in ethics. The third thing that was created by the active principles of creation, love or Logos, was the photon, that so-called particle-wave of yours which light is created from. In a situation which that particular ethic does not address, one gazes at the situation to discover how one can best express the love and the light of the infinite Creator. Some things are reasonably moot or arguable, yet a patient waiting and asking and listening within the inner realm of silence and meditation will yield for you the bias of feeling of compassion and love that will enable you to address the situation. We would now transfer in love and light to the one known as Jim. This is the movement of consciousness into that density of love and understanding which it is our honor and our privilege to inhabit. Thus, the wisdom density, the fifth density of light, is that which seeks to create a form through which service might be offered in both a wise and a loving manner. The density numbering six is that density in which the unity of the Creator is again approached as love and wisdom are balanced, each with the other, and that which might be called a spiritual power is gained, the power to be of service without the infringement upon the free will of another.

1989/02/26: We join you in honoring and praising that infinite Mystery, whose face is love. This particular experience which you enjoy at this time may be considered the dimension of choice, for if the face of the Creator is love, then a response of that created one to love is also love, yet it may be

love of others or love of self. The choice is to radiate the love of the one infinite Creator or to so magnetize the self that one draws into the self-control, and becomes as the Creator, using each other spirit as power for the self. We are aware that each within this dwelling and this circle at this time has chosen the path of service to others, the path of radiant love. Perceptions are hierarchical, in terms of survival being the first consideration of any entity, concerns of the self being second in importance, concerns of relationship being next, concerns with society being next, and all of these things coming before that which is the first purely spiritual concern, that of opening the heart, not to one or another thing, but in terms of strengthening, empowering and (crystallizing) one's authority as a channel for the love and the light of the one infinite Creator. Either it is gilded with a loving hand, to emphasize its beauty, its depth of meaning, its poignancy and its truth, or it is simply blocked and segregated as that which seems too self-destructive to allow within memory or to be healed at that particular moment in space and time. Now you sit in the midst of the greatest decision you shall make within the entire octave of experience of what you would call men and angels: the choice to love or to be obeyed. Once you have made the decision, it then becomes your task, "if you wish to complete it," as "Mission Impossible" would say, to choose ever again to give, when you could receive, to console, when you yourself need consoling, to care and feel and love when others turn away in scorn and dislike. When you have graduated from this classroom, learning the first lessons of love, then shall you, in what some have called heaven, and others, paradise, enjoy a somewhat more comfortable atmosphere, yet you shall not be without your work, for you shall be learning. That is the essence of the soul, for the soul is the stuff of which the Creator is, that being love, combined with free will. He then broke it and offered it, saying, "Take and eat this in remembrance of me." And so, too, with that wine which was the usual libation in that less than cleanly age, "Drink this in remembrance of me." This entity did not wish to be remembered as an entity, but as a channel for that which flowed through the entity and transfigured it, the love and the light of the one infinite Creator. The effort needed to put into place a structure whereby one may give daily thanksgiving and remembrance to the one infinite Creator is a structure each must choose for himself, yet we say to you, that if you wish your imperishable self to rise as quickly as possible into the light of what you would call the Kingdom of Heaven, the greatest tool is daily remembrance of that great Thought, whose name in your language is love. Love has created you. Love sustains you. Love that is alive and caring and with you, guides you, aids you and protects you. This power descends upon one who has surrendered the free will of variousness to a far more impersonal kind of will, that deep will found within the self for good or service or love. Thus, if you are seeing the same pattern over and over again, you know that there is a lesson of love in this pattern, and that the answer to this pattern lies along lines of the seeking of love within that pattern. Once this has been done and love has been found, the pattern is balanced, and one may go on to the next lesson one has offered oneself for the learning. We hope that the one known as R grasps this and is able to, after assimilating this information, move forward in the freedom of its own choices, its own study and its own progress towards a more perfect, true and whole essence of remembrance, to a more entire identity with the Creator, the Soul of souls, the Self of selves and the Love of lovers. Besides love. However, there is a desire on the part of the Creator to know Itself in Its fullness, and as It knows Itself through Its creation, to love that which is created, that which is experienced. Thus, this desire to know and this great, overwhelming feeling of love may be seen as the equivalent of emotions, in your terms, on the part of the one Creator, as far as we can ascertain.

1989/03/08: Our hearts are filled to overflowing with the joy of your presence and we love and bless each. It is, within the illusion you experience, as much a family matter as concern for your relatives, and upon the level of seeking, replaces one's concern for any loved ones.

1989/03/11: We would not call it anything more specific than love, for love is the closest word you have in your language to the terrible, awful, beautiful, creative and infinite love of the infinite One, the Father and Mother of all that there is. Far more shall you learn if you seek to suspend all disbelief in love, if you leap into love, whether it is a void or whether it is full and can hold you completely, you must

Creator must group together in certain patterns of thought and form in order to maximize the sending of love to those troubled peoples upon planet Earth. Each atom of love, shall we say, is infinitely strong. We do not ask you to pray for peace but only seek to be loving by yourself and as part of this group which functions as the light center, and that light will help. Each of these things, my friends, is a creation of the Father, and each act in service and love and in balance expressing that instinct, that which is love. And thus, in your own strength and your own freedom, you have gone, as a race, and have created a world which does not, in any great extent, express the love and service that is the essence of the Creator. That which it speaks may not be expressed in words or many, many times in actions, but only in a sense of wholeness, of harmony, of balance, of that simple thing which we call love that has created not only us, my friends, but all that there is. We ask you to contemplate, my friends, those two creations—that of the Creator and that of the sons of the Creator—and you [to] ask yourselves which expresses love. And further, to ask yourselves how that love can be translated into the creation of man. For each of you, my friends, in each day, can express love in the creation of man, for there are no walls so high that love cannot express itself through. There are no doors that cannot be opened with love. And you have that love, my friends. It is yours because you are part of the Creator, and the Creator created you in love, and there is that within you which is perfect and perfectly expressive of love. We, as each of you are aware, do not consider that we ourselves are authorities on the truth but only those who have reached our hands out to you in love to generate a desire within you, a desire that may take spark, so that you desire to find out for yourselves what is the truth. We thank you for this opportunity to share our thoughts with you and assure you that it is a very great privilege to tell you that love is what we feel for you, and that is why we are here. What is perhaps not known to you is that groups of people in light centers like this one, meditating in love, have managed to alleviate not one but several series of your earthquakes, especially those in your western coast, so that smaller earthquakes happened in quick succession, none of which did the great damage that one earthquake should have done. We have for several years been alerting light groups like your own to the possibility that meditating in love could alleviate the great stresses of the Earth which are manifesting due to the built-up consciousness of the planetary mind over many generations. To pray, shall we say, for California is not what we ask, but rather, simply that you concentrate on being a loving person and sending your love to the planet as a whole. The planetary consciousness becomes lighter and lighter as it receives the love generated, first from that central sun which is the Creator, but then flowing through you persons of free will on planet Earth (who) have good wishes for all on your planet, and the Earth itself begins to feel it. We do ask only one thing, and that is that you and all of those in this room attempt to know who you are and what you wish to do, and do it with love. To help them, you cannot pray for them but only attempt to become a pure vessel, shall we say, of that which we call love. Love is that which is indescribable. Thus we ask that you find love within you and then open those eyes which are windows to that love, and let it shine forth to the best of your ability. Questioner I understand that we have a very limited way of knowing creation, and I know that the channel you are using is probably a little tired from making contact, and I appreciate the love in which you have answered my questions. But love itself, my friends, we take very seriously. You have your choices to make, and they have not to do with karma but with love. Forgiveness is another word for love of that who seems to be an enemy. To love completely is to be free. To love, it is truly said, is to conquer. In alleviating the karma of another, you have shown the greatest love one can show. To forgive is truly to love. Pull back, my friends, until all you can see is the vast creation of the Father, and let you then know that all within that creation is love.

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1979/09/06: It is a great privilege to speak with you this evening, and we have been requested to do so by the group consciousness known to you as Hatonn, who again at this time has been stationed over your Oriental skies, as you

would call them, in order to attempt to send vibrations of love and peace to the leaders of those nations, for there is some danger at this time to your peoples that national tempers will rise to the point of armed conflict. Thus, the entity known as Hatonn and we of the Confederation ask that you meditate upon the peace and harmony of the creation of the Father and send those vibrations into the planetary consciousness at the end of each meditation, for the world needs your love at this time very much. The power of what you might call faith or love is so great that even a small group of people, (can be effective if they) are genuinely concerned and give of themselves in prayer and meditation first of all to seek the truth and secondarily to send love and light to those who are in need and to the planet itself. Yes, my friends, there is a law and that law is love. But when they are interpreted literally and rigidly and do not allow for compassion, understanding and the redemption of love then these laws are harmful to the spiritual development of the individual. All of these ideas of mankind are erroneous, in that the appearance of man, the habits of man, and all of those things which go with a cultural upbringing are merely window dressing for that which is deep within the heart of each man, and that is that spark of love which is the divine Thought which created him. Some seem to be taking a vacation from the journey to the Creator or even taking side trips in which they are getting farther away from the love of the Creator. If you are unable to tolerate a person, as understandable as it may be, you must still continue to meditate until you can see that person as the Creator, for that is the law of love. You have upon your planet many who do not understand nor wish to seek the law of love, and it is indeed hard to imagine being able to love some of these people. And you would have dropped a seed of love; whether it fall on stony ground or on fertile soil, your service would have been accomplished. Thus we say to you, know the law of love and understand that it supersedes the laws of mankind. And if you can apply the law of love in any situation, do not hesitate to relax your grip upon the laws of men. And it is within your own heart, through the grace and power of love, that you may forgive yourself and others when you find yourself or the people in error. But we are aware that we can only do just so much, and then we must relax and let our thoughts drift towards the golden love and light of the infinite Creator. You can be an actor, totally lost in the drama of your existence, or you can also be in the audience watching the drama, understanding what there is to understand in each situation and finding the comedy and the laughter that is inherent in the ridiculous assumption that a soul could take on a heavy chemical body and move about and find the importance of things like money, possessions, homes and all of the trappings of your society, when the only important things are love, compassion and service to others. Thus, we ask you as often as possible to meditate and find your unity with the Creator, and in that unity seek to know the love and the sweetness of that unity. And if you can feel the beauty of nature or of man's inspiration as co-creator with the Father, such as music, painting, architecture and the written word, you will come that much closer to an understanding of the love that is the original Thought of the infinite Creator.

1979/09/13: It was not granted to all that applied and to those that won the approval of the Council there still remained mixed feelings, for you knew what you must lose in order to enter such a dense and unloving vibration as the Earth plane. In other words, my friend, you, like Moses, have been attempting to lead your people through a desert towards a promised land of love and light, which you can see clearly in a distance and know as a reality, but which those around you either doubt or disclaim completely. Even if you do not lead your people into the promised land; even if, as some have rather crudely put it, you cannot save your planet, you have shown by your life and by your works to the best of your ability that love and the light that awaits those who praise the truth of the Creator's love. And if you have the realization that you are constantly in the holy tabernacle, dwelling in serenity and intimacy with the Creator, which is the spirit of love among men, then you will be able to bring that holiness ever so quietly into the atmosphere about you. Its people are becoming more and more polarized, are desiring to stand upon ground which is not holy, are desiring to distract themselves from that which may be of depth and meaning to them, so that they will not have to think of the consequences of being unholy, unkind, ungenerous, unloving. My friends, you love one another, and you truly try to love those with whom

you come in contact. Be concerned only with the amount of time that you spend dealing with individuals upon the sturdy and heartfelt basis of the love of the Creator. And by learning these lessons and learning them with love, you and your powerful personalities, well schooled in love, are raising the planetary consciousness to a goodly degree. But that when you lean upon the spiritual truth of love, love will live your life and you need only follow the path of love. That which love has for you to do will be governed completely by the capacity of the planetary consciousness to absorb the love which you have to give. For they are simple and open and understand love. For this is what you came into this world to share, the joy of living under the highest law, the law of love. We wish you the greatest of peace and strength and confidence in your day-by-day attempts to express this love in your life, to show this love and this joy in every smile and laugh, in every refusal to be bitter, in every forgiveness and every forgetting of a wrong. For indeed, there have been many more who remembered the love of the Creator and served that love in their lives than we ever expected or hoped for when this planet was seeded with people such as yourselves who lay down their lives for their brethren, in love. For we are attempting to send (words) of peace and love into the leaders of those in your old world, those in the Orient, those in what you call Russia, those in the Middle East. For we are those who love, and love breeds sadness. We are afraid that in the vibration of love as we know it, there is a dynamic of joy and sadness. For those who love wish only to serve others, and when you cannot serve, you must then feel sad. Perhaps that is the hardest thing about loving, is to know that you cannot change people, they must come to you, they must be ready, then the seed is planted and joy begins again, in new ground. As we said before, it can be by smiles, by writing, by singing, by touching, by all the ways that you can show love. That is a great act of love. You may feel that you are not helping by listening, but if you listen with love, you can be the transformative element in the equation. That the weather be asked by your higher selves to be calm, that the leaders of your world be asked by your higher selves to be in peace, in love, and harmony. It is simply a disappointment, that we cannot share the Creator and the joy of His love with all people who have that joy within them, waiting to be (unblocked,) waiting to be unlocked! But it cannot be if the person does not desire to use the key. You may depend upon it—in the months to come and the years to come—to witness with you and to send our love and support (for) your own program to give love and information to those who desire it on your planet. And when you have determined whether your ego or your love was working, adjust your behavior accordingly. But most of all, you must have the confidence to realize that you know the score, and that you are too much a student of life to allow something that has been a rather beautiful and loving existence up to this point (to) become marred by excessive egoism.

1979/09/18: It is only due to the meditation of those sending love and light to the planetary consciousness, that the many, many natural disasters of recent years have not taken an even greater toll in lives. And what is the creation—but love! And what is love—but unity! Thus, it is absolutely inevitable that where your peoples have accepted the fundamental dicta of government, society and culture, regarding differences in ideology, religion, social behavior and other artificial walls, you will have endless and proliferating polarities. For it has been written in your holy work, called the Old Testament, that the Jewish nation should always love the stranger in their midst, for were they not strangers in the land of Egypt. Others of our brothers are sending vibrations of love to the leaders of Russia, to the leaders of each of the countries in Egypt and to Israel. Thus, we are working with them, sending them love and thoughts of peace. But the polarity between all of your peoples and your peoples' ability to be separated from the love of the Creator has become so marked and noticeable that now those countries with oil have become very strong, for other nations wish to destroy... In love and light, I am Hatonn. You do not have to carry them, you need only be the best person that you can be; love the Creator with all your heart and let your heart touch others in a spirit of love. That talent is to show the love of the Creator. That talent is yours because you have studied and learned and loved through many lifetimes. It is that your role in them is to love. No matter what may occur, your role will be to love. You have loved and remembered both the Creator

and your mission. So we ask you to pick up your heels and be as loving as you really are. But each time that you can, neutralize a negative feeling and replace it with a conscious love that comes from knowing who you are, what love is, and whence love comes. And you will do what you can and you will love as best you can. Seek always to know the heart of the present which is love, and you will not be openly disturbed because your mission is taking a turn you did not expect. We encourage you to be a good heroine in that movie, to be as wise as you can be, as loving as you can be, as analytical of your own faults and as confident of your own virtues as you can be. Whatever the rest of the planet may be doing, you can be co-creator, yours can be the imagination and the love and the individuality that others may lack. Do not become entrapped in that illusion, but remember always the original Thought of the Creator, which is love. Act only upon your ideals, on your faith, and your love of the Creator in your heart. All these things are neutral, if in your heart you remember the Creator, and you love one another.

1979/09/27: We are with you in love and love is a universal language, so that it is very difficult not to make sense, no matter what instructions or sentences we may give you. For there is almost no way that we can send you a thought which is not full of love in one way or another. Carla Is it light, perhaps, and love. The emotional property called love, the physical property called light. You mean more love, less light. Carla Is the state of being in unity a love and light in equal portions, forever expanding outward. (Pause) Carla Is less love and more light then the beginning of the great cycle of experience, causing intense vibrations. (Pause) Love is light and light is love. There is no reciprocal relation between love and light. Carla When a healer or metal bender uses his ability for action at a distance effect, is he temporarily leaving the mathematical and physical world of space/time and entering the metaphysical world of love. That state is a state of what you would call intense love. Carla There are then no mathematical ways of describing how consciousness in a state of intense love can enter into the mathematically described universe of space/time. Carla Then the link between love and light, love in a sense of consciousness and light in a sense of the reciprocal system, is the photon. Love is the consciousness that is the vibration Carla Yes.

1979/09/27: At any one time, there is a great pool of unconscious love spreading forth from the Creation as brightly and indiscriminately as does your sun spread light to your planet. Because of the Creator's love of you as that of identity, the Creator loves those parts of Himself, which of their own free will are traveling back towards Him, however slow or fast their trip may be. He loves Himself as He must. In that same poem in your holy works the one known as David exclaims, "How excellent is thy name in all the world." If you can but feel the closeness of the Creator, the reality of the love of the Creator, so that you too wish to exclaim how excellent are your works, you may feel then a compassion and an understanding for the unhappy creations of man, which have so complicated your picture within your chemical illusion at this time. You as people have a great responsibility for you are part of a planetary consciousness which desperately needs those who can love rather than feel negative feelings, who can feel compassion rather than judgment, who can be a mirror edged with (hope) rather than a black hole, sucking all that is good from the creation by sheer gravity. For the road can only go one way and that is towards knowledge of love. Giving love, giving a kind ear, giving a gentle thought, perhaps simply giving a refraining from negative answers and above all, remembering to sow the seeds that the Creator has given you to sow when you feel that the ground is fertile. We ask you to use your talents in love and in compassion. You must go beneath the surface and find the world of the Creator and the law of love which totally annihilates the world of man and the law of power. For it is our desire not to interfere at any time with the free will of those who dwell upon your planet, but only to make available to them our love and our thoughts. I am very glad to be with you and speak to you in love and light. We are on watch here cataloguing the various vibrations of that plane and from this point we look upon your peoples with great love. We send you that love. If you are unhappy with what you see, the only alternative is to learn to love it. Only love can give you that divine understanding and only meditation can give you access to the original Thought of the Creator which is that love.

1979/11/03: If you could only see the number of people

ment does to provide for those he loves has taken its toll in the sense of enabling spiritual growth by allowing work of such a nonintellectual kind that the mind is free to move into a relatively meditative state at nearly all times since there is not a large portion of the intellect involved in challenges. The instrument needs the protection and the reminder of the faith which creates within the instrument the love necessary to banish those influences which would speak of negativity. Simply the loving of those which are hard to love, the smile to stranger as a charity to those who need it. Others have more dramatic ways of being channels of love and life. Some are healers, some are teachers, some are simply wise or loving.

1989/01/29: It is also that which you call the Creator, for it is out of that which you call the Creator, out of that great singular consciousness which we find we must call love, since there is no stronger word for this feeling in your language, that is your being. What we suggest that each entity does, basically, is to put the individual self back into perspective as a portion of the great unified Self, which is love. That from which you sprang, that one great original Thought of love, had, through the use of free will, made one choice, that being self-knowledge. However, there is a bias that has been set in place within this density, which does, indeed, tend toward a suggestion that the Creator, being a Creator of love, has created in the path of love for others, a path which is more easily and joyfully taken than the path of service to self and control of others. We may recommend for those who are at the beginning of this path that the first step in such a path is not to be of service to others, but rather to know and love the self and come into communion with the self so that one becomes to oneself the individual that others are to the self, but the self seldom is. It is most centrally important to forgive and love and care for the self in a nurturing manner in order that one may love one's neighbor as oneself, as it is said in your holy work, the Bible. How can service to others be performed by those who do not love the self, for all other selves are in truth as the self. All are beloved and intimate, for all are brothers and sisters of one infinite Creator whose expression to all of us is much, much love. This Creator is most interested in each, tastes and relishes the experiences of each, and we, in return, those countless brothers and sisters of the creation, move evermore intently toward reentering that same awareness, which is the consciousness of love itself. The act of meditation opens one to the experience of the Creator in a worshipful or personal manner, that is, one awaits and listens for a dear friend or a beloved one, one has the feeling of intimate expectancy. This is the beginning of the listening process, a desire as if (one is) before a lover or one who would read a beautiful poem that meant a great deal. The mated couple which has managed to clear away the many petty disagreements of everyday living and has agreed to work together may greatly intensify and accelerate the process of spiritual work in consciousness because one who is supported and loving, but truthful and honest, is a far better mirror than that one made of glass. Indeed, it is a great service to be a mate and offer an objective, loving and truthful picture of the other self. For just as school is a game in which one attempts to pass the test at the end, so is life itself, and life after life after life part of the game in which an individual entity that is a consciousness or a soul, that is, in part, a part of the Creator, is intended to go through experience after experience after experience in each incarnation, testing the biases that have withstood the test of many, many, many experiences, so that by the gradual process of erosion of bad habits, shall we say, or habits that you decide are bad, and by the continual encouragement of that which seems to your deepest truth appropriate, you may change your choice more and more toward the polarization of love; love for yourself, love for the Creator, and love for all those whom you meet, all those who are alive and all things that are alive, or by being the product of man's hands are in that way alive. Gaze at that situation and ask yourself what you need to reprogram within your biocomputer in order to express and manifest the love and the light of the infinite Creator to that entity in some form of service. When this is seen, the difficulties of achieving peace, cheerfulness, a positive attitude, are made much, much smaller, and with the aid of meditation, affirmations and prayer, and for those such as this instrument, the use of some gift such as singing, the state of mind which may be called centered may be achieved without purposeful or pompous effort in a relatively short number of years, considering how many lifetimes that you have been working

upon how to love yourself, your Creator, and those whom you serve. Love, you see, is that which we come to speak about with you. And let there be no emphasis placed upon the outcome of your efforts, for your efforts may fail or succeed, yet it is not important to your own choice-making procedure, as long as you may see that the best which you could (do) is done, the outcome does not matter, for when you are expressing from a centered, loving portion of being, you are, in fact, acting as a channel for a higher self, still yourself, yet more beautiful, more focused, certainly more enduring. Very briefly, the understanding that we have of what you call stars is that they are entities, radiant with the love and light of the one infinite Creator, that they send into the energy web of each a certain energy which affects that higher or finer body which may be called the form-maker body in a metaphysical sense, so that certain subconscious feelings and biases are part of the geography or topology of the mind just below the surface mind. It is the self within you which chooses to respond to the love inside which is felt within, to the love outside which is perceived by gazing at the creation without it. Yet, within may we experience more and more purely the love of the one great original Thought of love. Find the love in it. May you be blessed in your search, my friends, May you be comforted within and may you comfort and serve each other in love and in joy. Others would call it love, others light. The love and the light of the one Creator are the primary energy sources that are daily utilized in a conscious acting by each entity, as these energies move through the chakras or the energy centers, thereby, one, enlivening the need for survival and reproduction; moving upwards, two, the relationship with the self; moving further, three, the relationship with those of the family and friends known well to the entity; moving upwards further, four, the relationship of the self to all about one, whether known or unknown; moving further to five, the establishment of clear and freely given communication with all of those about one, sharing freely that which has been learned; moving further up the energy centers, six, to the quality of being that radiates without words; moving to the final center, seven, the reunion of the entity with the one Creator as the energies have been activated one upon the other by the conscious application of analysis, prayer and meditation upon the daily round of activities that have been made possible by the infusion of the intelligent energy, the love and the light of the one Creator, through the energy centers. This energy flow is that which is of the mental nature, for the lessons of your illusion, the catalysts of your illusion, move first to the mental complex, for the process of evolution within the creation is primarily a mental process whereby the consciousness that is developing its individual expression of the one Creator slowly but surely widens its point of viewing until it is able to see, accept, love and forgive all about it as it would the one Creator, for, indeed, it eventually sees all as the one Creator, including the self.

1989/01/31: The energy of the Creator, that which you may call the prana, the love, the light, the intelligent energy of the Creator, which moves through each entity, then may be seen to move through the crystallized being, that is, the seeker of truth, that is, the one who would serve as able co-instrument.

1989/02/12: Each entity may, if it desires, form a cordial and mutually loving and helpful relationship with any of three guides or angelic presences, as this instrument might call them, which are, in fact, entities which partake to some extent of the self and to some extent of the imperishable greater Self which is the Creator. These are some of what you would call inner plane entities, that is, those who have completed their work in your illusion of third density, but have elected to remain behind to encourage and inspire those who wish to graduate into the density of love and compassion at the end of this particular lifetime. We do recommend inserting as much humor into the biases of the personality as possible, for that light touch will hold you in good stead as you weave your way through the many, many ways of channeling the love and light of the one infinite Creator. The task of bringing the self to the point where the components that comprise the self are seen as whole and perfect is a task which requires that the entity investigate the, shall we say, polar opposite qualities that also exist within the being that is known as the self, for as those qualities are explored that already exist within the perception of the entity, the entity will find that each quality calls into the realm of experience that which may be seen as its opposite so that when, for example, loving acceptance

manner from those unseen spirits whose hands yet ever enfold the seeker within their protective and nurturing grasp.

1989/01/15: Do not attempt to force yourself into any one else's mold, dogma, doctrine or way of thought, for such will only impede your natural progress toward the light and the love of the infinite Creator. In that great passion, in that love, it created each of those portions of consciousness that sit as one being in this circle of seeking this evening. Thus, the first passion is that you are loved. You are loved enough to have been created. You are loved enough to have been given free will. And you are loved and trusted enough to be set completely and utterly free, your mind carefully shielded and veiled from the deeper portions of its archetypal self, so that you cannot remember who you are, what your make-up is, what your relationship is to the Creator, or how you wish to respond. Therefore, the first element of passion is remembrance that infinite passion is the basis for all that you see, for all that you see was created because it was loved—and loved because it was created. We draw you a picture of a seemingly needy Creator, a Creator needy for you, for your love, for your reactions, for your information, and in a biased way, this is indeed so. Most of the creation, indeed, rests in love unexpressed and uncreated. You are portions of the active principle of the Creator, the Logos, or for want of a better word, love itself. We suggest to you that when one has contemplated long upon the love the Creator has for oneself, then, perhaps, the second step to finding passion is a slow, gentle allowing of the self to awaken to that love, to listen to the bird that sings for your ear, and, yes, my children, it does sing for your ear, if you can but listen, for the breeze that blows so beautifully, for pearl-gray days that soften and gentle the harsh edges of winter moods, for sunshine and joy. In all these experiences, you may remember that this has been a gift of love, and that you are completely satisfying your Creator, no matter how quickly or how slowly you advance, simply by being and reacting in a natural and spontaneous way, or in any way whatsoever, to those things which occur. When one is distracted from the natural creation of the Father and when one has great difficulty seeing the Creator in each pair of eyes upon which one looks, one begins to move off of one's center, away from one's remembrance of love, and passion dies and numbness sets in, or anger or another negative emotion, but, indeed, we find that among your people the quality of numbness is marked. Then, with that done, call to remembrance that natural reaction which one may have to being loved so deeply that one becomes absolutely necessary for another's existence. You are timeless metaphysical entities, and you are beloved, with a passion and a love so far beyond any of your words that we must humbly beg for forgiveness for the paucity of our language. But, ah, my children, when you can remember, then you may dance the joyful dance of the heart and laugh the merry laugh of the child, and in that childlike way know for the first time the love that is the answer to love, the passion that is the answer to passion, the life of the spirit that is the answer of a clouded consciousness, to a wonderful light-filled mystery that calls to remembrance. You are beings of love, created in love, and you dance through life your own dance. Your jail cells, your prisons, your orphanages, your madhouses, are all full of people whom your society could not find ways to love but by secluding them. Thus, you cannot look toward your society, your culture, for anything familiar to find your own passion for existence, for joy, for vitality, for the Creator and for love itself, yet it is there within you, coiled like a tiger's spring. Each time you choose to serve another instead of serving yourself, you become a more powerful being, a being more expressing of love. Yet, before you express love, let it be that you have first experienced the love of the infinite One. This is the basis of your own perception, of passion, of truth, of love. Thus, the way to passion, the way to love, is not easy, for you must along the way empty out of yourself many armorings and defenses against those things which you fear which you do not have to fear, thus freeing the attention so that it may rest upon the fundamental mystery of consciousness. When you first feel the love of someone who loves you, the natural response is fondness in return, if one does not have fear. May you desire to experience the love of the infinite One. May you glory in the remembrance of that love. May you respond with equal passion to the Creator which wishes you in turn to create for others the manifestation of that love, not through your own limited resources, for you cannot love, even a day; the illusion is very heavy about you,

and there is not the energy within you for such. You are one with an infinite Source, an infinite Creator, which is at the same time intensely personal, intensely in love with you and waiting for your response. We hope you will choose always to gaze at the light, to see the creation of love in the eyes of each whom you meet, to seek the love within and to remember how loved you are. Within your particular illusion, each lesson revolves about the concept that you would call love or compassion, the unconditional acceptance of all that is as the Creator. At some point within the progression of incarnation, there comes the time that one may call the harvest or the graduation, for as all courses of study, there is a point at which the entity shall have learned those lessons of love which it has set about to learn, and shall then progress in the evolution of mind, body and spirit to those lessons which await beyond the beginning of the learning of the lessons of love. This harvest or graduation concerns itself with the entity's ability to welcome the love and light of the Creator within the entity's being in a manner which allows the entity to utilize this love and light in a dynamic fashion to further expand its understanding of that great mystery towards which it moves, the nature of the creation, and the nature of the Creator, and the nature of the self. One must forget the exact programming of lessons that one has set for the self and operate within the illusion only by the smallest and simplest of impulses, that which has been called by many of your peoples, "the still small voice within." One must forget that there is, in truth, no danger or difficulty so great that one cannot find the necessary love to overcome all. The entity between incarnations is far more aware of the unity of all creation and the binding quality of love which holds the creation together. I am Latwii, and we, at this time, are within the incarnational experience of that vibratory frequency which you would liken unto the wisdom or light-oriented density, that which follows the learning of the lessons of compassion and love. We have one central emotion, as you would call it, or as close as we can come to approximating that which you call the emotion, for emotions are those mental qualities which carry a certain weight or charge for entities within your illusion, and it is these charges set upon the mental qualities that allow the learning of certain lessons, all of which evolve about the concept of compassion or love. That we also experience this emotion of love is the central quality of our being, for it is the lesson of the fourth-density entity to find within its being this quality of compassion for all experiences and entities that should come before its notice. When it is noticed that there is any other response to an entity or an experience other than that of love or compassion, then it is that the entity so experiencing that deviation shall learn from that deviation in a manner which will eventually bring it full circle in order that it shall then experience only love and compassion. Rather, we feel the great upwelling of love for the creation that we see about us and for the creation which lies before and ahead of us upon our journey of seeking.

1989/01/18: Yet we must begin by explaining that there are costs to this work, and one of the costs is that it is hoped that it may be seen that if one is to express love and service to others, so it is that one must love the self in a final and holy way, for you are divine, each of you. To know yourself, to forgive yourself, and to love yourself is the first business at hand. This is necessary for the tuning to the self, for if you are to love and serve another, you are to love and serve them as you would yourself; so it has been written in your holy works. If you do not love yourself sufficiently, how shall you love another. Until there is forgiveness and redemption within the knowledge of the heart, not only of the mind, then may you tune upwards, seeking ever higher for a more beautiful, lovely and perfect ideal, a more clarified and fine version of love divine. This is desired by us, and we feel that it is the strong point of conscious channeling, that is, that we have a very simple story to tell, a story of one great original Thought, a love which created all that there is, a love to which all shall one day return.

1989/01/25: Without faith in the positive and in love, there is in the end no protection. It needs to be this way that you may receive those messages or even information to the self about the self which will truly be full of the love and light of the infinite Creator. Visualize that as a shield of light that covers every portion of the outer physical vehicle, allowing no thing which does not love the light within the sacred confines of the temple of the one infinite Creator which is your body. The toll of the type of labor which this instru-

that you have touched in your work, in your daily contact, in your friendships, you would know that you have not deviated nor forgotten that love which you came to bespeak to the multitudes. It is well, my friends, my beloved children, to meditate upon that which is your cross so that you may the better take it up. But we ask you to remember, that it is through the cross that you can achieve redemption for all those about you, through your great love and sacrifice and ultimate resurrection. What I wish to say to you now is that you will be aware more and more as you grow towards the consciousness, which you choose to call Christ Consciousness, of the endless wonder of existence in the creation of the Father; to live, my friends, in a constellation of beings who are individual, unique and miraculous; to have, through grace and the holy spirit that dwells among you, all power for good and for love. Know that which is your cross, and love and accept that which is your cross, and so shall you be healed. Not by others and not by yourself, but by the impersonal and loving judgment of light. Thus, heal your souls by constantly standing in consciousness of love, and wash and wash with that love until you are clean. And thus, you will become an instrument for love. What love I have in me is yours, my brothers and sisters. You are my beloved brethren. My love goes with you, my peace I give to you. You must understand that we consider such things as ideology perfectly ridiculous since all of your peoples fail (to live) out love. Even in your own America you consider the pursuit of happiness and not the pursuit of understanding of love as the most important right of each human being. Thus, the one known as Hatonn was extremely interested in sending vibrations of love to these leaders. Thus, Hatonn, who is one of our Confederation's most strongly loving entities, has turned its planetary consciousness entirely several times towards these leaders and at times those of Russia. Very few among your peoples know how to call upon their angels, and yet they are there and they are as full of love and light as we. Their rights only stop at the point where the person denies that there are such beings, denies the deity, the spirit, and love itself. Those who make complete use of their meditation, their prayer, and their faith lead the life of harmony that you would expect of one who lives with the knowledge of the love and the plan of the Creator. The angels are simply messengers of his love, as are we.

1979/11/18: For love, and our willingness to assist you, increases, as does your willingness to open yourself to the truth of this Creation. God is to be respected; the Creator is divine and all-loving and all-knowledgeable. Mankind must learn to releases his fears and in so doing, he shall free himself from an intensely negative atmosphere which he has created around himself, thus allowing the energies of the universe, which are all the essence of truth and love, to more evenly penetrate his being. However, we realize that at this time, although you have some knowledge of yourself as one with the Creator, although you have a good grasp of the ideals of the ethics of love, but you are at this time enduring difficulties associated with living within the gross or coarse reality which is your Earth plane. And another word for that is love. We do not ask you to love, forgive or condone, for these are choices which you must make for yourself. And each of your days, whatever the external circumstance, may be filled with a special kind of sunshine and love that comes from being at one with the harmony of the creation. Our love is with you and our support. My love is with you each moment of your existences.

1979/12/02: And to you who listen to us tonight, we say that the greatest impediment to joy and peace in your life is a lack of understanding of the true nature of love. We surround you at this time with love and ask you to feel the harmony of your group. With love, so that you do not become sad but rather joyful. How can your heart become sorry for all that it may have done or thought or felt, without feeling guilty, for sadness and guilt were never required by the Creator, only love my friends. But a broken spirit and a contrite heart are the gifts of love. For in love, we know that all things that move and have their being in our illusion and in all illusions are part of us. The spirit of love is alive in every man and every woman but its expressions are often distorted. Thus, the beginnings of freedom is the acknowledgment that your own expression of love may be distorted. When you commit yourself to an examination of your thoughts so that you may more nearly mirror the thought of love which the Creator formed you in, then you begin to have a broken spirit. For

you are a creature whose essential nature is love. All that matters, my friends is that you attempt to serve, that you attempt to love. Comfort yourself and surround yourself with love so that once more you may go your way rejoicing. Using the term higher self is only to identify to you the true nature of yourself, for you can be the sum of all that you are whenever you are dwelling fully in the love of the Creator. Armed with this understanding of service, you may then go forth and serve, given power by the spirit of love which is infinite. If, on the other hand, you go forth to be of service to others without taking on the aspect of the spirit of love which is infinite, your ability to be of good cheer in your service will diminish and fail. That person is greatly loved by the Creator. And that person can greatly love others. It may be public or quite private, but whatever it is, it will be your intention to give love and be of service in your little corner of the universe. This is not always easy to accept when you wish more than anything to take on another person's difficulties and to make things be well for one whom you love. We are very grateful for your love and we send you ours unstintingly.

1979/12/16: Our instructions at this time take us north of you, as you would call it, for we are sending love to those entities who dwell in the area of your planet which many of your peoples call Quebec, and we would ask you to lend your prayers to that region where there is some disturbance in the Earth's aura at that point, as well as others, as you are well aware of. It is the original Thought of love that makes all men one. You yourselves are creators of your own destiny moment by moment and as you love and give, so your world will reflect that loving and giving back to you. It carries with it a certain responsibility and in the Christian story as is told in your holy book, those responsibilities are clear to love, to serve, to care for both the Creator and His children whomever they may be. As you put a Yule log upon your fire, as you set the star on your tree, let the message of winter, of ashes, and of rebirth fill your heart with the joy of knowing that all joys will be made well because the love that created all things is a perfect love. We wish that your peoples could understand the meaning of Christmas, not only once a year, but throughout the year, for it is a message which we have come to share, the message of love, of unity, of salvation through higher consciousness. Imagine each of you in your domicile at this time, your hearts beating as one, your breathing, your thinking, and your feeling unified with one great Thought of love. We hope that you are not feeling disappointed that you weren't able to, shall we say, channel, but you must understand that we have developed a great deal of energy by means of using the conditioning with each of you and because of your generosity in allowing us to work with you, you will find there are many ways in which you can reach out—we correct this instrument—in which there can be channels for the love and the light of the Creator. Lock it in your hearts and refresh it with meditation on a daily basis, so that your movements are always inspired with that love and that light which can come only from the Creator and His humble messengers. The triangle of love, light and awareness at the top of the triangle of earth and passion and reflected love at the bottom. Each of you is here to learn the lessons of love and as you penetrate into the inner planes, the lessons of love become very obvious and thus your existence here becomes quite changed. However, these changes, though they will seem devastating, are relatively minor, and we would advise you to concentrate on your love energy upon mankind himself, who is at this time divided against himself in many, many ways. Natural changes with—we must correct this instrument—will cause some depletion of your population, but the population itself will not be significantly reduced, that is to say, the species will easily survive, and find new ways to develop a moral technology that enables mankind to be comfortable while ennobling his purpose to love and serve not only himself but the generations that are to come and the planet on which you dwell. We ask only that in your own way you yourself may love your enemies as best you can, for loving your friends is easy, but to lighten a planet that is torn in discontent, in greed, and in lust for power over others the most important weapon is the unifying strength of love itself. You will be loved, for that is the essence of all that there is.

1980/1/20: There is no reality to the fear and thus it is said love casteth out fear. Love this entity therefore, and take all strength from this mere shadow. We wish to distinguish this from the reality of the one known as Jesus or, as we know him, Amira, who is an entity who lives and dwells in love.

1980/10/16: We are always overjoyed to be able to speak our words through yet another instrument, for, as you all well know, the people of your planet are in great need of words of love and of light and we are especially honored to be able to provide even our limited understanding of the love and the light of the infinite Creator. We thank each of you for your dedication and we join you with our whole hearts in the love and in the light of the infinite Creator.

1980/10/19: As you know, my friends, our love is always with you and we are very grateful that you desire that we speak with you at this time. You may do this for infinity, my friends, but this is only a short trip, for we know that you will desire, in the end, to arrive back in your physical vehicle, refreshed and ready again to take up the task of loving and living consciously and well. There will come a time in the not-too-distant future when you will not be burdened with the difficulties and limitations of your density of existence and you will be far more able to see the love and the light of the Creator at work in your lives. Maintain your true desire for love and light and you will not be placed in a difficult situation. However, we assure you that it is not necessary to experience any unusual phenomenon in order to experience the release and the freedom which the love and the light of the infinite Creator can bring. It requires only a state of mind capable of grasping love.

1980/10/26: That word is love. In those works, it was written that love came into the world, this love which is light. The simple truth, as we know it, is that love, manifesting itself in your world as light, is the source of all matter, all consciousness, and all energy. All the beauty that you see is a living embodiment of love. Would that we could say to all of your peoples who live upon your troubled sphere at this time, "Please, beloved planet whom we serve, can you but calm your minds, and see the beauty of love." People find their minds to be like stone, their opinions and their biases etched in the stony surface with great deliberations and therefore people do not change. And in this may we humbly rejoice and give thanks to the Father who created us, to share His love and His light. Keep your heart full of love, and your mind acquainted with beauty. But if you are graceful in the smallest thing, you are a better channel for love than the greatest individual who does not look to love for his actions.

1980/11/09: This is analogous to a large portion of the peoples of your planet, who feel the new vibrations of what you may call the "golden age," but whose crystallization of purpose or intent in seeking the path of truth and the love of the Creator is so truncated that it does not matter to them and they go about their business and lead the lives that they would lead, their relationships being guided almost entirely by their needs for procreation, companionship and financial aid. There are seeded among your peoples more crystallized souls or spirits who are much more oriented towards reflecting and refracting the light and the love of the Creator. There are some individuals who have a great need to balance the love vibration with a wisdom vibration. There are two poles to the love and the light of the infinite Creator. One is love, the other wisdom. Love is a female vibration, and wisdom male, if you would use those terms. It is more characteristic of the male energy to be wise, and more characteristic of the female energy to be loving. Neither will be of service in becoming a channel for the love and the light of the infinite Creator without some balancing agent of the other. This is the true yoga, for the female and the male to work out together the lessons of love and wisdom. For love without wisdom is wasted on foolish things. And wisdom without love is hollow, and foolish also.

1980/11/16: In our choice, in our choosing to reduce our planet's ability to support life, we inadvertently chose a very strenuously spiritual path, that of loving through forced sharing. Small though your numbers may be, those of you who have grown beyond your brothers in your desire to love and share will be able in destitution and poverty and in starvation to mold and guide the growth of your race but only if you keep faith with your feelings. We love you in the manner of broth-

ers who can only watch and encourage and advise you as you grow and we desire that your growth be rapid and as painless as is possible. Listen to the wind, and attentively weave your life from the strands of love and light the Creator has placed at your momentary disposal. Do not worry about it but turn instead once more to the Infinite and be enabled by contact with love to face with joy the total folly of your existence, if it seems so to you. Laugh and love and be. What you came here to learn you will only learn by embracing this life with love.

1980/11/30: And like an infant, the spiritual self must be nurtured, loved and nourished through meditation and through as much right action as you can possibly interject into your daily lives. We realize that this seems to be an inhumanly difficult thing many times but once an understanding of the love of the infinite Creator has been realized, that which is difficult will become obvious. As we of Hatonn share our knowledge, our love, and our strength with you, so also must you share with your brothers. We of Hatonn share our love with you at this moment and we ask the blessings of good nature upon you and upon your planet on this night and may you all rest in peace. Draw on us if you need us but more than any, draw upon the love within you, the truth that resides within you, the one original Thought that created you. That we seekers of the Creator can even now know the joy of being part of the creation and in concert with all those who seek, we sing a joyful hallelujah, for to love and to know love is beyond all joy that can be known in the brief shadow that is your physical illusion. Never let its limitation distract you from the perfect beauty of that which is born within you, the seed of creation—love. I'll just keep an open ear to him and share love. Questioner Hatonn earlier spoke of understanding and the love of the infinite Creator. And to understand your being is to understand love. For it was the love of the Creator that generated awareness. Let your heart and your will express itself so that your mind performs the tasks given it by love, working as a servant to you who work as a servant to the Creation. The scenario is being played out due to the fact that although there has been great improvement in large segments of your population, although love and light has increased to what we would call a great extent in the light centers which we have started and among self-aware people all over your planet, it has not been enough to generate the positive love energy necessary to totally remove the necessity for the expression of disharmony which the Earth must now manifest, and so it will occur. We are happy to say and this the entity also realizes, although he has not spoken of it to this instrument, that these occurrences will be less harmful than they would have been had the scenario not subtly changed due to the love that has been generated by people such as yourselves.

1980/12/07: We wish to distinguish this from the reality of the one known as Jesus or, as we know him, Amira, who is an entity who lives and dwells in love. There is no reality to the fear and thus it is said love casteth out fear. Love this entity therefore, and take all strength from this mere shadow. These forces of light, of whom we count ourselves, an humble and unworthy number stand, as it has been said, in your Holy works, in the armor of light.¹ We are given power first from the Creator Who is beyond light and darkness and from Whom we derive love. Secondly, from those upon your planet, who are praying, meditating and living to be loving, sincere, understanding and valuing the good and the beautiful. We feel very positive about the coming of this harvest, for it pleases us that many have turned to that light and to that love to seek understanding. Even as the world seems to polarize itself more and more to negativity and separation yet you will find more and more of those people whom you personally know beginning to seek in some form of spiritual truth the light and the love of the Father. Inasmuch as there are no gods, shall we say, of the darkness, but only one Creator and that a Creator of love, so there can be no son of such a god of darkness and thus no antichrist. We realize that you cannot see the humor of the idea of the antichrist, but from our vantage point we exist in a sea of perfect love, and although mistaken ideas occur to people, and we are beginning to understand the great sorrows that you must bear because you cannot see the love about you all the time, we cannot imagine being so convinced of the shadows that we could give them a name. However, the Father wills this only that His beloved son or daughter may learn and grow. And what you—we will correct this instrument—and what you thought

discovered and defined Christ. We are those who worship the Creator, and seek to serve the Creator, thus we move as close to infinity in our purity as we are able, and offer to those who wish to hear the one simple message of love. Again and again, we suggest that the nature of the creation is love, unmanifest and manifest, and that by moving more and more in harmony with the original Thought of love, a seeker of the mystery of the Creator may accelerate his pace upon the journey. The study of the latter is called astrology; the study of the former could be called metaphysical astrology, and would reveal an inner universe of which the outer infinity of galaxies is but an hologram which moves in a predictable fashion, allowing at various times the various life-giving, gem-like energies of the archetypal subconscious to flash through to the surface and produce each day differently, each moment slightly variously, the message of love and light. Therefore, without wishing to infringe upon free will, we are nevertheless sanguine that we shall indeed be acceptable to this instrument at the end of each deliberation, as we are indeed of the principle of love, and that is the Christ, and the one known as Jesus was a complete Christ, Son of Man, and servant of... We are servant of All and lord of All, as the one known as Jesus was both the servant and lord, because we are those disciplined to the principle of love, to the refinement which allows us to live comfortably and therefore to comfort. We have refined and refined our natures to become one with the principle of Christ, the principle of love, that which moves the consciousness to the consciousness which is the Creator. We would share our love and blessing and thank each for persistent faithfulness.

1988/10/30: Rather, the true artist and the true spiritual seeker or mystic is fascinated by the mystery of the present moment, and seeks in that moment, in each and every moment, the face of that mystery, the face that shall not be known, the ineffable face of the one Creator, the face of love. Because this entire concept of what we might call Creatorship or Godhood is completely beyond the resources of any of your languages, we can only speak in ways which may be poetically satisfactory in inspiration concerning the one great original Thought of love and the importance to the spiritual seeker of using those resources which seem helpful to the seeker, that is, not all seekers need the same rituals, aids, resources and tools. The word "love," or any other single word or phrase which moves one's attention to the center of one's being, sometimes called a mantra, is indeed helpful, as is any visual symbol, such as the rose or the cross, to one whose spiritual resources include those symbols. That principle of love which stands ready for the seeker to open the door, the key to that door, behind which wisdom and compassion lie, is meditation. If no book is read, if no symbol is imaged, if there is nothing in the worship but the most devout silence, yet still this vehicle alone may be all that is needed for the entity to have that larger point of view which enables the entity to see each situation in terms of compassion and love, rather than feeling in any way personally unworthy or in any other way inadequate. So many, many illusions must be stripped away before one can see clearly one's true nature and begin to wish to become the consciousness of love and not the consciousness of variousness or free will. And why, may you ask, should one then try to polarize, to seek to serve others, and to seek to love the self and the one infinite Creator. Meditation may help each more and more to respond in creative and loving ways to situations, rather than reacting in a blind and uncontrolled way. But we must tell you that you truly do need to work at the meditation and at the living of a certain kind of life, a life that is not what this instrument would call "goody goody," but rather a life of deep caring, lasting compassion, and a love that comes not from the heart, but through the heart, from the Creator. Now, as to the nature of the guides and also all that stuff, I have long thought that, like you and every other thing that comes through positive service-to-others type channels, this is some part of the principle of love, which as a Christian, I would term the Holy Spirit or the Comforter, and I figure that the guides and so forth are a more personal vibration of that same Comforter. I am Q'uo, and though the difficulty in describing the nature of the guides is significant, it may be stated with a reasonable degree of accuracy that those who offer themselves in the service of a guide or teacher offer themselves from the point of view of that quality which you have called love, and are able to stand somewhat closer, shall we say, in their own life pattern to this quality, or we may even describe it as an

office or level of vibratory beingness, and, standing closer to this quality, may then share some of its essence in one manner or another with those who they have placed themselves in custodianship over; shall we say.

1988/11/13: We must identify ourselves to you who are servants of love and light, for we have been some time so identifying ourselves to this instrument. In the spirit of love and in the spirit of Christ, let us pause to praise and thank the Father of All, and to worship at the feet of the one Father. These are those things, this manifestation of love, this thinking about love, by which each of you creates the condition of the chosen. When a person chooses a symbol for perfect compassion and divine love for what this instrument calls the highest and best of all things, the seeker must name the symbol.

1988/12/18: It has been some time since we spoke with this group, and we are extremely pleased to join in your meditation and to be a part of the perfect circle of love, that which generates a kind of light most visible to us, enlightening done by so many entities and groups about your sphere at this time. The meeting together to share love is also a kind of Christmas, and we would suggest to remember when each entity inevitably will feel downhearted during this period, that each day can be a small Christmas, if it is remembered that the Christ within is small, needs nurturing, needs attention, and needs most of all to be in the company of the infinite Creator. Meditation in and of itself tends to bring one to a realization, on a continuing basis, of the mystery and fascination of infinite intelligence, tends to bring one to a reckoning with love, and with one's relation with love itself, that which created all that there is. Yet, if it is simply remembered that Christmas is far more important symbolically than literally, then you may keep Christmas within the heart, and then "bah-humbugs" are at an end forever, for the Christmas within you is the mass of Christ, is the thanksgiving for your relationship with the infinite mystery which for want of a better word we call love, the one original Thought, the Logos, which created all that there is. You carry the infinity of the love and the light of the infinite Creator. The process of unveiling that deep mind is one which will spin many, many incarnations, and, in short, our opinion—and we stress that it is our opinion, and fallible—is that entrance into the deep mind should be as careful, loving and concerned as the suitor with damp palms who offers a corsage to his date for the dance. What we are saying is that it is well to seek gently, persistently, as the suitor would court the beloved, allowing the deep mind to reveal that which was previously unrevealed in a natural manner. Remember that all that there is lies within your consciousness, therefore you are as capable of receiving information perceived as negative from the deep mind as information biased towards love, kindness and an over-arching ennoblement of self, of purpose and of life.

19 1989

1989/01/01: There will be some sort of release from such a deep change that you do not understand it, and the fact that you may, perhaps, be disappointed in yourself must be accepted by you as a condition of your attempt to live a life based upon the faith that there is, indeed, a kindly Creator, a Creator made of love, which loved us first, and to Whom our response is faith. In this way, may the disappointment at seeming failure become, appropriately and in a balanced fashion, appreciation of and forgiveness of one's limitations, of the history and the tracks of one's change into an impersonal source of love. The other question, I'm honestly a little bit baffled by, because I got a Christmas card from a perfectly lovely lady, but she does something that has through the years irritated me more and more every time, and I guess I'm just getting old and judgmental. But she's a perfectly well-grown-up woman, and instead of saying, "A relationship I'd put a lot in on failed, but I was really lucky; I fell in love with somebody else that same year," she had to say that she had done a great deal of work with this wonderful person, but that they had talked together and decided that their work during this incarnation had come to an end, and so they blessed each other and went their separate ways. Thus does each seeker pursue a path that wends its way through experiences according to the programmings that it has provided itself and according to the guidance that it receives in a loving and wise

ships with those second-density creatures about it, speaking with them or silently caring for them, that invest in love those creatures turning to the light to the point where they not only turn to the light, but know that they are turning to the light. It loves its human entities. It has done so through the help of numerous—may we use the word “wanderer”—wanderers, many of whom have chosen the arts, especially the music, to express their views, so that what this instrument would call “USA for Africa” and other such planetary events, days such as your day of forgiveness and your day of peace being planetary events also, these have aided in an exponential fashion the light quality within the planet which you love. Indeed, there is no density which is not moved by the honest declaration of love, faith and unqualified support. We do ask you perhaps to find affirmations in which you believe, and to repeat them often, or simply to tell that earth, tree, bush, flower, plant about you mentally or out loud, “I love you.” Enjoy the sun; enjoy the rain: “You give me pleasure.” Thus do you, in second-density terms, polarize the entity towards personhood. Short of mankind blowing up this particular sphere, this sphere itself shall do whatever is necessary, including major surgery, shall we say, to adjust to new vibrations and to thrive and grow in consciousness, in love and in personhood. May you love it as it loves you. May you love each other. May you love your bodies. You stopped by saying, “love your body.” You just stopped, and then it’s like there was more, but... Should we ask, “What can we do to love our bodies?” Or is it a question that it’s okay to ask now. Much there is of love that is learned by experiencing its polar opposite. This is in order that the new instrument might begin the process, and we of the Confederation of Planets in the Service of the One Creator find it helpful to spark those personal memories and experiences within the new instrument which are congruent with our understanding of the Law of Love and the Law of Understanding and Unity in order that a beginning might be made.

1988/09/04: Love and giving and wisdom and how to do this. And anyone to whom we speak within third density who has not had the experience of the infinitely divine act of love being spoiled by a lack of trust, we commend that person, for it is almost inevitable that in interpersonal relationships, sexual energy shall from time to time be strangled by the skepticism of one partner for another, the doubt one has in another’s trust and loyalty. It does not normally spring full-blown, although as one has heard of love at first sight, meaning instant red ray infatuation, which may well deepen into love, so may the spiritual student lay aside skepticism in the excitement of a system of thought which later is found to be wanting, and skepticism again takes over. Therefore the mind will tend to analyze the experience of worship, faith, joy, unity, consolation, forgiveness and love.

1988/09/18: Some concepts are known to you all: that there is one Self, and that that one Self is love, and that therefore, one is always serving the self. With that said, we may say that in your illusion each unique portion of the greater Self or love moves into incarnation in your lifetime now with a predetermined character and biased way of hearing and perceiving stimulus. It is not easy to love those who are discriminating against you, causing you difficulty, or creating pain by catalyst in your existence. This, however, is certainly a challenge, as it always a challenge to love those, as it says in the holy work, your Bible, who despitefully use you. When your beingness touches in with the tabernacle of the most high and a portion of your consciousness remains in that holy place, then all places are holy; all entities are of the Christ consciousness, and the eyes with which you look at those entities are eyes infinite in their ability to channel the one original Thought of the infinite Creator—love.

1988/10/09: This instrument has been wondering, ever since the last time the beloved entity known as Aaron was part of a circle of seeking, why we were able to offer material of a high intellectual content. Secondly, this entity is an humble entity, one which is grateful to sit in a circle of beloved entities and enjoy their company. This unconditional love offers the highest of vibration within your group at this time. Never estimate an entity’s worth by age or accomplishment, but by the ability it has for unconditional love. That which is hatred and that which is anger, and all of those emotions which may be called negative, are distortions of love. They manifest through the distorted individual by blocking energy and trapping this energy in the center involved in the changing, confusing difficulty which is catalyst for distorted love.

Thus, hatred is love which has been hurt badly. This is especially painful when the entity who is in pain has some difficulty in experiencing self-worth and self-acceptance, self-forgiveness and self-love. The one which loves the self has the most undistorted energy available to manifest in love in an undistorted form of intimate others which offer negative catalyst, shall we say for the sake of brevity, though this is not the exact description. However, the veil has dropped between the waking vision and the evidence that each is also the Creator, each perfect and all one, one with each other and one with the original Thought of love which is the Creator. We are aware that each has chosen the path of unity, peace, the love of neighbor, the hope for peace within all nations, all hearts and all peoples, and above all the seeking of the one infinite Creator. Thusly, we would give you harder ways to work upon the distortions of love which are the result of blockages which keep energy from moving through the lower energies into the heart energy of unconditional love, which the one known as Aaron has such a great deal of. Each of you has, buried within, an unconditional love. In each case, this unconditional love withstood many trials, but ultimately the illusion made its mark, and each of you has separated the self from the other self to the extent that the unity of all is not reflected in the relationship which is under consideration in each case. The gestation of this primal and cornerstone unity is that consideration which you may call deep love or deep friendship or deep commitment. Now this is to say that without minimizing the effects of negative catalyst, the self-forgiven and self-loving self will stand upon its own two feet and consider not judgment of any other, but the most helpful way to respond. The effort this takes is the utmost an entity can make, and when that utmost is not enough, when the entity which seeks fails to love without distortion, the entity must immediately begin to forgive the other, the self, the situation, and the illusion. The illusion is designed as an ordeal, indeed, a series of ordeals, within which, again and again, each soul chooses the positive path of unity, peace, joy, love and light, or the negative path of discord, despair, hatred and darkness. In the end, we must move towards meditation as our primary suggestion for acquainting the self more and more with an undistorted love, a light which does not fail. One part is that of the Creator, that of undistorted love, and to the body, to each cell, is given this awareness. Think of your inner space as the garden, and realize that it is your deepest desire not to be loved, not to be understood, but as this instrument’s favorite prayer gives, “To understand and to love,” for each of you is a radiant being. If that which is done in relationships manifests the love and the light of the infinite One, there can be no more beautiful gift to the relationship, to the other self, and to the Creator. When one loves the self, one loves the Creator. When one loves the self through one’s own perceptions of self-failure, or regains the love of self and moves once again in quiet confidence, this one will find the heart chakra unblocked, and the positive energy able to be manifested. Those hatreds, those distortions of love which the seeking soul feels for another are only reflections of the feeling for the self. “That which is beautiful,” it says within your holy works, “that which is good, that which excellent, that which is of virtue, love, enjoy, do.” These are words of simplistic advice. Attempt, therefore, to seek the Creator, to feel the oneness of love and light and to carry that flame within you which has been lit into each and every relationship and situation you may possibly achieve in this way. You are of maximum service to the self as a creature or child of the Creator, to the other self as the Creator, and finally turning at last from the illusion, the choice having been made, to the Creator Itself, to the great mystery which draws us all ever forward in love and light. May you each choose to love and to understand. This giving, without expectation, shall place a call within the universe for its balance, and to one who loves much, shall much love be given. Remember the breastplate of righteousness within your Bible, and all the other armor of love. My friends, it is true—love is its own armor. (Side one of tape ends.) [Carla channeling] ...light and love of the Creator at what this instrument would call the lower energy centers. Let not these things be a stumbling block before your search for unconditional love any longer than necessary.

1988/10/17: The contact with this group has been rewarding for us, and we rejoice in the love of the one infinite Creator, which binds each to the Creator and to one another. Nevertheless, when any seeking entity discovers compassion, that is to say, unconditional love, that entity has

that you prayed for you may find indeed you did not pray for as much as you prayed for (the) understanding, love and presence of the infinite Creator in your life. If that is the truth, you cannot help but find your life opening, changing, moving according to laws of love.

1980/12/14: We urge you to face those things that make you angry, straight on, never blinking, for this is your school, this is where you will learn compassion, balance and understanding of love. May we say to you, my friends, before you condemn yourselves totally, that there have been so many instances throughout this cycle, and especially in the past few years, of those beings turning towards the light, towards love and towards service, and veritably shining with the love of the Creator, that much that could have been terrible upon your planet has been softened and ameliorated by the quality of the beings that dwell among you. Cast a firm eye upon the hell which your peoples have made in many cases of the planetary vibration, but look also at the love that shines in the eyes of special ones about you, and in the hearts of yourselves and your loved ones. Seek always to be a light bearer, to be a light sharer, drop the seeds of light and love, asking no return, but casting, as your holy works would say, “your bread upon the waters.” We hope that these thoughts have been of some aid to you at this time. You must remember that the perfect symbol of love, the rose, is surrounded with thorns. Cherish, then, the rose; avoid the thorns, but recognize them and love them as part of the rose. These must be dealt with first, for you cannot teach a hungry man to love. You are at this moment in that heaven, and the love of the Creator is so close to you that you cannot breathe without inhaling it. Rest, therefore, my friends, in that love, and stay centered as you gaze with compassion on a troubled world. Since there are no questions, we will merely give you our love and assure you that we will be with you whenever you wish to meet. We trust that some of the events that have transpired for you in the past days have enabled you to feel more subjectively assured of our presence, but we would wish to say at this time that it is supremely unimportant to us whether the issue of our objective reality is ever resolved, for the simple reason that we are here to share the information that we have concerning love and light which love creates. What a miraculous chain of love and service exists that you may eat. And yet, my friends, we say again, it is simple, it is love, and it is one. We have shared many thoughts with you in the past but now we are able to share more than simple thoughts, now we are able to share our minds, our love, and our compassion because we have learned much of your race and of your hearts. And when we of Hatonn are able, through your hearts and eyes, through your tears and your touch, to experience that which you call love, our joy is boundless. We love you, you are our brothers and sisters. In order to be removed from the darkening difficulties of association with a subtle entity, you must take that entity into your heart and love it, knowing that it is yourself under other circumstances—in another vibration, in another time and space, part of yourself. In this way, and in this way only, can the power of love defeat, conquer or simply remove the separations that manifest themselves to you as difficulties that darken the aura, the dream, the feelings, or the thoughts.

1980/12/28: Simply share the Creator with them by holding the love and the light of the Creator in your heart and releasing it to the world’s use. As you meditate in your seed time, as you discover the love that is your essence, realize the source of that love, the original Thought that created that love, and revel in the harmony and the beauty and the blooming of that reality. I ask you to husband the creation in which you walk your ways this day, and to wait the precious gift of your love as it wakes toward the kingdom of love.

1980/12/31: Our love is beyond measure and we are most, most grateful for the return love of you people in this deep and dense density. We do not understand how you can overcome so much and love so much for we are beginning to understand the limitations of your sphere of illusion and we are amazed that you are able to deal with it as well as you are given the limitations of your senses. We are always with you and commend you to the love of the Creator. We are always with you and our love surpasses the words this channel can speak tonight, or any words. Feel our love in the radiance of this woman that we share as a part of the creation, as part of the oneness that is the Creator. This is the offer and invitation which we make to each who wishes to become an instrument and allow the vibrations of love and light (to) flow

through their being. A wish that the love and the light of the infinite Creator might light the way that each of you travel as you journey homeward and that that light might shine upon each you meet on this journey, and that light of the recognition of the Creator in each face might remain where you have passed, to illuminate the way for others to travel that same path homeward. We ask you to remain simple, loving, charitable, kind, and above all, humble, for that is the key to a pure channel. If you do not laugh, call us anyway, for we love with the love that the Creator has given us as messengers and we are yours as companions whenever you wish us.

10 1981

1981/11/12: Yet we of the Confederation of Planets in the Service to the One Infinite Creator continually seek new instruments through which to speak for it is our understanding that this is a most efficient method of imparting some small part of the love and the light of the one Creator to those entities who wish to hear such words for inspiration.

1981/11/15: This image being of the one to be healed in the healed condition, surrounded by love and light, seeing every part of the one to be healed body surrounded by this love and light, a glowing effect. As you see this image make no attempt to guide it either toward the anger or its opposite, towards love, but allow your being to proceed through this natural discovery, until you feel the love which you imaged momentarily filling your being, which is also the being of the other. Allow this feeling of love to overwhelm your senses in the same manner and degree in which the anger did so. When this has been achieved, see both emotions, the anger and the love, in your mind as imbalance. See the imbalance of anger, but see the balance of anger and love.

1981/11/22: We see that you are within your illusion about to enter into a time of your year which is reserved for the worship of the one known as Jesus, this time that you have chosen to celebrate the birth of the one who walked the Earth and became an example that many of your peoples have chosen to use in their seeking for the knowledge of what you term as God, which we would more aptly call love and light. In this time many of your peoples gain a greater awareness of love and light that is within and that is them, and in this time they reach out and touch those close to them and those who have needs. We of Hatonn are with you in the seeking for love/light and are very happy and we feel what you may call warmth with you. It is sad, however, that there are those who at this time feel alone or forgotten, who seek to contain the love within their being or who build walls between themselves and the love and light that’s so strong at this time. They who have attempted to shut themselves away do not realize that love and light are with them, that they are love and light. They need but open themselves just a small bit and they may see the love and light that is. Your peoples have many stories about this season, about people who have closed themselves to others, to love, but come to realize that they needed but to gain a glimpse—was all they needed. We know that in this group that there is not a Scrooge, but we also know that many peoples on your planet are not aware and have not allowed themselves to feel the true warmth that is love and light. Though this number is progressively getting smaller, there are still many who need but one small example of which to gain even the smallest glimpse that they may begin their seeking and experiencing an awareness of love. We so enjoy the sounds and laughter, the beauty of each individual’s being as they experience and transmit to brothers the love and light they have seen, they have felt—that they have seen and felt the experiences of the one they call Jesus. As you enter this particular season, which is much misunderstood among your peoples, seek to know your own self, find that love which is your true being, for in knowing that one, simple spark which is of the one Creator, you will know every person, each entity that you may meet and there can be no division between you. Then you may truly share the love of the Creator, and let its light come forth from your eyes. (Pause) We move now to the one known as M and send blessings and love to this entity also. We might mention in this regard that your feeling of rapid healing has been the result of many entities pouring their love and light, their healing vibrations, in your direction, for there are many around you who wish to aid you in this manner.

1981/11/29: That true self, we submit to you, my friends, is love and the nature of that love is such that it opens to you, in all unity, all the Creation. We have had far less of a heavy—we correct this instrument—chemical illusion to penetrate, are able to see more of the creation, as ourselves, to fly further, to feel love. We are messengers of love and we send you that love at all times. It is a creation of love. Come fly with us, my friends, in a universe filled with the love and the light of the infinite Creator. And we might also note that you are correct in assuming that they have remained with this form for the entire 75,000 years of this third-density cycle, for their experience in that form and in the medium known to you as water has been unique for their race, and to change forms from that of the aquatic to that of the land creature known as the humanoid, would not be of the greatest value in the seeking of the light and the love of the one Creator, for they have their mode, shall we say, and your people have their own. It is upon such levels that the light and the love of the one Creator truly shines as a beacon.

1981/12/03: This has been the case thus far and your desire to be healed continues to open your shell to healing love and light energies. We simply reaffirm that which you are familiar with, the visualizing of your arm—and entire body for that matter—being surrounded by light, this light being the healing love/light of the one Creator.

1981/12/06: We of Hatonn are always grateful (to) all who would serve in this manner, for it enables us to be in contact with more of your peoples who would listen, but who have not yet gained the ability to hear, to feel our vibration, our love, in our attempt to aid those of your planet who seek, to gain awareness, the love and the light that is the one infinite Creator. You are here to learn the meaning of love, without prejudice or prejudgment. Intelligence permeates the universe, and love overcomes all things. We of Hatonn extend our love to you and await the day that we may walk hand in hand in the love and in the light of our infinite Creator. We ask only that you consider the love that is the original Thought of the infinite Creator; and we ask that you consider seeking that love in meditation. Seek, my friends, the peace of your true home, balm of your true identity, and in that knowledge, my friends, look out upon this illusion and see it in love and in light. Worry not that you make mistakes, for it is the attention which you give your young child in the attempting to be of service to it that is of the most service to it, for the young entity in your illusion needs the models, shall we say, needs the knowledge that those who are in its care and whose care it rests within, do care for it, do give it attention and do attempt to allow its perceptions to be broadened, its experiences to be increased, so that its great desire to master this illusion might be fed the food of your wisdom and your love and your simple being. Is there anything we can do in addition to sending light and love that will enable R to find the comfort he needs. We look forward to such sessions in what you call your future, for it is of great inspiration to our memory complex of entities to be able to participate in such exchanges of perceptions and the vibration of love and light which this group is known to generate.

1981/12/08: In this fair creation of the infinite Creator which you call Earth are not only difficulties but many pleasant distractions, many lovely things. For it is through those who choose this service that the simple message of love/light can be made more available to those of your planet who are seeking or have just begun to become aware of the need to seek (the) love and light of the one infinite Creator. We of Laitos also seek, we are also on a journey to further our growth and to further our awareness of the love and the light. We thank you for being allowed to touch, to immerse ourselves, and to make a part of ourselves the love that passes among you at this moment. It is the will of the Creator that all beings, all races, all facets of creation attain a constant awareness of that love which binds each of you to one another and makes you one with yourselves, with us, with many, with one. Adieu, my friends, my loved ones. We pause for a moment to send our love to the one known as Don. We pause for a moment with the one known as Don, expressing our great gratitude and love that we may so share in this meditation with this instrument.

1981/12/11: Each entity (must) determine that this factor of seeming opposition is a part of the great Self and as part of that one great Self, must be treated (with) the greatest love, care and consideration.

1981/12/13: We of Laitos, as always, assure all present

that we shall be with you whenever you request and we shall be also with you and any who seek love and light. It is a great privilege to be asked to share your meditation and we send each of you a blessing and our love, for, my friends, what else could we do, as there is nothing but blessing in each moment, nothing but love in every iota of the one Creation. There is a source of love which can only speak to one who asks. As you go into meditation seek for that love which is within. Do not expect the road to be already drawn for you, for the wilderness is trackless, and yet, my friends, from each meditation the way before you becomes less crowded, the road more wide and the possibilities for love more evident. As you begin to feel crowded and discouraged in this supposedly happy season, and this will surely happen, look up into the limitless sky and know that there is no true reason to feel anything but love. The proximity of the healer to the one to be healed is, therefore, also connected to that which is known as the placebo effect, for if the one to be healed does truly desire to be healed with enough purity of desire and if the one to be healed has, through its own effort, succeeded in working with that catalyst which has not been previously worked with successfully, then it is not necessary for there to be any other self attempting healing, nor would it be necessary for any laying on of hands, but only necessary for the one to be healed to open the self completely to that love/light of the one Creator which, in the end, does all the healing. L also would like to ask, "Is it necessary to sleep?" I am Latwii, and, my sister, we find that for the great majority of entities upon your planet, it is quite necessary to sleep, for those activities of your daily routines which provide the catalyst for the learning of love for each part of the creation and each part of the self do take a toll upon both the mind and the body, most especially the body, and there must be for each entity upon your planet so experiencing this catalyst a rest and a respite, shall we say, so that the body complex might use those nutritious elements of your food nature to rebuild those cells which have been, shall we say, sacrificed, and played their part in the role of consuming and using catalyst. We of Latwii, with our brothers and sisters of the Confederation of Planets in the Service of the Infinite Creator, do respond to those calls for love and light as we perceive them and do lend our love and light where it is called. We are hopeful that the students shall learn their lessons and shall receive the passing grades, for it would indeed be much easier if the students realized that the tests which they are now taking do not need to be taken alone, for the answers are within the hearts of each and it is not, shall we say, cheating to give the answer of love to another. We of Latwii are humble messengers of light and do bring our love to share with this group when called.

1981/12/20: In this time of your year many of your peoples who participate in what you call Christian worship join together to sing songs of praise to the one known to you as Jesus—songs of love, songs of giving, of awakening to love that surrounds us, but that so many turn a cold shoulder to for the most of the rest of your year. Too often your peoples think that the giving to others of material things in this your Christmas season is an adequate way of expressing what many mistake for love. Many feel that giving in this way will bring them closer to what you call God, but we say that although for some the giving material things is a loving gesture, we say to you that the opening of oneself to the needs of others, be they spiritual, material, mental, as you would term it, is much more important. For as you begin to genuinely open yourself to receive others, you give not only to others, but to yourselves, for as you open yourself to others, to your world, love and light, it is you (who) begins to glow, to become more and more visible (to) those whom you come in contact with, be it physically or spiritually. For as you slowly open, you take steps closer to awareness of love and light of the one infinite Creator. Your love, your light will, not only in this season, but throughout all the days of your existence on your planet, be of great service to the needs of the others around you. We of Hatonn join with you in this time of your year, and any time, to rejoice with each who seeks awareness of the love and the light, for we, as you, are seeking ever to grow. We know that it sometimes seems difficult to remain open, for in your illusion there are many who do not actively seek and may feel threatened and afraid of that which they do not readily perceive and understand, but when you are faced by such, we say open yourself that much more that they may begin to see beauty—that is, the love and light. If you will be patient with me for a moment, I and my brother Laitos would

group but to a larger audience, we would also bless and send our love to each who may see or hear these words, for we come in service not to one, nor to a special group, but to those who call for aid in seeking the truth. This is our journey, a journey we have found to be full of joy, love, companionship and power. And so we speak from a standpoint of joy, gazing at an illusion in which such suffering must take place in order that the lessons of love might be learned, for love is another way of saying the Creator, not a weak love or a romantic love, a family love, a national love, or a world love, but a love that is so creative it has often been described in terms of fire and passion, a divine passion to conceive a world that would speak to the Creator of Itself. Each of you, then, is infinitely precious to the Creator who loved enough to create you and all that there is. This loving Creator has given to all within each density of existence that which is called free will, and therefore one may choose to sleep and enjoy the illusion, thinking not of what is beyond, but enjoying the beautiful planet, the companionship of friends and family. We are with you in love and light and honor you as perfect beings. It is a way of engaging the highest and best within the channel in a collaboration with a deeply impersonal source of love, which we are, that has what we may call the larger point of view. This is our service to you, to attempt to provide information and inspiration, not that of which is wise, but that of which is compassionate, loving and serving. We speak of the one original Thought to those who would wish to hear of that great Logos called love, that one original Thought that made in unity all that there is so that you are members, one of another, and all of the Creator. Ah, what freedom she loses, what sacrifices she makes, yet the joy of knowing, loving and sending forth into the world a small being is so far from describable that it would make most parents laugh, for the joy they have received is inestimable. We have one very simple message to offer—the message of unity, of perfect compassion and love which brooks no judgment, of the reality of peace and joy that is intertwined within the illusion and transcends the illusion also. We urge people in our channeling first to move into meditation and experience peace, quiet and love until, through meditation, the seeker has become ready to feel well about the self and move on into service to others. We encourage you to the ordeal, for no matter what you give to others—and you cannot judge that—you shall daily be working upon that self which in its being is love itself. Yet, must you not love yourself to love your neighbor enough to give all that you have sacrificially, that that neighbor, that perfect stranger, that face of the Creator which is another part of yourself—to give to this entity is surely a wonder and a blessing. We encourage each to love and offer up the incense of your prayers for your brethren upon the negative path, feeling no fear, but asking them clearly and firmly to be gone, or if they are stubborn, working within the self to open the self to the realization that each self is all that there is, and that that negativity without is merely a part of the negativity within. In such a way does love indeed conquer all, yet it must be true love, true service and a true feeling of unity. We do not underestimate any of the negative parts of being of service to others through vocal channeling, yet it is our humble opinion that to attempt to teach the laws, shall we say, of love is an attempt eternally blessed, eternally gratefully received by a world hungry for inspiration, and certainly one excellent way of sharing all those experiences which have combined to make you the gem-like faceted, crystallized soul that you are, for in channeling the instrument shares deeply of the self in a way not usually available within your culture. If that call is to another service, yet still as we love all upon your planet, we love and support you in your service, whatever it may be. May you be faithful and persistent in your seeking, single-hearted in your desire to know the mystery of the infinite Creator, and above all may you love each other and attempt to serve each other, for as you do so, you shall enter what this instrument would call the Kingdom of Heaven. Do not be solemn in your seeking, or flail yourself with the sackcloth and ashes, but keep yourself self-forgiven and open yourself to the utter redemptive perfection of the infinite Creator's love. They inform the various plant and animal life-forms according to these life-forms' desire to gain a self-conscious awareness which is the hallmark of your third-density population, for all of life moves toward the light and love of the one Creation, and all of life has those helpers or guides which assist in this movement, the assistance being necessary for those who are less aware of that towards which they move,

and which, by their desire to move in that direction, call for the assistance of those who answer. This is correct, my sister, for the endeavor of the seeker of truth is that which increases the polarity or the ability of that entity to welcome and enjoy the love and the light which is a power of the one Creator. I as Q'uo, and we would comment upon your comment by suggesting that indeed all entities, whether of positive or negative or of no polarity, are a portion of the same creation and the same Creator, and that the most effective means for a positively oriented entity to deal with negative polarity is to generate within the heart the overwhelming love for such an entity, and to send that love to that entity in the meditative state if possible, and to bathe that entity in the love and the light of the one Creator as you perceive it. For all beings are truly a portion of the Creator and of the self, and as the seeker of truth looks within to find that of truth within itself, any experience or entity that it comes upon in its journey of seeking will reflect some portion of inner truth to it, and as the seeker is able to draw unto itself all expressions of the Creator and to see them as the Creator, as the self, and as love, then so they become that which they are, and no longer are that which they seem. The negative polarity is one which exists with great strength into the fourth density of love, and into the fifth density, the density of wisdom. It is beyond that expression of wisdom and light into the sixth density, where love and wisdom are joined and blended into one, where the negative polarity must needs abandon the service-to-self polarity and shift its focus to that which is the service to others in order to continue the progress of seeking union with the one Creator. It is a source of great joy for us to sing with each seeker the song of seeking, the song of love, the song of the one Creator, experiencing the great mysteries, adventures and joys of the creation all about. We come in love and light of infinite One, One Who is All, and we come only because we wish to underscore need for laughter, need for merriment, and need for intensity of life. We yours in love and light of infinite Creator.

1988/08/04: I come in love and light of infinite Creator. That one over there, WHOM I LOVE BECAUSE she lets me speak in spite of fear. I carry murder, because for LONG TIME, YADDA HATE! HATE, HATE, HATE, HATE, HATE! Now Yadda love. (Very softly.) Love the Chinese. I tell you why I love the Chinese. I love the Chinese because Chinese make Yadda hate. And when Yadda hate, Yadda find out what love is. YOU MUST LOVE 'EM! (Shouted phrase not understandable.) Must have hate. We ground this instrument and suggest that this instrument prepare for contact while tuning by grounding the self and feeling the protection and the infinite energy of the Earth, for it is the Earth that this instrument wishes to serve, therefore the Earth which is full of love loves this instrument infinitely.

1988/08/14: Perhaps it shall feel sorrow, but it is still with the Logos; it is still imbued with love, wishing only to give and to receive that love. For this simple reason, we would conclude this portion of our speaking by encouraging each of you to refrain from fear with the same faith of those who do not have self-consciousness, but know only the love and the light of the infinite Creator. This is one example, a rather obvious one, of the loving, serving, giving nature of second density. As the planet and all the creatures upon it that grow and flower and turn to the light have consciousness, that consciousness is inspired and made to rejoice and flow in harmony and rhythm with any whose attention to it is loving and sweet. This is why the song sung in love aids the flower, and the soft voice helps the vegetables grow. If you correct the soil or plant the correct crops in order to grow according to that soil, you are indeed aiding the planet by aiding its productivity, but if you have not love for the seed and love for the soil, then the second-density creatures which are the object of your dutious tending do not become self-aware, or aware of their own beauty or their own usefulness or their own sacrifice. They, that is those creatures which dwell in second density, are attempting to become self-conscious enough, that is, invested with enough personal consciousness of self to become fully human and begin to interact and move about the planet to learn the lessons of love once again, those very lessons which they surrender at second-density graduation in order to move into third density, study, think, experience, feel and integrate the catalyst therein and make the choice between fourth-density positive or service to others aspects of love and service to self aspects of that same love. It is the entity which forms relation-

ple's experience in a lifetime is that which approaches that which we call love. For within your vision there is no possibility other than the distortion of that which you call love, as each attempts in his own way to approach a clearer experience and understanding of what it means to love and to be loved. The experience of romantic love, as it is called, is that which is new in a relative sense for most people of your culture and is that which is a further refinement upon the kind of love that builds its base upon devotion and commitment. And is an experience which from our point of view enhances the generation of catalyst among your people, for the concept of romantic love is that attraction which brings together those which might learn each from the other. However, we find that much disappointment follows many who do not find this quality or portion of love remaining in a strong and steady fashion in its manifestation in any relationship. you tend to use a single term of love that... To live along the ladder of realization is about love. It is helpful to view what love is for that which we call love is all things seen and unseen, all things everywhere, all consciousness, and all knowing. Love lies not only in the sentimental, not only in the romantic, and indeed not only in those sufferings of love which cause the pricked finger from the touch of the rose's thorn, but, rather, love is to be seen in every possible substance within the universe, no matter what it is, no matter what its connotation to a particle of consciousness such as yourselves. Not only are the fresh vegetables and fruits that you eat divine love, but also that which is excreted after that which your physical body needs has been removed. In fact, one may see your illusion as a swirling mass of love constantly rearranging itself into various patterns in a coherent and intelligent manner. How then does one come to see the love, which is in each moment, in each challenge, in each difficulty as well as in each happiness. How can one see that love is equally at work in peace and in war, in richness and in poverty, in saintliness and in the blackest soul. (Unknown channeling) There is in love the power to create. This is the very essence of that which we call love. In just such a way is each conscious entity within the creation able to know this very same thing: what it is to be, to move, to be moved, to love, and to be loved, to experience, to grow from experience and to create the self ever new. All of this is accomplished by the power of love, which moves every particle of your existence and in whose field of force and flow one is always moving in harmony, whether one is consciously aware of this movement or of the harmony or not. Yours is the dance to experience the self-conscious aspect of love and to refine this aspect into a selfless kind of love that learns to move beyond the boundaries of that which you identify as your own self and your sphere of influence, shall we say. Love in itself is perhaps more properly said that Creator is love... many of the people on your planet, even those who express love... each to love himself or herself... love is like a flower that blossoms and... They may well feel that love is to be sought in higher and higher realms that are further and further away from the imperfections of the self and many are the seeking souls who ask the Father to show them love as though it were something that was brought in from outside to be beheld as on a screen so that one may know the truth. And yet we say to you, that if the whole of love is infinite, then each of its parts is also infinite. The seeds of love will grow in you as you pay attention to the most mundane and everyday duties and responsibilities, pleasures and pains. The suffering you may see as the dead portion of plant or animal matter that has been sloughed off, excreted, removed from its roots and left to move back into the larger infinity of the impersonal love. (Side one of tape ends.) (Unknown channeling) Thusly, it is in working with the tools and resources of meditation, contemplation, the listening ear, and the eager mind that love may begin to bubble within and call to the love without so that infinity may begin to follow a channel through the soul of each seeker. If the love within is unmoved, the reception of love from without shall be hollow, not finding the answer within which produces joy under any circumstances. May we encourage each of you to practice love. May you find the bubbling spring of love within, the God-self, if you will, that calls and desires with purity to infinite love that there may be a renewing of passion, a caring, about each moment of life. Love may be transmitted from person to person and as one person and then another joins the host of those who seek to move in harmony with universal love more and more may the face of the earth be renewed. I have experienced sexual infatuation many times and what I considered at the

time to be an experience of being in love, once when I was 17, 18 and 19. When that experience was ended for me, I assumed that that was the love of innocence, which I would no longer feel and for over 20 years this was, indeed, so. My love for people was steady and strong and for those with whom I was intimate, most loyal and sturdy. In the middle of my forties, I find myself once again experiencing that which is either sexual infatuation or being in love. This has caused me to doubt my perceptions somewhat and to question the nature of what we call romantic love. Or is it something that occurs as a natural form of universal love. We may suggest at this time that the emotional aspect of the experience of love which you now are in the process of examining is in a close manner connected to your overall experience of love and its application to your personal identity. And again, we would turn your gaze inward, not wishing to negate that which you feel for another, but wishing your focus to include the self and its need for and deserved nature of love. I believe that I came here to give, not to receive, and I believe that in the environment and relationship with which I am experiencing these feelings, this extremely deep level of love may well be the one thing which I may give to my other self which is a truly selfless gift. And, therefore, a gift which balances the extreme amount of love offered to me. Carla Meaning love for myself as well as love for another.

1988/06/29: Most often we discuss the love and light of the infinite Creator. In fact, in every discussion which we are privileged to share with those who seek to hear our voice, we speak of that which is all that there is, love and light. It is passion, imagination, creativity, hope and daring which invest love and light and life with the energy needed to accomplish. Now, each of you knows those who are passionate about certain activities, and each of you knows within the self that each is passionately devoted to pursuing the mysterious face of a beloved but invisible Creator. Those who wish to be channels for love and light, regardless of what their service to others is, need to feed the intensity of their love for the Creator, need to allow time to feel the intensity of the Creator's love for each of Its creations. The passionate affair that you experience with your Creator is an eternal passion, a holy and divine love, yet it is the free choice of any, no matter how well learned or seemingly advanced, to choose to intensify the life passion or to choose to relax and rest and let passion drift away upon a sea of detail and mundane activity. The will that drives one to a daily meditation is a free choice intensifying the emotion of love from the Creator, that a seeker pursues in the silence of meditation, in reading words of inspiration and contemplating them, or in prayer. Thusly, we wish to encourage each by saying, in your meditations focus upon the love that you feel and the love that you are receiving in the eternal and infinite process which is real life. Find the passion in that and hone it as if it were a weapon, a weapon to pierce most sweetly the hearts of those ready to receive love and light and life and joy. Others for the visualizing of healing or loving energy being given to those in need of such. Though in many disguises does the one Creator move, the attitude of taking the snakes within your own being in the welcoming embrace of love and compassion is the attitude which will serve each seeker best, in our opinion, when dealing with any difficulty, for the seeming difficulty and negative experience with which many seekers of truth encounter upon their journey are not encountered in order that the seeker be required to prove itself in any particular fashion or to make of the seeker any kind of victim, but these experiences are encountered in order that the seeker might be provided yet another opportunity to see within the face of another self and to welcome each experience as though the Creator stood before one and offered to one the fruit of experience.

1988/08/01: At the end of that time, we shall again move around the room, offering each new channel an opportunity to hear and respond to the announcement of our name and that in which we come, that is, the love and the light of the infinite Creator. No matter who else is with you during this process, we offer ourselves at all times to you as strengtheners of meditative states and as comforters, for we are those of love and it is our dearest pleasure to offer support and service to those who call. I am Laitos, and when you speak to those of Laitos, you speak to a social memory complex, or grouping of entities that are as one in the seeking of the love and light of the one Creator.

1988/08/02: Because we find we speak not only to this

at this time wish to move among you and share our love and our light with each who may request it on a more personal basis in the form of our conditioning wave. May this time of your year be one in which you may find quiet moments, moments to find that which is the heart of your existence, for beneath all those things which you may do and those things which you may say, the heart of existence lies always near, and yet never quite so near as in the dead of winter, when a new life clean and fresh and untouched may spring from the desires and the love of the soul that waits to be born anew. As for your loved sister some distance from this dwelling, we of Latwii can only speak in general terms concerning this entity, for we are most desirous of maintaining this entity's free will, as this is always our uppermost desire. It is not particularly easy for entities within your illusion to join with their polar opposites, for there is the bartering of emotions which does, in the final analysis, hinder the free flow of that known to your peoples in sparing degree as love, for that concept of love does not in its true form know any boundary, does not know any limitation to amount which may be given, does not know that there is the, shall we say, artificial need to be balanced by more of the concept of love given by another in order to balance the scales of the relationship and to complete the transaction of emotions. The concept of love is the free giving of the self without reservation to another because the other is as it is. The giving of love which demands another be other than it is is a distortion of love which has severe, shall we say, ramifications and does result in that known as the emotional pain and the withdrawal of love from the account of the entity experiencing the pain. In such instances the entity experiencing pain shall then feel an aversion to further experience of the love relationship, for the love relationship has not been experienced in a positive way for the reasons which we have previously enumerated. Within your illusion each entity must find its way through the confusions of the marketplace of emotions, for that known as love has been colored, has been twisted and contorted by your peoples for many generations upon your planet and has resulted in the misapprehension of love as something which can be divided into parts and traded as a commodity. We would suggest to those who have experienced the pain of the withdrawal of affections, either of self for another self or of another self for the self, that the pure experiencing of love upon your planet is a rare occurrence, but one which we cannot speak too highly of, for even though the one who would love with no expectation of return might be viewed as most foolish, surely it is such foolishness which shall eventually be seen to be the container which knows no limits and can, therefore, contain, shall we say, the concept of love, and where there is love freely given for no reason and with no expectation of return, then there is created within the entity who gives this love in this free manner, there is created a vacuum which shall draw unto that entity that which it gives, for there is nothing truly apart from an entity, for all beings are one and when one is loved, for any reason or no reason, then all are loved and the self also find its love. We know that occasions such as this are most honored by each present and especially in this season of joyous thanksgiving and praise of the one Creator, we know that those present do feel a special bond in the sharing of love and light. I am with you in the love and the light of the one infinite Creator.

11 Law of One: Ra Material

Law Of One 001: Was love contained. We are not those of the Love (density) or of the Light [density].1 We are those who are of the Law of One. You are love/light, light/love. And finally, a gift of water into which the love of all present has been given. This will restore this entity, for her distortions contain great sensitivity towards the vibrations of love, and the charged water will effect comfort. We search your mind to find the vibration "Alrac." It is this vibration from you which contains the largest amount of what you would call love. Others would call this entity "Carla." The charging of the water is done by those present placing their hands over the glass and visualizing the power of love entering the water. The fourth density is the density of love and understanding. Ra is of the sixth density where love and light are unified.(footnote end).

Law Of One 002: The delicacy, shall we say, of the choos-

ing of the crystal is very critical and, in truth, a crystalline structure such as a diamond or ruby can be used by a purified channel who is filled with the love/light of One in almost any application. This is the direction from which the newer, or New Age, distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort therein. Rejoice in the love/light, and go forth in the power of the One Creator.

Law Of One 003: This is, therefore, a necessity that the wafted smoke is perceived from the same relative angle as the instrument perceives the opened Bible, balanced by the lighted candle signify(ing) love/light and light/love and, therefore, give the mental and emotional, shall we call it, distortion complex of this instrument the sight of paradise and peace which it seeks. The progress is normally from the understanding which you now seek to a dimension of understanding which is governed by the Laws of Love, and which seeks the Laws of Light. Ra They are part of one complex of love/light intent/sharing. To use the healing aspects properly it was important to have a purified and dedicated channel, or energizer, for the love/light of the Infinite Creator to flow through; thus the initiatory method was necessary to prepare the mind, the body, and the spirit for service in the Creator's work. Ra That and only that chalice shall be the most beneficial as the virgin material living in the chalice accepts, retains, and responds to the love vibration activated by your beingness.

Law Of One 004: In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions. All is one, and that one is love/light, light/love, the Infinite Creator.

Law Of One 006: Ra I was referring to the symbolic objects which trigger this instrument's distortions towards love/light. The placement and loving acceptance of them by all present is important in the nurturing of this instrument. Thus, the illusion is created of Light, or more properly but less understandably, light/love. This entity may have barely reached third density or may be very, very close to the ending of the third-density light/love distortion vibratory complex. Nevertheless, those who fall within this octave of intensifying light/love then experience a major cycle during which the opportunities are many for the discovery of the distortions which are inherent in each entity and, therefore, the lessening of these distortions.

Law Of One 007: The beings are harvested because they can see and enjoy the light/love of the appropriate density. Those who have found this light/love, love/light without benefit of a desire for service nevertheless, by the Law of Free Will, have the right to the use of that light/love for whatever purpose.

Law Of One 009: Ra The entities of the Red Planet were attempting to learn the Laws of Love which form one of the primal distortions of the Law of One. Thus, the Red Planet entities were unharvested and continued in your illusion to attempt to learn the Law of Love.

Law Of One 010: In the scheme of the Creator, the first step of the mind/body/spirit totality beingness is to place its mind/body/spirit complex-distortion in the proper place of love/light. There are many among your social memory complex-distortion who, at this time/space, engage daily, as you would put it, in the working upon the Law of One in one of its primal distortions; that is, the Ways of Love. However, if this same entity—being biased from the depths of its mind/body/spirit complex towards love/light—were then to accept responsibility for each moment of the time/space accumulation of present moments available to it, such an entity can empower its progress in much the same way as we described the empowering of the call of your social complex-distortion to the Confederation.2 10.13 Questioner Would you state in a little different way how you empower this call. The moment contains love. The exercise is to consciously seek that love in awareness and understanding-distortions. The second seeking of love within the moment begins the addition. However, the conscious statement of self to self of the desire to seek love is so central an act of will that, as before, the loss of power due to this friction is inconsequential.

Law Of One 011: The two entities additional aid the instrument's comfort by energizing the instrument with their abilities to share the physical energy complex which is a portion of your love vibration.

Law Of One 012: However, the network of Guardians, much like any other pattern of patrols on whatever level, does not hinder each and every entity from penetrating quarantine, for if request is made in light/love, the Law of One will be met with acquiescence. Any entity thus hailed is bathed in love/light and will of free will obey the quarantine due to the power of the Law of One. The vibratory level of those able to reach the quarantine boundaries is such that, upon seeing the love/light net, it is impossible to break this Law. An entity which acts in a consciously unloving manner in action with other beings can become karmically involved. It is overly open due to an intensive desire-distortion on the part of this mind/body/spirit complex towards service to others, or as you may call it, universal love.

Law Of One 013: You have called this by various vibrational sound complexes, the most common to your ears being “Logos” or “Love.” The Creator is the focusing of infinity as an aware or conscious principle called by us, as closely as we can create understanding/learning in your language, intelligent infinity. This Light of Love was made to have in its occurrences of being certain characteristics, among them the infinite whole paradoxically described by the straight line, as you would call it. Using intelligent infinity, each portion created an universe, and—allowing the rhythms of free choice to flow, playing with the infinite spectrum of possibilities—each individualized portion channeled the love/light into what you might call intelligent energy, thus creating the so-called natural laws of any particular universe. Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with the present societal complex.

Law Of One 014: These include many so-called religious practice complexes which personify and send love to various natural second-density beings in their group form. We were attempting to aid in giving the mind/body/spirit complexes of third density on your planetary sphere more of a time/space continuum in one incarnation pattern in order to have a fuller opportunity to learn/teach the Laws, or Ways, of the primal distortion of the Law of One which is Love. We offer the Law of One, the solving of paradoxes, the balancing of love/light and light/love. The information buried within has to do with a deeper understanding of love and light and the attempts of infinite intelligence through many messengers to teach/learn those entities of your sphere.

Law Of One 015: The thought-form distortions of your peoples have caused the energy streamings to enter the planetary magnetic atmosphere—if you would so term this web of energy patterns—in such a way that the proper streamings are not correctly imbued with balanced vibratory light/love from the, shall we say, cosmic level of this octave of existence. Love creating Light, becoming love/light, streams into the planetary sphere according to the electromagnetic web of points, or nexi, of entrance. It may be understood as love/light, or light/love, or intelligent energy. Blockages in this area may manifest as difficulties in expressing what you may call universal love, or compassion. The indigo-ray balancing is quite central to the type of work which revolves about the spirit complex (which has its influx then into the transformation, or transmutation, of third density to fourth density), it being the energy center receiving the least distorted outpourings of love/light from intelligent energy and having also the potential for the key to the gateway of intelligent infinity. These are planetary entities harvested—wanderers only in the sense that they chose, in fourth-density love, to immediately reincarnate in third density rather than proceeding towards fourth density. This is the Second Distortion known to you as Logos, the Creative Principle, or Love. 15.22 Questioner You also said that you offered the Law of One, which is the balancing of love/light and light/love. Is there any difference between love/light and light/love. There is the same difference between love/light and light/love as there is between teach/learning and learn/teaching. Love/light is the enabler, the power, the energy giver. Light/love is the manifestation which occurs when Light has been impressed with Love. There is a slight distortion in the mental energy of this instrument due to concern for a loved one, as you call it. The wanderers in this working are of two densities: one the density of five, that is, of light; one the density of love/light, or unity.

Law Of One 016: Fourth, the cycle of love or understanding. Sixth, the cycle of light/love, love/light, or unity. The

desire to serve begins—in the dimension of love, or understanding—to be an overwhelming goal of the social memory complex.

Law Of One 017: Another self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process that ends in a moment. This entity was desirous of entering this planetary sphere in order to share the love vibration in as pure a manner as possible. This entity was then a wanderer of no name, of Confederation origins, of fifth density, representing the fifth-density understanding of the vibration of understanding or love. 17.12 Questioner Did you say the fifth vibration was that of love. Fifth density was that of love. This entity was of the highest sub-octave of the vibration of love. This entity became aware that it was not an entity of itself but operated as a messenger of the One Creator, whom this entity saw as Love. The best way of service to others is the constant attempt to seek to share the love of the Creator as it is known to the inner self. In the devachanic planes, as you call them, are those whose vibrations are even more close to the primal distortions of love/light. Ra corrects the error in the next answer.[footnote end][footnote start]This has been discussed in various places, most explicitly and poignantly in 15.7.[footnote end][footnote start]“Strait” is used instead of “straight” because it is a better contextual fit and because of Ra’s love of archaic and poetic language.[footnote end] .

Law Of One 018: The proper role of the entity is, in this density, to experience all things desired, to then analyze, understand, and accept these experiences, distilling from them the love/light within them. These desires become more and more distorted towards conscious application of love/light as the entity furnishes itself with distilled experience. Thus, the distortions to be avoided are those which do not take into consideration the distortions of the focus of energy of love/light, or shall we say, the Logos of this particular sphere, or density.

Law Of One 019: The second is the vegetable, most especially that which you call sound vibration complex “tree.” These entities are capable of giving and receiving enough love to become individualized. Occasionally a certain location—place, as you may call it—becomes energized to individuality through the love it receives and gives in relationship to a third-density entity which is in relationship to it. Thus, the lessons which approach a knowing of love can be begun. Some love the light. Some love the darkness.

Law Of One 020: The fourth density, the density of love, or understanding, was the density of the particular entity which offered this possibility to those of your first major cycle. Both are called the dimension of love or understanding. Love and understanding, whether it be of self or of self towards other-self, is one.

Law Of One 021: As the incarnations begin to accumulate, further needs are discovered: the need to trade, the need to love, the need to be loved, the need to elevate animalistic behaviors to a more universal perspective. As, what you would call, the energy centers begin to be activated to a higher extent, more of the content of experience during incarnation deals with the lessons of love. The Confederation sent love and light to these entities. 21.17 Questioner How did the Confederation send this love and light. There dwell within the Confederation planetary entities who, from their planetary spheres, do nothing but send love and light as pure streamings to those who call. This is not in the form of conceptual thought but of pure and undifferentiated love. However, in the South American area of your planetary sphere, as you know it, there grew to be a great vibratory distortion towards love.

Law Of One 022: Thus the shortened life span is due to the necessity for removing an entity from the intensity of experience which ensues when wisdom and love are, having been rejected, reflected back into the consciousness of the Creator without being accepted as part of the self, this then causing the entity to have the need for healing and for much evaluation of the incarnation. It described in golden words the beauties of love as lived. Many of those who have been of a loving nature are not wanderers but those of this particular origin of second cycle. I am assuming the call was answered to bring them the Law of One and the Law of Love as a distortion of the Law of One, but did they also then get technological information that caused them to grow into such a highly technological society.

retical and general thoughts which concern the process of bodily change which contains the great emotional content.

1988/03/27: Yet do we all keep on, step by step, along an infinite road, paved with hope and love. We turn the mind at once to that which you have implicit faith in, and that is something called love. There is no entity in incarnation in third density who has not experienced both love and the loss of love, joy and sorrow. Yet we speak of that love which all consider as that which is to be believed in, and that is unconditional love, for such is the nature of that love which has created all that there is, that one Logos, that one great original Thought which is all things. Thus, we suggest that that which one has faith in is by its nature love, for any lesser faith shall fail. And when the seeking entity wishes to become one whose use of will is most pure, one may call upon love itself to teach the spirit that will and faith may be united, that the being may be polarized further, crystallized further and take one more dusty step along the long road. Applying the will, then, without matching it, yoking it with and to love itself is to minimize and fail to fully explore the nature of the self and of the will. It would seem perhaps that in many cases love need not be sought and its wisdom listened to, for many things seem cut and dried, as this instrument would say. Yet let there always be that thought in the mind, “Not my will, but thine,” knowing that that love to which you pray is your own self in a greater manifestation. This is all that is necessary—to intend, to desire, and to want to be a not-so-very-young manifestation of love. Yet we might suggest to each such ardent seeker that it is not necessary to experience that which is considered greatly unusual and other dimensional, shall we say, for within each life pattern there moves a rhythm and giving and receiving of that quality called love which is appropriate for each entity. The image of the crystal is quite significant to you at this time, for each seeks to become that which might be called the crystallized and seeks in this process to regularize those patterns of energy expenditure which will allow one to move further along the path of evolution and to experience that quality of love which is the prime mover and creator of all that is.

1988/04/03: As we revel in your company and the loveliness of your meditation, we revel also in the extreme beauty which surrounds and permeates your domicile at this time, for we are able in consciousness to share with those within the domicile their impressions of the burgeoning blooming of the countryside, the singing of your birds and all the beautiful colorations of sky and land and water that create such ineffable beauty, that great manifestation of the bounty and the ever-living quality of life which, though in winter it may seem gone, resurrects from the winter earth each springtide into new freedom to seek the light in the humble way of plant, animal and element. There is another truth, an absolute and unchanging truth, a mysterious, puzzling, ever-calling truth which any within your illusion cannot see but only know through the experience of love. Love is the great one original Thought. It may become obvious that we are not speaking of romantic love, which is prey to all these difficulties. We are not speaking of the love of friendship or any other definition of love which may be put into words. Indeed, could we find an unique word which would express the beautiful, terrible love which created all that there is, we would use it. Yet this concept lies so far within the area of the deep mind its reality can only be reached through the non-words which may be called “faith.” This love is single, and within it are all things, all entities, thoughts, artifacts, seeming objects and each and every energy within the infinity of creation. Each of you is love. There are those who in their mated relationships, experiencing in the mate much love, find that in the passage of time, the mate has turned to other energies, other entities, other positions in time and space. The separation creates suffering, not because the separation is real, but because there is a loss of love perceived. My children, we could weep at the suffering caused in the name of truth. This certain purpose is absolute, and within the absolute purpose of spiritual evolution towards love, suffering is an absolute necessity. Jesus the Christ only gazed into Pontius Pilate’s eyes, and Pontius Pilate saw the I AM of Love. For the essence of being, the essence, I AM is that that which we have called divine love. It is not only that which loves all that there is; it is all that there is. Truth is in the smile, the laughter and joy, the moments of kinship, the body’s intimate ecstasy in the making of physical love, the spontaneous reaction of deep compassion. And in the end, truth in an absolute sense may, to

the disciplined mind and heart, become the companion that walks beside you, through whose eyes you may see anew the whole and unified life lived in love. That which is suffering is that against which the entity seeking to know love for the Creator, love for the self, and service to others may push against, may use, not as the stumbling block, but as the starting block. For each difficulty which causes suffering is that which has been arranged that some distortion concerning the essence of love within your understanding may be examined, thought about further, and perhaps revised somewhat. Each challenge gives one the chance to turn to I AM, to Beingness, and ask that infinite intelligence which is love, “What is the absolute principle which illuminates this situation?” Absolute love may be hidden for long periods of time, and the questing process, the experience of pain and separation, may go on for a seemingly infinite period of time. May each look you take be fresh, and may you live in love, and so love each other with a passion and a zeal that blesses each with whom you come in contact. By faith, in the love you have observed in whatever limited form, may you enter into that life which is love. We will be with you in meditation if you so desire company, and we shall share that unlimited, absolute love as we are given it to channel from the kingdom within ourselves, which is the kingdom within you, the kingdom of love. It is each seeker’s occupation to bring that which speaks deep into that kingdom, that from that kingdom there may issue the hallelujahs of angels, the shouts of infinite joy which herald the incredible, energetic, peaceful feeling of infinite love which may carry you into and through each suffering moment and sanctify and bless each experience. Shall you follow truths, or shall you more and more attempt to experience your own true being, your own inner I AM, and thus prepare the meeting ground, the holy ground whereon you may see the face of your God, your Christ, your Love, your peace, your light, your life. It is true that each entity is responsible for that which occurs within the life pattern, for each entity has taken the primary role in designing that pattern of life experience which shall serve as the lessons teaching further aspects of love and service. Thus, before each incarnation does this greater self look most carefully to see where there might be an increase in the learning and offering of the lessons of love, of wisdom, and of unity to all those which might come in contact with this self. Yet each entity in any life experience must at some time begin to look beyond the general principles which it finds are helpful to view the life experience through, and then must begin to make individual application of the deeper principles which apply to each situation, for though are all indeed a portion of one great Thought of love, each portion and entity which expresses that love in the life pattern does so in a manner which is unique to that entity. At this time we shall again thank each for enlightening our presence and for offering us the gifts of your desire to know more of that which each of us seeks, the way of the great truth of love and unity which binds and moves all through the great creation of the one Creator. We finish speaking with thanksgiving, in love, in light, in unity.

1988/04/10: First let us say that our basic message springs from one Thought, and that is that love is all that there is, that creative and divine love is the one original Thought, that this thought is the closest representation in words which we know to the unseen and ever-mysterious infinite Creator, and that each of you is a portion of that Creator and the infinity of that Creator a portion of yourself. You are being a reflection of that beloved and ever unknown Creator. Thus, the experience of fear is that which needs to be approached with the same loving acceptance and looking forward with eager opportunity as any gift that one may present to the self or another, for each portion of your experience is a portion of yourself which exists in order to reveal itself to you.

1988/06/22: We would like to speak about love and we shall be transferring frequently. “My love is like a red, red rose.” We gave this thought to this channel, aware that the instrument would question it. Let us look at the love and its symbol. So is love a beauty. Such is the nature of love expressions within your density. Each of you is a hunter in search of its prey, that being love. The trail towards that true and whole love which is the Creator begins with the word as it is used among your people and the most shallow of images which the sentimentalization of that word has produced. (Unknown channeling) Be love! That (which) most of your peo-

of the pilgrim. However, a significant amount of suffering or any extreme emotion along certain lines, either positively or negatively polarized, can and does create an aura or nimbus of like weak thoughtforms which together seek then to become the psychic vampire, taking the energy needed for independent survival, if they are negatively polarized, from the fear of others; if they are positively polarized, from the awe, love and compassion of others. In conclusion, we may say that to any whose feet are set upon the path towards the true and the beautiful in service to others and in the love and the light of the one infinite Creator each occasion for negative emotion shall also be an occasion in which it is possible to accept the relationship of food given to those who would feed from the negativity expressed, and as in all cases where negative thought-forms are encountered, the solution is—this instrument has just informed me, “Much too simple”—the conscious turning of the mind and heart to positive thought, to the generation and the remembrance of service offered and love given as the one only weapon of mind and heart which may starve away those thought-forms which can so intensify and make meretriciously enjoyable the experience of negative emotion. Love each other, my brothers and sisters, in spite of all, love.

1988/03/09: Love itself prospers in such an atmosphere, for the entity which you are contains infinite love in a form which is, almost always, unavailable to the conscious mind. It must be touched within that inner silence by that infinity of the love of the infinite Creator which then channels through the seeking student joining with the infinity of love within and thus enabling the channeling of infinite love to occur. In life, as you know it, in the experiences of love, there are many times that the balls—the thoughts, the perceptions—are dropped, misplaced, thought about past the point of ethical consideration, pulled and puzzled and torn, and so the flow stops, just as in the channeling process. Then it is that the instrument of life, of love, or of service may sit patiently upon the mound, still in the ball game, but, shall we say, between innings, doing work which is just as difficult and just as important as active channeling, that is, waiting, and in the waiting, knowing that success is inevitable, that this ball game of love, of life, and of service, shall always go on. We speak of the one great original Thought, which is love, if that which creates all that there is can be called in one word. We would at this time transfer to the one known as Jim, that he too may speak in some wise or another of love and love's many, many faces, for no matter what the subject, love is the source and the answer.

1988/03/13: And it is by serving you that we ourselves may learn and grow and refine our own knowledge and love of the one infinite Creator. We turn to the question of phenomena and love, for you ask us how, if one has seen those beings generally unseen, can one tap into the wisdom and knowledge of those entities, learn what they have to offer, and improve one's service within your life experience within this illusion which some have called the shadow of death. Thus, much of your incarnation you will find yourself in the process of making choices, and as you begin to seek in a conscious fashion those spiritual lessons which you believe are there for you to learn, you begin little by little to include in those considerations for choice thoughts and biases which you have developed in the process of your seeking, thus transforming what may seem to others to be a mundane and unspiritual choice as a truly spiritual means of making some manifestation of love and service for others overt, enlightening the consciousness, not only of the self and those others about you which may be affected, but also upon another level, the consciousness of the planet itself. Yet each of you is, in truth, light formed by divine consciousness, containing a gem that is that portion of you which was, as your holy work the Bible says, “before the world began,” that part of yourself which sees with eternal eyes, and loves and gives with infinite supply. Whether they serve other or the self, all are one, and consequently, if their service is pure enough in a negative sense, they too may use the Creator's light which falls upon all in a fearless blessing of free will, for the Creator wishes those who come to Him in the end, to come in an irresistible love by total free choice and with every faculty ablaze with the spirit. For the knowledge which you would wish to know is not knowledge, but an inner knowing which cannot be expressed, a way, shall we say, of being wired, that you may glow the brighter as an entity in mute witness to the beauty of love. For this (is) your intended and true nature,

a nature which gives and receives love freely, wisely, gently and unstintingly. To love, to exist in love, to begin discovering the selfhood of the self in love, is the basic work of those who wish to lighten the planetary consciousness. To do it daily is a blessing to your beloved and fragile home in space and time. We would turn now to the question of how best to manifest and express the joy, the peace, and the love of consciousness which is held within what you would call the Kingdom of Heaven. You may love one and serve one, and give as clearly and beautifully and fully as the entity who shares that same light and love and passion for light and love with ten million. The love of the one infinite Creator is infinite. It is most practical to place the guardianship of love in service to others as deeply in the mind complex as it may be sent, and to keep the self within this place of choice, that those things which might come into the consciousness from an impersonal source be those things which shall redound to the beauty of the Creator and the kindly love and blessed light which that Creator offers to each and through each each day in every conceivable way. (Side one of tape ends.) (Carla channeling) It is not that we wish to discourage any from following their talents and their abilities, but we find most often that those among your peoples who ask about right livelihood have every opportunity for love, giving and receiving of love, in that which lies just before the eyes, in that task which is just to be done. There is no gift, no thought, no action which may not be sanctified by its dedication to the will of love, to the will of the Creator. The one known as Jesus the Christ wished to offer to all of humankind the symbol of the path which all must travel in some fashion in order to become the love of the Father and to express that love to others. And by making this sacrifice in such a dramatic and fulfilling manner, there was instilled then within those whose hearts are turned toward the truth of love, the path boldly and brilliantly blazed so that there could be no doubt as to the nature of the journey and the value of the sacrifice. All the teachings of this entity were in the form of that which you call the parable, so that those who had ears and hearts and eyes inclined in a fashion to perceive greater truths could look beyond the surface of the teaching and dig far more deeply for those treasures which awaited the hungry heart, hungry for truth and love. That which the one known as Jesus the Christ exemplified was above all else unconditional love, a love so great that it was willing to lay down the Earthly life that others might live eternally. Many will find the journey seems to lead in lands far distant from that spoken of by the one known as Jesus the Christ, and yet as each through experience and time moves closer and closer in its seeking towards greater and more refined expressions of that which you call truth, each will find that it moves closer to the heart of that which the one known as Jesus the Christ exemplified, the unconditional love and compassion that is the gateway through which each shall pass at some point within the evolutionary process. Carla Are you saying that unconditional love is the I AM. And that I AM is another way of saying unconditional love, is that what you're saying. Like unconditional love is the way, the truth and the light. The choice is how to love, to love others without condition as has been demonstrated by the one known as Jesus the Christ, or to love in a lesser fashion. All your great religions and philosophies teach at the heart of their dogma the need to love without condition. Jesus the Christ was a perfect example of this means of loving, and thus learning that lesson which is the great lesson of your third-density illusion. Carla Is this why Jesus said at one point that unless you are as little children you cannot enter the Kingdom of Heaven, because little children have not yet learned distrust and they love unconditionally. It is the free will choice that is made in the direction of love and service which then begins to open the eye to another reality and the heart to another reality and the ears to a greater reality which speaks in ways not understood in the mundane world.

1988/03/16: I treat you once again in the love and in the light of the one infinite Creator.

1988/03/23: It is well to disassociate this feeling of fundamental shift in attitude from the circumstances which are occurring at the moment, and to view the circumstances which are occurring at any given moment as that which they are—a drama, an illusion, a lovely play, or perhaps a not so lovely play, depending upon the circumstances, put there not for you—the audience's—total enjoyment but also, the author hopes, for clues, hints, inspirations and nuances which may function as parables or allegories for those more theo-

Law Of One 023: After a short period we removed ourselves from these entities and spent much time attempting to understand how best to serve those to whom we had offered ourselves in love/light.

Law Of One 024: The so-called prophets were often given mixed information, but the worst that the Orion group could do was to cause these prophets to speak of doom, as prophecy in those days was the occupation of those who love(d) their fellow beings and wish(ed) only to be of service to them and to the Creator. Although the impression that they had given to those who called them (was) that these entities were an elite group, that which you know as Diaspora occurred, causing much dispersion of these peoples so that they became an humbler and more honorable breed, less bellicose and more aware of the loving-kindness of the One Creator.

Law Of One 025: This entity, however, is a very strong entity with very little distortion from universal green-ray love energy. The only remaining distortion available, since this entity would not detune and would not cease sharing love universally under this chemical substance, was simply to drain this entity of as much energy as possible. At the level of time/space at which this takes place in the form of what you may call thought-war, the most accepting and loving energy would be to so love those who wished to manipulate that those entities were surrounded, engulfed, and transformed by positive energies. These entities are of the density of love, numbering four.

Law Of One 026: These are the Ways of Universal Love and Understanding. These attempt feelings of love towards the planetary sphere, and comfort and healing of the scars, and the imbalances of these actions. This is due to the sincere belief of fourth-density negative that to love self is to love all. Each other-self which is thus either taught or enslaved thus has a teacher which teaches love of self. This is why we iterate quite often, when asked for specific information, that it pales to insignificance, just as the grass withers and dies while the love and the light of the One Infinite Creator redounds to the very infinite realms of creation forever and ever, creating and creating itself in perpetuity. Why, then, be concerned with the grass that blooms, withers, and dies in its season only to grow once again due to the infinite love and light of the One Creator. The other green-ray possibility is that of one entity offering green-ray energy, the other not offering energy of the universal love energy, this resulting in a blockage of energy for the one not green ray, thus increasing frustration or appetite; the green-ray being polarizing slightly towards service to others.

Law Of One 027: 27.11 Questioner I will have to think about that and ask questions on it in the next session, so I will go on to what you have given me as the Second Distortion which is the distortion of Love. 27.12 Questioner I would like for you to define Love in the sense... The term Love then may be seen as the focus, the choice of attack, the type of energy of an extremely, shall we say, high order which causes intelligent energy to be formed from the potential of intelligent infinity in just such and such a way. This then may be seen to be an object rather than an activity by some of your peoples, and the principle of this extremely strong energy focus being worshiped as the Creator instead of unity, or oneness, from which all Loves emanate. 27.13 Questioner Is Love... is there a manifestation of Love that we could call vibration. The vibration, or density, of love, or understanding, is not a term used in the same sense as the Second Distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity; the vibration love being that density in which those who have learned to do an activity called “loving” without significant distortion, then seek the Ways of Light or Wisdom. Thus in vibratory sense love comes into light. In the sense of the activity of unity in its free will, love uses light and has the power to direct light in its distortions. I was trying to make an analogy between this physical solution and the concept of love and light. Is this close to the concept of Love creating Light, or not. We have the infinite vibration of Love which can occur, I am assuming, at varying frequencies, if this has a meaning in this. Each Love, as you term the prime movers, comes from one frequency, if you wish to use this term. 27.16 Questioner Then this vibration which is, for lack of better understanding, which we would call pure motion; it is pure Love. This Love then creates, by this process of vibration, a photon, as we call it, which is the basic particle of

light. The nature of the vibratory patterns of your universe is dependent upon the configurations placed upon the original material, or Light, by the focus, or Love, using its intelligent energy to create a certain pattern of illusions, or densities, in order to satisfy its own intelligent estimate of a method of knowing itself. Thus the colors, as you call them, are as strait, or narrow, or necessary as is possible to express, given the will of Love.

Law Of One 028: This concept is correct in the context of one particular Logos, or Love, or focus of this Creator which has chosen Its, shall we say, natural laws and ways of expressing them mathematically and otherwise. You said that “the nature of the vibratory patterns of your universe is dependent upon the configurations placed on the original material, or light, by the focus of Love using its intelligent energy to create a certain pattern of... 28.3 Questioner This Light that occurred as a consequence of vibration, which is a consequence of Love. It is necessary to consider the enabling function of the focus known as Love. The experience, or existence, of space/time comes into being after the individuation process of Logos, or Love, has been completed and the physical universe, as you would call it, has coalesced or begun to draw inward while moving outward to the extent that that which you call your sun bodies have, in their turn, created timeless chaos coalescing into what you call planets, these vortices of intelligent energy spending a large amount of what you would call first density in a timeless state, the space/time realization being one of the learn/teachings of this density of beingness.

Law Of One 029: When this plan has coalesced in the thought complexes of Love, then the physical manifestations begin to appear; this first manifestation stage being awareness or consciousness. 29.12 Questioner As the Love creates the vibration—I will make this statement first. Let me say, I believe that Love creates the vibration in space/time in order to form the photon. 29.13 Questioner Then the continued application of Love—I will assume this is directed by a sub-Logos or a sub-sub-Logos—this continued application of Love creates rotations of these vibrations which are in discrete units of angular velocity. This that you speak of as gravity may be seen as the pressing towards the inner light/love, the seeking towards the spiral line of light which progresses towards the Creator.

Law Of One 030: This mind/body complex then in second density discovering the growing and turning towards the light, thus awakening what you may call the spirit complex, that which intensifies the upward spiraling towards the love and light of the Infinite Creator. Thus the formation of what could be seen to be recognizably love did exist in this relationship.

Law Of One 031: The green ray is one of complete universality of love. It is to be noted at this juncture that although it is much more difficult, it is possible in this type of association for an entity to be of great service to another in fidelity and sincere green-ray love of a nonsexual nature, thus adjusting or lessening the distortions of its sexual impairment. Just as we of the Confederation attempt to beam our love and light whenever given the opportunity, including sexual opportunities, so the Orion group will use an opportunity, if it is negatively oriented, or if the individual is negatively oriented. Thus there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various predispositions to adversary relationships—or, as you call them, marriages—rather than the free giving one to another in the love and the light of the Infinite Creator.

Law Of One 032: Fourth-density wanderers, of which there are not many, will tend to choose those entities which seem to be full of love or in need of love.

Law Of One 033: This supporting group has always, due to an underlying harmony, been of a very stable nature as regards protection in love and light, thus ensuring the continuation of this narrow-band contact. The impulse to protect the loved other-self is one which persists through the fourth density, a density abounding in compassion.

Law Of One 034: Very often the catalyst for emotional pain, whether it be the death of the physical complex of one other-self which is loved or some other seeming loss, will simply result in the opposite: in a bitterness, an impatience, a souring. These entities, however, are few due to the understanding, may we say, of fourth ray that universal love freely given is more to be desired than principalities, or even the

rearrangement of peoples or political structures. This entity spent much green-ray energy both as a healer and as a lover of your instrument known as the organ. Finally, one may polarize very strongly third ray1 by expressing the principle of universal love at the total expense of any distortion towards involvement in bellicose actions. It polarized somewhat towards the negative in its lack of understanding the green ray it carried with it, rejecting the forgiveness principle which is implicit in universal love. The sum total of this incarnation, vibrationally, was a slight increase in positive polarity but a decrease in harvestability due to the rejection of the Law or Way of Responsibility; that is, seeing universal love, yet still it fought on.

Law Of One 035: However, the desire to serve and to grow was strong in this programming, and when the opportunities began to cease due to these distortions towards love of power, the entity's limiting factor was activated.

Law Of One 036: These negatively oriented mind/body/spirit complexes have a difficulty which, to our knowledge, has never been overcome, for after fifth-density graduation wisdom is available but must be matched with an equal amount of love. This love/light is very, very difficult to achieve in unity when following the negative path, and during the earlier part of the sixth density, society complexes of the negative orientation will choose to release the potential and leap into the sixth-density positive. Thus, loving the Creator, and realizing at some point that the Creator is not only self but other-self as self, this entity consciously chooses an instantaneous energy reorientation so that it may continue its evolution. Thusly the positively oriented wanderer chooses to hazard the danger of the forgetting in order to be of service to others by radiating love of others.

Law Of One 039: Again, it is fortunate that this instrument has the opportunities for loving social intercourse which are of some substantial benefit. The principle so veiled in that statement is but the simple principle of the constant (or Creator) and the transient (or the incarnate being) and the yearning existing between the two, one for the other, in love and light amidst the distortions of free will acting upon the illusion-bound entity.

Law Of One 041: Thus you may think of portions of the light that you receive as offspring of the generative expression of sixth-density love. As the vibratory energies move from red to orange the vibratory environment is such as to stimulate those chemical substances, which lately had been inert, to combine in such a fashion that love and light begin the function of growth. This is why the brilliance, or rotational speed, of the energy centers is not considered above the balanced aspect, or violet-ray manifestation, of an entity in regarding harvestability; for those entities which are unbalanced, especially as to the primary rays, will not be capable of sustaining the impact of the love and light of intelligent infinity to the extent necessary for harvest. Green ray is the movement through various experiences of energy exchanges having to do with compassion and all-forgiving love to the primary blue ray, which is the first ray of radiation of self regardless of any actions from another.

Law Of One 042: This is not indifference or objectivity but a finely tuned compassion and love which sees all things as love. Am I correct in assuming that when your response to the animal and to the other-self, seeing both as the Creator, and loving both, and understanding their action in attacking you is the action of their free will, then you have balanced yourself correctly in this area. The response is love. Balance is not indifference but rather the observer not blinded by any feelings of separation but rather fully imbued with love. We spent much time/space in contemplation of those ways of the Creator which imbue love with wisdom. However, it is within the free will of an entity to respond to this plight of other-selves, and the offering of the needed food-stuffs and substances is an appropriate response within the framework of your learn/teachings at this time which involve the growing sense of love for, and service to, other-selves.

Law Of One 043: The surrounding of self in a sylvan atmosphere, apart from distractions, in a place of working used for no other purpose, in which you and your associates agree to lay aside all goals but that of the meditative seeking of the Infinite Creator is, shall we say, not gadgetry but the making use of the creation of the Father in second-density love and in the love and support of other-selves.

Law Of One 044: To share the difficult contact with the other-selves associated with this working and to meditate in

love for these senders of images and light for self and other-selves is the most available means of nullifying the effects of such occurrences. Far better, then, to share in trust such experiences and join hearts and souls in love and light with compassion for the sender and armor for the self. We have spoken before of those things which aid this instrument in the vital energy: the sensitivity to beauty, to the singing of sacred music, to the meditation and worship, to the sharing of self with self in freely given love either in social or sexual intercourse.

Law Of One 045: Two are a sixth-density origin, one a fifth-density harvestable to sixth but choosing to return as a wanderer due to a loving association between teacher and student.

Law Of One 046: This entity, if using this catalyst mentally, blesses and loves this anger in itself. Anger is one of many things to be accepted and loved as a part of self or controlled as a part of self, if the entity is to do work. This experience in your density may be loved and accepted, or it may be controlled. When neither path is chosen, the catalyst fails in its design, and the entity proceeds until catalyst strikes it which causes it to form a bias towards acceptance and love or separation and control.

Law Of One 047: This is incorrect, as the unity of the Creator exists within the smallest portion of any material created by Love, much less in a self-aware being.1 However, the distortion of Free Will causes the social memory complex to appear as a possibility at a certain stage of evolution of mind. Thus the potential of the green and blue energy center activation is, of course, precisely where it must be in a creation of Love. The ability to love, accept, and use a certain intensity of light thus creates the requirement for both positive and negative fourth to fifth harvesting.

Law Of One 048: However, were we to again be naïve enough to think that our physical presence was any more effective than that love/light we send your peoples and the treasure of this contact, we would do as we did do. And through this dynamic between the societal self and the other-self which is the object of love, greater and greater intensities of understanding or compassion are attained. As harvest draws near, those filled with the most light and love will naturally, and without supervision, be in line, shall we say, for the experience of incarnation.

Law Of One 049: Each experience will be sequentially understood by the growing and seeking mind/body/spirit complex in terms of survival, then in terms of personal identity, then in terms of social relations, then in terms of universal love, then in terms of how the experience may beget free communication, then in terms of how the experience may be linked to universal energies, and finally in terms of the sacramental nature of each experience. When this uncoiled energy approaches universal love and radiant being the entity is in a state whereby the harvestability of the entity comes nigh. However, you are to be commended for observing fatigue in the circle and refraining from a working until all were in love, harmony, and vital energy as one being.

Law Of One 050: This entity desired the process of expressing love and light without expecting any return. These givens, shall we say, apply to millions of your peoples: those aware of evolution and desirous in the very extreme of attaining the heart of love and the radiance which gives understanding. They have to do with giving, not receiving; for the lessons of love are of this nature both for positive and negative. Those negatively harvestable will be found at this time endeavoring to share their love of self. 50.6 Questioner Could you give an example of negative polarization sharing love of self. The cards are love, dislike, limitation, unhappiness, pleasure, etc. You may begin to find the love within you. This game can only be won by those who lose their cards in the melting influence of love; can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. The adepts then become living channels for love and light and are able to channel this radiance directly into the planetary web of energy nexi.

Law Of One 051: The second class of those who ward this process are those of the Confederation who have the honor/duty of standing in the small places at the edge of the steps of light/love so that those entities being harvested will not, no matter how confused or unable to make contact with

of their incarnations and express that love which they have learned in a manner which is likened unto the radio station which broadcasts a certain frequency of information. These then, as all who have learned any portion of the lesson of love, become likened unto beacons for this love that is felt by all fellow entities upon the subconscious levels, as you would call them, and provide a kind of nourishment for the species, much as the gardener provides the fertilizer for the plants within its garden. Thus does the great creative power of love move through all its creations, whether they be found in the fertile valleys or the high mountain caves. We thank each for the invitation to join this group and for the great offering of love that we feel from each. We return love in kind.

1988/02/03: If the healer is prepared to pay the price of living a certain kind of life, and we feel that each in this group intends to be so, then it is necessary only to choose the manner of service and maintain, with the greatest of enthusiasm and ardent love, the manner of life, living, thinking and being which nourishes and feeds that crystal soul within. Thus, the healer who is a hypnotherapist or a teacher or a channel is offered an opportunity to be of service, and this is cause for rejoicing for those whose wish is to serve the Father and to love each brother and sister with a spiritual embrace that magnifies the opportunity to gain in spiritual learning. May you see it in a loving and holistic way.

1988/02/07: Thus, no matter what circumstance appears before you, whether it be seemingly usual or seemingly unusual, there is in that circumstance, in the relationships about you, and in your days whatever they may be, every bit of catalyst that you need to bring to your attention the conflicts about which you need to make the choice between finding love and offering compassion and using control and effecting separation. As this classroom of yours is attempting to study love, many lessons are concerned with the right use of compassion and love. There is the same energy generated by a mother who watches her children at play as by what you would call the most advanced and illumined being who was watching the doors of eternity, for no matter what the object of that love, that emotion has within it the strength to create and the terrible strength to destroy. Rejoice in exactly who you are and seek to place that honest, naked, uncovered soul in the light and love of the one infinite Creator, knowing that that Creator is within you and you the Creator. Then can you stand on your two feet and be proud to offer whatever it is you have in a spirit of love and in the hope of sharing that love. What is necessary is that you go through enough processes of acceptance and forgiveness that you come into full acceptance of the self, a full love of the self as a part of the Creator, and a full and single-hearted commitment of the self as an outreaching portion of the Creator through whom compassion and love may shine. We bless and offer our love to each. There is a female minister who I've just come to realize I'm very much in love with and she is in love with me. After being hurt many times, I feel doubt, it's hard for me to accept the fact that she loves me. Look then to your heart and look to the heart of the other and observe if there is the harmony between the two, that you share a love for that which is greater than each. By facing those obstacles which present themselves in your path and resolving each with the greatest amount of love and compassion that you have within your being, you gain the strength of love and the sureness of your desire to move in harmony with the pattern which is appropriate for your growth as an entity and your service to others as one who has reaped a harvest of growth. My brother, your steps may not be easy, but there is much of inner strength that can be gained in times of difficulty and we recommend the meditation for as long as is necessary to discover where the heart of love moves you most forcefully and surely at this time, for within your heart of hearts the plan for your life's pattern which you proposed before this incarnation lies complete, and by intensely seeking this heart of hearts it shall be revealed to you in the way that is most appropriate at this time. I would like to take this opportunity to thank you very much and it has been a pleasure, and your advice has been very, very well taken and well informed, and it has removed quite a bit of doubt I have had in my mind in listening and sitting here meditating about the love that this woman who I am contemplating on marrying has for me. It has brought me around to realize that people can love me without me doubting, and again I would like to thank you very much, and it has been a very enlightening, warm, well accepted advice. Again, we may recommend that in meditation or prayer that

you determine for yourself that which is your guiding star, that quality, be it love or the Christ consciousness or the one known as Jesus the Christ or compassion or wisdom or truth or whatever quality has for you the greatest meaning and vibrancy.

1988/02/10: It is a most great privilege to be called to your group this evening, and we wish to send love and blessing to each, and to thank each for the privilege of sharing this time with you. Indeed, as always, living, learning and loving are daily matters, those that cannot be pulled over the scorched ground of yesterday or shot like Roman candles into the mist of tomorrow. You came knowing that these sensations, these feelings, these feelings of memory which lead to battle and to the bone-weariness of the old were the gateway through which you would learn, in a more and more and regularized fashion, the omnipresence of love, the unity of all of the creatures of the Creator, and the joy of choosing to serve others, each in its own special way. Seek further in your book learning, you who seek to heal, and apprentice yourself to teachers you deem worthy, but remember always that the true work of the healer lies within, in the healing of the self, in the regularizing of the fire of love, the heat of compassion, in the willingness to be open to those things which are not possible, to the compassion that stands unmoved before life and death and wishes only that the highest will and the most harmonious plan be fulfilled.

1988/02/13: It is indeed true, a seeking entity cannot help but be doing the work it has come to do, for the creation is an harmonious whole and the plans of learning the lessons of love set by each soul before incarnation are part of the very electrical magnetic field of the entity and will attract that work which needs attention along the lines intended by the higher self and the seeking spirit. For if the life is a gift, a holy one, one set apart, then to live, to love, to feel, to be, is the true vocation, and all actions stem then not from the necessities of the employment or the personal situation, but from the inner agenda which is to experiment continuously with the being, seeking always to polarize more and more towards a conscious inner realization of the wholeness and perfection that lie within the illusion that make of the life a beauty and a gift. May we extend our love to you and our sorrow that we cannot speak longer, for it is sweet to converse with this group.

1988/02/14: The meditation, upon the other hand, moves into the deep mind as does the lover to the beloved, the intention being to woo and win the beloved with these positive feelings and thought which accompany the desire to meditate. An atmosphere of love for the Creator and for that deeper portion of the self in which the essence of the Creator does lie is strengthened, and that which then is touched within the deeper mind is that which strikes the most planetary tone, offers the most needed medicament to the seeker. Without the veiling process, the decision making which is the testing portion of the lessons of love would be attenuated and the power of the decisions lost. You the seeker spend third-density time deciding how to love. We have gazed into that face as have you in timelessness and in time, in darkness and in light, in nothingness and in space, and we say to you that the mystery recedes before you as the waves do move out at low tide, always coming in again to immerse the seeker in power, love, beauty and joy, but always then moving again out to sea so that the path leads ever onward, the mystery beckons always. We know only the intimations and reflections, the currents and the winds of a beautiful mystery which we have learned to call Love Itself. In all your deliberations, my friends, we urge you to return always to that which this instrument calls the watchtower; to call to the self, that most nearby Creator, that its love and light may fill and transform the self and the self's service. May you love one another, may you know, as we feel that we know, that we are most beloved by the Creator who is love. The salt, however works in an [adsorptive] fashion, whereas the crystal, be it the gem or the water, works in a fashion which amplifies the healing love/light.

1988/02/28: We are hounded, however, by the relentless subjectivism of our identity, and though that which we know has brought us this far and gives us hope for further learning and joy, yet also must we say that we cannot see the other side of mystery, nor should any answer to any question which we or any give be considered substitutes for that unblinking focus which the pilgrim has upon the love within which lies all truth, that beacons always around the next bend of the path

of all with no judgment. It is not difficult to love negatively oriented individuals once you can connect into that portion of your deep mind which sees each person, whatever the vagaries of trouble and circumstance, as a holograph of the one infinite Creator. Therefore, it behooves the student of positive polarity constantly to exercise the will to polarize further towards positivity, and when negativity is viewed, to stop and give that entity the honor of an unstinting love, of a generous prayer that it may (be) held upward, that it may be protected, that it may be cherished and loved as a child of the one infinite Creator. We say to you that those who are armed with light and go forth with that breastplate shining offer their love to those who flee before the onslaught of that terrible powerful creative love. You cannot possess this love, you can only be a channel through which it may flow. If there is this love within you, even such negative societal plans as those monetary and banking schemes questioned about can only seem that which the world wags on about. There is no actual reason that you cannot in such a situation constantly center your mind upon the best that you know, the love that you have experienced, the light that you have indwelt, the joy that has been yours, not because you wish artificially to change your circumstances and so be impregnable to evil, but rather so you may enjoy yourself and give a lighter, more joyful gift at the end of your incarnational experience to the one Creator. Yet he can ask to be shown where the center of love in this experience is. You have not mastered the ability to be constantly loving and giving and caring. Thus, each of you seeks in partial ignorance and darkness, through hope and faith, to find more and more that center of the self which truly sees negative infringements as experiences in which a gift may be offered, a gift of love. We can only add to this understanding our opinion that these physical acts are ways of focusing the deeper portions of the mind so that the mind may bring up that great material of channeled, creative, divine, immeasurable love. When specific people call specific people and start a trip like this on them, is it enough simply to express love over the telephone. As we spoke to this it is most important that one recognize the creative power and responsibility that is perfect in one's perception, and form that perception as best as one can with the foundation firmly rooted in the loving acceptance of what one sees as the Creator. With this foundation set, then, in love, one may construct any action that the conscious mind can form, and act upon this action as the means by which the heart of love may be made manifest. Therefore, if any ritual or image or procedure is engaged as a means by which protection for the self might be offered, it is our suggestion that love be the motivation, for in such fashion thus one may love and do as one will. I am Q'uo, and, my sister, we can offer no greater advice than to seek one's heart's desires as purely as one can and as you move with passion in that loving expression, for you see each of you have the ability to create the (world) of service and [love] from whatever illusion stands before you. I am Q'uo, and we find that the measure of time which you have called your new year is a means by which one can take the opportunity to readjust the perceptions, that one might, in the new experiencing, open the eye chakra and point of view to include more of your illusion and your experience within it within the realm of the compassion and love which animates each portion of your creation. Each, my friends, is a new moment and a further opportunity to open the inner eye to greater love within all experience.

1988/01/10: However, it is well that the parent also be concerned enough about itself and about its responsibility to that young self which has come into relationship with it to create and maintain a daily, loving, persistent and genuine search for that spiritual truth which cannot be found in the hustle and bustle of the busy world of the market place and your televisions. We do not say there is anything inimical to a child's growth in this pursuit, we only suggest that if the child does not see the parents engaged in earnest and sincere and persistent spiritual seeking, the child shall be vulnerable to any charismatic entity teaching whatever distortion of the laws of love and service in whatever highly distorted manner. Often elder and younger souls of the same family are placed together to continue working upon the question of how to love, how truly to love, for this entire illusion is designed as an environment in which people go about that one learning activity from their earliest remembrances until, at long last in the fullness of age, that soul shuts its eyes and departs this small shadow of life. The discipline for a younger soul which

begins acting in an inappropriate manner for being within the public society would be to remove the self and the beloved younger soul from the public environment so that it is clear that there are some behaviors which cannot be acceptable within the public experience. And thirdly, when discipline is to be accomplished, allow that discipline to be such a one as may perhaps sting the pride of the young soul in a private way, but not in such a way that others might know that this soul is being disciplined, and that by this much loved parent. Firstly, the arena of the parent, in which the parent is encouraged to think deeply about stressing the spiritual, the just, and the lovely, and second, the arena of the child, in which the child may learn to trust the honesty of the parent and may learn by imitation those things which are to be learned. Mistakes are made upon top of mistakes, yet there is one deep and fathomless thing which binds parent to child, and that is love, for the parent cannot help but love the child, nor can the child help but love the parent. Let this love be communicated. Let this love be celebrated. Never let this love be taken for granted. Love each other, for you are both pilgrims upon the road, parent and child. The parent must do a good deal of guiding, suggesting and, yes, disciplining, for the best road to learn has its limits, its right side and its left side, and beyond that road lie desolate deserts of experience which are not helpful in the sense of learning of love. May you love each other. May you trust even in hard times that this is part of the outworking of an harmonious plan, at the end of which you shall know more about how to love, the greatest lesson that this density has to teach.

1988/01/17: Each of what you call your planetary systems dwelt first in the consciousness that is the Creator, lived in a state of love, which is another name for the Creator, and in the fullness of time, planets were formed and that process you call evolution took place. And eventually within each portion of consciousness there came to be a turning not only towards the light, but towards the love that lies behind light, and thus an entity became ready in physical vehicle nature to receive infinity. You have lived for many, many lifetimes already in this environment or density of experience, and by now you have observed over and over and over that much of the experience that you gather seems to be about love, love expressed in selfish ways and love expressed in service to others and to the Creator. It is our opinion that the nature of this Creator is the nature of one singular thought, and that thought is the thought of love. Since the Creator's nature is that one great original Thought of love, service begins and ends in love. Since you are of the very nature and stuff of the Creator, you yourselves in your essence are perfect love. It is a matter of finding and recognizing that true nature and then of choosing to express and manifest that nature by loving and serving those about you. To love and serve those to whom you are most close is very difficult. The forgetting of past relationships, past biases, past opinions and experiences is intentional, for ever-new are the opportunities to make and remake the choice to serve and manifest the love of the one infinite Creator. Thus, if you find yourself at odds with a co-worker, a friend, a companion, or a loved one, it is well to move into meditation, asking and releasing the question of where the balances of love and service have gone awry in this particular instance, and more than that, how you may bring love back into manifestation within the circumstance, how balance may be restored, how love may thrive. Therefore, we may freely and joyfully urge each to know the self as one who may be a channel of light, a channel of love, not by your own Earthly energies, for they fail, but by becoming through meditation aware of that which comes through one from the infinite creation, that which is infinite love. Serve each in love, for loving each other is the greatest service that consciousness is capable of. Yet the nature of that experience is shaped by your decision to serve the cause of love during these final life experiences. May you see and bless the many, many lives you have learned in your deep-felt biases and opinions, in your love of the good, the beautiful, and the true, and your distaste for that which is dark and negative. If you find a certain entity particularly difficult, seek the seeds of forgiveness in the infinite love which lies within you, for as you forgive the other entity and yourself, so you have balanced in love that which before blocked energy and stopped the process of spiritual growth. These lessons have to do with some aspect of learning that quality that you might call unconditional love or compassion. Those who learn in a solitary fashion enhance their own understanding of the purpose

their higher self, stumble and fall away for any reason other than the strength of the light. These Guardians provide the precise emissions of light/love in exquisitely fastidious dissemations of discrimination so that the precise light/love vibration of each entity may be ascertained.

Law Of One 052: In this unity lies love. Unity, love, light, and joy: this is the heart of evolution of the spirit.

Law Of One 053: We might suggest that a photograph of the one known as James Allen1 be sent to this entity with his writing upon it indicating love and light. The entities in this and some other vividly remembered cases are those who, feeling the need to plant Confederation imagery in such a way as not to abrogate free will, use the symbols of death, resurrection, love, and peace as a means of creating, upon the thought level, the time/space illusion of a systematic train of events which give the message of love and hope.

Law Of One 054: The muscles and flesh—having to do with the, shall we say, survival of wisdom, love, compassion, and service—are brought about by the action of the mind/body/spirit complex on basic catalyst so as to create a more complex catalyst which may, in turn, be used to form distortions within these higher energy centers. Ra The origin of all energy is the action of Free Will upon Love.

Law Of One 055: There is no magic greater than honest distortion toward love.

Law Of One 057: The crystal will resound with the charged light of incarnative love and light energy and will begin to radiate in specified fashion, beaming, in required light vibrations, healing energy, focused and intensified towards the magnetic field of the mind/body/spirit complex which is to be healed.

Law Of One 059: The term "upward spiraling light" is an indication not of your up and down concept, but an indication of the concept of that which reaches towards the source of love and light.

Law Of One 060: Further, having learned to radiate acceptance and love without expecting return, this entity now must balance this by learning to accept the gifts of love and acceptance of others, which this instrument feels some discomfort in accepting. In the hands of one of fifth-density or above this particular energy may be tapped in order to communicate information, love, or light across what you would consider vast distances but which, with this energy, may be considered transdimensional leaps.

Law Of One 061: The second ramification of condition is that which we might call the degree of mental efficiency in use of catalyst provided for the learning of programmed lessons, in particular, and the lessons of love, in general. The first, in the healing exercise concerning the body, what do you mean by the disciplines of the body having to do with the balance between love and wisdom in the use of the body in its natural functions. Among these are touching, loving, the sexual life, and those times when the company of another is craved to combat the type of loneliness which is the natural function of the body, as opposed to those types of loneliness which are of the mind/emotion complex or of the spirit. When these natural functions may be observed in the daily life they may be examined in order that the love of self and love of other-self versus the wisdom regarding the use of natural functions may be observed. On the one hand there is an excess of love. It must be determined whether this is love of self or other-self or both. No matter what the behavior, the important balancing is the understanding of each interaction on this level with other-selves, so that whether the balance may be love/wisdom or wisdom/love, the other-self is seen by the self in a balanced configuration, and the self is, thus, freed for further work. The subjective acceptance of that which is at the moment and the finding of love within that moment is the greater freedom. However, the balancing of sensation has to do with an analysis of the sensation with especial respect to any unbalanced leaning between the love and the wisdom, or the positive and the negative. The primary mental/emotive condition of this large area of the so-called brain is joy, or love, in its creative sense.

Law Of One 062: It is at this point a question of two forms of the leavings of what you may call a spell or a magic working—the healer's distortions versus the attempt at Orion distortions: the healer's distortions full of love, the Orion distortions also pure in separation. We may note that the harmonies and loving social intercourse which prevails habitually in this group create a favorable environment for each of

you to do your work. It, then, by virtue of its abilities in wisdom, is able to be the leader of fourth-density beings which are upon the road to wisdom by exploring the dimensions of love of self and understanding of self. Had it not been for a random mishap, all would have been well, for you have learned to live in love and light and do not neglect to remember the One Infinite Creator. These distortions remove the focus from the One Infinite Source of love and light, of which we are all messengers, humble and knowing that we, of ourselves, are but the tiniest portion of the Creator, a small part of a magnificent entirety of infinite intelligence. You could cease in your attempts to be channels for the love and the light of the One Infinite Creator. The love and devotion of this group misses nothing. Rest, then, in that peace and love, and do as you will, as you wish, as you feel. The great healer of distortions is love.

Law Of One 063: Continue in love, and praise, and thanksgiving to the Creator. Love is the great protector. The vital energy may be seen to be that deep love of life or life experiences, such as the beauty of creation, and the appreciation of other-selves, and the distortions of your co-Creators' making which are of beauty. With this love, or vital energy, or élan, the entity may continue though the physical complex is greatly distorted. As the green-ray cycle or the density of love and understanding begins to take shape the yellow-ray plane or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third is learned. Thus fourth-density experience may be begun with the added attraction, to an entity oriented towards service to others, of dwelling in a troubled third-density environment and offering its love and compassion. At full activation of the true-color green density of love, the planetary sphere will be solid and inhabitable upon its own, and the birthing that takes place will have been transformed through the process of time, shall we say, to the appropriate type of vehicle to appreciate in full the fourth-density planetary environment. The influxes of true-color green energy complexes will more and more create the conditions in which the atomic structure of cells of bodily complexes is that of the density of love.

Law Of One 064: The principle behind any ritual of the white magical nature is to so configure the stimuli which reach down into the trunk of mind that this arrangement causes the generation of disciplined and purified emotion, or love, which then may be both protection and the key to the gateway to intelligent infinity. Thus we do not invoke any power from without, for our search has become internalized as we become light/love and love/light. This is a great service to others, when appropriate, due to the accumulation of distortions toward wisdom and love which can be created through the use of the space/time continuum of your illusion. Or in relation to the natural functions of the body such as touching, loving, sexual sharing, and company. As always, love is the greatest protection.

Law Of One 065: Lacking the opportunity for overt expression of the love of freedom, the seeking for inner knowledge would take root, aided by those of the Brothers and Sisters of Sorrow which remember their calling upon this sphere. Light and love go where they are sought and needed, and their direction is not planned aforesight. You may at this time note that as with any entities, each wanderer has its unique abilities, biases, and specialties, so that from each portion of each density represented among the wanderers comes an array of pre-incarnative talents which then may be expressed upon this plane which you now experience; so that each wanderer, in offering itself before incarnation, has some special service to offer in addition to the doubling effect of planetary love and light and the basic function of serving as beacon or shepherd. There are fourth- and sixth-density wanderers whose ability to serve as, shall we say, passive radiators or broadcasters of love and love/light are immense. We may note at this point while you ponder the possibility/probability vortices, that although you have many, many items which cause distress and thus offer seeking and service opportunities, there is always one container in that store of peace, love, light, and joy.

Law Of One 066: We recapitulate: the exercise according to ability, not to exceed appropriate parameters, the nutrition, the social intercourse with companions, the sexual activity in green ray or above and, in general, the sharing of the distortions of this group's individual experiences in an

helpful, loving manner. Continue as always in love.

Law Of One 067: We would greatly appreciate it if the service was carried on in some manner which we could welcome in even greater love than at present. May we say that although we of Ra have limited understanding, it is our belief that sending this entity love and light, which each of the group is doing, is the most helpful catalyst which the group may offer to this entity. We were about to note that this entity has been as neutralized as possible, in our estimation, by this love offering, and thus its continued presence is, perhaps, the understandable limit for each polarity of the various views of service which each may render to the other. In the case of those with whom you, as entities and as a group, are not in resonance, you wish them love, light, peace, joy, and bid them well. Thus you may see, in many cases, the loving balance being achieved: the love being offered, light being sent, and the service of the service-to-self oriented entity gratefully acknowledged while being rejected as not being useful in your journey at this time. This entity, as each in this group, is enough disciplined in the ways of love and light that it is not suggestible to any great extent. Similarly it offers a continual opportunity for each in the group to express support under more distorted, or difficult, circumstances of the other-self experiencing the brunt, shall we say, of this attack, thus being able to demonstrate the love and light of the Infinite Creator; and, furthermore, choosing working by working to continue to serve as messengers for this information which we attempt to offer and to serve the Creator thereby. As you send this entity love and light and wish it well it loses its polarity and needs to regroup. Continue, my friends, in the strength of harmony, love, and light.

Law Of One 068: The power source persists and, indeed, improves its inner connections of harmony and love of service. The positive polarity sees love in all things.

Law Of One 069: This is correct largely because the entity without the attachment to the space/time physical complex is far more aware and without the gullibility which is somewhat the hallmark of those who love wholeheartedly. Secondly, when a positively oriented entity incarnates in a thoroughly negative environment it must needs learn/teach the lessons of the love of self thus becoming one with its other-selves. However, the process of learning the accumulated lessons of love of self may be quite lengthy. Let us say that the positively polarized individual makes a poor student of the love of self and thus spends much more time, if you will, than those native to that pattern of vibrations.

Law Of One 070: The study of love and light is far more productive in its motion towards unity in those entities pondering such concepts. For instance, you stated that "the potential difference may be released and polarities changed after an entity has learned/taught the lessons of love of self"—if the entity is a positive entity that has found itself in negative time/space and then had to incarnate in negative space/time. I am very interested in knowing, if placed in a negative time/space, why it is necessary to incarnate in negative space/time and learn/teach love of self and develop, I guess, a sixth-density level of polarity before you can release that potential difference.

Law Of One 071: This is done in the knowledge that to aid the self in polarization towards love and light is to aid the planetary vibration.

Law Of One 073: However, those upon the service-to-others path wait to be called and can only send love.

Law Of One 075: We may note that the distortion towards love, as you call this spiritual/emotional complex which is felt by each for this entity, will be of aid whether this is expressed or unmanifest, as there is no protection greater than love. When the entity Jehoshua² decided to return to the location called Jerusalem for the holy days of its people, it turned from work mixing love and wisdom and embraced martyrdom, which is the work of love without wisdom. It is aware of certain over-balances towards love, even to martyrdom but has not yet, to any significant degree, balanced these distortions. It is an example of love which has served as beacon to many. For those who seek further, the consequences of martyrdom must be considered, for in martyrdom lies the end of the opportunity, in the density of the martyr, to offer love and light. Thusly each may support each including the support of self by humble love of self as Creator. 75.32 Questioner The three aspects of the magical personality are stated to be power, love, and wisdom. The three aspects of the magical personality—power, love, and wisdom—are so called in

order that attention be paid to each aspect in developing the basic tool of the adept: that is, its self. The three aspects are given that the neophyte not abuse the tools of its trade but, rather, approach those tools balanced in the center of love and wisdom and thus seeking power in order to serve. Thus in many cases those normally quite blocked, weakened, and distorted may, through love and strength of will, become healers momentarily. 75.39 Questioner Then is it correct that a good sequence for developing the invocation of the magical personality are alternate meditations, first on power, then a meditation on love, and then a meditation on wisdom, and to continue cycling that way. Thusly visualization may be personalized and much love and support within the group generated.

Law Of One 078: Each of the support group has an excess of love and light to offer the instrument during the working. Already each sends to the instrument love, light, and thoughts of strength of the physical, mental, and spiritual configurations. You may refine these sendings until the fullest manifestations of love and light are sent into the energy web of this entity which functions as instrument. 78.9 Questioner Now, we have the First, Second, and Third Distortions of Free Will, Love, and Light. the next, the fourth density being that of love, etc. In sixth density, the density of unity, the positive and negative paths must needs take in each other, for all now must be seen as love/light and light/love. This is not difficult for the positive polarity which sends love and light to all other-selves.

Law Of One 079: 79.39 Questioner Let me skip over the Hierophant for a minute because I'm really not understanding that at all, and just ask you if the Lovers represent the merging of the conscious and the unconscious, or a communication between conscious and unconscious.

Law Of One 080: The Significator of the Spirit is that living entity which either radiates or absorbs the love and the light of the One Infinite Creator: radiates it to others or absorbs it for the self.

Law Of One 081: Each of the support group, by offering the love and the light of the One Infinite Creator in unqualified support in these workings, and in energy transfers for the purpose of these workings, experiences between 10 and 15 percent, roughly, of this effect. It is attempting to balance love of service and wisdom of service, and it is faithful to the service in the face of difficulty. We have opened our hearts in radiation of love to the entire creation. All of the infinite Logoi are one in the consciousness of love. We have not done this, nor do we contemplate it, for we can reach in love with our hearts.

Law Of One 082: He asks, "It seems that my balancing work has shifted from more peripheral concerns such as patience/impatience, to learning to open myself in unconditional love, to accepting my self as whole and perfect, and then to accepting my self as the Creator. We touch upon previous material.² The harvest of the previous octave was the Creator of Love manifested in mind, body, and spirit. The purpose of incarnation in third density is to learn the Ways of Love. What was the mechanism of teaching that taught this, the Ways of Love, in the third-density physical prior to the forgetting process. There is the possibility of love of other-selves and service to other-selves, but there is the overwhelming awareness of the Creator in the self. Therefore, no love is terribly important; no pain terribly frightening; no effort, therefore, is made to serve for love or to benefit from fear. Remain united in love and thanksgiving.

Law Of One 083: In the third density, entities are attempting to learn the Ways of Love. The penetration of the veil may be seen to begin to have its roots in the gestation of green-ray activity, that all-compassionate love which demands no return.

Law Of One 084: And, indeed, in the case of the physically expressed love between a mated pair which does not have the conclusion you call orgasm, there is nonetheless a considerable amount of energy transferred due to the potential difference which has been raised, as long as both entities are aware of this potential and release its strength to each other by desire of the will in a mental or mind complex dedication. If both entities are well polarized and vibrating in green-ray love, any orgasm shall offer equal energy to both. If one entity is blocked and the other vibrates in love, the entity baffled will hunger still but have a tendency to attempt to continue the procedure of sating the increasing hunger with the one vibrating green ray due to an impression that this

turn. Yet this heavenly manna, this word, this love cannot be stored, but rather can only be gathered one day at a time. Thus, the one who wishes to live and think and feel more purely must turn not once but each and every one of your days to the seeking of that heavenly food and that paradisaical drink, for love exists within the present moment. Visualize these exercises as the taking in of the physical manifestation of love, and tune yourself by intending to exhale each and every negative thought and feeling, stress and worry. The quality and the quantity of the manna which feeds the spirit is very much determined by the seeker itself, by the level of desire the seeker has to become a purer vessel for love and light, by the simplicity for innocence of the firm belief in that which is unseen.

1987/12/05: We are sorry we have importuned this instrument, but the instrument (was) able to pick up our contact, something not often occurring, and we wished to share our love and our celebration of all that is.

1987/12/09: The light, which is the prana or life, of all the universe is offered equally to those upon the service-to-self path and those upon the service-to-others path who have obtained a certain degree of confidence in accepting and rejoicing in the light of love, of wisdom, and of courage. We shall continue, in love and life. Yet, we suggest that those who find the face of God in nature or in any other way, position that self so that out of the center of that commitment and passion for life and love, the vibration most desired shall come. The flow of information is a part of love, of light, as you perceive it. Within some entities the face of God resides upon the face of the child, the beloved. Relax into the web of love which connects you to all in the universe, which is closer to you than your breath, and be careful of whom you seek, for though the Creator (is) all, yet the distortions are many.

1987/12/20: The more times in which the student may recognize the depth of the present moment, just so shall that soul channel more and more in a biased fashion, in an engaged fashion, in an enabling fashion for service to all and for love of the infinite Creator. Your penmanship matters not, the exquisite outcome of an hoped-for event matters not, for it is as has been mentioned earlier the task of the instrument only to attempt to channel a life lived in love and peaceableness. There is no entity so lost to desires of helpfulness that this cannot eventually learn to channel the love and the light of the infinite Creator. When all of us achieve the complete channeling which is the impersonal life, then it will be that this creation shall gather itself together in Oneness, in sleep, in timelessness, until once again the Creator bursts out with a new creation, and all the consciousnesses begin again upon a new level to learn new lessons, and to express to the Creator within each other the nature of holiness, compassion and love. Thus, if you find other ways of channeling (than vocal channeling) which are better [for you], then we urge you, by all means, to realize what kind of channel that you are, and be that wonderful, loving, compassionate self that this particular type channeling may bring A weaver channels the beauty of the cloth. One who works with people channels a love and acceptance, a true listening ear for the entities around it. We ask you to do it lovingly and honorably, honoring yourself and honoring that which this instrument would call the Christ consciousness in each and every face that you see. There are few who are so oriented that they may gaze daily and lovingly at the many errors and peccadilloes of the human self. Many there are upon your planet who sit, shall we say, at the top of a great watchtower, gazing upon infinity and bearing the sadness and futility of apparent human existence, and with that open and terrible gaze, that pitiless eye, seeing the perfection, the beauty, and the harmony of that great plan wherein self shall meet self until all selves have met and merged and again we are One, the one Creator, the one original Thought which is love, not love as you and I know it in a personal sense, but the love that builds and explodes the very stars themselves. May your journey be transfigured by the joy of your countenance, as with perfect faith you reach at last that place from which there are no more steps, no more false divisions, that place where you begin to feel yourself falling, falling and falling, more and more deeper and deeper into an unmeasured and eternal sea of creative, divine love.

1987/12/27: We communicate through this instrument to offer you our love, our peace, and our blessing, for this is more than any intellectual facet of our service, the very depth of the channeling process, the exchanging of a less

exalted love or expression of love for a higher expression, a less distorted expression of that one great original Thought of love from which the creation has sprung and into Whose infinite inward parts all in time shall again coalesce into one being, one channel, one way, one life, one truth, and that distilled truth shall be the precise expression of the conglomerate level of the grasping of the one original Thought amongst all of those which dwell within your third-density illusion. Nay, far more is it the hard-won capacity of the busy, overworked, underappreciated man and woman of lesser circumstances whose response to these difficult environments generates the love and the light of the one infinite Creator for all of mankind. Our thesis is that some discipline in the living of a practical, modest and loving lifestyle is very helpful to a channel (and) may or may not suit the mood of those who wish to become channels. This human minister/priest gazes upon the face of the illusion and chooses to live in a loving, caring and openly spiritual way, bragging not one word, celebrating not one virtue, but instead learning the true humility of one who knows that what one wishes to be, one is only by will and faith, for it is the nature of humankind in third density that all seeming perfections shall be pierced with error. If the new instrument who decides to live a life of spirituality thinks at first that there is some ongoing trickster designed to test that channel, this instrument is not only accurate, but has foreseen the mere beginning of a long series, indeed, an endless series of challenges to see through, of seeming heartlessness to bring love to, of seeming dreadful inadequacies to enfold in consciousness until finally the one who seeks to serve as channel aches and cries with the agony of compassion in such a dark world, and yet at the same time trembles with the ecstasy of the limitless light and the glory of souls who gracefully shed the used skins of ash and dust. When you are offering the best you have in conversation, with perhaps unfortunate remarks made by others, may you find the patience, the light touch, the understanding and loving word in the face of the opposite which will make others re-think those conversations and wonder, perhaps for the first time, if they too could be responsible for such a wonderful thing as channeling a lighter, more joyful attitude. Lastly, to you whom we may call shepherds, there is sent a glorious company of those who surround you, love you and love the one original Thought that is slowly taking place and growing within each. More than that, rest back into the recollection of the enormous web of caring, trusting, hoping and loving which your most mixed-up planet does indeed send out greatly. We rejoice in each effort of will, each movement in love, each word that has been prayed about and considered, each spontaneous expression that brings the Creator directly and engagingly into the surface, the center, the heart of a group. May you love each other.

18 1988

1988/01/03: It is a great blessing and privilege to be called to your group at this time, and we wish to touch and bless and love each, especially those whom we have not spoken to before or who have been long from this group. We speak at first, of course, of those who know each other, those who have said they love each other, and now can find no positivity. Those who are negatively oriented by careful purpose, whether they be incarnate or disincarnate, have an automatic battle with those spots of positivity which glow too brightly and stand too plainly upon the hills of personal experience, for you see, you as a positive entity work not for yourself in terms of what you may gather, but for others, for it is the normal and necessary experience of one who is on the journey of seeking through love in service to others that a very large percentage of the time that you experience there will be some elements of negative intrusion, so that the entity feels not at all positive, but sadly out of kilter, out of tune. These are the productive deserts of testing and temptation in which it is necessary only for the pilgrim of positivity to remain peaceful, loving, gentle, harmless and warrior-like. There is always a solid backing of love, courage, patience and the instinct for the proper time to walk away waiting for you if you can but disengage your computer. As a warrior of light you use no weapon but what may be called the armor of light, the sword of truth, and a wide open heart chakra, loving without stint, without expectation of return, and most

of the being, much as the creature of your second density known as the oyster creates the pearl as the result of the constant irritation of the grain of sand. Those of Laitos also send love and appreciation at being able to blend their vibrations with each and to assist in the practice of exercising the instruments present.

1987/11/01: For most, not only ultimate discoveries of wisdom, love and power, but simpler understandings pertaining to specific mundane affairs, come hard. Its identity, insofar as we are aware—and we wish to express that we are not infallible—is that of a future self, as you would call it, a self that is entirely yourself, yet a self which has experience, through that which you have experienced, to the present moment and onward events, far into lessons of love, wisdom and unity. It is the most loving of presences, for by the middle of sixth density you shall have learned to love yourself, to embrace yourself, to protect yourself in light and love rather than with weapons of defense, words of anger and gestures of fear. This self is to you a great resource, dwelling within your consciousness, within those deep areas of consciousness where time is simultaneous and the great issues of love and service are always in incredible and lambent focus. It is our dear wish and happy desire to join the ocean of the Un-created, that Logos of undifferentiated love from which all is created and to which all shall return. However, Christ is Christ, and we always are happy in the end, no matter how provincial we find an entity's expression of Christ, to come in the name of Christ, for that is the name of Love. And it is in that light and love—how you like our L's tonight.

1987/11/12: The opening in the group, and we say this for each instrument to hear, was that the instrument known as H in the beginning of the transmission was enough distracted by the experience, that the naming of the entity contacted by the instrument was not vibrated, nor was the source of all our desire and also its end phrase, "We come in the love and in the light of the one infinite Creator," and though we do not always speak these words at the beginning of each transmission, we did at that particular time, that is to say, the ones of Hatonn. We wish to say at this time, for this call has come to us, that the love and light of the infinite Creator takes great measures of energy to probe into at any depth at all. It is so difficult to make within your illusion that most do not begin to make that choice, but rather remain dancing about the bonfire of neutrality, tossing their garlands to and fro within the ethical and metaphysical universe, laughing, crying, hating and loving and moving neither towards the one great stage or the other, the glorious heavenly universe, or the equally glorious negative, each strong in its own way, each full of the Creator which is all things. We exalt in the joy of the love the Creator has for us, and we answered it with love and thanksgiving, and turn ever again to service to each other, and thereby to the Creator.

1987/11/15: But, my children, you came here, glad with the challenge of serving the Creator, and the key to moving gracefully through a sometimes distressing illusion is trust, trust in the greater self that is you, for before this incarnation, when you chose the manner of your being within this illusion, you created a place wherein you felt you could offer your love to the environment about you. Further, you carry with you on the other side of the veil of conscious thought a level of consciousness which is tuned to a fuller love, because of your experiences before this incarnation. It behooves wanderers, then, to pay special attention to regular daily meditation, for the true self, which is your gift to a planet in need, lies waiting for you behind the door of conscious thought, within that unconscious part of your being wherefrom intuition and passion for love spring. Some of those who have arrived as wanderers have perhaps a relatively small amount of love and light compared to others. But in the currency of love, it matters not how much you have, but that your intention be to increase the flow of that infinite supply of love which is the result of your constant awareness of your contact with the infinite One. As the instrument has previously stated on her own accord, we also state that the work of the wanderer is to exchange love in a completely open manner with those entities with which the wanderer comes in contact. The difficulty within your conscious mind is that it does not seem as much a service to love another unconditionally as to form new social organizations or create some consciousness-raising project. You are love. You speak and gesture and move in love, and you see love from all whom you meet. The distortions of love are many, so that

love expresses itself often in negative forms, yet all are on the path, by the side of the path, sleeping by the side of the path, or somewhere in the vicinity of the path. For you shall not feel that you have come home to the kingdom of love until you have allowed yourself to experience the going away, the temptations, the failures, and the return as one who has had all assets of privilege stripped away. How we wish we could take you within our vibratory web, that you might feel for a few moments that love without the baffling impediment of the physical vehicle, yet we cannot do this for you. My children, the Creator is a love that is astonishing in its intensity. Yet this love is that which built, created, energized and enlivened all that there is with only a tiny portion of infinite energy. This is a love which is awakening within you, the love of the co-Creator for the Creator, the love of the child for the Father, the love of the beginning for the Source and the End. Center yourselves upon love and compassion. Attempt to intend well and to be harmless and above all to love each other. (Side one of tape ends.) (Carla channeling) We ask you to nurture the relationship betwixt yourself and the Creator, tuning, honing and intensifying the joy and love that you feel in communion with the One Who Is All, so that you may tap into the bubbling, joyous, free ecstasy which love is. Woo your own unconscious as does the lover the maiden, gently, lovingly and caressingly, and respect those things which you receive in dreams, visions and intuitions. May you love and respect the Creator within you. Wanderer, in your agony, you shall comfort many; in your loneliness you shall share love, and every tear, every ache, every pain can be, if you respect these feelings, a crystallized bitter-sweet gift to the Creator, a memento of a dramatic play which seemed to have an unhappy ending. The offering of the self in unconditional love and acceptance of the other self provides the basic environment of healing in which the entity experiencing the splitting or separating of portions of its personality might find helpful. The acceptance of such an entity, given in an unqualified manner, will provide the support that is needed to encourage the revealing of the primary conflict by any portion of the personality which is most vulnerable or moved or sensitive to the giving of the love.

1987/11/19: We would like to speak this evening about love. We would speak, as we said, of love. We would speak of that love which goes beyond human expression, that love which men seek after without any proof of its existence. We speak of a Creator whose very nature is love. Each particle of consciousness has that seed of love at its center, known as the birthright of what this instrument would call divinity. And yet, this vast and mysterious love may be expressed within your illusion. We wish to be channels of the infinite love that comes from one source, conduits by performing our humble service of love, brought from that source to the beings of third dimensions... We do, however, continue to emphasize that the rational mind be tuned carefully before the control is given over to the intuitive self, and further we suggest that the powers of analysis are most helpful in revealing the experience of the intuitive mind and its fruit in collaboration with us who are of the principle of love. Those who see intuitively see without focus and speak without hindrance, so many learn to channel themselves in spontaneity and joy and some few discipline that faculty for use as a medium through which impersonal principles may find (an) attuned gateway which resonates in energy with itself and which can thus be used to be of mutual service to those who may find value in words of love. We ourselves gain a great deal of experience as we work with each instrument, and feel that that which you offer to us is far greater than you can imagine, for we learn as we teach to be clearer channels for the love and light of the one Creator.

1987/11/29: With joy we welcome each and express our love and blessing for each, especially the one known as C, whom we have not seen in this circle for some weeks. To breathe this prana-filled plenum of air is to breathe in oneself the primal love of the Creator. This entity was expressing a principle, and the entity's use of the word "word," when saying that man lives by every word of the Father, was intended to be that which we would call the Logos or love. This food and this drink is love, the Word, and you are seeking to become, as did the entity known as Jesus the Christ, the Son of Man, one who lives upon the Word of love. And those who seek that bread which no entity can have except by grace often become greedy and acquisitive, hoping to store up the love that made all of us, that Source to which we shall re-

entity might prove helpful in this endeavor. The great key to blue, indigo, and finally that great capital of the column of sexual energy transfer, violet energy transfers, is the metaphysical bond or distortion which has the name among your peoples of unconditional love. In the blue-ray energy transfer the quality of this love is refined in the fire of honest communication and clarity; this, shall we say, normally—meaning in general—takes a substantial portion of your space/time to accomplish, although there are instances of matings so well refined in previous incarnations and so well remembered that the blue ray may be penetrated at once. If the energies have flowed so that love is made whole, green-ray transfer has taken place.

Law Of One 085: If you see the energy centers in their various colors completing the spectrum you may see that the service-to-others³ choice is one which denies the very center of the spectrum—that being universal love. This omission shall manifest in fourth density as the love of self; that is, the fullest expression of the orange and yellow energy centers which then are used to potentiate communication and adept-hood. When fifth-density refinement has been achieved, that which is not is carried further, the wisdom density being explored by entities which have no compassion, no universal love. It may take many, many essays into compassion before true universal love is the product of the attempted opening and crystallization of this all-important springboard energy center. Thus the student may discover many other components to what may seem to be all-embracing love. When it is perceived that universal love has been achieved, the next balancing may or may not be wisdom. If the adept is balancing manifestations it is indeed appropriate to balance universal love and wisdom. Love and wisdom, like love and light, are not black and white, shall we say, but faces of the same coin, if you will. This density learns the lessons of love. Go forth, then, my friends, rejoicing in the power and in the peace of the infinite love and the ineffable light of the One Creator.

Law Of One 086: For those whose green-ray energy centers have been activated—as well as for those whose green-ray energy centers are offered an unusual unblockage due to extreme catalyst, such as what is termed the physical death of the self, or one which is beloved occurring in what you may call your near future—dreaming takes on another activity. This will, if made proper use of by the mind/body/spirit complex, enable this entity to enter more fully into the all-compassionate love of each and every circumstance, including those circumstances against which an entity may have a strong distortion towards what you may call unhappiness.¹ As a mind/body/spirit complex consciously chooses the path of the adept and, with each energy center balanced to a minimal degree, begins to open the indigo-ray energy center, the so-called dreaming becomes the most efficient tool for polarization; for if it is known by the adept that work may be done in consciousness while the so-called conscious mind rests, this adept may call upon those which guide it, those presences which surround it, and, most of all, the magical personality (which is the higher self in space/time analog) as it moves into the sleeping mode of consciousness.² With these affirmations attended to, the activity of dreaming reaches that potential of learn/teaching which is most helpful to increasing the distortions of the adept towards its chosen polarity. Go forth, then, rejoicing in the love and in the light of the One Creator.

Law Of One 087: This purpose is the acquisition of the ability to welcome more and more the less and less distorted love/light and light/love of the One Infinite Creator. It is not within your conscious selves to stand against such refined power, but rather it has been through the harmony, the mutual love, and the honest calling for aid from the forces of light which have given you the shield and buckler. The root cause of blockage is the lack of the ability to see the other-self as the Creator, or to phrase this differently, the lack of love.

Law Of One 088: Another example well-known in your culture is the visualization, in your Mass (of the distortion of the love of the One Infinite Creator called Christianity) wherein a small portion of your foodstuffs is seen to be a mentally configured but entirely real man, the man known to you as Jehoshua or, as you call this entity now, Jesus.

Law Of One 089: In our peoples there was what may be considered, from the viewpoint of wisdom, an overabundance of love. The wanderers felt that a more wisdom-oriented way of seeking love could be more appealing to those in darkness.

Law Of One 090: This Logos chose not to do so but instead to allow more of the love and light of the Infinite Creator to be both inwardly and outwardly visible and available to the sensations and conceptualizations of mind/body/spirit² undergoing its care in experimenting.

Law Of One 092: The Matrix of the Mind is that which reaches—just as the kinetic phase of intelligent infinity, through free will, reaches for the Logos (or, in the case of the mind/body/spirit complex, the sub-sub-Logos, which is the free-will-potentiated beingness of the mind/body/spirit complex)—to intelligent infinity. Love, and all that follows from that Logos; to the Matrix or, shall we say, the conscious, waiting self of each entity, the Love or the sub-sub-Logos spinning through free will all those things which may enrich the experience of the Creator by the Creator.¹ It is indeed so that the biases of the potentials of a mind/body/spirit complex cause the catalyst of this entity to be unique and to form a coherent pattern that resembles the dance, full of movement, forming a many-colored tapestry of motion.

Law Of One 095: Therefore, we suggest the salting and ritual cleansing by blessed water of all windows and doorways which offer adit into the domicile or any out-buildings thereof.¹ Further, we suggest the hanging of the cut garlic clove in the portion of the room which has accommodated those whose enjoyment has turned into a darker emotion centering upon the area we find you call the wet bar, also the room intended for the sleeping which is found near the kitchen area. The appropriate words used to bid farewell to those of the lower astral shall be used in connection with the hanging of the garlic cloves for the period of approximately 36 of your hours. We suggest that you then request of this living entity that it now be welcoming and absorbent for the vibrations of harmony, love, and thanksgiving which this group shall then, as the incarnational experience proceeds, offer to the domicile. There is much of blessing in the gardening and the care of surroundings, for when this is accomplished in love of the creation the second-density flowers, plants, and small animals are aware of this service and return it. We might suggest the stringing between two placed posts on either side of the funnel of the strung cloves. 95.15 Questioner In order to make this funnel of garlic cloves, would a wire framework such as chicken wire which has a small inch-square mesh, or something like that shaped into a cone, with the garlic attached to it all around it, and with the small end toward the house, and the open end away from it, strung between two poles. One action you might take in order to improve the efficacy of the cleansing of the environment is the walking of the perimeter with the opened clove in hand, swinging the clove. All places in which this group dwells in love and thanksgiving are acceptable to us. However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator.

Law Of One 096: The domicile in question has already been offered a small amount of blessing by this group through its presence, and, as we have previously stated, each of your days spent in love, harmony, and thanksgiving will continue transforming the dwelling.

Law Of One 098: Although this entity is in body complex old—and, therefore, liable to danger from what you call your anesthetic—its mental, emotional, and spiritual distortions are such that it is strongly motivated to recover that it might once again rejoin the loved one. The implications are that this entity shall have far more cause to abide and heal that it may seek the presence of the loved ones.

Law Of One 099: The flow of power, just as the flow of love or wisdom, is enabled not by the chary conservator of its use, but by the constant user.¹ The physical manifestation of power being either constructive or destructive strenuous activity, the power-filled entity must needs exercise that manifestation.

Law Of One 101: This is not a suggestion to reinstate judgment but merely a suggestion for all those supporting instruments; that is, support, be harmonious, share in love, joy, and thanksgiving, but find love within truth, for each instrument benefits from this support more than from the total admiration which overcomes discrimination.

Law Of One 102: The so-called lacuna in the written armor of light and love was closed and not only repaired but much improved.¹ However, the distortions energized during this momentary lapse from free energy flow are serious and shall be continuing for, in all possibility/probability vortices, some of your space/time, for a predisposition to

spasticity in the transverse colon has been energized. Each entity must, in order to completely unblock yellow ray, love all which are in relationship to it, with hope only of the otherselves' joy, peace, and comfort. Find love and thanksgiving together, and each shall support each.

Law Of One 104: Otherwise, it may choose to reincarnate to be with those companions it has loved. Go forth rejoicing in the love and the light, the peace and the power of the One Infinite Creator. [footnote start]What Ra took 26 words to say was that Carla loved to dance.[footnote end][footnote start]In this context, salubrious can be defined as "favorable to health or well-being." [footnote end][footnote start]In this context, condign can be defined as "appropriate or worthy." [footnote end][footnote start]The original transcripts from the cassette recordings were published in four books under the title, The Law of One.

Law Of One 105: Both opportunities were met by this entity with a refusal to separate self from other-self, with further work also upon the indigo-ray level concerning the avoidance of martyrdom while maintaining unity in love. Within third density, not to build into the physical vehicle its ending would be counterproductive to the mind/body/spirit complexes therein residing; for within the illusion it seems more lovely to be within the illusion than to drop the garment which has carried the mind/body/spirit complex and move on. Therefore look you to your love and thanksgiving for each other, and join always in fellowship, correcting each broken strand of that affection with patience, comfort, and quietness.

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1982/11/14: Or someone you love and didn't tell them. There is in each a spirit of what many would call Christ Consciousness, a desire to know the love and light of the one infinite Creator. The love and the light is the Father's. Your instinctive sense of yourself as a being created in love, placed in this environment here and now to offer a channeling, a witness, will be greatly impaired. It takes one gentle thought to open a universe of love within you. And with a universe of love within you, my friends, what service can you help but be. Then you will not miss the chance to smile, and oh, my friends, what a lovely dance a smile makes. We have been aware of the love that you send to each other. Perhaps you are not aware that in sending this love to each other the entire group benefits and as you send out love and light to others that is strengthened also. The one known as M and C1 will soon be leaving the group and you can make their transition much easier by continuing to send love and light to them. The one known as Jesus was the teacher whose purpose for incarnation was to teach the lesson of love—unconditional love for all of creation. This entity was love, love this entity had attained through its seeking of the one Creator. Therefore, this entity's name could be said to be vibrating in resonance with that known as love and compassion. Therefore, when he said that to give the cup of cold water in his name would be an action rewarded he was in fact saying that to give even the smallest gift in love for the one to whom it is given is not only to share love but also to know and to be love and to be rewarded with the knowledge of that love. When one attempts to share the love that is within the heart, open the heart without premeditation so that that love which is within may be expressed freely and naturally if such words as you have spoken come easily to your lips, then speak them freely. Do not worry with concerns about how you shall accompany the love with words or actions, simply seek within the heart of your being to give freely and the words and clothing of the action shall naturally be made clear to you, or should we say through you. To speak to your query may we suggest that it is the heart of your being which gives the force, shall we say, to any words which emanate from your lips, for the words are the attempts to clothe the great feeling of love from your heart in understandable concepts so that the mind of another may receive the understanding which emanates from heart to heart. For within your culture this entity is equated, correctly so, with the vibration of Love. As you seek the love and light of the one Creator you attract to yourself those who also seek in a similar fashion so that in the larger sense you become more in unity with those who seek as you seek. I come in the love and in the light of the infinite Creator.

1982/11/21: Somehow a man's first house, which he lovingly put together and saved his money to buy the furniture, remains with him forever and if he becomes a rich man and has many houses and could not describe the rooms in the houses or what is on the table or what is on the shelf, they don't really belong to him. The only things you really own are the things to which you give your attention either lovingly or with hate. If you love it intensely you own it. If you can be who you are clearly and lucidly, with each petal of your own bloom open to the world, you are then by your presence manifesting your totally unique and utterly personal love. Very few people, my friends, feel free to be, and yet only out of that being, that which you see as imperfect and possibly implausible to love, can come the spontaneity in which you catch a moment for love as a dewdrop catches the sun. This infinite invisible presence of love is you. Thus begin always by loving the Creator that is you. And then go forward proudly, and love what you are manifesting this very day, this very moment. Whatever you consider imperfect of God, take time to love it. Good or bad, however you judge, remember to put aside and love, and open and open and again until the universe is beloved within you. Compassion which is felt deeply enough, the tear is an outer manifestation of the great desire and ability to love which resides within you and every being. And, my sister, what greater healing power than love. The vibrations of sound which emanated then from your vehicle were stepped up so that the love and the light which you desired to share would have clearer access and expression through your voice. Above what level shall entities upon your planet find the love which they seek, yet which is so little found. Can love be found in such surroundings. Have your peoples traveled this path to such an extent that love is unavailable. Yet within each moment, love exists. Such difficulties provide the stimulus for the inner seeking as the outer world begins to fade, for it becomes apparent to the seeker that love may best be found within the heart of the being. Love then found there might be radiated, as a beacon shines light in the darkest portion of the night. Sorrow and suffering then motivate those feeling the suffering to seek more and more within, more and more in that portion of your illusion which love inhabits purely and always readily available. In other words, that the mess gets worse, we seek more to find this love, or we seek more as a result. For those with the desire to be of service in this manner, the sending of love and light, whether by prayer or imagery or ritual is most effective, for as you are in truth one being, as any portion of that being bids love and light to another portion, it bids it to itself, and as it is bid so it is felt, and so its work is done. To send the love and the light is that which may always be done without the infringement upon free will, for each entity has the free will as to how or whether to use such love and light. If any entity within the gaming competition wishes to express its love for any other entity by simply joining in whatever activity is desired by the other entity, then the green-ray energy center is activated. If the experience can be used to inspire love or wisdom within another, then the blue-ray energy center has been utilized. Within each situation is love. To find the love and the Creator is your honor and your privilege and is a pearl of great price.

1982/11/28: Peace instills your mind as you sit in meditation and open yourself to the love and light. Love is allowing the other person to be themselves. For those whom you contact in love reflect back to you love a hundredfold, and you learn, in disappointment and in joy, by all reflections as you move every onward in an endless relationship. What we do have is a clearer understanding of love. Love requires nothing in return; it is a free gift; it does not control another person and does not have to be returned with interest. At any time you give this free love to another human being, you have reached the greatest form of peace. It might be a good idea before you rest at night to think about how much free love you're getting. Love, undemanding, is the highest form of peace. The vibration of love is the vibration of our brothers and sisters of Hatonn, and therefore, when we follow those of Hatonn, you may experience a resonating harmony between the two energy centers which you may then interpret in any number of ways, the term, uplifting, being such a description. For to share the heart of being is to share love. Questioner Hatonn, can you feel the peace within everyone in this room to the point where it overflows into love. I am Latwii, and can even feel the love within the ones known as Hatonn. To answer your query, we may say that the love within all creation

nite Creator... These decisions are up to you, indeed, all of your incarnation basically, in our opinion, has but one end: to allow you to make choices which will polarize you more and more towards being a manifestation of love to those about you, to yourself and to the one Creator. May you water your Creator-heart with silence, love and trust and allow no outer circumstance to sway you from love, trust and service. May you be harmless, and above all, my brothers and sisters, may you love one another with an ever more compassionate love. A I just want to extend love and thanks to you for caring for us and helping us. My sister, you are joined on your journey by those both seen and unseen, and even though there may be times on the journey that seem quite lonely, we assure you that many marching feet and loving hearts move with you. When you have informed yourself to the greatest degree possible concerning the nature of the relationship and that which may be learned from it, then you may offer yourself as a more informed and aware entity that may contribute that which is yours to contribute in a clearer and more loving fashion because of that which you have found through your own seeking. That which is sought with the loving heart, the strong faith, and the persevering will is that which reveals itself to you as the truth of your experience and the fabric of love which enfolds all experience.

1987/10/25: (overview) Reinvestigating the question of why it is so difficult for people to share the love and light good vibrations with those near and dear to family and friends, especially the mate. We are most grateful to be with you once again and bless each and offer our love. We wish also to express gratitude to the one known as Carla for her reliance upon feelings which many among your peoples move aside, assuming that intuition is imagination, for we indeed did wish to continue upon the subject of the difficulty each seeking soul encounters in expressing the love and the light of the infinite Creator in an intimate relationship over a sustained period of your time. Yet, when the search begins for love, we would like to suggest that in our opinion that search first has what one may call a vertical axis, that is, at the base of this axis is the self; let us put that value at minus ten. It is about this point that the individual which is reacting to the stimulus of the environment without spiritual consideration will hover, first perhaps a bit up towards the peak of the line, which is the Logos, the Creator, divine love, then move somewhat towards concentration upon the self, hovering around and round the zero point of neutrality. It is written in the holy work known as the Holy Bible that the master known as Jesus, when asked what it was important to do, that is, which commandments were the greatest within this master's tradition, the reply was, first to love the Creator with all the heart, the mind, and strength, and secondly to love the neighbor, the associate, the intimate, the stranger, the enemy as the self. Those who attempt in all goodness of heart to achieve improved communication and a softening of heart, mutual expression, by going directly towards working upon the relationship have moved one step too soon and are very probably doomed to an unsatisfactory communication and an unchanged difficulty, for until one has achieved more and more consciousness centered upon the Creator, until one has lived in the immediacy of the very real love that lives between each consciousness in the universe and that great Consciousness of which each is a part, the results are bound to be disappointing. Thus, we suggest that, as usual within an illusion, what apparently seems the difficulty is, shall we say a smoke screen to those who wish to meet problems seemingly head-on, for such problems are a by-product of a lack of closeness to love. The reported manifestations emanating from love, when found within the relationship with the individual consciousness, are love, joy, peace and compassion. This is also a most important axis, one which is most sensitive to your good intentions, that is, great polarization towards love of others and service to others is possible whether the relationship bears fruit or not, for it is in the purity of intention and the wholeness of effort that the bias towards service to others is increased. The one who is focusing upon the self rather than the Creator and manifesting love of self rather than love of others would find the point at the diagonal lower left corner of the graph. Therefore, we would commend to the consideration of the seeker the virtue and efficiency of turning, after the relationship with the Creator has been established, to those in need which come before your notice, those in whom you can seek to offer love, yet not seek be loved. It is from the vantage of high upon the vertical graph,

moving towards the Kingdom which is exemplified by ten, that one may look down upon a very small, very local, very foolish difficulty, where one may see the humor of two who love yet cannot speak, two who love but cannot help but contend. From the vantage point of love, creation is possible, and that includes the recreation of the self and the healing of relationships. It is in the interest of the serious seeker to be view all relationships from the same stance, and that is the desire to love, to understand, to forgive, to give. That soul is, as you, a student seeking after truth, a soul searching for the source of love, a wanderer seeking a home. Yet when such a relationship is breaking down, it is well to go back to that which is in no way illusory, that is, the absolute principle that each entity whom you meet is a child of God, as yourself, to be loved as yourself, and to be served, if necessary, at the expense of the self if, in love's opinion within you, that service is appropriate. We advise only that that person with whom you hoped to spend a lifetime of love is worthy, as are you, of the greatest service. (Side one of tape ends.) (Carla channeling) ...to move beyond the harsh and seemingly betraying acts of one's mate, how easy it is not to trust, not to nurture, not to stand firmly upon the two feet, knowing that one is completely and utterly safe and secure in a loving relationship with the Creator, and thus hold out the hand and say, "I love you. We may say in closing that many, many incarnations have been planned by entities incarnate at this time to include very serious challenges to faith and a life lived in love and service. It is something that you must do by yourself, yet that lover which you pursue, that divine love which you seek, sought persistently shall become to you real, intimate and very dynamic. And more and more as you seek consciously immediate experience of the love of the one infinite Creator, what you seek shall come to you. You in the watchtower, who you suffer, you who watch and weep and walk this day and night, you are not alone, for within you lies the greatest love, the only reality. Not in and of yourself, but only as one in love, knowing the peace of the most intimate of all relationships—yourself and the Creator, your heart and love itself. This has been our choice for this topic, for it is one which deals most wholeheartedly with the concept of love or compassion, and it was our feeling that our own tuning or placement of focus of being would be most helpful and informative with this level of understanding available. Carla So from your perception, the phrase which the fundamentalists use, "Christ is Lord, Jesus is Lord"—what you're saying is that for you as well as for us, you see this Jesus consciousness as being the basic redeemer of human experience, the highest of compassion of love. I am Latwii, and if we understand that which has been asked, we would say that that which is loved and accepted is that which has been redeemed. Thus, it is within the heart of love that redemption occurs.

1987/10/30: She was a sweet and perfect child, untouched by tragedy, secure in her mother's and father's loving arms. This situation caused Penelope to consider herself the taking of her own life, for she felt that without her father's love and the family's good name there was little for which to live, and for many days and indeed weeks, Penelope was distraught and on the edge of taking her own life. (D channeling) Jonathan's love and kindness was as a balm to the wounds and albeit suffering, and drew her even more closely into the aura of his spiritual strength. Yet within each, waiting for the asking, is the presence of the infinite, the unmeasured, the limitless Father and Mother of all." Suddenly Penelope could see that which she had not glimpsed before, the panorama of a life of giving and receiving love. For each Penelope there is not only an outward Jonathan, but an inward and compelling Jonathan, a presence to comfort, to love, and to aid and counsel when requested. We do not mean to dampen those spirits which ever seek the hope-filled future and inspiration within the lives of others and the self, but wished by this rendition to illustrate the sustaining source of love and support which accompanies all travail and difficulty, for, indeed, within your illusion you shall find much that is difficult and hard to experience and accept, yet the seeker, and, indeed, all entities, is supported by a source of love greater than any outer difficulty. And it is the seeker who avails the self most effectively of this love and support, for the conscious seeker is the one which looks beyond the outer way of experience in order to ponder the deeper truths and nature of experience, so that there may be gained from each experience, no matter how difficult, the seed or crystal of understanding that enriches the soul or inner nature

to those energetic vibratory levels within the Earth's atmospheres which are in dire need of that great watch, faithfully held. Allow the watchtower to call you again and again, for moments, for minutes, hours, for the incarnation, until your desire to serve as conduit for light and love on the totally unspoken vibratory planes is satisfied. Often the two are together, one to challenge the other and the other to challenge the first, for those things which are the most difficult within physical incarnation are indeed the expressing of a clear love energy to the entity closest to one. It is, if not easy, certainly easier to love the stranger, the acquaintance, or the friend whom one sees only socially, to share with that person all love and all light, than it is to express that full-fruited, open-hearted song of joy to one who has not fulfilled your expectations. All that you experience and all that you see and all that of what you hear is a portion of an harmonious development of creation which in every fiber praises, expresses and manifests that great original Thought of love. And if that joy and peace flees before the footstep of the dearly beloved mate, one with which one does not agree, acknowledge the disagreement, smile at the thought of remaining upon the surface, and move away from the here and now of illusion into the far deeper, timeless present of infinite love. Five seconds within the citadel of that consciousness may indeed create that mind even upon the surface of things which may see the true harmony that is the plan of the infinite Creator, a plan which incorporates free will at every turn, a plan where the essential and unmovable lessons are there in emotional and mental structure awaiting the clothing of circumstance, so that if you face a circumstance and are not able to see love within it, you may rest secure and peaceful in the realization that that same circumstance shall come to you again and it shall be a time of testing. And each time, it matters not whether you win or lose the game of consciousness-raising; it matters greatly whether you purely, deeply, lovingly intend so to create love. Let it be your hope, rather, to gaze upon the situation with the faith and truth in the Creator's plan, in your own plan, and with firm intention to offer to the situation your love, your understanding, for you shall not receive love and you shall not receive understanding by seeking it, but only by attempting to give it. We shall be with you in the citadel of the waiting, trusting, loving consciousness. Then you may in mind climb down the tower steps, step out onto your tenanted life experience, gaze at the troublesome mate, the difficult situation, with faith and love anew and know that you are an ambassador, an ambassador of love and light. We appreciate the great concern each of you has for the living of a love-filled life. The entity is one which has for a great portion of its incarnation given in a selfless manner to those that are close to it, and has felt the love in return for this service. By such retreat, one may begin to appreciate a greater purpose within the life pattern for the transaction which has occurred and might take, then, this appreciation into further communication with the other self in the light of the greater view and with the dedication to love and the granting of perfect freedom to the other self, that the wounds that may have been created might now be healed. But I'm trying to figure out how you can do that, how you can make your spouse or your mate or your lover your friend, and really make that primary. Carla If everybody's through, I'll just be frivolous, because I love to know. I am Latwii, and we have shown this instrument a variety of colors, for we are experimenting, shall we say, with the blending of various subtle, what you could call, plum, with the apple green and tangerine, in order that the subtler energies that produce these vibratory oscillations that are perceived as colors might be available for study of their correlations within your planetary population, as it seeks to move from the individualized self that corresponds to the orange or tangerine and begins its movement into the all-compassionate love of the heart or green-ray energy center, and through further catalyst and processing of such begins the transformation that affects the Buddhist body or that which is of the violet ray.

1987/10/09: Yet more than all this, when we hope that these disciplines of knowing the self's identity, of declaring the self confidently, and that of surrendering to the will and the love of the Creator, will be those which you may use in the life's experience.

1987/10/11: (overview) (Continued from last week.) Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well. We are fel-

low pilgrims who have perhaps walked a few more steps than you upon this path of service and love, and we most thankfully hope that we are able to share some thoughts with you which may bear fruit. Each of you is a portion, or may we say perhaps more clearly, a miniature replica of the Creator, that one great original Thought of love, love which dwells in the most part uncreated, unmoved, unbiased and singular. Through the action of free will, that great original Thought which has thought the creation, that Logos which we often call love, is at the very core of each of you in an undistorted and true verity. These biases or distortions of the great original Thought often seem unlovely, for many there are who have the biases of prejudice, meanness of thought, selfishness, anger and all those ways of being and doing which seem not at all to reflect the Creator that is love. Thus, all activity within the creation upon whatever scale of activity is part of an infinite process wherein love's great desire to learn of the self is more and more satisfied. If your heart and mind resound with an echo of recognition when we say that your Creator is love, then you shall see why we ask that the key word of trust offers much to one whose illusory or Earth life is being experienced as tragic, sorrowful, difficult or upsetting. The obvious and only reaction to love is love. When we speak of the love of the infinite Creator, we speak of the love that has created stars and all else, seen and unseen, within an infinite universe. We do not speak of personal love, for we find that among your peoples it is necessary to make this distinction. Neither do we speak of completely impersonal love. We are speaking of a love that is beyond any definition of love which words may offer. Now, if your consciousness partakes of love and your Creator is love itself, but love which reaches down to you in a personal manner, in an immediate manner, in a present tense manner, you may perhaps see that a relationship with this love shall be intimate and trusting. Portions of the Creator's love have expressed themselves to you before your incarnation as what you may call your higher self, your guardian angel, your teachers. We care not what the words be; we care that you know that you and these helping entities gazed at the harvest of your biases and your distortions, noted where there were lessons still to work on, lessons of love which you wished to learn, for this is the density of learning how to love and how to express love. Which brings us back to the seeking soul, that Creator which is the original Thought of love and the relationship of that seeking soul with the infinite love of the one Creator. All is well right now, because your deeper reality is that you are love, and that all about there is love, so distorted sometimes it is an incredible challenge to perceive. We speak to those who tentatively accept that God, as you call the Creator, is love, and that each is a portion of that Creator, a holograph of that Creator, and that the basic thrust of the life experience is to live it more and more lovingly and be of more and more service to the Creator and to each other, that love may abound and that this illusion may be penetrated. Yet each is a very distorted version of love, a very confused rendition of creation; therefore, trust is hard to come by between people. This is the consciousness of love which created all that there is, and in its distorted form as the sexual orgasm, created each; that is, not the spirit, but the physical shell or vehicle. Then you may with eyes of trust and an eye to seeing love look again at the difficulty. If it still makes no sense, it is well to return to the independent eye of the self in loving relationship with the Father and allow your deeper mind or intuition in cooperation with inner silence to open to you those realizations which will aid in seeing the lesson to be learned. Patience, restraint, caution, all these qualities have seemingly little to do with love and compassion, but many, many of the lessons of love concern the meticulous disciplining of the consciousness, so that no matter what the outer circumstances, the truer, higher self is expressed, that self which is love and which expresses in a loving manner those good works which you and the Creator have planned together for this day, this hour, this moment. Once you trust in the process and trust in your ability to sustain the loving attempt to learn love, that which happens before the eyes may distress and scatter one to the winds, but not for long, for you always come to that place within yourself once again and close the door behind you and tabernacle once more with the Creator. We are with you, and we have ultimate, infinite trust that each of you is full of love and beautiful. You chose, each of you, to work very hard in this lifetime, to learn much, to serve and manifest to others the love and the light of the one infi-

is available to each entity whose sense of seeking love has been opened wide by the desire to know love. Therefore, it is our joy to know the love within this group, upon this planet, and throughout the universe of this octave of beingness. You may also at any time in your meditative state (dive deep) to the heart of your being which is the heart of their being as well and reach in love and know that there it is felt for them as well. We thank each present for offering this service to us that we might more fully appreciate the endless love within each and within the one Creator.

1982/12/05: Far more is it like us to speak in many different ways about that which is easy (to us), for when we speak of love, when we speak of light and when we speak of the original Thought, we speak of the most simple [union] of all that there is and the seeking of it in meditation. But there is a great desire in this group, as we perceive, to put forth into manifestation (a) not-so-hazy picture of spirituality, [not] some motto upon a wall, some words easily spoken and more easily forgotten, but rather a desire to learn to be a clear and lucid manifestation of the love and the light of the infinite Creator. It is to be expected that you shall not be able to carry what load it is that you face, for it is only in working with the difficulties that seem to limit your time, your space, and your peace that you learn at last to turn and seek for the infinity of strength, love and light which lies within you. Do you glory in the fact that you have feelings and people to love. Do you spend your time loving, or do you do the reverse, do you spend it hating. You can make the world beautiful and loving, or you can not appreciate these things. Spend your time going around the world seeing beauty, feeling beauty, touching beauty, smelling beauty, loving. Can any consolation be greater than the knowledge that such an infinity called love lies in the hearts of those friends along the way. My dear, we would just like to say that, indeed, the one known as [M] is with you all always, and the thought is all that is needed to send your love to him also, for indeed his love can be felt here.

1982/12/11: All that is necessary to receive this conditioning love is to request it. In the love and the light of the infinite Creator we bid you farewell. It must be as a form of love, given freely and without desire for recompense. To disrupt the love that ties you to your brothers and sisters. One might say, "I no longer trust this person for what he or she has done to me." Yet in doing so, my sister, they place a price upon their trust, and in so demeaning it, draw a clear delineation of the limited extent of their willingness to love, for trust as a form of love must be given unconditionally. To trust another, my sister, is to say, "I will love you, and that love will not be discontinued, will not be disrupted, for I trust you to be as myself. Thank you for your loving answer. There is but one person in your life who can bring love into your life and that is yourself. There is one person who may decide for you to love or not to love another. Is it also true what you say about—is what you have just said about another entity not giving you love, but you accepting the love and I'm not sure—I'm not confused on that—is this also true, say for a newborn infant, of a child up to the age where their mental processes begin working. It is quite difficult for the entity in this condition to either receive or express love in your density, for this involves the use of various tools to which the newborn entity is not accustomed. For example, the physical expressions of love on your planet, the kissing, the hug, the handshake, the wave, are all quite obviously gibberish to the newborn infant, and are tools of expression which must be learned. However, the expression of love that is universal is that of extending one's proximity in a beneficial attitude to reach and overlap that of another's. When the parent holds or cuddles the young child, the vibration of the parent is perceived by the young child, and if the vibration is that of love, this love will be received and appreciated. The major difficulty, however, for the young child is the education through which the symbolic expressions are learned, and the many distortions that are acquired during this learning process hobble the young person's ability to extend love during the rest of their life. I sense a great deal of loving in the presence that's very nice. My sister, we of Latwii also sense a great deal of loving. If we were to elect to characterize our own participation in your free will, we would describe ourselves as a loving friend, brother or sister who desires to see those of this planet be successful in attaining that for which they came, yet are cautious that we do not supply the answers, but rather provide information through which the individual's efforts might lead to the

individual discovering the answer for themselves. L2 Latwii, I am delighted to hear your wisdom, and I recognize the wisdom that I so love in Emerson and Shakespeare and many others in literature. My sister, the compassion is the individual's willingness to extend love and empathy. However, we would in response to your question remind you that there is a time in your life in which you have said to yourself, "I am in love. I love this person," and recognized that this was hardly idle chatter. My sister, quite often one forgets the pleasure and the love that awaits one and when finally reminded, the pleasure is overwhelming, both for the one who returns home and for those who wait at home. We would suggest that you choose to love one another, for in this is encompassed the entirety of your struggle during your sojourn on this planet. In the love and the light of the infinite Creator, we bid you adieu.

1982/12/12: "In Memoriam." "In the memory of." How many times have your hearts been touched by the memory of one whose courage, bravery or goodness was so outstanding that your attention is commended and your heart is drawn up in an emotion of love and admiration for the memory of someone, some brave act, some heroic deed. There was a fine person." Let us turn the eye of the seeker upon this common misconception of the ways of love. It is always helpful to the one who loves to offer that love, even if it is only to a memory. But far more lively does that love become when it is offered to one who lives in his or her imperfect way, within the framework of your observation. How difficult it is to love the living person in motion, in change, in transit. You are fortunate if you can achieve that love for any great percentage of your experience, for to many among your peoples experiencing that love within the illusion while faced with the waking face of another is utterly unknown and will not ever be experienced. One may watch a tree flower and exclaim over the lovely blooms and cherish the fruit in its season and glory, in the radiance of the autumnal leaf, and stand in admiration of the sturdy skeleton the winter tree gives us, unafraid, unbowed and utterly without pretense. We must always move within when we seek the truth of love, for that which is love begins with each entity in the circle, each of Hatonn who speaks to you. So it is to yourself you must apply for wisdom upon the matter of how to love the ever-changing people about you. The entity accomplished its mission with great love and profound effect upon the minds and the spirits of the people of your planet. Therefore, it is the case that each within your illusion to see most clearly the purpose of the life of the one known as Jesus of Nazareth must look within the heart, for there the illusion of profit and loss falls away so that the message of love radiates throughout the being. In this manner the simplicity of the message of love has been distorted by the years, the perceptions of mind, and the surrounding cultures in which the perception has been nurtured, however distorted.

1982/12/12: We are greatly pleased to be called once again to be among you, to share with you in this time of love and peace and sharing upon your planet. A sense of wishing to share with your brothers and sisters what in a small way you have found, the joy you have felt, helping people open their hearts and their minds to the love of the Creator, of wanting to share this love. My friends, this love is in truth all you are seeking on your paths, whatever path you may choose to walk, you will in the end be at the same place. For within you, my friends, is a part of the wholeness of the universe and within you is the love of the universe, the truth. Love, becoming one, truth, these are the things we seek, these are the things, my brothers, my sisters, that you will find if you will but seek within yourselves. There is indeed much love among you. But, my sister, we feel indeed that this life form was a part of you; the loving part that is you and is always with you, but at that time was very clear and seen by you. Did or do you remember recognizing the light form, or was the light form one of love and unity and light.

1982/12/21: Do this, my friends, when you are anxious or worried for there is no need to have fear from the illusion, for you have yourself whom you love. You will always have yourself to be there, to be a friend to give you love. My sister, this is a very, very broad subject, for tradition is something that individuals love to cling to and feel great security in it. The challenging is one where you would ask for service in the love and in the light of the one infinite Creator or where you ask for our service specifically by name in one of love, and, indeed, we shall come if desired with all barrels, and, as this

instrument says, with the two-by-four effect. My sister, all that is needed is time to become familiar with our vibration, for we like to think we have a different vibration than that of Hatonn, while indeed it is rather similar, but we all have our own uniqueness and our own identity, for although you are a human being you have the loveliness of your own individual, and this is what you need to seek when desiring our service. We are with you always in the love and in the light of the one infinite Creator.

1982/12/25: When we speak of love, we speak of something exceedingly simplistic. It is difficult to imagine turning yourself towards the Creator, as you may find the Creator in any quarter within, without, north and south, east and west, in the faces of strangers and of the most dearly beloved. And yet the Creator's original Thought is most often missed even upon the feast celebrating the growth of the spirit, a spirit new within you, new, indeed, each day as each day you turn towards that Creator, that original Thought of love, and offer that day, that moment, to the service of the Creator, to the service of the Creator in others and in yourself. You may be solitary from men, but you shall never be solitary from the grace and the consolation of those messengers who serve the Creator by caring, in sympathy and in like mind, for all those who desire to become a transparent being full of the light and the love of the Creator. In your meditations, in your actions, you are not alone, unless you choose to shut the door upon many and many who love in the name of the Father. Remove from your being fear that you shall fail and go forth in the glorious light and love of the one Creator that exists at the center of your being. In such a manner do we learn more of the light and the love of the one Creator. An evening which expresses and experiences the love of the one Creator in a way which is most joyful upon your planet.

1982/12/26: We have been enjoying your friendship, the love you have shared. The love that has been shown upon your planet is great indeed. For as the time of harvest grows nearer, my friends, more and more of your people will come to know of the love and light of the infinite Creator. Look about you, my friends, at the love that has been displayed, that has been showered upon you, with a heartfelt hug from a friend, with a glance that is full of love and sharing of two souls. My friend, these are the things that should occupy your minds, for when one loves, that love can do nothing but grow and grow. The love during this time of your year is at a level rarely reached. Many at this time feel that special need to quietly give of themselves without thought of reward or of the return of love. The shining of your light, the giving of your love does not need an audience or conditions, for as you celebrate the birth of the one that your peoples see as the ideal of love and light, never—correction—the one known as Jesus, that many use as their ideal, refrained from showmanship, came quietly and humbly into your world and reached and touched in silence and gave (up) the thought of reward for himself. Your planet feels the healing love and responds. It would be well if the feelings of love could continue at this level. For at this time in your illusion there is much need for love and light. A quiet touch, the gentle hug, the loving look, the acceptance, all aids your peoples and your planet. In the beginning was love. Love. I was perfectly willing to love him, but the guy was beyond me to love ... As always, my sister, the lesson to be learned is some aspect of love and acceptance. It may be, however, that the love to be learned may have an aspect of wisdom connected to it. That is, how best to love such an entity. It may be that to love such an entity in the most helpful way to that entity would be not the simple acceptance of every portion without comment, but the gentle directing of love in a manner which would attempt some form of sharing the self as an instructive technique so that the entity might know that as you accept it, you also have responses that are somewhat disturbing that you wish to share so that the entity might know that it is being perceived in such and such a manner by yourself as you love to the best of your ability. The great lesson of your density is the lesson of love, acceptance without condition. We spoke of a refinement to the lesson of love, that being the inclusion of a portion of wisdom with that love. Therefore, it is possible to refine the lesson of love with such an entity, and we stress "refine," which suggests that you do indeed accept such an entity fully. A simple discernment instead, which offers on the, shall we say, on the outstretched hand of love the morsel of wisdom which is given in love and suggests a refinement which may be helpful to the entity. In the earlier conversation I said that I had my

description of love, at least the way I perceive it at this point. Love is unconditional acceptance of another entity, making no demands on his behavior or what he does. The effect of both of these concepts is quite similar in that the entity feeling either the indifference or the unconditional love does not have a response that could be considered in a significant distortion. In other words, the actions of the other self do not generate within the one feeling the unconditional love or the indifference an emotion which moves the entity from the center of self. The entity expressing the unconditional love has no action within that is held, but allows the free expression of the compassion similar to that which one might feel for the newborn infant in its innocent actions. Such an infant is easily seen as worthy of unconditional love. When one can feel such, shall we call it, emotion, for any entity at any time for any reason, then that balance of unconditional love has been achieved. It's just, I have noticed previously sometimes that when people are really angry with you, it's basically a distorted expression of love. And it's far harder to deal lovingly with that sort of a person or to make some kind of a communication with that kind of a person than to deal with a person who is honestly upset with something that you've said or done or if there's a problem of communication because of the fact that anger, even though it seems like a negative thing, usually comes out rebounding into a very positive thing, whereas indifference doesn't have much of a snap to it. To me, love is where another human being brings out the best in me, positive responses, whether they feel the same way about me or not. If I love them, then they bring out positive response in me. Or, if it's both ways, if two people love each other, they bring positive responses in each other. Is that a definition of love. The bringing out of the best in another may be seen as one portion of love, that being the inspirational quality, yet one may see that the action called loving may also include the ability to accept the worst in another with the same degree of enjoyment, shall we say, that the best qualities are enjoyed. Do you mean that I would love a person that was extremely unpleasant, and consistently extremely unpleasant, that that would be a person that I would especially love. We have attempted to suggest that within the boundaries of love, as defined, there are indeed no boundaries. By this paradox we mean to suggest that love is exercised by one who loves toward the object of love no matter what expression the object of love has created. The child eating the bowl of soup may spill the soup and create the mess, yet receive love. The child may simply sleep and yet receive the same love. The child may injure the playmate, yet receive the same love. I can understand loving something in a person who could do no better, such as a child. But say a person was very vicious, I would find that difficult to love them in the same sense that I would love a person who was kind and considerate. I can understand that you should love all other selves, but what I was meaning was that there are a few people that you come in contact with who do inspire you and who seem to bring out the best in you. So there are a limited few people about who you can say, "I particularly love that person." Now, I don't mean that you don't love everybody, your other selves in the larger sense, but don't most people have a certain number of people that bring out the best in them. The harmonizing of the vibrations of the entities who have populated your cultures in the history of your planet is a record of a difficult progression and somewhat inefficient learning of the lessons of love.

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1983/08/08: And the red clover was enough to make a roof for their house. He thought of the many kisses planted on his cheek so that he might sleep feeling safe, secure, and loved. And he wondered if he had been returning all the smiles and warmth and love that was brought to him by those around him. Perhaps I should make my gratitude known so that those who are dear to me will realize that I appreciate the caresses, the kisses, the smiling faces, and the touch of one who loves me." He pondered some more and made up his mind to return home and plant a kiss on his mother's cheek, though she was not going to bed, and give her a big hug, though she had not skinned her knee, and to tell her he loved her for no apparent reason other than he wanted to be sure that she knew. "I love you, Mom," said the little boy. "I'm very happy

that that master encouraged each to seek, that love is experienced as nurturing, supporting, enabling and inflaming the life, the words, the heart, and the mind of each seeker. May you love each other and encourage each other in the path towards that home—that is what the one known as Jesus would hope for. This illusion in which you find yourselves is one in which the lessons of love and compassion are those which are of paramount importance, for they are the very fabric of your learning and your experience. We attempted to give a small amount of information in this regard when we gave information concerning the one known as Jesus being overshadowed by the Father in respect to the manifestation of love which this entity saw as being the Father, and when this entity spoke unto its disciples saying that if they would follow this entity that they then should take up their cross and follow, and that they, the disciples, would do greater things as well, as would all who followed the one known as Jesus in this manner. Thus, this entity was presenting a model or pattern by which any other entity might attain to the similar state of consciousness, that of being overshadowed by the love of the Father.

1987/09/20: You are, for us, very special people and we bless and love each. This entity in a discarnate state is, therefore, a solidified distortion of the one original Thought of the infinite Creator; that is, each unit of consciousness, each spirit, is a clear distortion of love, for indeed, love must be materially distorted as light to bring anything into manifestation at all. In other words, what work needs to be done to rearrange the distortion of that one original Thought which is the essence of the self, in order that the self may be less distorted and thus may be a clearer channel for love itself. Let us pause before we plunge into incarnation in our thoughts and gaze at the immensity of the creation and the infinite bits of consciousness which are distorting love, creating ever-new ways of expressing the Creator, ways of expressing Love. Each bit of consciousness, at some point in its evolution, begins making its own choices about what it needs to learn next, and so you see the process taking place over an infinite span of time, whereby consciousness, having become distorted by coming into manifestation, works with each distortion slowly, patiently and lovingly for the most part until, one step following another, that state of consciousness which is known to your peoples as the Kingdom of Heaven is again achieved by experience and grace. John is now an adult, and as he gazes back upon his childhood, he can see that among the many good things he gained from childhood, he still must count racial prejudice and instinctive guilt towards women as those influences which have hindered him in his expression of love. Again and again throughout an incarnation, John will find, and you will find, that there is a return and again a return to a particular theme of learning about love and service, something that is difficult, something with which you grapple, and each time that you face it, you understand just a bit more, and you recognize the bones beneath the flesh of catalyst, so that you can say, "Aha, I know this anatomy. I have healed the break in these bones before." And thus, little by little, you work with that lesson which you have given yourself to learn, healing more and more the distortion that you have wished to heal, and turning more and more to a clearer, more lucid perception of the great thought of love, which is the life of all creation.

1987/09/26: Much has been said about the coming of a new age of harmony, love and understanding. The great gift of this relationship, then, is its very disharmony as well as the harmony that is so easy to love and enjoy. And that seemed like a very lovely answer, although it hasn't matched my experience. You were talking about heightened expectations and what springs to my mind first, I guess, is romantic love. I've often read it—although I've seldom heard it said in my lifetime—that romantic love is a very foolish and immature thing, and that arranged marriages were the better way of mating because then the two partners understood the nature of their relationship and were not disheartened when difficult times came, since they were not expecting to be blissfully happy always. What do you think of romantic love. The terms "romantic love" are a description of one aspect of the love and compassion which exists as a natural force between all portions of the creation. Each entity develops with its being an image or perception that corresponds to any or many aspects of love which are perceived by any who seek in this direction. The romantic aspect of love which is provided in your culture of instant communication is that which offers

a kind of continual infatuation, that force which draws the naive male and female together as the iron filing to the magnet. Say you love the clothes. Now you too, desire more clearly and visualize your peace and your love, and this love will be all around you.

1987/10/01: Each of you, by being careful, have self-prepared that self for the overshadowing of the one great religion so that love and compassion flow through you. As you move in your daily round of activities, it is the design of each incarnation to partake more and more intimately and consciously of this love and compassion. However, the process is unique for each entity, and one cannot necessarily from any one experience extrapolate the degree of success, shall we say, of another's entity's expression and experience of love and compassion. Thus, each seeker of truth is indeed a channel for the connection of each with the one great original Thought is near enough at hand that all further refinements of this one great Thought may be seen as the creation of a channel through which moves the great power of love and (which) forms through light a certain field or configuration of energy or love that becomes the soul experience which partakes of the incarnations. Each entity steps into the stream of experience and is not only enriched by the living waters of love and light but by the interaction of its own field of experience, and enriches that which it touches by its own being. Let this be the exercise, the work out, and the dedication at all times, this energy, this love, this hope, this service to the one infinite Creator. In fact this can be a time to one's attitude toward life and one can become more spiritual through the practice of channeling and learns to trust impulse and to trust nature of love. We see, in short, how each entity may wander through what seems a metaphysical darkness and yet with delight and hope and faith and those qualities of compassion and mercy and love continue to search for greater light and greater love and greater experience amidst the darkness.

1987/10/04: (overview) Why is it so difficult to radiate in love and light to those nearest and dearest to us, our mates for example, rather than being as easy as to those we don't know as well. You state that love and light seems far more easily given to any besides the immediate family, the mate, the loved ones. Around this seed of love, love being the nature of deity, there grows a large amount of material, thoughts, biases, motives, opinions, understandings, experiences, mind, heart, emotions, the body and the demands of the body. It is our understanding that out of this creative collaboration of the personal self, the impersonal self, and that great non-personal self, which is the Christed deity of love, have offered an incarnational plan which is without reference to what might have been or what should have been, the precise plan for maximizing the opportunities of the incarnation for learning, for growth, and for service. With this said, it may be seen that, in our opinion, the correct question to ask in the circumstance of seeming disharmony is along the lines of a love letter to the self. Dearly beloved, sweet confused Self, you should say to yourself. Therefore, Creator/Creation, show me, speak to me, let me know where is the love, where the learning, and where the service in this situation which I know beyond all appearance to be good. Signed, Your puzzled surface mind Let us suggest that the surface self—which you mean the entire conscious thinking self of which you are aware—is a hostage sent out into a seemingly chaotic sea of experiences which are grounded in the love and the light of the one infinite Creator. Often, because there is no ownership, the premises are not fixed up or repaired, the grounds are not beautified, and the rented place has the look of transience, not the look of loving care. Yet, what if that property were owned by your Father, who gives freely, loves dearly and asks only that as you rent the property, you love it, cherish it, beautify it, harmonize it, so that it welcomes all in comfort. Know that your stewardship of this life which you count from the first breath to the last of your physical body is the stewardship of a spark of infinite creation, a consciousness that is the consciousness of love itself, and honor that which you are. Those who hear these words may perhaps also take comfort in the following thought, and that is that some of you have chosen not only to experience within the incarnation to learn to grow and to serve, but also to maintain the high places within the consciousness, the watchtowers of love, which beam forth as light sources to the planet upon which you now enjoy incarnation, to the entities upon it, to the Earth itself and

providing for the welfare of all, and so forth, so that the focus of attention is likened unto a progression up a scale of notes, with the scale corresponding to the expanding perceptions and ability of the population so focusing to express itself in a manner more and more approaching that of unconditional love or compassion.

1987/09/06: It is truly meat and drink to us to share consciousness with you as you sit in the circle of honest seeking, together unified by desire and by love. We would especially like to welcome the one known as H, who is new to us, but not by any means new to this light group or to the persistent seeking of the love and the light of the one infinite Creator. This evening we find within the group questions upon the mind, questions of time and purpose, money and suffering, questions of how best to pursue the road of learning, of seeking that point of view which may yield contact with love itself, with that fuller consciousness that embraces, accepts and grasps the unity of all things. It is the time of the timeless moment, a moving vertically upward and downward upon the moment to feel the echoes of love, meaning and manifestation in one moment that removes from time its horizontal inexorability, its forced progress, and makes for the seeker opportunities of timelessness. The practice of timelessness begins, after many repetitions of visits to this point of view, to unfold for the seeker an unlimited point of view, a point of view that sees the mundane limitations and necessities of the everyday life, yet dwells as a native son or daughter in that kingdom where love abides without the mask of illusion. This reality has seemed to us to bear a certain character: that character is love. The reality which indwells each created consciousness is of a nature which is infinitely creative, infinitely free, which retains in its original and undifferentiated form that quality of love which cannot be given or shared in words, but only caught as a shadow, a hint, an insinuation by inspired turn of phrase or sudden realization within the seeker's deep heart or mind. By persistent and loving seeking, by the desire to know and to feel the love of the infinite Creator, the seeker may experience timelessness and the strength of the ultimate reality of perfect love. For he has seen things which he could not see, he has heard that which no ear has heard, he has spoken in communion with love which is always and always creative. Within the everyday life there is no moment which does not contain the possibility of this union with timelessness, and the more you hunger for that which is real, the more motivated you may be to take with rejoicing those moments which are yours, gifts from the hubbaloos of a busy life, and in that one moment, by will and faith, see and acknowledge the contact of the small self and that great Self which is love, love undivided, love coherent, love creative, love unending. Please know that the very first of those things which each seeking soul hopes to do while in the manifestation of human consciousness is to become a channel for love, that others trapped in the mire of earthly time may have their despair turned to hope by seeing and sensing what they cannot explain: that light within your eyes which speaks of a happy and sweet union with infinite love. Were there times when a realization of love could have been shared by a smile, a touch, an understanding ear, a caring heart, that were missed. "Lay up for yourselves," it is said in one of your holy works, "treasures in heaven where moth and rust do not corrupt nor thieves break in and steal." You, my children, dwell in two realities—the apparent reality of time and the immanent and overshadowing reality of timeless infinity, an infinity made of love. How we with our free wills have distorted that love, yet in each moment there is the same complete possibility for intimate contact with infinite love. We urge you, then, not only to meditate within each day, but to choose moments within the most busy of your hours wherein you sink into the verticality of timelessness for one instant and see that each entity and thing which you behold is beautiful, perfect and lovely. With this point of view, the knotty and insoluble problems of one day or another may be seen again and again in timeless moments as configurations of energy wherein there is a challenge to learn a lesson about love. Sometimes the lesson seems simple, sometimes heart-rendingly difficult, yet with the point of view available to you of timelessness, you may see at the very least the inner reality of infinite love within troublesome entities with whom you are in relationship and within situations which seem troublesome. The generosity of the infinite Creator we feel to be overwhelming in offering with each lesson that is to be learned about love that cleft in the rock, that safe hid-

ing place where one may dwell with the Infinite and fly with the wings of immortality. My children, we ask you to love one another, for it is in the practice of offering love to others, to situations, and to life itself that you yourself become aware of the incredible sea of love in which the universe swims. It is those who keep the love inside that never experience infinite love in its fullness. Thus, you may be the bringer of a sense of wonder and love and peace to another, and though you wish only to be one who serves and gives love, it is then that you shall receive in overflowing measure the reflection of your service, for love returns and becomes a marvelous infinitely complex circle or net of shared energy. Each of you has the opportunity to form the bond of infinite love with all portions of the illusion you experience, that which you call the natural world—the world of unseen things, wind, thunder, intelligence without bodies. And you, having taken on the physical chemical body of illusion, move into worlds and can reach into the Earthly world as a light bringer, a love giver and a love sharer.

1987/09/10: We are those of the density of love, and as a planetary group offer our contact to those which may have some use for it. We would speak of a young teacher—a teacher who wished greatly to offer his services to the children whom the loved. We pray—we who used to aid in the ways of love—that each seeker may seek the peace in the struggle and the mystery in joyful service. May each dare to plunge deeper and deeper into our love which is the source of itself.

1987/09/13: (overview) Concerns the concept of Christianity and the usual concept that people hold, at least the common one, that if you simply believe in the name of Jesus that you will be saved, without having to do or live a certain kind of life that might be exemplified by the eleventh commandment, "Love one another." Is it possible to get information that would resolve between "living the life" versus "simply believing"? Thus, consciousness, that original undistorted Consciousness which is Love, is indeed the Way; it is indeed the Truth; it is indeed Life itself—and eternal Life at that. Yet, because the concept of a channeled life is foreign to those who wish to preserve that which you call the ego, it has not been seen that the master known as Jesus was transparent and became, though human, a living channel through which could flow undistorted the powerful and perfecting love of the one infinite Creator. He wished them to lay down those weapons which make kingdoms of Earth and pick up instead those tools of peace and love which might create the growing and life-giving knowledge of a greater life, a greater kingdom than this Earthly one. Thirdly, this entity wished by his death to be remembered as one who intended to die of love for those who killed him. He wished to be remembered as one who loved. He hoped by rising again to give hope to those whom he knew and loved. It is our bias that the life of the one known as Jesus the Christ is perhaps the most artistic realization of the nature of undistorted love indwelling in the third-density illusion. It has always been the nature of consciousness that it is eager, as eager as a horse at the beginning of a race, as eager as a lover at the onset of a tryst, for more knowledge and more experience of the one infinite Creator. The wisdom teachings are most eloquent, yet there is the lack of communication caused by the one known as Siddhartha's lack of desire to communicate faith and love to those which are to a great extent still unawakened to wisdom. The third density is the density wherein one attempts to learn the lessons of love, therefore it is our feeling, which is only an opinion, that the wisdom teachings are perhaps not as generally useful to awakening souls, but rather are helpful at a point at which the heart has been opened to compassion, for wisdom without the grounding of compassion can be a cold and indifferent thing, and the Father of all things, though perhaps characterized as unbiased, is certainly not cold or indifferent, for the Creator dwells in all consciousness, and consciousness which is alive has a nature which is anything but indifferent, anything but cold, has a nature which grows and rejoices and spirals ever into a greater and greater sense of well-being and stability and infinite grace. That is the truth." There is an inner wisdom, an inner compassion, an inner spark of love and light that is not like the Creator, it is not from the Creator—it is the Creator, so that the Father is in all things and all things are in the Father. That Creator which you will know most within your life, you may perhaps gain from studies of inspired lives such as the master known as Jesus, that when you experience the love

that you love me. He began to consider that, what he had learned of love and of expressing it to those whom he dearly loved, could be done better than it could be described. Yet his being radiated the love which the little folks had aided in its growth, just as they aided the growth of the flowers and the trees and the birthing of the butterflies. (Carla channeling) One day, he put down his schoolbooks, for he had become older and begun school, and when, as he so often had before, to the lovely copes, where he had so often spent a happy hour, could no longer find the little people. "Where are you?" Carefully, he got down upon his knees and began to peer under the clover. Safe in their own dimension for many stepping feet and filled with the greatest of love, they watched their young friend - the giant among them. We do not have the love that cries for loss. But by existing within harmony, they were denied an aspect of love that enabled one to search within and draw forth the deeper understanding of the Creator. You are those who have faith in things unseen, in the ideals of love and truth. That which is not there gives you the desire to manifest love, radiance to glow, to grow. The ideals which you seek in meditation have enabled you to find that which you had lost: to love and to reach and to give. We thank each of you for the great gift of your service in working with us to create thoughts which may be of aid to those among your peoples who seek love and truth.

1983/08/14: We would speak with you this lovely evening about that which you may call discipline. When we speak to you of love and light and peace, we do not expect to do anything more than to inspire you to begin or to intensify your own efforts at seeking, that probing the unknown which holds within it the treasure which you call the truth. If you claim that which you know and begin the unending attempt to manifest within your being that which you have learned, then you shall proceed, and the penetration of the illusion which hides from you the true nature of love will be accelerated accordingly. My friends, it is so easy to think that the feast, the love, and the unity that you experience in moments of inspiration will be a natural fruit of your attempting to manifest these qualities through your being. We come among you only as brothers and sisters and do not wish to add to your burdens, but we do challenge you to retain that fine sense of the ideal, that great seeking for the one original Thought, while gazing with a clear and careful eye upon each situation that seems to be quite out of keeping with all the effort and all the love you have given to that situation. We come as humble messengers of love and light, and of the unity of the creation of the one Creator. And once we have sent love and light, I have this problem of using—from the elbow down—my arms. If then you can refine further your efforts of service by seeking in your own meditative state that which might be most helpful to the entity, and share this assistance with love and acceptance of the entity, the situation, and without a dedication to any particular outcome, then you will have given a gift which is most helpful in that it is given freely, with love and with concern.

1983/08/21: For as you love one another, so shall you be illuminated, so shall your group be illuminated, and so shall your sphere be illuminated. We give you a view of joyful and merry universe resounding with the hearty and never ending laughter of the Creator that loves to experience Itself and to learn about Itself from Itself, a Creator that is doing just that through us and through each of you. You see, my friends, language is a poor thing, and we are poor at using it as you well know, but the joy that is a portion of the release felt by the vision of the Creator lovingly at work in dealing with self is immeasurable. We are, as we have stated, so happy to join you and share in the love and love and light that is present here this evening. It is our sincere hope that we have brought a small amount of light and love into the love and light that is in much abundance here this evening. If we left you in apples and sausages, it would still be love and light. It might be the case that the entity does not suffer from a lack of energy, but has chosen for some reason not to express the energy and has chosen not to move into activity for the nature of its lessons require that type of inactivity that might be viewed by some as laziness, and the lessons available in such an environment might include the entity accepting the judgment of others as being lazy and learning to love and accept those who seem not to love and accept the entity.

1983/08/28: If you can slow down for moments at a time and look around and see your brother and your sister, reach out with yourself for even the briefest moment, feel

love within them and within yourself, you may take another step, you would see those others as part of the one which each seeks. My friends, as beings seeking to grow and be one, (the) love in you that is you grows only when you allow it to be shared. How shall love be expressed and experienced. For can love be of time, my friends. Time erodes beauty, and love is so often of beauty. But have you noticed that love so often endures. That which is true love is not of beauty but of essence. And when you are dry, and you are confused as this instrument is this evening, and you are uncomfortable and in pain, when you are bared, go back and exercise in meditation by opening the door that leads outside of time, outside of races, streets, avenues, towns, names, places, situations, leads out of all particulars into the great source of love. We wish that you may love one another, and know one another as the Creator. We love your stupid questions, my sister, and take great joy in attempting some form of response which may be of service. The male and female grouping is most helpful for the reproduction of the species, and for beginning of that relationship which shall potentially for the length of the incarnation, and through the excellence of honesty, and in the mirroring effect of honesty provide both entities with continuous opportunities for polarizing (in) the sense of service to others, in most cases, and shall allow the opportunities for love to be learned.

1983/09/03: Within your illusion, depending upon how you have chosen to learn the lessons of love, you will find what you consider to be shortages of power, money, influence or love. In fact, all of these shortages are some distortion of love and may be viewed as opportunities to discover the true nature of love. But if you exercise another point of view, you may find that your lack of abundance has produced a simplicity that frees you to love. If you lack power you may feel victimized, but you may also take this opportunity to practice the realization that that entity or group of entities which victimizes you is in fact part of you, and together with you is the Creator, and is therefore infinitely lovable. Any distressing situation, any shortage, can be the opportunity you intended for yourself in order that you might balance within yourself some aspect of the nature of a unifying and powerful love. This wholeness is another word for love, for love is that which is not broken or battered or in any way imperfect. Love indeed is creative and multiplies that wherein it dwells. You feel that you do not have the food, the nourishment, the love that is necessary. Such is the power of love as it flows through you from the infinite source which has created all that there is that that which you have will be enough. And so my friends, please do not think ill of your poverty, whether it be of power or of money or of the right words or of enough love or of the ability to deal with a situation correctly today. You brought infinity with you; you brought the infinite love that created you and is you with you. Whatever has gone wrong this day, whatever will go wrong tomorrow, be serene still in the confidence that that small effort that you can make, that tiny bit of love that you can bring through, that widow's mite of what is needed, will multiply for you, and you will live abundantly. There is the fullness, infinite and invisible power of love if you but call within yourself. We wish mainly to encourage you to continue seeking love, to continue then seeking to manifest that love in your very dark world, for such love burns like a light and lightens the fragile earth which binds you to this illusion. You are moving more quickly in your spiritual evolution than you ever have or ever will again, for yours is that glorious moment a mere lifetime long when you have the opportunity to choose forever to love. We are those of Hatonn, and as you love, so do we. There are certain substances, most notably the crystals—of which the great pyramid is one well known example—which focus the instreaming love and light or prana of the one Creator in a fashion which allows an entity who seeks purely to experience an answer to seeking, shall we say.

1983/09/18: In each wholehearted loving service you impart, you indeed further your planet onward into the fourth density. You will manifest great understanding and radiate the love and light that you have spent so many hours seeking in silence, and then other times you will not. You have already chosen to love. Never kid yourself that the choice was the hard part, for in most cases the choice is made in a burst of the joy that the first understanding of love and light gives off. The refining of that love and that light, the manifestation of service to the one infinite Creator, is a task that is full of joy but could not be more demanding or more continuously

puzzling. You dwell within the kingdom of love, you dwell with the Creator always.

1983/10/02: We of the Confederation share with you our love and our experience and this is all. We of the Confederation love deeply this opportunity to work with you, and we thank you for your presence, we thank you for your patience. We speak of love and light. We are messengers of a Creator that is infinite, and expresses Itself through that which cannot be imagined but which is known to all in one distortion or another as love, this love that is so tremendous and so vivifying that it has enlivened the universe and created it from light. That Thought is love. This cannot be understood, but we are so grateful to be able to proclaim the love and the light, the infinite Creator. But as you value and nurture these desires to seek, as you meditate and seek the silence within, as the power of the original Thought brings love into your life, you will find that you are manifesting to others qualities which will aid those about you. It is a power; you call it love. He put his sword away, and he was rubbing his hands together, and he said, "I love it when a plan comes together." That's all I saw. Whether that seeking finds manifestation in a contact such as this contact, a contact through a guide or through personal inspiration through those books and resources which the seeker peruses or through any other means is not important. The message of unity, the seeking of love and light in that unity, is the important—we correct this instrument—is the type of contact and experience which is that which we wish to emphasize. Those experiences of a new birth may be looked upon as representative of the archetypes of transformation, for each moment provides infinite opportunity for the seeker to transform some portion of its being by finding the love, the light, the unity within the moment, no matter how that moment might camouflage such truth with seeming discord and distress. There are, as you have supposed, certain tides of energy or vibrations of light and love which surge in rhythm and become available to the planet as a whole, so that each upon the surface of your planet, if seeking that type of vibration, may become aware of it in a conscious fashion while unaware of it if not seeking it, yet and nevertheless (be) moved by it in some degree. Many do so in just the manner you have spoken, for, indeed, all creation is one being, and as you send a thought of healing, of love, of light, of support, of comfort, of caring to any other being upon your planet, all receive such and are able to partake of it if so desired.

1983/10/16: Each, if they so choose, may continue to share in these intimate groups their love. Each of you has become aware of the love and the light that surrounds you, that is you. We blend with you now our love and our light in the mutual seeking of truth.

1983/10/23: We, as always, thank you for allowing us to join with you in your camaraderie, your singing and your sharing of the love amongst one another. The one certainty in your variable path is that it will change, because what you have chosen as the pearl of great price is something called the truth or love, or as we would perhaps most accurately describe it, the one original Thought or Logos that is the manifested Creator. However, the quality of truth is such that as you approach its boundary, it will recede from you, constantly giving you more to look for, to understand, to use, to experience, and to finally again use up, so that you once again reach the boundary point where you feel you have discovered at least some part of the nature of love. Each discovery of love should be celebrated as the wonderful event which it truly is. We are not saying that you deserve to be of a certain nature, that you are worthy, that you have earned the nature of manifested love. You know already all of truth, for you are truth; you embody the Creator; you manifest the very nature of love, and you change constantly. Each of you are bright with the light and love of the Creator. The situation which binds you together is that catalyst which offers both of you an opportunity to learn the basic lesson of love in some way, well or perfect, consciously or unconsciously. It is necessary within your third-density illusion that such lessons be learned with a forgetting, for if either of you remembered completely and wholeheartedly with total clarity your true nature as the one Creator, then you would not have the same opportunity to learn love. To truly learn love it is necessary to find oneself embroiled in difficulties, and then to untangle the difficulties so that when each is followed to its source, the source is seen as the one Creator residing in all things. Those treasures, my sister, as you know, are always a greater acceptance and love

of the one Creator. If there are great fruits to be reaped, a great harvest, shall we say, available to the expanded point of view, then there is also the responsibility to manifest that love in the greatest possible degree. And the one who seeks the one Creator begins to know the desire to serve the one Creator with every fiber of its being, every thought of the mind, every drop of devotional love of the heart, and will give whatever it has to that one Creator, and this shall return to the seeker, for who is the seeker but the one who asks as well and the one Creator who dwells in all. Hutton speaks, take note as you will, but remember where the balance of wisdom lies and where the key of love is placed.

1983/10/30: That thought is love. Gaze upon the ravine, gaze beneath the gnarled tree trunks to the roots which stretch quietly, quietly, gathering in winter the force which will propel new growth, new love, new beauty, new service to the infinite Creator. Some portions of the universe have become individualized; a great deal of it has remained love. The resounding echo of the creation is love ... love ... love ... The same is true of love. Extend love to the touching of hands, to a true dedication that is unsaid but nevertheless meaningful. Carry this love out to the very end, and you will see the true meaning of love. Our friends, we wish to thank you for allowing us this opportunity to share your love, to be with you. How much more love can be given than this, my friends, to allow one to serve and to serve at the same time. We ask each to look within, to see the love in each, to share that love is so beautiful, my friends, and we thank you, for the love within this group is beautiful, and has gained strength over the years. When an entity is able to express the love of the Creator which it receives daily to each entity whom it meets, and is able to feel that same love within its own being for itself as well, then it is often the case that the entity sees the creation about it, and, indeed, itself through new eyes. The eyes of love, acceptance and forgiveness are the eyes which heal. That known as cancer has been discussed by those known as Ra, which is a disease which is the result of an inability to forgive, is a disease which grows from the angers which have not found their balance in love.

14 1984

1984/10/14: How rich you are if you have dressed yourself in seeking as if it were a festive garment and gone forth into your environment clad with the desire to know more, with a wonder as to how to serve better and with the rejoicing question: "How can I perceive such loveliness as this day has offered to me?" We apologize for the pause. The bottom line is love. We wish to home you back to the one beacon that lies within yourself that is a pure light and a pure love, that which lies behind all the displays of the journey upon which you have set your foot. Over and over you may say to yourself as if it were an answer that is infallible, "I am learning a lesson of love. I am learning a lesson of love." This has value. But to the seeker there is far more value in saying, "What am I perceiving, what am I learning, where is love now, right now in this moment?" You cannot tell yourself what you are learning—you must ask. We are with you as comforters, as strengtheners, as comrades, as those who love each of you at any time that you may wish that companionship. The interaction between the two of you is the dog's purpose fulfilled, that is, to be invested, and also is a portion of your purpose fulfilled, that is, to learn to give love. One may only present the self in service without dedication, for this is love.

1984/11/11: When is nobility cut off from the lovingkindness of the Creator. How can you love each other. You have given it to yourself and you undoubtedly feel at this time that you have perhaps bitten off more than you can chew in terms of processing the catalyst of your life so that you may be a true channel of love and of light and of service. This is the essence of the learning of the lessons of love: to take more than you can chew, and then to pray your way, to meditate your way, to contemplate, analyze and cling to your way until strength is given you, not from yourself, but through yourself. Rejoice, therefore, and love one another. We drench you in our love as if it were a waterfall. May your hearts rejoice and be merry, for you are yet able to love and be loved, to care and to accept nurturing, to reach out and to enfold, to experience, in short, the carnival of third-density illusion—that grand illusion with many, many mirrors, all of which give you

circle through experience and back to the Source of love, that which is uncreated, that which is always the same, the one great original Thought. The invisible strangling of love can come about because of many circumstances. When one looks for the invisible garrote that has so strangled love within such an entity, one cannot see it, although earnest scholars equate the loss of life-giving emotion with lack of love or even lack of a home in the murderer's early years. With the emotional experience of depression, we may see a person which is experiencing a strangulation, to a certain extent a loss of love from the root, and when the person looks to see what the source of this strangulation of love might be, again it is invisible, for it has taken place within the mind itself. The one who attempts to change depression by denying negative feelings is perhaps on the right track, however, that person has little chance of creating an easement of the strangulation of love simply by speaking it so, for in depression, that which ties the cord too tightly around the vine, that which holds back the supply of love, is a desire to hold in the mind circumstances which seem unacceptable. This desire, whether quite conscious or relatively unconscious in nature, has a very adverse affect upon the supply of the life-giving energy of love which is falling constantly into each of the portions of the Creator's consciousness. It is as if there were two consciousnesses, one healthy and free and thriving, which exists in our dreams and at the core of all illusion, and that consciousness which has come to a standstill, getting, instead of love, a fueling supply of fear and anxiety. The consciousness which has been your source of life sees the creation with eyes of love, for it is love, and in this love all things are as they should be. Contradistinctive to undistorted love is the operation of free will which moves within each particle of consciousness in such a way as to make choices possible. Thus, the new consciousness, by the operation of free will, would turn each moment, like a stone, to see each facet of beauty, unity and love, or perhaps to marvel at those balances which are particularly unusual in those about it.

1987/07/29: The attitude that is the means by which the seeker views and accepts the manifestations of the various seasons of the soul's seeking is that which is of most importance in each testing, for if it can be discovered within the point of view of the seeker that each situation has a metaphysical implication that revolves about the concept of love and acceptance of that which is, then the seeker is more able to take advantage of the more specific lessons that orbit the primary concept of love that may be found in each cycle or season.

1987/08/02: An unusually high degree of transparency exists during that upcoming period, making that spirit which is Love within more easily apprehended and shared. There are those whose skills and love lie largely in dreaming, hoping and loving, and we encourage entities which are of this nature to take their dreams, hopes and love with the utmost of seriousness that they may offer themselves (as) channels of light in a dark world, for sending love is perhaps the most powerful action of a seeker. We reluctantly use the word love to describe the Creator—it is the closest word which your language has. May you dwell in this love until you know yourself to be a channel for that love. May you learn to trust more and more your ability to be harmonious, may you let go more and more of those sharp edges, those bad habits of thought which take the power from your loving and the truth from your words, for each has the behavior, born of pain and sorrow. Held instead to the light of love and accepted, it is then possible to have them let go so that pain and sorrow become transformed into compassion, the strong compassion that shares the deep awareness of the oneness of sorrow in all peoples, and beyond that the ultimate rhapsody of oneness in living love. The dimensions of being for each planet then affect the ability of the influx of intelligent energy or love to move in a fashion which enhances the ease of movement and the intensity of movement.

1987/08/05: Creating beauty, creating the feelings associated with divine love, is one great purpose of the existence of all consciousness, and the vocal channeling is one way of achieving the creative act which expresses the trust and love that each feels for that great love which is the Creator.

1987/08/12: D When you said, "gather about yourself the qualities," by that you mean hold in mind such things as service to principles of love and to keep those—well, I don't know how to ask the question, but your words put a picture in my mind which I guess for the moment I will trust this as

good, and perhaps if there is a question it will come later.

1987/08/16: We, as you, seek more and more to know and to be with the Source of all that there is, the Love which created all that there is, the Light which sustains all that there is. We find great love and harmony in being and great love and harmony in doing, and yet the tension between those two poles of behavior and consciousness is felt by many seekers, and, indeed, can be a stumbling block, for one desires, in doing spiritual work as in any other work, to be occupied, to have accomplished something, to have gotten somewhere. Thus, it is valid always for the seeker to be attempting through all that which it does to more and more carefully choose the path of seeking, choose the way of service, and choose the source of experience so that at the end of all experience there shall be a consciousness which is more and more full of love, more and more able to channel that great original Thought which created all, that Logos which is love. Thus, we suggest that you love each other and serve each other. We encourage and recommend the daily practice of meditation, the tabernacled in the inner room of the silent consciousness, for that consciousness touched into often enough may more and more begin to shine through that which you do that you may become radiant, a more and more pure channel for the love of the infinite Creator. I am Q'uo, and many are the ways, my sister, in which love may be produced and shared. There are as many as there are seekers thirsty for this love, and each chooses a manner in which to contact the living love, that power which sets all which is created into motion, and then to share this love with others.

1987/08/23: We bless and offer love to each of you as well as our gratitude for requesting our presence within your meditation this evening. To give you a thorough answer is beyond the scope of this evening, however we shall attempt to articulate some of what we find valuable and lovely and full of learning about entities within the third-density who sit in circles such as yours, seeking the light and aware of the darkness. An unimaginable amount of time, millions of years in fact, have passed since we dwelt before the choice, gazing at the choice, hoping and wishing and praying to see love and choose love, to see separation and shun it. This is one of the reasons we have much to gain from gazing at the life patterns of each of you and seeing the enormous vitality and love of fun and of the present moment of which each of you is capable. We find it incredibly moving that entities which labor as if underwater, hampered by a clumsy physical vehicle, can still look past the shimmering surface of the passing of time and see not the tick-ticks of the river of time, float not upon the canoe of shallow thought, but with such encombrances still dive deeply into the moment and gather treasures of love from it. It is not remarkable for us to visualize and experience the gifts of time, the gift that is of the present moment, for as far lighter beings than yourselves we enjoy vision and sense which is able to record more nearly the incredible energy and creative movement which is the love within each moment. It is the spontaneous outpouring of love which is the highest service of which we are aware. We are able to do this on an impersonal basis of course, and, indeed, there are planetary entities which devote themselves to this very task, that is, of being a beacon of radiant love which is broadcast throughout the creation. Yet our overriding feeling for your peoples is one of admiration, for that through which you now go is by far the most challenging illusion which you will face, the most difficult density to penetrate and find the love within. For to the seeing eye and the understanding heart, those flowers and all those things which echo from them—scent, beauty, death, birth, growth, love of light—all of these things adumbrate and echo, and perception becomes capacious and generous, and then that which may be brought back from an instant's perception may take much time upon your river of time to execute. If no one calls us, then we stand idle, sending our love to those who have not asked for it and who often reject it unconsciously. Thus, our love surrounds your planet and your peoples, but without those who ask our help we are those who knock upon a door which no one will open, missionaries, if you will, in a tribe which needs no strange idols. As the focus of the attention is moved higher and higher up the racial and planetary energy centers which correlate to those within each entity's vehicle, the nature of the concern of the focus then is raised in vibratory frequency so that concern for the self moves to concern for another, to concern for other groups that are known to the self, for concern for groups yet unknown in a personal sense, to a concern for the

may be seen as a configuration of circuits or series of lessons and balances to achieve, with each day offering further opportunity to move the flow of love further along the inner pathways that will eventually culminate in the bringing into harmonic resonance each portion of the seeker's being. I am Q'uo, and though the physical vehicle may be enhanced in its ability to transmit various forms of electrical current, we find that any specific technique of a mechanical nature which lacks the metaphysical principle of the processing of catalyst as the primary means by which the mind, body and spirit are prepared in unison for the increased flow of prana or love energy is a technique which invites some degree of imbalance within the entity's total being and is that which would therefore be less than efficacious in the overall progress of the entity's mind, body and spirit complexes.

1987/05/20: Chose this planet to serve as a beacon to the universe, to speak of love, to shine for a beacon of love in the cosmos. And so you sit in meditation in 1987, attempting to ponder the mystery of the truth, attempting to see through thick darkness the outlines of eternity and to grasp the nature of the Love that created all that there is. And each of you then must needs attempt to become gemlike and crystalline that you may trap light, increase it, divert it, and become reflective illuminations of gathered light, that the sparks may keep shining out of each entity's eyes, so that those who are still truly in the darkness of earth and mundane affairs may see that there is joy and peace bubbling forth from the face and personality of those who seek the light and the love of the one Creator. It is the perseverance and regularity of perseverance which prepares each seeker to become regularized and crystallized enough to transmit those higher frequencies of love and compassion which each has incarnated to do. As I do that I am more capable of experiencing love for myself and for others, and I have at times experienced what I would consider a lack of compassion towards, and I'm wondering if that is a true observation on my part or if it's because I'm so used to old patterns that I do not recognize compassion in the new patterns. Thus, if any feeling has not yet found its fruit of love, compassion and acceptance for any other entity or experience, you may consider pursuing that feeling with the same technique of magnification until the feeling draws unto itself its opposite balance, and within this balance of feelings then may be birthed the compassion which equals the acceptance that each portion of the one Creator has as its birthright.

1987/06/21: That which is at your center, at your core, is a portion of the infinite love, the great original Thought which has never come into manifestation and is not manifested within you, but lies rather as the dynamo, the reality that fires and underlies all experience. May we hope that you also heed that side of you which is most in touch with the light and love within, so that you may see the impermanence of all that seems to die.

1987/06/28: It is merely a commonplace of life, that which is to be done when two people feel that they have fallen in love. The promises have to do with honoring, cherishing, serving and loving under any conditions whatsoever. Just as the spiritual side of a lover's relationship is fragmented and often lost, the journey taken by those who are spiritually agreed to journey together may be very rich and satisfying. If each of you is a crystalline being attempting to hone, clarify and sharpen that crystal which lies within, so too a relationship which has been stated clearly, spiritually and angelically is a crystal also, and throughout the life experience each of the two in the married pair may do all those things which are given to those who agree to seek together, yet there is also the responsibility for physical, mental and emotional loving, cherishing and honoring. Those who have created the jewel of a promise fulfilled create a light source that, like all other light sources of love in the creation, are available whatever the time, whatever the space. Perhaps we would do best to call it living love. Those who do not marry and seek together, seek alone for the face of love. What I meant was that it has always seemed unlikely to me that love would just go away. It seems that if you have an experience of love with another person, that the experience may end, but that the love remains. The reason that this is important to me is that I have had more than one relationship in my life, and it's comforting to think of the light and love that those relationships created as having a life independent of the failure of the relationship for one reason or another, the ending of it. I am Q'uo, and, indeed, my sister; all that remains from any experience within

your illusion and all that is ever recorded within the nature of the soul is love. Whatever experience of love one is able to create and to share within any relationship or experience within your illusion is remembered and is gathered as the true harvest of the incarnation.

1987/07/12: (overview) "Q'uo: We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. We go in love and in light of infinite One Who Is All in All. That mystery is all wrapped up with love, a love that has been called compassion by those who seek to deepen the meaning of that word love, that word which has been so abused, misused and trivialized by common usage. Indeed, the one who challenges in the name of Jesus Christ challenges in the name of love itself, and all challengings which are superlative and honestly felt, whatever the words of challenge, that challenge is the challenge of love, that compassion against which nothing may stand. We would focus this evening upon an aspect of love and compassion which is very difficult to manifest while under the influence of the third-density distortions of mind, body and spirit. Please remember at all times when you see hardheartedness in others or yourself, that you are powerful to serve as messengers of love, peace and joy. You may encourage, exhort, commune and just be with one who is having difficulty, and by your mirroring forgiveness and love to the one you wish to aid, you are connecting your subconscious and your companion's subconscious in great echoes of compassion. You are love, each to the other. May you love life as you experience it, and may you find comfort in each other. We feel particular love for each of you, and would send you our blessings through this instrument. We join with this group in the seeking of the love and light of the one Creator through all experience, and we rejoice that we have traveled this distance with this group this evening.

1987/07/13: There are those souls who channel such healing into the pie or roast that each bite that is taken at the dinner table fills not only the stomach but the heart with the love of the one who channeled perfect love into food. Most of all, we send you our love and wish for each the joy that service to others brings back to the self. You shall be surprised by the love that is mirrored back to you from time to time, simply because you have a wish to be of service. We know you will seek to be stewards of the power which is yours for good or for ill, and we rejoice greatly in the light and the love... (Side one of tape ends.) (Carla channeling) ...which you who dwell in mystery yet achieve through faith in the light and through the will to know and to give love.

1987/07/15: Many times in any incarnation there will be the need for the dark night and the lack of humankind's banishing of the night, for only in the deepest darkness can one truly see at their very best those starry dominions which are symbols of light and love. in light and love... May your sacrifices of time and caring in all that you do be a channeling of love and light, and may the channeling itself, for those of you who find it a helpful thing to continue, be a source through you of that great spreading light which more and more is being lit up with great lights among your peoples. More and more of you upon your sphere are becoming lights, channels of love, and, as for us, we love each of you and bless you for all that you have given us. There is that seeking that is of love and for compassion and understanding and the attempt to accept more and more of the creation as a portion of the self. There is that seeking which partakes of that known as wisdom or light which reveals unto the inner and outer eyes of the seeker more and more of the nature of the creation which Love has formed. And there is that seeking which partakes of the balancing of these two of love and of wisdom into a force or source which may be seen as unity or power, and which partakes of the blending of love with wisdom by wisdom.

1987/07/21: (Long pause.) Carla In the name of divine love and the service, I ask the entity who wishes to speak through W to clothe itself in the name and make that name known to the one known as W.

1987/07/26: If you consider yourself as a cosmic citizen, you and all other consciousness in the universe are rooted in one vine, that is, the life-giving vine of love. Pure living love, stemming directly from the Uncreated in perfect order, in perfect love, is a force of unimaginable magnitude, a force which has propelled into being all consciousness, and a force which wishes to assist each portion of consciousness in its full

a distorted picture of the one original Thought. Each in this room attempts the lessons of third-density love. Yet from another point of view, it can be seen as a great opportunity to find love where there was no love, to find light where there was no light, to illuminate the darkness with the presence of the one Creator. See then the one known as Don continuing upon his journey, and send this entity the love and light which springs from your heart and your very being, that he might have a comfort upon his journey. We can suggest that whatever be done for the one known as Don, that aid might be most helpfully given by simply sending a generalized form of love and light in order that there shall be no distraction and no tie to the one known as Don. It is helpful to allow the grieving to find its cessation, then to send the love and the light, the peace and the joy, and to wish the departing entity well and when thinking of this entity, to raise this entity into the light, no matter what experience is remembered, that there shall be no ties which hold this entity to this illusion longer than is necessary. As we mentioned previously, it is most helpful to make any gesture that which raises the entity into the love and light of the one Creator which is ever available to each. The love and light sendings in a generalized form do not require any backward looking, and ease the forward journey. If one cannot match the great ability to see the difficulty with an equal ability to see the faith and the praise and the thanksgiving and the solution to such difficulty, then the difficulties may grow for such an entity, and if allowed to continue without the praise and the thanksgiving, without the finding of the love and the light of the one Creator within that situation, then it is possible for the effect to build an energy of itself which would not be as possible for one who did not observe so carefully and so minutely with the mental acuity. We have been called to offer healing in love and in light for the sake of our infinite Creator, and in His service we serve, and therefore we pray that you with us vibrate and heal the entity for whom this healing has been requested over and over again.

1984/11/18: "Milady," he said, "I can give you nothing but my days, my nights, my love, and my road. I cannot see any other and so you shall have to help me if we are to be together, for the blind need guides, and I offer you my need as well as my love, for I shall be confused. Whether you accept them or not, you are and will always have been my love." The princess, who for years had turned down treasure upon treasure, came slowly from her high throne and reached her hand to the stranger who stood below her. I do not that I love; I only wish to find love." He took her and placed her upon the earth and looked down upon her, as he was taller than she. "Milady," he said, "that is the way of all love. I have not loved but I know this to be so." "I have not loved either," she said, "but I know that I am no longer lonely." The ill-paired couple did not stop for retainers or for chairs to carry them or for any of the panoply or pomp of her circumstance, for that was not his road. Though many told of her years of coldness and haughtiness, there were none to sing the praises of her love, for as she became open to love, just so she became invisible to a great deal of that which mortals may see and mortal ears may hear. Yet yours is the splendor of giving the true generosity that only comes when you truly cannot see and cannot hear the divine but only have faith that there is such a thing as divine love. Not tossed thoughtlessly into a body, but placed with care, with love, with wisdom, into flesh that you may pour out your life beautifully if you wish, having nothing more to go on than deep-felt feeling that this is your road. And in the flesh you shall learn twenty, nay one hundred times better to serve, to love, to give and to accept, to take, to receive. Love is completing circuits; it is not necessarily giving. Please be aware that our use of the word love especially is inaccurate, and our sayings, as always, are only as important to you as they are helpful. We see that a great variety of ways is available to each in this group to serve as shepherd, to radiate the love and light to those who hunger for this nourishment. We speak to you in words which we hope will also penetrate the essence of the love which binds each to each.

1984/11/25: Because of the nature of the atmosphere this evening, in that there are many channels and but one message, the message of love and gratitude and service, the message of the one original Thought, we are using this meeting, if we may, to tell a story using each instrument who would be willing to speak. Few made a real effort to look beyond the illusion, to look deep within the eyes that sparkled

brightly with the love and light of the Creator. (Jim channeling) As she embraced her young, small son she felt the love of his arms, and she looked into his eyes and saw love there as well. Remembering the bitter words that she had been speaking as he entered the room a short time before, she felt great remorse within her own heart and realized at that instant that the deformation that she had felt such a burden was of no consequence when compared with the love that her son was able to give as freely as rain falling from the sky. How many bright and adoring eyes have you missed because of your judgment, because of the disease of your eyes, because of your lack of the loving and open heart. We might suggest to you that since you are here to learn the lessons of love, it would be surprising if anyone were able to say that each person throughout a crowded day had been met with the eyes of love, and with this we begin with you yourself. Do you see yourself with love's kind vision. We do not intend to encourage you to be egotistical, but only to suggest that that greater self which is most truly you is very beautiful, and the touches, the details, the experiences, the uniqueness that you have brought to this particular aspect of the creation that is you are most lovable and most beautiful. We find that our brothers and sisters of those known to you as Oxal have indeed joined this group this evening in part due to the presence of the one you have called H and in part due to the remaining configuration of this group which seeks that kind of love which has been blended somewhat with wisdom. The distortions of perception are each colored in a certain way so that yet another means is presented to you by which you may learn the lesson of love, for as you examine each distortion each in its turn will yield the opposite response: for patience, you will find impatience; for anger, you will find acceptance; for the various kinds of distortions you will discover that when the balance is achieved, the yield of this process will be an increase in the ability to love. Therefore, that which you have called the ego and which we have called the conscious acting self will have provided you with a lens or a prism which breaks the unity of all creation into various portions so that you may in each portion reap the harvest of love that would not be possible should the perception not be broken into particles. We have no desire to judge whether one's ego might better be strong or weak, or strong at one time and weak at another, or have any particular characteristic, for all characteristics are distortions or biases which allow the entity to discover love in yet another mode of behavior or portion of the self.

1984/11/30: (Most beloved) portion of the creation to whom we speak, "I" is all that there is. I am love. How lovely is each who dwells in the creation.

1984/12/02: To this end, my friends, we strive not to lecture or to teach but rather, as loving friends accompanying you upon your path, to simply share the nourishment of our blended harmonies of spirit and experience. The child then was peacefully able to extend and receive that love which is available to and from all things and was able to travel peacefully and unendangered through the expanses referred to as wilderness. The child in seeking such interaction found instead bafflement, for those to whom the child extended love eyed the child with suspicion and returned only that which you call distrust or hatred. My friends, remember with pleasure and with love those who may have gone before seemingly unheard, for in truth the echoes of their efforts still resound throughout your spheres of existence.

1984/12/09: You know that you are now a seeker and that you wish to offer service, love and light. He who realizes love will bless.

1984/12/16: You are those who are attempting to learn the lessons of love, of compassion, of mercy, and so we would retell an old story. We ask you, before we even begin, to discount all those things which you may hear that do not ring true to your experience and your own inner knowing, but to use those things which do ring true, take them within and use them, as we offer them in love. You may speak with many wise and loving beings, and hear many words of inspiration. Carla Let me see if I can restate what you said so that J will hear it differently, cause I think I know where the hang-up is, because it says in the Bible, "The love of money is the root of all evil." And it doesn't say that "Money is the root of all evil," at all. It's the "love" of it. And what you're trying to say is that when you have a love of position or a love of possessions or a love of money or power or influence, those things, that means that you basically, you've stopped seeking spiri-

tually and you've started seeking a god that is temporal, that is going to die with you; you're not going to be able to take it with you. And that's the delay that you're talking about, is that you're—because of your love of this money or position, you're just putting off seeking spiritually. It's the love of it that causes the problem. May we hasten to add that we do not judge or condemn any entity which loves the money, the power, or the position, for each entity in each action is the one Creator seeking to know Itself. I do love money and do love power, but I'm also seeking the Creator; I'm also seeking knowledge, and I agree with your last statement. Go forth, my friends, rejoicing in this love and light.

1984/12/23: (L channeling) I am Hatonn, and I greet you once again, my brothers and sisters, in the love and the light of the infinite Creator. The love, the light of our infinite Creator is quite literally, my friends, at your beck and call, for it is your calling that causes the light to spring forth, and it is the intensity and the faithfulness of your calling that sustains that bridge between your Creator and yourself. But we ask also, my friends, that you remember that in our small way we also are with you always in the love and the light of the infinite Creator. I am with you in the love and the light of the Father.

1984/12/30: It is somewhat more difficult than receiving concepts but each who attempts this type of service in vocal channeling must needs continue to press towards the goal of becoming a better channel for love and light or that which has been given will be lost. In the pondering by the couple of what they might find, there was time taken to consider that which was truly valued, each by each, and throughout the experience of the storm it was brought to the attention of each that the love which bound them together was the most cherished thing in their lives, yet they also knew or supposed that they knew that even a life filled with love would need some material support. (Jim channeling) As this couple's life pattern had progressed through these many cycles of change, there came these times of difficulty, decision and disagreement which then required the balance of reconciliation in order that the love which bound each to each might be strengthened and ennobled. And they looked upon each other and did not behold love. You are love and light. The love is expressed in your consciousness. As you work upon your own thinking and perceiving and widen the viewpoint, you remove blockages so that which has been called the prana or the cosmic influx of love and light which enters your being at the lower chakra may pass through your various energy centers in a more and more pure manner. We can suggest that each entity may observe the daily experience, can analyze those moments wherein catalyst has not been well used, may note the difficulties, may note the disharmonies, may note any moment in which there was not love, may then take that observation and analyze the chakra to which it belongs, and focus work then according to this analysis. Progress of a spiritual nature, shall we say, in our realms of experience is much slower than it is in yours, for you exist and create love in a darkness, in a forgetting. The ideal which each entity upon your planet strives for, whether in relationship or in solitude, is the ideal of love. This could be called an approximation of love. As you move within your illusion and within your relationships, you will encounter that which seems unlovable, unforgivable, unacceptable. When you can love and forgive and accept each portion of each entity which you encounter, then you shall be approaching the ideal of unconditional love.

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1985/08/18: This desire to provide sustenance to the loved ones is a basic lesson of love, for the entity who has taken the responsibility of supporting in a material sense those that are close and loved is one who then is sharing a form of love. The focus, then, is seen to include more of each experience as being seen as a distortion of the Creator by the seeker, whether the distortion be towards love, wisdom or unity, those three portions that are available to all seekers in each experience. The question is, "Do you see love in this experience?" In some degree the seeker will see love in each experience; in some degree the seeker will not. When the seeker is able to answer each answer to a level of fifty-one percent of experiencing and seeing love, the seeker is then of a polarized enough

nature to move into the fourth-density grade in the octave of creation that you now experience. Without at least the ability to see love in fifty-one percent of one's perceptions and experiences, the energy available in the fourth-density class would be too much for the circuit of the seeker who had not yet sufficiently regularized or polarized its being in order that its circuits not be blown, shall we say, as the greater intensity of light became the reality for the seeker. (Jim channeling) I am Latwii, and we are honored as well to join your group in the name of the one infinite Creator whose love and light illumine all experience. Where love was not seen and was not shared, there must be the ability to see and share love in a form or intensity which balances the movement away from love which then became the distortion of the mental and then the physical nature. I am Latwii, and may respond by saying most emphatically yes, that there is no thought or action that cannot be balanced, for all experience is undertaken within the realm of the one Creator which contains as much love in the positive form as there is the seeming lack of love in the negative form. Because you experience your life within the form of creation, there is as much potential for you to utilize the positive expression of that form as there is the opportunity and potential to experience the negative of that love. Anyway, the question that I have is when we catch ourselves talking to ourselves in a less than kind or loving manner, do you have any advice on how we can turn that around and become kinder to ourselves and thus to... When the entity finds itself talking to itself or behaving in a manner which is less than loving, the entity may use this experience as catalyst for growth, food for thought, the focus for meditation, for each viewing of the self in a less than loving manner is a symbolic representation of a basic attitude or experience which the entity has programmed into its life pattern in cooperation with, most especially, the parents and others about it in order that there might be the balancing or biasing of the being in a certain fashion that lends to an overall balance of the total being or soul or spirit of an entity. Each time an entity in any single experience views itself or another in a manner which is less than loving, that experience can be used to achieve the balancing of love.

1985/09/22: It is between those two poles that one may analyze one's true position with regard to the learning of the one great original Thought of love. These are the limits within your illusion of that which we call love.

1985/10/06: You are the wellspring of your evolution in spirit; you are the fountainhead of your birth into that new portion of yourself which you wish to be lifted up in love to the light that shines from the one great original Thought. And never, if possible, to accept circumstance or environment as a reason for ignoring the opportunity for finding love that may flow through you that you may become a light to lighten the darkness of those about you who are seeking just such light. If you would be a channel for love, open yourself inside to that spring of living water in which your soul may bathe and become clean and shining pure and from which and through which a great light may shine in a dark world. You are also aware of the terms, star-crossed lovers. The desire to express the love for such an entity and to, shall we say, complete that which may yet be incomplete would be acceptable for those involved.

1985/10/13: When it is given to a group of individuals who wish to act in love, to draw from that one architect a certain type of dwelling, the dwelling may be built. We encourage entities of loving heart and will to put forth effort in that which may seem to be advantageous. It is the love for the architect that invests the house with excellence of vibration. With this love, any shaped and placed dwelling shall be magical; without this same love, the most carefully designed and placed house shall be one which is dead in a spiritual sense. Love for the architect, my friends, brings with it a sense of unity, of love, one for another, and of praise. When the humblest dwelling is put up with loving hands and adoring hearts, so that dwelling shall be full of love. Have you caused it to dwell in holy places by the purity of your thoughts and the love within your heart. We can say no more than this—build in love, in unity, and praise to the architect who is no man, but the very Creator.

1985/10/27: In your density you are seeking to know the thought of love, not intellectually or by any guidebook but rather from the inside out, from the heart outwards, through the mouth, through the ears, through the eyes. One who has the heart of love also has ears that hear with love; one who

perseverance, and in the ways of accepting and loving those qualities of self and other self which seem unacceptable.

1987/04/22: If only for five minutes in any day, it is well to meditate that much, rather than go through an entire day without acknowledging the Source of one's energy and love and centering oneself within that clarified and purified energy which is the energy of the greater Self, the energy of the Creator, the energy of creation. To marry meditation and solitary sojourning with nature is an excellent way to allow the inner self which is in contact with the higher self to be fed from the streams of living water, as this instrument would call them, which are a profoundly accurate description of the love which created all that there is. We have great love for each within this group and we thank each for the opportunity to share these thoughts. Is each entity not always a channel, either for love and light or for some darker force of separation. But to those present who wish indeed to progress, we say, "We rejoice with you, and would speak with you about love." For the face of the Creator may be seen in many, many shapes. Yet other ways there are too of seeing the love of the infinite Creator.

1987/04/26: This evening we would speak upon a kind of love which is called among your peoples, patience, for there are those in your extended group, though this instrument knows it not, who greatly desire to hear words upon this subject, and we would request that this topic be sent to the one known as S, although we cannot promise to offer any inspiration, but can only hope that our thoughts may have some help in them. Patience is an infinite part of that infinite thought which created all that there is, for the infinite intelligence which is love cannot experience impatience. Love creates you, each of you, and thus you are manifested unto the world of illusion, equipped with a clumsy, yet very lovely, physical vehicle, equipped with a multitude of ideas, thoughts, dreams, hopes, all the many gifts that consciousness gives. The secret of patience is the knowledge that it is a portion of love hidden within the deep beingness of mind, that portion of the mind which lies below the sensors, below thought, below idea, creating in a powerful and creative way each experience which manifests itself through you and to you. Thus, to give the proper respect, shall we say, to each moment is to have a kind of love for the Creator that we have called patience.

1987/05/03: There is always a balance in spiritual excellence, not a leaning in one direction to the exclusion of another, but the balancing of the polar opposites which are both excellence, but which apart from each other do not create or sustain the consciousness of love. (Pause) I am Q'uo, and again we rejoice at the sounds of the springtime shower that are evident to us through this instrument's ears, for we see and feel those sensations available to us through such instruments as the further examples of the all-compassionate nature of the one Creator which gives in all seasons those qualities of sustenance that will enliven and nourish the spark of consciousness that resides in each portion of the creation, that each spark may in its season grow, ripen, bloom and bear fruit, and provide to those portions of the creation about it the beauty and interrelationship that weaves a pattern of unity, binding all creatures and creations in one Thought of love.

1987/05/10: We find this word in the instrument's vocabulary has many connotations, and we wish them all to be recognized, for civilization is also an artificiality, and all of those notions and belief systems which arise from the cultural medium which you enjoy can be a deadening and numbing influence upon those who are not aware that at some point it is necessary to remove oneself from the grip of civilization in order that the creature which dwells within in illimitable light might move about, breathe the fresh air of unconstructed thought, and go deeper and deeper into that portion of mind which is nourished by light and love and contemplation and which gives as fruit of this kindness from the conscious mind a harvest to the conscious mind of health and right knowledge. As the crystal is utilized for the enhancing, the balancing, or the healing of the energy centers of self or other self, it must, however, be understood that there is the attendant responsibility to utilize the increased energy patterns or intensified patterns in a manner congruent with the chosen polarity, for, indeed, the enhanced experience carries the responsibility to be utilized in a manner that is as pure an offering of love to the one Creator as the seeker is able to make. It is our observation that the peoples of your planet have so succeeded in placing about the mind com-

plex those veils which shield it from far-seeing and becoming aware of the deeper patterns of experience that are realized in each incarnation and the work done in each incarnation, that the efforts of any one seeker in the metaphysical sense are largely unknown to that seeker, for what you seek within your illusion is the quality known as love or compassion and the expression of that compassion or attitude of compassion within the consciousness in such a focused fashion that one polarizes the being so that it is more and more able to accept increased love and light energy from the one Creator, and proceed therefore upon the path of evolution. Those of your peoples within third density—who seek the lessons of love do well to gain even a small portion of that lesson, and do not yet reach the quality or lesson of wisdom which allows the clear perception of the white light in its movement throughout all of creation. Thus, the qualities which you seek to nurture within your being, those of will and faith to persevere in the seeking of love, are those qualities which discipline the personality in a fashion which allows further seeking and further progress upon the journey of seeking. Two years ago I lost a very, very dear friend, my beloved companion Don Elkins, and it was very sad the way it happened. In the larger sense, the Creator is able through your suffering to be glorified as the suffering is borne with a joyous heart, for it is the expression, then, of the discovery of love where one would not expect to find such. It is not often or expected that each seeker will find even a small measure of love in a conscious fashion within any portion of the life experience which is devoted to suffering. Yet, it is true that within each such moment exists the one Creator, whole and perfect, full of joy and balanced in love and light. I am Q'uo, and we find that for the moment we have exhausted those queries which have been presented to us with joy and sincerity, and we thank each for these gifts of your love.

1987/05/13: It is our desire to express through each channel's words some thoughts concerning meditation and the balance that love may bring to the hurly-burly of day-to-day activity. Thus, the entity whose mind is in balance is sustained and sustaining just as is your sun; held in place and holding in place by its planets—the thoughts, the children of its love. How blessed it is, then, to seek the balance of love and light in daily meditations, for meditation is a wellspring of balance, light and love.

1987/05/17: Indeed, many among your peoples would wish to understand this power and force in order that it might be exploited, yet all have firsthand experience of the nature of electricity, for that which is called electricity is one manifestation of the love of the one infinite Creator. There is an alignment of love in such a way that love is bonded in passion to light, thus causing sense to form of that which was before made of no consciousness. The secret of electricity lies in its generative and creative possibilities, and, indeed, although this instrument is not aware of any information of this kind, we believe we can impress upon this instrument that there is a large body of material and research done by scientists for many of your years upon the fascinating effects of love aligning light, that is, electricity, and its effects upon living organisms. In your future it is possible that the increased understanding of electricity and magnetism as being love and light shall bring about a culture in which electricity may be used in simple and subtle ways to aid in the prevention of the development of diseases which are in some way egregious in the balance of one or another polarity. Exceptions will be made in natural phenomena by appeal to a higher electricity, a higher creativity, a higher understanding of love. See yourself as powerful in love and light. Some have given it the name élan vital or the joy of living which the greater influx of directed love, prana or energy has provided to the seeker as a result of the seeker's forming a channel or circuit for this influx of love and its creative power. As succeeding energy centers or circuit areas within the energy centers of the seeker are opened and balanced to a minimal degree through a great portion of time and experience, the prana or love of the Creator will move further and further up the, as you have called it, path of the kundalini until there is the mating with the guiding light or Polaris of the self, where the seeker is already at one with the creation, so that an experience of conscious unity with the creation becomes available to the seeker. This completing of the circuit of the series of energy centers has been described by many of your peoples using various terminology, the enlightenment, the contact with intelligent infinity, the nirvana, as some call it. Thus, the seeker

kinship. Be aware that you did not enter this lifetime to enjoy the comfort of a family alone, but also to gain strength from it, that each may do its work with more love and more peace, that more hearts may be made merry, and more spirits at rest through the radiance of each light worker.

1987/03/18: in my concept of Jesus in my challenge and not enough of pure love. I am Quanta, and we found when faced with your challenge of our being and purpose that we needed to examine the nature of the challenge for there was contained within it the concept of the judgment of which you speak that somewhat distorted the pure emanation of the love of service to others which this entity's incarnation was the pattern that was offered for example. We look forward to any future service which we might offer and share with this group and until that joyful time we shall bid each the fond farewell, leaving each in the love and in the light of the one infinite Creator of which we are all a portion.

1987/03/25: We are new to love and do not yet grasp the rudiments of wisdom. The eagle soars and moves not one pinion, but only gazes and sees and acknowledges the white light, the white sky, the white river, and the white flood that moves from heaven in reflection to the beloved Earth, touching with white fingers all still things like the breath of the Mother, moves to touch all dead things with the life of the Father. At this time we have the honor of speaking in the capacity that we now demonstrate with this group only with this particular group, though we offer ourselves to other groups by moving amongst those which call for our vibration and blending ours with theirs in a manner which allows the experience of love and compassion for an entity.

1987/03/29: About relationships—how does one determine whether there is still love enough or reason enough to remain with a partner; what is the real binding force of a relationship. I speak to you as one who lives to those who walk in sleep, and in this mysterious way we explore together the mystery of love, light and reality, we who are creatures, never having seen all of reality, we who are finite, gazing at infinity. And yet, we journey onward from realization to realization, ever finding the face of mystery to be that of love, reflected in the smile of those who show the Creator's love to us or speak the inspired word which comes through them to us. For you see, the conscious self of the seeker sees the relationship for the first time as it reacts to the catalyst which has been prepared before the incarnation by the self and all those parts of the higher self which become ultimately the complete expression of love of the one Creator. There is no time when meditation is not extraordinarily helpful, but when one wishes to know where the kingdom which you seek lies, where love lies, where right action lies in a difficult situation, it is well to go deep within in faith and trust that there is a sense of right action within you, given before time and space began, purified and clarified by dedication to seeking and continuation of meditation, so that the seeker becomes more and more profoundly aware of when the still, small voice, as this instrument would say, might cause the feeling of right action to surface. Personal and church related relationships equally are either helpful in preparing one for the fourth-density experience, or directly harmful in keeping one from being ready for the great challenge of more light, more love, a finer vision of reality, and a greater responsibility for manifesting it in the life experience. The one known as Jesus knew that the third-density experience was coming to an end, and hoped not only for a few to learn of forgiveness and redemption but for all to know the love and the light of the one infinite Creator. The creature which has grown up from this teacher's body of instruction bears almost no resemblance, and certainly no ideological resemblance, to the nature of the community of those who love each other, which the teacher known as Jesus the Christ wished to form. Indeed, the one known as Jesus sought only to form a fourth-density experience at the ending of third density, and so is the spirit of those who wed or are mated in commitment intended to bring one more and more to the love that sacrifices all, to the caring which owns forgiveness and disowns any negative omission, wishing only happiness for the other self which has become the most loved self, the object upon which all virtue may be spent. We feel in the silence about us the many thoughts of those who wonder why there cannot be said to be a preference, at least for harmony, betwixt peoples, and a looking forward together to the new age of understanding and love. May each experience such lovely pleasures and may each rejoice in those seasons when such occurs, yet when an individual's love seems to

fail one, when one's religion or path seems to fail one, it is time to trust the desert experience of deprivation and want, pain and sadness, loss and disillusionment, not taking them as realities, but as illusion, just as the peaceful and contented times are illusions. May your will, your faith, your love, and your attention be focused in the silence within, that when you act you shall know it to be right, and you shall be at peace regardless of church, family or friend. There was much discussion and dissension at this time upon this topic, for it was felt by many that such deception was great disservice to the one known as Jesus the Christ, for this entity was one whose incarnation was based upon the light of truth and the power of love.

1987/04/05: As always, the answers lie first within, and then from empirical experience, for the true author of peace and love within each life is the life, is the peaceful and loving entity which is... Much of the individual identity of each person upon your planetary sphere resides yet within the Logos, the one great original Thought which is love.

1987/04/12: My children, there is such a thing as consciousness, because consciousness is that of the original Thought of love, the Logos which created all that there is. It is the discernment of one who retains and maintains the consciousness of the love of the one infinite Creator that is able to adjudge correctly what possibilities lie spiritually within circumstances. We are aware that each is concerned, as well as hopeful, about the coming of a new age, the arrival of fourth density, and the beginning of a new spiritual climate of love and understanding. Simple lovingness is perhaps the greatest gift which man can give to man or God. Many are called to be parents, homemakers, mechanics, factory workers and all the other careers, professions and jobs, all the ways to sustain life with your money and to enrich life with love.

1987/04/15: Thus, our study has to this point been that which has examined only the outline, shall we say, of this planet's history, emphasizing and concentrating upon the means by which various groupings of entities have sought the one Creator in the distortion known as love and compassion. We say one word—love! Hah! We said it right. We believe in love—for it created us and all that there is.

1987/04/19: Three women, all of whom love the newly killed Jesus, come to the tomb seeking the beloved body of a family member, or in the case of Mary Magdalene, a dear friend and teacher. It is not possible for there to have been a change within the grave, for the body that is so loved to have disappeared, but it has been stolen or taken. When you within your third-density experience become too close to those things which you are seeking which you love and which you wish to care for, your focus shifts into a gazing upon not the heart of soul, not the living spirit, not the breathing fire of that which you care for, but the dead and life-deadening house, tomb or structure within which that which you care for lives. We are not among those who recommend extremes of asceticism in order to flagellate and deny oneself earthly joy, for in there, in the most mundane thing, (is) that living atom of the consciousness of love which cannot be overvalued, for its value is infinite. In every step that is taken by any entity, in every thought, in every word spoken, there is the living fire of creation which moves, as upon the face of many waters, creating in each entity a newness of life and love and strength, and this shall occur for each, whether or not any cooperates. It is a matter of placing the attention upon achievements made in tomb building, rather than the joyous and free expression of love for everything that exists. Or may gaze upon the same identical edifice and ask that edifice, "House, which has borne my love, my grief, and my passion, tell me, what would you have me do for you this day?" You may even ask that angel within, that spirit of life, "What shall the day bring?" Thus is the life blessed with the same seeming routine that once cursed, narrowed and limited the mind. It is rather that within you which seeks the face of the mystery of the Logos, the one original Thought of Creation, that shall love and live and serve as you do now, for an infinite length of time. Put in perspective that which lasts and that which does not, and encourage one another in love, for your consciousnesses are made of that creative and glorious substance. We feel this group is very special, and we love each and thank you once again for allowing us to share our thoughts with you. It is an illusion, for it seems to be quite other than that which it is, yet well does it instruct in the ways of service and the ways of dedication, in the ways of

has a heart of love sees that which it passes before its gaze with eyes of love. When it seems apparent that there is a lack of communication between two entities, that there are hurt feelings and insults, one must look to the love in the insult and the love in the hurt feelings, for both of these pains belong to the emotional self and are a distortion of love. One who is hurt is experiencing a distortion of love in that it is not being appreciated for the gifts that it gives. One with a heart full enough of love can give without need for compliment or thank-you or payment of any kind, emotional or financial, physical or spiritual. And why is there the need for the subject of love to thank itself. We urge those who are in pain because of being hurt by the speech or actions of another to take into meditation the unity of all that there is and so strengthen the will and deepen the faith in that unity of love that gifts can be freely given with no expectation of any kind that there may be a return or a reward. Take your challenge up with joy when it comes to you and attempt to the best of your ability to offer the same constant love to those who wrong you and those who praise you. Cast a cold eye on the difference between the two, for all things are one and the love in all things must needs be found. It is rather the salient lesson and ambiance, if we may, of your illusion that entities work upon the lessons of love. Those lessons include the seemingly foolish giving of self without expectation of return, the movement within darkness with the faith that the love of the one Creator exists in each portion of that darkness without knowing any fact for sure and yet giving wholly of the self regardless of the not being able to know. Yet do entities learn the lessons of love. It is not likely that any within your illusion will move much past the lesson of love. It, however, is also true that if one does not wish to serve and moves in thought and action with self-serving motives or motives that are less than loving, yet and still shall there be the service, without perhaps the potential to polarize in the positive sense that desiring honesty with the hope of serving another would provide.

1985/11/03: That is one entity whose will has been turned to offering the one love and the one light inherent in the one original Thought of our infinite Creator. Look ye therefore also to the gritty sand of your experiences, whatever they may be, for within that experience is love. Oh, radiant voyagers, shine for yourselves and for each other so that those about you may wonder at the love within the group and within each individual. With each of those centers of energy which have long been called chakras by those metaphysical students upon your sphere, there is a nature or essence or tone, if you will, which allows the entity so possessing these energy centers to utilize the love and light of the one Creator in increasingly intensified fashions. This love/light of the one Creator then enters the energy center system of an entity and allows this entity to pursue its preincarnatively chosen series of lessons and services in such and such a fashion according to the choices freely made. Within each energy center then there will be the distortion or bias or tendency to utilize this love/light in one fashion or another corresponding to the chosen lesson or service. This convergence is not necessarily that which finds a place upon which to converge but is more usually a convergence which finds a vibratory frequency upon which to send those answers of love and light that respond to the calls and questions posed by the various portions of your peoples' population, be they conscious or unconscious calls for aid. Thus, many from days of old have constructed various structures in concordance with these lines of energy in order that they might take advantage of the increased influx of the love/light of the one Creator at these points. As the mystery is presented, it is hoped that the seeking will be intensified, thus within the bounds of mystery the lessons of love are eventually found. Then it becomes necessary, for one who seeks to be of service by sharing the love of the One with all about one, for such a seeker to penetrate the surface, the illusion, the outer shell of appearance. For within all experience, be it the most difficult or the most confusing or complex, there exists the love of the one Creator, whole, perfect and balanced. The more difficult it is to see such love, the greater the opportunity for growth. Find where love lives. Find then where love has sought to be known, and has perhaps for the moment gone unrecognized. Look to the heart of those who share with you in any degree a portion of their lives, for that which they share is love seen in many disguises. That is love.

1985/11/10: Various traditions, cultures and practices

have been utilized over a great portion of your planet's third-density experience by various individuals who have sought the heart of the lessons of this illusion and have found in great part that heart of love within their own experience.

1985/11/17: It is well to remember that the undifferentiated terms such as "society" and "family" and "church" are in fact parts of yourself which you have called to yourself in order that you may polish up that beautiful, harmonious, infinitely lovely identity, that you may develop and thrive without regard for life or death as you know it. Gentleness, patience and quiet are the balms of the identity as it waits and watches and loves and chooses. You can be puzzled and be silent and find that change, development and love bubble forth in good time and with messages for you that you would never have developed without the seeming pressures that are seeming to be so difficult. It is in no way necessary that you fear this, for the louder the pressures from without may cry, the quieter you may get—and within silence all becomes love. And that which your higher self has planned for you to experience is experienced in love and without confusion. And we thank you for requesting our presence, and for allowing us to be a part of those things which you may take into your silence, which you may patiently, gently and lovingly turn over and gaze at, and find further perfection in the gazing. As this process of discovery continues, and the layers of the illusion and the situation are peeled one after the other, one may discover that what seemed to be a sacrifice to another out of guilt may become a gift of love to a beloved portion of one's own being. Yet each cry was for love that would enable each to find that love not only within the illusion of the situation but within the heart of each entity's response to the other, for when there is a great seeming lack of love, there is being built a great potential for the fulfillment of love. And so when I think of sacrifice I think more in terms of Jesus' sacrifice of his entire being for the love of his fellow man. The concepts of which you speak are those which are well suited for the learning of love, which is the primary purpose for which you have gathered in this illusion. That force is love and is available to all who call for it. Thus, the sacrifice becomes the honor, for there is no thing as important to one as loving another. It seems to me that I heard you say that love and the willingness to give openly and freely in love then transforms sacrifice into just pure response, pure willingness to give, which is entirely different from the Old Testament attitude toward sacrifice, which was a sort of penalty that was required in order to pay a debt. The limitless love of the one Creator enables each entity at all times to experience and to be. This is not a quick process, my sister, yet it is one which teaches well, for that which is limited is seen to give way to that which is infinite, and that which is seen as the sacrifice gives way to that which is seen as another opportunity to give freely of the infinite love which is available to all at each moment. The spiritual energy system may be enhanced by any number of means which have as their common denominator, shall we say, the inspiration of the entity, as the narrower channel of influx is widened by song, reading, chanting, the visualizing of healing love being sent and surrounding the entity, and so forth.

1985/11/24: We apologize for the delay but there were three entities all willing to speak to this group and beloved by this instrument, and the instrument had to wait while we elected whom was to speak. You have much room for love. Guide your will, my friends, and witness the growing consciousness of the oneness of all entities, for, indeed, this consciousness is growing among your peoples and it will have its harvest of love, light and planetary transformation. With all the vibrant energy that lies within your soul, my friends, love one another within the illusion and through the illusion by turning your will to the Creator and that great original Thought of love. The process of grieving for the lost, it would seem, loved one is another factor which has a great influence at this particular time upon your own being and exercise of will.

1985/12/01: Those who sleep, having no consciousness of a need for will, react in a random manner, learning at a somewhat slow rate the lessons of love. Thus, we suggest to those whose head is bowed with some anguish, difficulty or pain, that the faculty of mind and observation be applied, but then the mind be cast back to the memory of joy and peace and love which is the frequent fruit of the seeker. We ask those who suffer to free themselves if it takes a day, a season, one of your years, or longer, for the self which is buried in the

illusion which suffers without thought is opaque, and the love and the light of the infinite Creator shine not through opacity but through transparency. Turn and turn again and once again and always again to the seeking that has occupied your ideals, your desire for knowledge, and your seeking of love, for although you continue experiencing when sunk within the illusion, the processing of that experience is greatly slowed without the retaining and developing of desire. And from that seeking, from that meditation, from that inner silence, draw once again from the inexhaustible supply of love and joy. The kingdom which is all of love and joy awaits within you—but you must seek it. In communication with your fellow travelers, much of love and light may be generated. Therefore, seekers, love one another and witness the light to each other, for you are part of the Creator, experiencing Itself.

1985/12/08: And so it matters not where one is, for one has always the joy of the presence of the loved mate or friend about which to spin the home. Gaze into the eyes of a couple in love. How then can you shape your mind to ignore all of those rational and sensible signals of experience which inform you of a chauvinistic love for geography, political ideology, or any of the other reasons you may choose a physical home. Wake up when you wish to wake up, and let no word of ours interfere with the pleasure of your dreaming.” For seeking one’s spiritual home means the discipline of transformation, a transformation in thinking which eliminates limitations and makes all things in creation one great gigantic being full of love, creative energy and thought whose consciousness is evolving and whose great heart is beating and will continue to beat infinitely. The illusion may seem to take many homes away from you, but in reality you have never left home, you have merely veiled part of it from yourself so that you may come to an illusion and refine some lessons concerning how to love one another. And how shall you love one another, my friends. The bare trees lean towards the whole creation in that love and the seeds beneath the sod sleep contentedly in that same love.

1985/12/15: This young man was eager to be of service and to show through his life the love and the light of the one infinite Creator. The son sat quickly, eager to listen to his beloved father unravel the riddle at last. For if you are alive, you are as beautiful and fragrant and lovely to the touch as any other human that dwells upon the planet. We wish for you to refine more and more your own ideals of love and beauty and service. We have suggested that it is a good thing to become a balanced entity, a clear channel through which love and light may flow, and yet we do not in any way wish to suggest stasis. Yet the son who loved a woman and had affection for his children and kept them as he would himself is of precisely as much service as the so-called holy man, if both hearts are equally full of the desire to serve and the continued questioning and discipline and refining of the way to serve. And that is love. We offer you support and our love and encourage you to see that same love and support in all situations. There is that within you which is imperishable and which carries the traces of those energies of love and service to others. We are with you in love and light.

1985/12/22: Our efforts in this direction were an attempt to be of service to yourselves and your brothers, yet my friends, we must acknowledge that an unexpected bounty has been reaped by those of us involved in this service through that love and light which yourselves and others have given in return to ourselves. In the love and the light of the infinite Creator, we are known to you as Hatonn. As there seem to be no questions forthcoming, we shall also bid you adieu, my brothers and sisters, in the love and the light of the infinite Creator.

1985/12/29: Time and space have a reciprocal relationship and are allegories or analogs of love and light. Heh! You are all lawyers, you people! Why are you so in love with laws.

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1986/01/05: You may also with your mind and your will construct within your dwelling the tools for healing and for rebuilding the intensity of your faith that there is a path, that truth does exist, and that there is such a thing as love and the will to seek that which your faith tells you is there. Although we speak in metaphor, we encourage you who seek to enjoy and praise the comrades that you shall meet along the

way, for though each search is different and each soul has its own truth, beyond words and concepts there is the one original Thought which is love, which cannot be defined but which can be praised and shared, not by the words, but by the quality of silence between two seekers, for companionship lies between the words, the sentences, the talking, and the doing. I am Latwii, and we thank you, my brother, for the opportunity to share our humble words with you, and would only comment that the difficulties one may encounter in the relationships in one’s incarnation are more than one might imagine them to be in that there is contained within such seeming difficulties great opportunities to learn service and to give love, for it is not easy to love within the circumstances where one finds the misunderstandings passed on from person to person. Yet when one can break the chain of misunderstanding and bind all in love and compassion, one has used the opportunity provided by difficulty and has transformed that which lacked love into that which is full of love. The season of your winter is indeed as the small death, and may be again repeated in the meditative state where one looks within for the harvest of one’s experience and seeks to find love where love was not. Thus, the experiences within one’s incarnation which have seemed devoid of love may be transformed and born again when seen in the crystal-pure light of the Christed or Christened moment, the moment christened with love. Thus, the one known as Jesus made entry into this illusion at the time of your year when the darkness of the season would represent the darkness of knowing, that is, the fabric of your illusion, and was born as a light unto your world as each may look within to that same light and see all experience within that light so that the love that gives birth to that light may be found in each experience thus christened. (Carla channeling) I am Nona, and we come to offer our healing love and light. We bid you adieu in love and light.

1986/01/12: Therefore you are, metaphysically speaking, in darkness, and it is within this darkness that you seek knowledge of love, of light, and of unity. We thank you and praise the present moment that we share in the love and in the light of the One. We come to you as one who accepts the challenge of Christ as this instrument has challenged us, so we gratefully say, “Yea.” Dwell therefore in love and know that you are loved. I am Latwii, and we thank you for the opportunity to serve and can only add a note of comfort to suggest that all such difficulties may find their resolution at any time within an entity’s experience when there is the desire to give and receive love by the entity in some portion of its being. At some point this balance of giving and receiving love shall be achieved in order that the balance of the mind might also be achieved.

1986/01/26: There are similarly many, many of your peoples seemingly born and living with expectations of dying with almost no advantages who are working upon lessons of love which demand apparent adversity, for the shining of light in the darkness that is the building up of faith is a lesson of love in which the will is strengthened and the advantage which is so priceless spiritually and which is then chosen by the individual is that there is no false pride to overcome. Many are those seemingly poor who are untroubled by pride and therefore are untroubled by the illusion and whose faith and will move and move and move again ever closer to the goal of seeking the source of love and light which is the one unmanifest Creator whose mystery is shared by all. (Side one of tape ends.) (Carla channeling) For love which is unmanifest does not have to be guarded or governed. The channels through which love may wind are everywhere. And as all beings are one being, and as all beings are the Creator, unmanifest love made manifest through any means is love offered to the Creator. Rejoice and shout in the joy that is freedom, the true freedom of unmanifest love and of manifest service. You are in the Kingdom of Heaven within your heart, and yet you stride a planet and have the opportunity to manifest the giving, the forgiving, the freeing, and the spending of ineffable and infinite love.

1986/02/23: We come to you in the love and in the light of the infinite Creator and are most grateful to this instrument for allowing us to, shall we say, speak or intone through her. We say to you that that which is termed the neutron, which seems to take up a great and vast majority of the actual matter or energy of an atom, is that which is lost in love, or to put it more scientifically, it is that Thought or Logos which is uncreated, and thus is neither positive (nor negative) but remains at rest within the unmanifest mystery and person-

ing of this love or compassion at this time by attempting to imbue it in some degree with that quality which you might see...

1987/02/15: Just as the essence of love is the power of acceptance, so the essence of evil is the perfect ability to deny what is true and believe what is false. One who wishes evil may seem to offer service to others, yet always there is some denial of free will, some rejection of some aspect of universal love, some implied or stated separation between you and some other. Knowing that love created all and that the great original Thought of love forms the heart of all that there is, we ask you to be satisfied only with the essences of things. What is the truth and symbol of the truth—except a look of joy, for that which is, is love. And thus, as the unified nature of the creation becomes apparent to such an entity, and the entity begins to move in harmony with the power, the creative power of love which is found to move all things, then one more and more readies the self for the graduation, as you have called it, into that density of love and understanding where the veils are removed and the Creator more clearly stands before the entity in all experience. Thus, the concept of the dark force that is embodied within speakings of the beast, as it is called, bring not only to the conscious mind images of the very nature of creation itself, but draw through the subconscious mind the faintly remembered connection that each entity has with the entire creative power of love of the one Creator. The darker expressions of power, being by their very nature secret and separate, seem more fascinating than the obvious brilliance and power of light manifested as love, and through such mysterious and secret fascination attract the attention of many, such as the latest gossip attracts the attention of those who speak over the backyard fence, shall we say.

1987/02/18: (Unknown channeling) I’m in the love, I’m in the light of our infinite Creator. We are of your fourth-density vibration moving upon vibratory patterns of love seeking wisdom. At this time we would transfer to the one known as N and say a few words about love if this instrument would also refrain from analysis and simply produce words which express concepts which come into the mind. We gladly accept this instrument’s query that we do come in Christ consciousness, in the consciousness of love. To intend to meditate and to offer the self as a receptive instrument to the instreamings of love and light that are possible to perceive in a meditative state and to do this upon a regular basis we find to be most helpful, indeed. To choose a time which is full of the quietness is helpful as well, and it is usually recommended that the spine be kept vertical so that the instreamings of love and light, or the prana, as it may be called, may find an easy entry into the energy centers, or chakras, as you may call them. In a less active manner, we also are honored to be able to perform the service of sending the vibrations of what you would call love and light to those entities of your planetary surface of third density which are in need of such emanations in the personal incarnative pattern. It is quite frequently the case that such vibrations shall do their work in a manner which is not noticed by the conscious mind of those receiving such sendings of love and light. Does that mean that when I meditate and send love and light to individuals that it’s sent through you or that you—or could be sent through you, or do you just send love and light to those who you feel a need. In many instances, our sendings of love and light are joined and blended with many other sendings of love and light which emanate both from outside of your planetary influence and upon your planetary surface. This, however, is a service which we provide to far fewer upon your planetary surface than we enjoy when we are sending the emanations of love and light as a general blessing, shall we say. To all those requesting such aid we would hasten to add that we are not alone in this service and are joined by many, many other beings that are not upon your planetary surface and who also send their emanations of love and light to those requesting such. I wasn’t thinking so much of the—but, if I wished to increase the amount of love and light or to join you and others in sending love and light to someone upon this planet, is that, would that have a greater effect or amount of love and light sent to that individual. I am Laitos, and if our understanding is correct, my sister, the words suggest that your sendings are of an urgency which is quite equal to our own, for we each are a portion of the Creator, and the conscious incarnative intention to make the gift of love and light to another is a sending which is most propitiously potent, and

in no need of addition. However, we might suggest that all such sendings tend to attract each to the other as likened vibrations so that there is a harmonic resonance that is set up when such sendings are offered, and this resonance then blending the sendings of many and all which make such offerings then increase the vibrational frequency of such sendings in order that those requesting such shall have a greater opportunity to be bathed in the love and light vibrations, and to be nourished in the metaphysical sense by them. Our population of souls is of the fourth-density vibrational frequency in which we have the honor of pursuing the understanding of compassion, the offering of love to those whose call equals our ability to serve.

1987/02/24: Request that she allow more greater contact and this is simply accomplished by removing her thought processes to allow more greater love through... I am Laitos, and to begin with the latter portion of the query first, those of the Confederation of Planets in the Service of the One Creator are composed of a variety of vibratory levels, including some of your own planetary sphere of late third density who have for a great portion of what you call time been able to appreciate a fourth-density vibration of love and understanding. Our membership includes the densities of love, of wisdom, and of unity, numbering four, five and six. The opportunity for densities beyond the fourth to speak through instruments upon your planetary surface is greatly less than it is for those of the fourth density for it is towards this density of love and understanding which our planet—we correct this instrument—toward which those of your planetary sphere now move in their evolutionary process. W I’ve come to greater awareness of the lack of love for self with this awareness. I am Laitos, and we might comment by suggesting the perception which you have shared is in its own way relatively accurate, although there is another way of perceiving the lack of love for self which we would suggest at this time as a method, or portion of a method, for finding greater and greater love for, and by so loving the self becoming more and more able to love other selves about one which reflect to one the nature of self. And that perception is that the lack of love for self may be seen as a means of preparing the self for greater service. As one becomes aware of the lack of love and acceptance of the self, and turns to work upon that quality, one begins to build a stronger framework of the heart of self, and through the strengthening of the core perceptions of and feelings for the self, so is laid a firmer foundation for services that may then be offered to others. Thus, in truth, one may rejoice in difficulties, for at these times one is offered the opportunity to expand one’s limited ability to perceive the Creator in all portions of the illusion and to be of service to those portions which seem unlovable and unacceptable.

1987/03/01: It is a rare privilege and blessing to be called to this seeking group of pilgrims, and we are honored that we are guests at such a banquet of love. It is wisdom which can be the most effectively negative creation, for an over-abundance of love is more difficult to twist entirely. The compassion or love which the entities knew within the garden of Eden, and which seems removed from them as they journey from that garden, are forces which are most easily aligned with that quality that you might call the positive path or the radiant path. These qualities of wisdom and love are the representations of the nature of the Creator in creation, that any entity might choose as the path upon which it shall journey back into unity with all the creation and the one Creator. She sends her love and realizes that this is not precisely philosophical, and realizes that you do not infringe on free will, and anything you can say will be fine. I’ve always basically, and I know Carla and I have had discussions and she has chastised me lovingly a few times for my views on this, but I’ve never worried about negative entities influencing me or messing with me in any way.

1987/03/08: We may say glibly that you have done these things to prevent yourself from assuming intellectually based divinity, for as the third-density entity seeks love, it has not yet refined its grasp of compassion’s great responsibility, a responsibility that equals the joy of actual perception of love. It feeds you with love, it touches you as you touch it, and it blesses you with all of its consciousness, for it does not believe itself to be alone. Why do you feel lack and limitation when there is naught but love.

1987/03/15: Each connection made lovingly and freely, being manifested, draws closer to an entity the realizations of honest kinship which can only be felt by first extending

each experiences within the illusion that seems overwhelming and confusing for a great portion of the incarnation, and yet we encourage each to remember that this trial and testing is that which each has come to experience, for by experiencing the confusions and difficulties and moving through them with faith that there is a purpose for each that can be realized within the life pattern, each may then go forth with the strength of this knowing and continue the search for love in each moment, knowing that, indeed, the one Creator has made each moment of that fabric of love, and the greater the confusion that seems to separate the perception of the seeker from that love, the greater the opportunity to gather an abundant harvest of love within the incarnational pattern. If there were no difficulties, my friends, there would be no opportunities to find and to share that of love, for it would be obvious to all that love was the only choice. We join each of you in your seeking and remind each that we are available in your meditations for the deepening of your meditation as each seeks to seat the love which has been found within the being, and as each seeks to make sense of that which is confused. We seek with you in the simplicity of love and in the unity of light.

1987/01/11: In meditation, each energy center, as this instrument calls it, flows more and more, and clearly, colorful and beautiful to our perception, with the aura sharing so beautifully that unique gift which is each entity's to offer to itself, for each which sees beauty is also of that beauty, and we thank you for the rare privilege of seeing so lovely a reflection of the Creator we are, all as you sit in the light of your circle, radiant and at peace. It is rare for seekers to find it easy to master this discipline, but the problem of polarity being a central lesson for love and wisdom and balance between them shall be with you for a long portion of experience, and it is well to begin the process of either/or so that in each choice you may become a bit more balanced, a bit more compassionate, and a bit more aware of the full consciousness of love which created both joy and sadness and polarity itself, for in the end, if we can find joy an occasion to worship and sadness an occasion to praise, we shall once and for all have learned a central lesson of consciousness. Such time spent in meditation allows the seeker to fashion a regularized channel, shall we say, through its own subconscious mind to those sources of power, shall we say, which manifest themselves as love and light, or compassion and wisdom in the metaphysical sense, and when contacted in a regular fashion become an unseen foundation upon which each day might be constructed. Thus, no matter what experience might find its way into the incarnational pattern, the seeker thus empowered by faith and the desire to learn and serve may look upon each experience as being yet another opportunity for the Creator to know Itself and to be served and glorified by the seeker that has the will and faith to penetrate the outer appearance of things and to find at their heart the love and the light of the one Creator. I am Q'uo, and there is no conscious intention upon our part to emulate or simulate the vibratory sound complex of another, yet all who seek to be of service in this manner share the desire to give that of love and light which it has been our privilege and honor to gain in our own journeys of seeking the truth.

1987/01/18: Neither Buddhist nor Christian, yet loving the sun of my day and the moon of my night, I come to my death as a bride to the wedding night, fearful yet full of gladness. How we love each of you, yet the love pours through us, not from us. (Carla channeling) I am Nona, and would sing of love and light and healing. We come in the power and love, the light and joy of the infinite Creator.

1987/01/25: It is within the mystery of the Idea of love that the truth about you lies. And we would suggest that it be remembered at all times that one moves within the limitless love of the Creator within this illusion in order that through your experience the Creator might become aware of the possibilities for love to be placed in situations that will require an increased experience of Itself in order to uncover that love which has been carefully hidden. Thus does the Creator move within the tiniest, the grandest, the most joyful and the most difficult of circumstances in order to enable each seeker at every portion of its journey to both become aware of the ever-present sustenance of the love of the Creator when appropriate and also to find those times within the experience of an incarnation when the price, shall we say, for such joyful discovery is far greater in order that that discovery might be imbedded more deeply and securely within the seeker's to-

tal being. Thus, one may see a relationship evolve in which the more difficult seeking provides the opportunity for the more deeply experienced and securely seated revelation of love and unity which ever underlie all experience. I am Q'uo, and within this work of which you speak, we find the beginning recognition of the quality of existence that shall fall unto those who remain within the loving guidance, shall we say, of the free and joyful expression of love, one for another. Those who shall find their own experience producing the fruit of love and compassion shall enter upon a journey which, within the work you have described, was able to be perceived as the thousand years of peace. Yet in truth, my brother, we might suggest that this time has no such shortened boundaries, but refers to a level of existence in which the love of the Creator becomes ever more apparent and powerful within the personal incarnation and is seen without doubt to be that which undergirds all creation and experience within the creation. We have been very honored to be able to join this group and to respond to those queries which have been placed before us with loving care.

1987/01/28: We wish to create for the one known as W a protected space of time at this time in which this entity may safely dwell in silence while being willing to be made aware of the presence of those forces and principles which lie under the shelter and shadow of the name of Love and through Love may be able to aid in the funneling of energies into the appropriate configuration for the new instrument's most desired pattern of welcoming vibrations. Thus, we would pause for a time that the one known as W may sit in the quiet and feel the loving company of those portions of the consciousness of love which are available for her comfort and expanded information. For now we shall thank the one known as W and each in the group for the privilege of sharing the very essence of each being in the circle of love and seeking.

1987/02/04: The service of vocal channeling is one among many and we encourage each to evaluate it not only for the comfort with which each may offer this service, but also in terms of an honest opinion as to its relative degree of service, for there are many, many ways to be of service in a creation of love of which you are a part. Love has many faces. And though the Confederation of Planets in the Service of the Infinite Creator comes always in the name of love and through the manifestations of light, yet nevertheless we value and treasure each new instrument whose mind and heart we may plunder of its many treasures of experience and previous knowledge. We are concerned as we begin working with each that each realize that they are as you, seekers after truth, lovers after love. We now transfer in love and light to the one known as W. We can only assure the one known as W that the experience which comes from releasing a portion of the self to an opening in which the contact can be made will be mitigated by experience and time so that it will no longer seem like an incredible rush, but will merely be a settling in of a comfortable and established relationship between two personalities who love each other and respect each other.

1987/02/08: It is well to meditate and find out for the self whether the lesson is to stay and learn to love or to move towards a greater love and faith, but with small practical and earthly expectations. And then, when the thinking has been done, the centering and the clearing and the grasping of the feelings of the self have been accomplished, put aside the consciousness of the dying, and realize that that which is in a disease such as cancer is allowed because your emotional and mental complex were not able to love and instead blocked love in some situation. Or would you prefer to be more and more truly yourself, more and more fully a manifestation of the truth about yourself, more and more an opening through which the love and the light of the infinite Creator shine forth, not to impress, but to make joyful. Each intentional prayer is a lovely song and each silence a poem.

1987/02/11: You are discovering ever greater portions of your own being and taking those discoveries as that which shall be the impetus for yet further journeying into the self, and by journeying into the self, discovering that one has a unique and intimate connection with all of the creation about one and with the one Creator, which through the power of It's love has set all of the creation in motion. I am Laitos, and in our experience of the one Creator, we have greatly simplified the emotional complex so that the overriding emotion which comprises our experience is one which you may see as love or compassion. Thus, it is ours to offer that called love in as pure a fashion as is possible for us. We work with the refin-

age, if you will, of the one infinite Creator. The meeting place of that which some call prana, the life energy drawn up from the feet into the body and that light which radiates and which is brought into the body complex through the higher chakras, is that point at which you as an entity will function and from which you as an entity will learn your lessons, each being a lesson of love, yet each being completely unique as are you. The secret that these two extremely compassionate and wise entities shared was the secret of waiting, of metaphysical neutrality, so that one met each circumstance with spiritual freshness, with a vivacious love that pierced the seeming tension and dissolved positive and negative so that all was light and love. We shall wait with you, my friends, in joy and without anticipation so that we may, as you, be surprised by the even greater joy of action within the love and the light of the One Who Is All. And in the love and the light of the infinite Creator we shall bid you adieu.

1986/03/16: We suggest to you that there is a portion of you which should do just that in order to achieve something which you may wish to nurture and that is the sense of humor, the light touch, the feeling of being seated within love and its expression—joy and laughter—regardless of outward circumstances. When one perceives things from the standpoint of joy, nothing can escape the illumination which love brings. (Carla channels a lovely healing melody from Nona.)

1986/04/13: My friends, we would speak to you about something somewhat seemingly different than the usual topic of love and meditation. Love is not a simple lesson, but is indeed a unified and single creative principle which has a million faces, and it is this unified yet infinite principle for which each of you sacrificed knowledge, memory and comfort in order that you might work more carefully and closely in your own seeking after that one great original Thought. Some of you have incarnated with a special love for the second density of your planet. The centrality of meditation as a source for that flow of the love which each of you seeks is something about which we feel so strongly that we usually find within each entity present a particular way of speaking about the central subject so that we may hope to inspire the listener to turn inward, and yet tonight we would suggest that you turn outward and face the world about you. We could speak for hours suggesting the different kinds of involvement in your environment which serve to heighten your societal consciousness and awareness of love. Now, of course, you understand that in order to be a good student, it is necessary first to determine that you seek the lessons of love, that you seek to serve, and that you seek to intensify your learning and your service through meditation, so you see, we have come back to our main subject after all. We are aware of the fatigue of each in the group, and yet we rejoice in the love for each other and for inspiration that brought you together. May you be in love with life while you are in it. May you be in love with each part of your life, for there is nothing that is without beauty to the Creator. Yes, you may privately think to yourself that there are things about yourself or especially about your bodies that are less than lovely. You may think that there are many things about the world that are less than lovely and about which you can do nothing. Listen carefully to yourself and you will find that which you may do to give back to the world which is part of the Creator that love which the world has for you.

1986/05/04: We would speak first of the love of death which distorts many among your peoples. And to live, thinking greatly of death, is to live less well, and to live absorbed in, rejoicing in, and giving thanksgiving for each moment of beauty, love, and glory—for glory there is, all about you and within you. It is a rare being who can consciously love and serve the Creator without some structure. The point in any approach to divinity is to discover and dwell in the presence of love, the one original and creative Thought. To allow any outer influence to remove one's attention from the inner voice which speaks in silence and in thunder is folly, and we may strongly suggest to you that you be not dissuaded from what you feel to be so for you because of the judgment of others, although we urge each of you to consider patiently and in love each word spoken, whether in condemnation or praise, for each word that you hear from another is a mirror into which you may look and find yourself. This is not important to one who listens, for the Creator is speaking to you in condemnation as well as in praise, and if there is a lack of patience when looking in the mirror, then perhaps the gaze may

be, through the discipline of meditation, be found to become more and more easy as one comes into loving and compassionate unity with the one who judges. May your path be pleasant and light and may your voice be merry as you walk along it, for though you may be often cast down, yet the example set before you by whatever path you have chosen is always that of one who presses on, asking only to be more and more hollowed out, to become a more and more pure channel for the love and the light of the one infinite Creator. And there seems to be the opinion on my brother's part that I really don't love him and this is something that during my life I have thought about a lot. Sometimes I don't feel as though I really do have the capacity or the capability to really and truly love. I guess my question is—to start with—is, how does one go about recog—I mean, in different people, is the—well, the capability to love, to show love and to feel love for others, seen different. Within your illusion, the lesson is love. Each entity seeking to love and to understand the concept of love will then compare what is felt with what is imagined to be love. And here we must state that few within your illusion are capable of truly loving and of knowing what love is, for there is only the ability within your illusion to begin this lesson. Yet, within most entities' experience, there is the remembrance of some, of a few, who have demonstrated what seems to be unquestionably that called love, for it easier to feel love from another at first than to give love. Thus, the seeker throughout its experience of relationships with those about it begins to determine certain features or characteristics that seem to be a part of that called love, and then each seeker in some fashion takes that seed or facet of love and plants it as a desire within its own heart and mind, and waters it with attention, with care and with further desire that it might flourish and become a nourishment for those about it. At this point, those about the seeker begin to notice the quality that is developing towards love and begin to reflect back to the seeker other qualities more closely aligned with the developing concept and experience of love. Thusly is love born and does love become more and more seated or rooted, if you will, within each seeker's being. Yet, in most cases, such feelings of love are most nebulous and transitory, with moments of inspiration and brilliance to inspire the seeker onward. Yet, once again and once again and yet again, the seeker returns to the daily round of activities where it seems that love resides not. That which is felt is given and returns and is given and returns and love continues to take root. However quickly or slowly matters not—the process has been begun—and will continue as a direct function of the seeker's desire to penetrate the mystery of love, of loving, and of being loved. What I heard him asking was, "Can I fall in love?" It seems that not everybody does. I think falling in love is different, is a different perception from universal love or compassion, and I think everybody yearns for it and you know a lot of people don't get the chance to fall in love. Some people do fall in love—I've fallen in love. Could you comment on the extreme chances of having the opportunity to fall in love in this illusion. We find that there are many approximations of that which we would call love, the more universal compassion that one may eventually feel for all of creation. The concept of romantic love is what we would call an approximation of the more universal kind of love of which we have been speaking, and it is indeed true that few within your illusion are able to experience this type of love, though more, far more indeed, experience this type of love than experience universal compassion. The degree to which pain of the experience accompanies the experience is the degree to which, we would suggest, that the mind has formed the boundaries within which love is allowed to express, for if there are no conditions or boundaries to the expression of love, there can be no pain accompanying the loss of such love, for there will be no loss. The love of which we speak is that which exists in all events, and, indeed, is the creative force that moves all entities and events. Thus, the condition of the romantic form or approximation of love is one which, shall we say, has tapped a certain path or channel to love and which forms certain boundaries within which the love may express. The boundaries are of mental construction and are not necessary except for the learning of certain lessons having to do with what may be seen both as a limitation of love from the universal point of view, or perhaps the expansion of love from the personal point of view. In order to love another or to love everything, general compassion is love, you have to be able to love yourself. And since you are everything and everything is you, if you're successful in

loving yourself, it seems to me that you have it whipped, or you at least have a real leg up on learning to love everyone. To learn to accept and love the self is to begin to build the foundation for loving others upon firm ground, for the self, in truth, is, in little1, all that one will experience within the illusion, for through the eyes of the self, all experience must pass, and thus one will see and love the world in the same fashion that one sees and loves the self. Since for the self, all begins within the self, there first must love be found. We would at this time thank each for offering us the opportunity to join this group this evening, and to offer that which is a portion of our humble experience in seeking and becoming that same love which draws each onward in the great quest for truth.

1986/05/11: When you decide to seek to find love, all that you do has meaning, for as you experience and as you record what you experience within yourself, you are adding to the store of knowledge of That Which Is. More than that, between incarnations, and as you go forward from density to density, you shall not for one instant cease to be (part of) the meaning of creation, for the meaning of life is an essence and that essence is the one original Thought of the Creator, that creative love which through light has created us all.

1986/05/18: It is also well to use the tool of the intellect insofar as that skill is a portion of your native character, for the intellect can analyze dreams and visions, can examine thoughts and find from them the harvest of love therein, can temper the feelings of “should” and “could” and “yes” and “no” with sometimes an encouraging and sometimes a cautionary analysis of those intuitions. Many would say truth; many would say love; many would say the Creator. That one great original and creative Thought is something that we can find no word for but love in your language. You are the consciousness that is love. The consciousness that you seek in knowing the Creator is love. You are as old as this creation and you shall continue until its end, when at last you have achieved not only the presence of the consciousness of love, but that consciousness Itself in such totality that you know longer feel the need for individuality. We encourage each of you to find, ask for, and seek the grace to acknowledge within yourself the divinity of the consciousness of love within you, to seat that consciousness through meditation and so become a channel for that love which is the one great original Thought. There is no portion of your mind nor any portion of your experience that will enable you to continue seeking or to continue manifesting love. The seeking is too wearing and without the strengthening of love itself, found in the silence of meditation, the feet drag upon the path and one finds a stone which looks to the eye of the dusty traveler more comfortable than the road. If one works from one’s human resources, in this illusion of yours, my friends, you are limited and you can only love so much, you can only give so much, you can only bear so much fruit. Therefore, seek to enrich faith and will that you may become instruments through which the infinite supply of love can come to you and through you that you may realize at last that you stand already upon holy ground and dwell in the consciousness and presence of the Creator. It is indeed true that due to the process of investment of identity upon these second-density creatures by their companions which you call owners that they oftentimes will choose after one incarnation is complete to move again into the life pattern of those they have grown to love and who have invested them with their love. Thus, your perception that there is a returning to your family of an identity in second density is correct, and is often accomplished within your illusion in precisely the manner you have described in order that the second-density creature may be further invested and may eventually achieve its own graduation, shall we say, and begin an incarnation at some point within the third-density illusion, having received enough love and given enough love to have marked its own identity or self-conscious awareness, which is the beginning hallmark of the third-density creature that is known as the human being.

1986/06/01: In this river of space lies each experience, and without the prison of time one may, unbarred and free, search out the nuances of even the most complex and difficult situation so that one may find the Creator and love, which is the Creator, in each and every experience and situation. The geometrical shape of the pyramid was designed to aid this process, and indeed did so by funneling the light of the Creator, which has been imbued with love and called by many prana, in such a way that the distortions and disturbances

likened unto mental static fell away from the seeker and the pure desire to seek the truth was then intensified in such a fashion that a finely wrought pathway between the seeker and the greater truth or reality which it sought was then constructed which allowed the seeker to experience more and more of that which it sought. I am L/Leema, and we might suggest, my sister, that each thought and action an entity entertains is an expression of love in some manner, whether it be love of others or love of self. To attempt in each thought and action to give freely that known as love is to place the life pattern upon what you have called an honorable stance, for to honor another portion of creation, or entity, is to give that which each by the nature of its being requires to continue in its being. And that force which enables and ennobles all beingness is that which is called love. And to consciously seek to give this love to that which surrounds one’s incarnation is to...

1986/06/08: Light itself, being alive and being the first creature created of love, forms all that there is. As we have noted, the nature of each self is consciousness or being which is co-eternal, shall we say, with love itself. Consider yourselves stewards of the love that created you and the light that manifests you. In meditation, call upon the silence that you may hear the silence which speaks of love, and both in meditation and in contemplations such as the use of affirmations, offer yourself as instrument for the manifestation and realization of the limitless possibilities of creative light. It is well, then, to recall the nature of illusion and the nature of time/space and its limitless love and light. It is without you and within you, interpenetrating each cell of your body and your brain and it is a tool for your use in learning the truth in seeking the love and the light of the one infinite Creator and in becoming more and more a polarized instrument, designed to manifest the Creator’s love and light to other beings. I come to you in the love and the light of the infinite Creator and wish to express to you our appreciation for your attentiveness as well as for your consistent striving in your efforts to perceive beyond your illusion. We are of Yom, in the love and the light of the infinite Creator.

1986/06/15: Were never another word to be transmitted through this light center, it is well to know as individuals and as a group that the love collected and given to the Creator in such group meetings and each by yourselves is what will make or break your society, shall we say, as a group. From that locus, then, enters a very pure love vibratory emanation, crystallized by the crystallized being which acts as a catalyst in the connection between the two green rays and in the interruption of the outer shell of the one to be healed in its auric sense. Love, my friends, is a creative, fiery, intelligent, and ever present source that is concentrated at the heart chakra of your beings and sent forth to nurture, to help, to encourage, to grow, and to transform. The listener may never speak, but the talker will feel the healing of green ray, which is love. First of all, is the reason that we feel so instinctively more nurtured in the country than the city is because of all the second-density plant life which can’t help but do anything but vibrate in total love at all times—it doesn’t have free will yet. Thus, when one immerses the physical vehicle in any body of water, one is utilizing the natural ability of the water to absorb and transmit that vibration of love which is light and to feel the healing energies then is more easily accomplished by any entity who is in need of or seeking such transfers of energy. There is only one love and that love’s consciousness is Christ.

1986/06/29: We send love and blessings to each of you and are most grateful to be able to share our humble thoughts with you. You have heard countless times that the Creator manifested Itself as love—but what is love. The nature of love is such that it has created consciousness that is self-conscious. Each of you is love, thus each of you is the Creator. As the Creator is love, so therefore are you love. How then, we ask, does love seek truth. Love chooses betwixt love of self and love of other self. We speak to those who are upon the path in which love is manifested as love of self and other self as self. If that were a mathematical equation, all the selves would be struck out and what you would have left with is the equation: service to others’ self is love manifested towards other selves. In no way do we suggest a lack of love for self; we suggest only that other selves are loved as the self. To some, happiness—that happiness which is the manifestation of freedom—lies in seeing a loved one happy, in tending a loved one’s hurts, in tending and encouraging

love that is full of compassion and service to others, a love that is radiant unto them, and so you must love and enjoy and cheer each other and know that if you bring each other to the resting place another may desire, it is love that has lead the way and not your knowledge. Seek, my friends, love, in love, for love’s sake. The gateway to intelligent infinity is the seeking of that love.

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1987/01/04: It is a great privilege to be asked to speak with your group this evening and we especially would wish to extend our love and blessing to the one known as N. Rather, we encourage each to focus upon that fine instinct which lead to the decision to commit time and energy to a light-filled purpose so that each entity which included peace, love, light and brotherhood in consciousness for one day may begin to include it in consciousness for all, for it is in the persistent turning of the perceptions toward one tenor of thought which eventually will transform consciousness, although consciousness is in great part a matter of one’s perception of it. Nevertheless, by an effort of will and faith, consciousness can be taught to reverberate to the sounds of hope and peace, love and light. The coil of which we spoke is most easily described as the pattern that intelligent energy, or the love/light of the Creator, takes as it moves through your energy centers, both the primary centers and secondary centers as well. The communication upon your part of love and good feelings to those who have departed their physical vehicles is a blessing which is greatly appreciated in most instances, for it is a reassurance to such entities that they indeed live still and receive interaction from others, even though they may feel themselves somewhat between worlds, shall we say. They are quite sensitive to the expression of love and affection and utilize these good wishes as they prepare to begin a journey that will finally take them into another density of existence in which they shall begin a study of the incarnation now complete and preparation for that which is to come. Thus, it is quite helpful for all those who have recently known one who has passed through the door of death to send to that entity the heartfelt love and joyful farewell in order that the entity might be speeded upon its way and find the path through...

1987/01/10: [overview] (A question from S regarding this statement by Q’uo) “We would speak to you this evening about love. We thank each for requesting our presence during this meditation, and offer to each face of the Creator our own face, Creator to Creator and love to love. We would speak to you this evening about love. The call this evening circles around many concerns, yet there is only one response to the many-sided concern of illusion, and that is gently, cleanly and with grace to suggest the turning of the attention always to that which is the unity, the mystery, the love which is behind all the many scenes that shine, as if each part of the illusion were a sequin sewn on to an almost unimaginably large structure or model for the delight and benefit of all, that all could walk around and behold the beauty of the illusion. Thus, we wish to speak with you this evening about love, for it is not helpful to speak of that which is not, unless we are able to inspire within those who seek some feeling for a direction of further profitable inquiry. The very sunlight, the white-capped sea, and the waving long-leaved branches of summer burst with the vitality of realization, for they dwell as do all things within the consciousness of love and are part of the one original Thought. Some distortions may seem horrible and some wonderful, yet all are the Creator and realization lies within each moment’s burden of love which is infinite to the discerning spirit. Love cannot be seen by those who are not willing to open and call upon the consciousness of love. Thus, there is always the leap, shall we say, of faith that states as a necessary assumption that the mystery behind all the things that are not is in the end the one thing about the illusion which cannot be denied—that is, love. We may talk about the terrible distortions of love, we may drag the name of love through the dirt of every battle and war that has ever been fought, we may deprive love of every satisfaction it has ever been given by poet or musician, yet there is not one honest spirit that can deny the palpable effect of love within the life experience. There is always something in the present moment to spark the heart and engage the passion of a seeker, for there is always a chance for adoration, for-

giveness or some expression of the love of the one infinite Creator. Is pride or humility, indeed, any stance regarding the illusion, acceptable or as acceptable to the self as the allowing of freedom to the self in faith that that which is, that love is not only true, but infinitely powerful; light, not only verity, but infinitely capable of anguish and darkness. If you are sending out what you think is your love to someone, and it is perceived as causing harm, what do you do. You can’t send out more love, because it is perceived as something that will harm, and yet to stop sending that love is not good for the person who is the sender. We ask that each seeker which desires to give that known as love as the finest of its gifts to another or others be made aware that there will be misperceptions in each effort to serve, for within your illusion you move in a darkness of knowing that seeks light, and you move in this darkness in order that light might be brought into it in a manner that is free and powerful, pure and ever-flowing. By this we mean to suggest that the nature of one’s being begins in mystery, moves through darkness, and seeks light, for all portions of the Creator which find themselves conscious and pursuing a path of service seek this light that is the one Creator, and seek to manifest it in the form that you know as love. This means that the giving and the desire to continue in the giving will find the tests, shall we say, in which the query shall be asked in symbolic form to each who desires to give that of love, and the query shall be, “Do you wish to give when the giving is not well received or is even refused, perhaps ignored?” In this way the heart of love, shall we say, is offered the opportunity to give under what you may call adverse circumstances which offer the opportunity for strengthening the desire to give. This shall, in many instances, provide a blessing which is not seen as such at the moment it is provided, for many within your illusion feel the goal of the incarnation is a peaceful harmony in which misperceptions are removed, and yet we might suggest, my sister, that it is in the difficult times in which misperceptions abound that the work of the incarnation proceeds rapidly apace, and in these situations the ability to give is strengthened and will provide resources that will allow the giving in what you would call your future to be refined by the continued kindling of the desire to serve and to know love in order that it might be shared ever more freely. I may be splitting hairs and getting caught up in analyzing, but to me there is a difference between freely giving of love without any expectations of it falling on gravel or fertile soil or anything else, and freely giving of love and knowing, because you have been told, that it causes pain, so that your consciousness knows and your sub-consciousness knows now that what you give causes pain, then it is no longer a gift freely given, but pain freely given. We might suggest that, when one is convinced that the efforts one has given in love and the desire to serve seem to produce that which is painful and deleterious to continued growth together, that the gaining of a perspective upon the interaction and the relationship is that which may allow portions of the puzzle to become more clearly delineated and allow a working at a time which you would call your future, for the life pattern contains the constant opportunity for those services that are possible and those lessons that are desired, to find the full range of movement and realization for each seeker, the perspective that one may (have) at such moments as you now experience. This process may be enhanced by combining the dreaming state and the information that can be gained in that state with the fruits of the meditative state so that the working of the puzzle becomes primarily a sub-conscious process that is aided by the conscious mind only in the providing of the more and more intense desire to know where one’s feet may find love in the daily round of activities. It then, through its desire to solve the puzzle, provides that which it has gained of knowledge to the subconscious mind, and that information, when charged with the desire to find the path of love for the seeker, shall return to the seeker in what you call dreams that are coded in a symbolic fashion. To become aware, then, of these messages from the subconscious mind is the goal of remembering the dreams. In this fashion, the subconscious mind is programmed to release information which may serve to reveal more and more pieces of the puzzle so that the feet may be placed more firmly upon the path of love. We are aware that there is much which concerns each within the group and we share the concern of each to find the fullest expression of love and service within the life pattern that is possible at any moment. We feel a great sympathy for each, for we are aware of the difficulties that

each moment if one will but turn the desire to seek the truth toward each moment and continue to find the face of the Creator in each face which meets yours, and, indeed, within your own face and within each portion of the environment which supports and surrounds you at all times. Thus, you have as a life pattern that which has been designed to provide you with opportunity after opportunity to give that which is possible and to find that love which is there. We can only suggest to each that one attempt to look beyond the outer appearance of any situation and see the heart of all entities and events as being the one Creator knowing Itself in yet another way that might seem incomprehensible, yet in such mystery lies infinite potential for love to be found, for, indeed, there is no thing or being made of any other substance. Questioner No, thank you, but I wish to say that I really appreciated your answers and your love.

1986/12/14: The entity Jesus was loved and loved in return, but his mind drove him to be alone, for though too young to have established to his own satisfaction the nature of his being, he had tremendous hunger for wisdom. Such is the perfect channeling of love. We witness to this Christ with thanksgiving and joy, not suggesting that any worship or not worship, but celebrating the Creator poured into a channel who could share in full the nature of the Logos, the nature of love, the Creator's powerful, terrible love. He is pleased [to see] all that is given and received of love, generosity and cheerfulness. We have no dogma or doctrine, but celebrate love. From these trials, then, the entity moves to the limits of its being, and through a sacrifice of its own knowing and unknowing, and a surrender of these to that force which is paramount in the life pattern, call it the one Creator or love or the Christ Consciousness, if you will. This entity was able to retain pathways of perception, shall we say, in its incarnate state that were easily activated in a sequential fashion according to experience gained throughout the incarnation so that at a latter point within the incarnation this entity was able to channel and experience the love of the Father which you would call the Logos in a fashion which was in harmonious resonance with the personality, shall we say, of the one known as Jesus without obliterating that per... We began speaking of such a preparation in the final portion of our opening message for this evening when we spoke of those seekers of truth who retire to the inner portions of the self to stand upon the foundation of what has been gained of experience and reach for that which is cloaked in mystery and attempt to bring forth within the incarnational pattern the proper conditions that will allow the same channeling of love which the one known as Jesus accomplished in its life pattern. The entity known as Jesus at the time of that known as the resurrection was able to channel the love of the Father or the Logos to such an extent that it was able to affect the structure of its physical vehicle in a way which filled it with light so that it was able to manifest both the characteristics of your third-density illusion when appropriate, and able also to refine its focus of light to the point of being able to move through what you would see as solid material of your third-density illusion. The seeker builds with mortal hands a manifested life that may be constructed in such a fashion in metaphysical terms that that known as love may move through the being in such a pure fashion as to shine as that which it is, the pure and virgin consciousness of the one Creator, moving to gain the experience of the creation which it has made of Itself, and doing this within the life pattern of incarnate third-density beings who have prepared this place within their life patterns and, thus, not only receive that which was sought, but become that which was sought. Much there is that shall be learned during that time of incarnation within the third-density illusion where the veils of forgetting are moved into place to enable that experience within this illusion to be of an intensity that provides each portion of the Creator the fullest range of opportunity to know the power of love to redeem and resurrect even the tiniest portion of the one Creator. Thus, when each seeker moves to the point at which it may so perfectly channel the one Creator in its love aspect, then each portion of the life pattern takes on an holy appearance and all is seen as sacred.

1986/12/20: We thank you for the gift of your calling to us, for it is in serving entities such as you that we are able to work towards our own progression, our own further understanding of the one great original Thought of love. It is written in one of your holy works that the love of money is the root of all evil. We would like to point out that it is the love of

money, as it is any idolatry, which is at the root of separation, whether it be the separation of true worship of the great divine mystery because of pieces of wood and stone or the separation of one's focus from that same mystery because of the love of counting. It is not the money itself which is contrary to a life led with a spiritual center, but the idolatrous love of that which is builded by man in imitation of the Creator's abundance. The love of power is understandable within your illusion, for quite purposefully did you design your physical vehicles to be nearly powerless in any natural sense, shall we say, against the greatly powerful forces of your illusion's environment. The love of money is a sub-type for the idolatry of power, for among other things, the having of this artificial substance which mimics true prosperity causes one to be able to manipulate the environment about one in a simple arithmetical formula: more money equals more time. How easy, how understandable, how logical to love money when the lack of it has caused numberless discomforts in one's person and vivid experience. Thus, we say to you that you must not waste time being concerned that so many have the love of money fighting with the realization that true prosperity does not equal the idol called money. Perhaps the most helpful thing we can suggest is that through meditation the consciousness of abundance may be encouraged, and as truth always drives out falsity, as love always drives out fear, so true abundance drives out the false idol. There are those whose happiness lies in children, those whose peace lies in love, others who find satisfaction in learning, still others, those who have the gift of being who they are. Seek first the consciousness of love through meditation and analysis of action and thought, and that which is needed shall be given unto you according to the circumstances needed by you in your own opinion before this incarnational experience. But whatever your environment, fill it with your love of the Creator and allow that love to reach to the infinity of the Creator's laughing face, that His light may shine infinitely through you that you may become plenty to others. Enjoy it if you have it, seek it if you must, disregard it if you can, but manifest plenty and the consciousness of love. With your strong and unified dedication to light, with your unified consciousness of love, there flows betwixt us and you an impregnable road, a highway of light through which information may flow. Yet this entity found herself in love, in love with someone she knew better than her mother or her father or herself or any friend or enemy. Yet each of you knows, too, that it was not given you to love the face of the Savior more than flesh and blood. We say to you, my friends, that if you wish to make contact with intelligent infinity, you must know what you love more than flesh and blood and your own life. And when you find that face that you can love and love (wholly), then you shall find the gateway to intelligent infinity. Thus, you must examine day after day, and in meditation seek endlessly day after day, love itself. You cannot serve others and find the face of love—first you must know love, you must have subjective validation. Light and love must become real to you and more precious than all those things which you shall be asked to surrender and give up for the sake of that which you cannot see and never shall, that which is closer to you than your own breathing, dearer to you than any anything of which you may think. How can you love a face you shall never see. Love has as many faces as there are consciousnesses to behold love. Each day, each moment is pregnant and fecund with the infinite possibility of the full realization of the love for which you would gladly surrender all. Yet it is not known by any what moment you shall choose to open at last to love itself. We can say that if you can think only in terms of action, by all means seek the face of love in action, but know that each hour that you spend acting in manifestation of the search for love needs to be matched in twice or four times the intensity, whether in duration or in simple caring, by the seeking within of the silence. For in developing your consciousness, in disciplining your personality, you shall at last draw near to an irresistible infatuation of puppy love, an innocent, crazy calf-mooning after the Creator. If you are not capable at this moment of falling in love, then the gateway of intelligent infinity is not yours at this moment, for you are not extravagant enough to know of love. Love is folly, for only folly could create the wonder that you see all about you. Only love can see life. Attempt to see love in everyone and everything and forgive yourself when you do not. Never let any seriousness, guilt or unhappiness divide you from your seeking for the love of love. You (seek) to choose fully, to know the face of the Creator by a

a loved one in distress. We speak of those who love their masters and who are loved in return, and who therefore find happiness in service. Spiritual joy can be a frightening thing, for it is a joy which has its roots in a love that is mysterious, for it is the manifestation of a sense of the Creator which is mysterious. You may look at it that way, but it is also possible to recognize the signs of worship and praise of a Creator that infuses all with love and joy. We suggest to you that true happiness is often quite uncomfortable and yet so exhilarating that once having been experienced, it shall be the way you seek to manifest love. Love one another, my friends. Open, then, the doors of your heart and love each other, and you will find yourself loving all manner of things and finding the life that you serve in the veriest blade of grass. Thus, one area which may be fruitfully investigated is the heart chakra or energy center as the entity sees itself in relation to the creation about it and more specifically as it sees itself giving and receiving love with the mate in the relationship which endures, shall we say. The relationship of mates, as you call them, is one which provides an entity with increased and intensified opportunities to learn and to teach, to give and to receive love. We may in general continue with the previous response by suggesting that one facet of the condition known as AIDS which many share, each in a unique way, is that of the fidelity, of giving and receiving love. Light and love as realized in a pattern of beingness which you can call an entity or a mind/body/spirit complex, then, is radiated, for the positive path, in a more and more efficient fashion according to an entity's success, shall we say, at moving itself along the path of evolution and into greater and greater realization and unity with the creation about it. Within these realms of vibration, also numbering seven at the basic level or in the basic manner of description, one may find that the population is somewhat reduced in number but is more efficient in transmitting the love and light of the one Creator to those whose seeking attracts or calls for their service. The service at this level of vibration takes more the form of the sending and in some cases the providing of light, love and healing to the planetary entity itself and to larger portions of the population of your planet than one or two or a few of your entities which may call for service and receive it from other levels of either the astral or devachanic planes.

1986/07/06: Thus, we would speak to you about how love and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth. This is that with which you shall deal as lovingly, compassionately and may we say dispassionately with in this life experience in order to finish that which has been begun, that all may be balanced with that particular relationship or in regard to that particular point, that the entity has been attempting to learn and has as yet not completely gotten, shall we say, under the belt. As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously, in that each entity gives such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge. Each of you will repeatedly during your incarnation have a new experience, (an) experience to which you come as a virgin comes to her first love. You are the glory which the Creator could only realize by reflection, you are the manifest of that which is and always shall be unmanifest, and while you are manifest you are not only Creator and co-creator but also creation and the Creator finds you lovely. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love; there is no better word in your language yet it falls short. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality. As (it has been that) been your planetary population has moved through the identification with groups and the giving and taking of energies between groups and has evolved in the individual sense as well to the appreciation of the ability to express one's own thoughts and actions without restriction, then this becomes the signal to those you have called wanderers that there is the need and the call for assistance in aiding those who have be-

gun to appreciate the individual expression and who now are in need of finding within their being the ability to allow that expression within others as well, as the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as love or compassion begins to be activated within the individual and group consciousness. What is the nature of infatuation, compared especially with love, and what is its function. When further contact reinforces the initial attraction then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand. Questioner The portion of the question left unanswered, perhaps deliberately, was what is this relationship emotionally, to the emotions, the human emotions that we call love, although I understand that the creative principle love is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary. I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation it is a pure form of love, for it accepts totally another without condition. Thus, in this sense the period of infatuation is a pure form of love. When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance of the other and will need to find within the self the ability to accept that which was previously not acceptable, to forgive that within self and other self that which was unforgivable, to have compassion for that which held little interest, or perhaps even dislike. Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love and thus does the relationship do likewise and thus is love strengthened by testing true catalyst that each brings to the relationship. Thus, the love which results is a love which has greater strength and depth and variety of experience, shall we say. You basically covered this so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion and I understand that as acceptance of people, situations and self as they are and allowing them room to grow in their own way. So for an entity who is attempting to develop love as we know it then probably the most expeditious way for them to do this would be to work on acceptance of others and themselves and this is something that I believe I know, but could you just give a simple yes or no, if that would suffice. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love, and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship then the relationship has served as a means by which the continuing ability to expand the point of view and the acceptance, the love, and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution.

1986/07/13: The question, in our opinion, that each of you faces in your present incarnation in third density is, "How do I love. What is love. What has love to do with me?" This constellation of questions is the spearhead of your desire as a seeker. Now, what should you observe before you begin thinking upon the truth of love. What should you not observe, for everything speaks to you of love. The second great stumbling block—that was a good one too; you hear those L's coming right out—to seeking the truth of love is your opinion of yourself. You must lose all those provincial ideas about yourself if you wish to seek the truth of love. For how can you love without any reservation. If there was the ultimate love for this series of specified quantities, then you could not love others the same way. If you can remove prejudice from your gaze into the mirror and begin loving yourself not for what you do, not for what you succeed in, but for what you are, then you have opened the gate to learning the truth about love. For if you do not judge yourself because you have done this deed or thought this thought, or been this quality or that, but instead love yourself because you are the truth about love, you are the treasure to love which you seek to find, then you may begin to make "qwee"—we must try

again. It may only last a moment for someone very close to the moment, very close to love, and in peace and harmony with those about it, but for most of us bozos we will have to wait on holy ground until that moment—and it may be years in coming when we see it for the first time. In other words, be a witness and remember what you see and hear, knowing that you are seeing and hearing illusion, but that this illusion was given to you by yourself as the experience that will yield to you the truth about love. We ask that you love not your mask, but yourself, and not the tasks about you, but the selves about you. If you must hate instead of love, at least hate that which is consciousness. For our natures are bound up in our consciousness, and whether or not you try to seek the lessons of love, they will come to you. You might as well study, offer yourselves to each other as you would tasty food—for you are beautiful to each other and you can share love with each other. Well, we so glad to hear that, because, you know, we do come in name of Christ and this instrument now ask the right way, becoming aware that any man can be love and any Christ can be worshipped, but that the Christ is so sacred that it is up to individual to say, “This is my Christ; this is how I see the face of the Creator; this is how I will follow to the death in order that I may learn the lesson of love.” That why we so eagerly come. And may your will to know the truth of love be your walking stick so that you may move gently, at varying speeds, responsive to wind and weather, inner and outer. And always, learn better to love.

1986/07/20: When we speak to you, we must ask you to take our words lightly, as if we were members of your family, close to you and loving you, yet full of errors. We offer what we know or think we understand, but we offer also that which we are, for we are as you—the Creator, made of love, and yet dwelling in illusion. All that seems inspiring, we ask you to retain and use as you would, just as you would the loving words of a sister or brother. The one original Thought upon which all creation was founded and with which all creation redounds is love. Yes, my friends, love is a thought, a principle, a logos. As each of you has to some degree or another already considered this present incarnation, like all in third density, yet none more so than this, is an incarnation of choice, the choice having to do with the one original Thought of love and your manifestation of it. There are two basic manifestations: one, service to others or love for others, and, two, service to or love for self. You will note that in the service-to-others path, it is necessary first to love the self, that one may then love each other self as the self. Therefore, the service-to-others choice is one offering a more vast range of experiences than the service-to-self path in which others are loved only insofar as they serve a particular self, that being one's own self. Love, of course, is the principle upon which the concept of peace rests. However, like many expressions of love, the achieving and maintaining of peace among brothers and sisters within third density is not made easy by the illusion which you now enjoy. Peace is perhaps best achieved by dwelling upon the nature and filling oneself with the presence of the one original Thought, and out of the love you bear for love itself, you then open yourself in love and as a channel for the Creator's love, for, my friends, your own love will fail you to those who are striving. Now, to open yourself in love to those who are disharmonious seems to be an act of folly, and yet let us look at flowers. They open their faces in love to the sun which offers them the light of its countenance and the love of its radiation, and yet they do not withhold their perfume from any being. Yet, if you only open to those whom you already love, you are not a flower who has centered upon the one original Thought. Open, then, in love as a channel, for we do not recommend that you depend upon that limited supply of love which your illusory personality can offer you, and love those who seem to wish you, if not harm, then at least quarrelsomeness. The core of choice is love. There is nothing lukewarm about love itself, and as you refine your choice, remember the power of that with which you are dealing, for you deal with something that has created all that you can see and all that you cannot see. Fear not, therefore, a lack of freedom, for you give yourself freedom as you offer yourself in service to others, and this is your peace, that you may love others, that you can love others, and that all that you need to do to be effective beyond your hopes is to love. (Side one of tape ends.] (Carla channeling) It is a good thing to desire peace and to wish to serve in love, yet we encourage you to consider the possibility of remaining detached from solutions. When one wants a solution or out-

come, when one thinks one has a right answer, one is often pulled away from the one original Thought of love and finds it difficult to allow other solutions, outcomes or answers to be in the end chosen by others. May you love each other, my friends, in joy and without demand insofar as it is possible on your end. As you love each other, and as you love the one infinite Creator, so we love you, and so we love the one infinite Creator. We speak with Its voice, we think with Its mind, and you listen now with Its ears, and all of us dance one dance together in love, in seeking of peace. We have nothing to offer you except our love.

1986/08/10: This may be done by programming the seeming opposite attribute within the incarnation in order to provide opportunity after opportunity after opportunity, one upon the other for the self to experience the lack of love, the lack of forgiveness, the lack of acceptance, and these are terms which describe that which you call anger, frustration, control and so forth. Thus, by finding these attributes within the incarnational pattern, one may through conscious and non-judgmental study of the self become aware that in each release of anger there is the potential to accept, to love, to show mercy, and to have patience. And as one is able to be more aware of the root or primary cause and potential set up by the expression of anger, then one is able to take advantage, shall we say, of that opportunity, and in a fashion to transmute or transform the situation in which anger might normally be generated, and instead generate the loving acceptance which was the original intention and which was achieved by constructing the basic personality to respond in the manner called angry or frustrated.

1986/08/31: Perhaps we would all agree that the most important force in each personal life experience has been love, the love that creates and the love that destroys, the love that gives and the love that takes. We wish to verify for you to the best of our experience, which is considerably larger than your own, that that which you suspect is there, that which lies beyond the envelope of known things is indeed a finer illusion, more filled with light, and far more desirable than the state of non-choice which many of your brothers and sisters have chosen, “Yes,” they seem to say, “I know I must wake up someday and think about life and death and who I am and what the truth is, but not today, because you only go around once in life and you have to grab some gusto.” My friends, we have looked throughout your culture for this gusto, but we have not been able to find an objective reference, and can only assume that your peoples, even in going for the gusto, are indeed searching for that which is called love. Yet in your diversity of needs, you are all one, one harmony, one chord of being, one consciousness to love and to serve. And as you love and serve, you shall be loved and you shall be served. We would throw in for the entity which may need this at this time that the working place is as much an area under one's control as any other, in that the consciousness of love, sought most earnestly and persistently, can transform and has and will transform any situation. There is one original Thought, the thought of love. Above all, we urge you to laugh and love generously. Ah, my friends, if you only could see that you love but yourself, no matter where that love is turned, it would be easy for you. It is within this region that many great teachers have walked and have found the need to express, each in his or her own way, the attempt to reconcile what may be best described as the lack of love within entities and states, beliefs and religions. For within the third-density experience as you know it, my friends, the basic lesson is that which is described by the word you know as love, that which is quite difficult to define, but which includes the ability to accept more of the creation without condition and to see it as the self and to see it as one thing, even though many portions of it present the illusion of separation, difference and disharmony. When the difficulties have been appreciated by a growing number of individuals, then this widened point of view that has found its place of birth within these individuals may begin to expand so that there is the general perception of the possibilities of reconciliation, of forgiving that which seems unforgivable, of accepting that which seems unacceptable, of loving that which seems unlovable. When this opportunity, then, has been presented in a wider and more profound manner, not only within the boundaries of the nation known as Israel, but has continued its progress throughout the various populations, nations, religions (and) beliefs of the various portions of your planet, the opportunity for each person to experience the reconciliation of difficulties

love, so that these things which the seeker does are channeled through the seeker from an infinite source of compassion and creative love. The uses of creative love are subtle, and service to others has never been easy to penetrate. Creative love has an infinite capacity and patience and may burn long after human energy has given out. However, if we can inspire you to meditate and seek the experience of your own being and the further experience of placing your beingness in the presence of the consciousness of love, then perhaps you can make your choices with some awareness that will enable you to penetrate the nature of the journey that you are upon more quickly. Seek in each experience the source of light and love that forms experience. Look, in other words, my brother, beyond the outer appearance of the illusion which surrounds you, for it is in its own way that which teaches you that the source of all creation and experience within it is the one Creator which moves by the power of Its love, and reveals by the power of Its light the unity of all things. Carla I believe that what you're saying is that you have such a simple message that the most conscious channeling is accurate if it talks about love, and I accept that understanding. The answer that you gave simply had to do with surrendering to a greater will, a greater love, a greater way. Yet we might suggest that these are but training aids that will allow the seeker of truth to penetrate beyond the appearance of importance to the heart of all things, which is love, and which binds all entities together, whether their part upon the stage of the world may seem that of the villain attempting to control those about it with the tools of your cultures. It is an honor which we cherish to be able to speak our humble words to those who seek to know more of that which is the creation, the Creator, and the love which ennobles and enables each seeker to move through the one creation.

1986/11/30: How greatly you desire to know when you should be ready, when you should be prepared, and yet we say to you, it is this moment that you must be prepared and that you must be ready, and if you be not ready now, then you must work now, pray now, meditate now, surrender now and ask now to be channels for the love and the light of the one original Thought of love which is the Creator. It is unknown to you in advance whom you shall meet, and what that entity may wish from you, yet that entity may be desperately looking for love, not the love of the glad hand and the pat on the back, but the total and accepting love of compassion, the love without judgment, the love that flows through rather than from, each of you. You may have only one moment to be a channel of love for the infinite Creator, to show His face to this entity. Shall you be a channel for love, then. Yet if there is a moment when you are not a channel for love, then we ask you to go into mind and heart to search out these things which have kept you from being such a channel, and do your utmost to bring your consciousness to the consciousness of love. Then rest your anxieties and your burdens about the future, a future which may never come, and gaze instead upon your being that you may channel love now, for if you are not ready for harvest at this moment, perhaps the next moment may be too late. And so in order to be more and more of the consciousness of love, it is well to pay great attention to the way you perceive your other selves, your own selves, the Creator incarnate all about you. There is much distress among your peoples and among those you call wanderers who have come to aid you, for we see that many are taking the concept of the harvest and turning again and again back to the illusion in order to express their desire for love. Those things which you feel may make you comfortable and content, loved too dearly and valued too highly, may create for you a wavering of attention which denigrates and diminishes your being. Try, then, to focus your energy, your desire and your seeking upon those things which are eternal, upon those values which are infinite, until you are so full of praise and adoration for the Creator, that you are indeed a channel for love. Do you not love your parents, are you not grateful for the opportunity of experience that has been given you. Think, then, upon the value of knowledge, realization and understanding, if it does not end in love for the one infinite Creator and in a grateful desire to be for your Creator the hands that express love and the mouth that speaks of joy. And then you are free to live for the Creator and in His service for however long you draw breath within the physical vehicle which loves you and has given itself to your use. Love it also, and see it as the helpful thing it is, but do not be its slave. Let your universe be as kindly as the Creator, as full of

love. Yet infinity lies within you, and you may choose to channel an infinite love which does not fail. The more you are in contact with this infinite love, the more you may manifest it and so bear fruit, not fruit that you may judge as fruit, but fruit which adds to your beingness which the Creator shall see, bless and amplify. It is not length of time in meditation, but intensity of desire to seek the face of love which will draw to you a deeper and clearer perception of that one great original Thought. You have companions along the way, my friends, and you were given them for a reason, for those who seek together may help each other, exhort each other, admonish, encourage and praise each other by turns, and every mistake that is made by one who is admonished or by one who admonishes falsely is made up for by the love which prompts the caring, the giving, the sharing, and the supporting. Above all things, my friends, love each other, for you shall feel love only as you love others, only as you truly love yourself, not that which you see about yourself or others, but that which is beingness in yourself and others, that which is by definition perfected and whole, without flaw. How distorted is that face, how close to love has your perception, your beingness, your consciousness, come. Some there are who think perhaps they have a little time before the stroke of midnight, yet midnight comes, and the lamp, the light—the love—has not been lit, and it may be a long day before that midnight comes again, though come it will and there is no shame in studying a bit longer. The first is to suggest that the lessons provided by any third-density planetary sphere are those which are ever and always the same, the learning to give and receive that which you call love without condition. In the inner realms, shall we say, which are inhabited between the incarnational experiences, these entities will be aware that the entity they now inhabit as a planetary sphere is unique unto itself, and is that which provides the new environment in which the lessons of love may be attempted. The honor of an early entry is for the purpose of aiding those of the planetary population who have yet to achieve the level of ability to give and receive love without condition. The atmosphere, shall we say, or nature of experience which is now available upon your planetary sphere as it nears and experiences its own harvest is of such an intense level that these entities may not only aid others in their progression towards third density, but say also greatly accelerate their own beginning into that density of love and the perfection of that love. I understand what you're saying, but I'm glad that there is an individualized person representing the social memory complex because I feel a lot of love from you, and I like to be able to return it, seeker to seeker. We suggest that one not worry overmuch as to how the specific functioning of the ending of a cycle occurs, for all movement of experience is enabled and ennobled by the love of the one Creator which exists within all things. Carla Well, you spoke about service to others and the importance to others and having just one moment to show love to somebody else, but a lot of times people don't react at all consciously to any kind of love that you show them or anything like that. You have absolutely no control over whether somebody's ready to see love or whether his mind is somewhere else, you know. It's really rare that you're reflecting love and really in the groove and the person sees it that way all at the same time. And that which you call faith, powered by that which you call will are the truest guides one may call upon, and all action and thought and word then which is activated by the intent to be of service and to share that which you know of as love become ennobled by that intent to love without condition. Questioner Q'uo, in the knowing that we are all one, that the love for all creates the One, does that not seem to be, does that not put an insurmountable load or cause for us to be very active or to be—it's very difficult for me to say this, because it comes so unusual. How can we be of assistance in our love. How can we bring love to all as One. I am Q'uo, and, my sister, since all are indeed portions of the one infinite Creator and move in harmony with that Creator, whether the harmonious pattern of movement is known consciously or not known consciously, one may have faith that the life pattern has been described and conceived in a fashion which will bring to one those opportunities to be of service to all which come before one's notice and to share what you call love in a fashion which is most appropriate for each moment. Thus, it is not necessary, my sister, to look past the present moment and wonder at how it shall be possible to be of service and to radiate that love which one seeks in one's life pattern, for that has been given to you to recognize in

one is able to utilize the experiences to their fullest extent. Yet within your illusion at this time you must content yourself with continuing upon the journey toward mystery and accept that you do not know what you do or how to do it, but that you wish to do that which will make the mystery move within your life in the pattern that may only be described as love.

1986/11/09: We are those who would inspire each of you to seek, to ask your questions with more and more care and love for the search itself, for your answers, as all answers, shall turn out to be illusion and with each revelation and transformation you shall discover that you have pushed back the frontier of mystery, only to find that same mystery beckoning from the new frontier. To put that another way, and more simply, each of you falls headlong into a blazing white light, the white light of an infinite Creator whose very nature is love. You are falling unbelievably quickly, and you shall fuse and become one in your perception as you already are in reality with love itself. Glory is yours now if you can but release the demand to know, to understand, and to judge, and replace the desire to catalog with the desire to feel with head and heart in unison the light and the love that does not speak in words. We would that you would stoke the fire of your desire to know the Creator by allowing knowledge to come into all of your being, for there is no cleverness in knowledge of the creation or love of the Creator. D I don't really have a question—I've just kind of been wrestling quite a bit lately with the concept of self-love, attempting to understand a little more how to accept myself and how to love myself more, and I guess I don't really have a question, but do you have any comments that might provide any sort of illumination on that subject.

1986/11/16: I come in the love and the light of the one infinite Creator, and because we speak through this instrument, we say to this group alone, we do come in the name of Christ, for it is not your Christ only, but Christ, a love, the love, the love of the Creator. How could we not come in that holy name, for indeed we too hallow love as we would hallow our mother and our father, for love is mother and father of all of us. My children, we offer our answers in love and in hopes of being of service, and yet because your question is about divorce, as you call this custom, our points of view diverge dramatically, and in sharing with you our point of view, we so far wish not to influence any unduly that we ask most especially for each seeker's careful discrimination in using any part of what we say, for we would not wish you to act as you think you ought, but as you feel. Certainly it is well to choose in love, yet, my children, do you think you were given your physical vehicles, as they are, for play. If you see anything except the face of love, you are having difficulties with perception. However, we are speaking of something that is removed from the illusion, and that is love itself. For each entity has as its core reality the face of the Creator, the heart of Christ, the mind of love. It is our admittedly biased point of view that it is well to persevere at all times with only one question, and, as always, that question is "Where is God (Love)?" My children, if you or your mate find love in another, remember your own time of romance with gratitude and thanksgiving, and then wish the best and the highest and the most for your love regardless of what your mate wishes to do. If the difficulty is a difference of opinion, turn from defending self and begin defending your love, for does your mate not need you now more than ever. When catalyst comes to a seeker, it is a sure thing that there is a lesson connected with the learning of the nature of love which working through the catalyst will benefit so that you may become richer in experience and more conscious with the consciousness of love. If you have been left, and you have found yourself acting in negative ways, ways demeaning to your mate or to yourself, we urge you to take hold of your will and your powers of love, for if you have not been tested again, you shall be. Next time, my children, offer your love back to the situation. This time attempt to infuse your actions with love, with a love that realizes compassion, with a love that realizes the reason for relationships. Forgive yourself, forgive any who seem to have hurt you, remembering that you have faulty perceptions if you do not see love in every situation. We ask you to create love. Love one another, my children. We are sorry not to have been more helpful, but, you see, we do not speak of right or wrong—we speak of love. And I am afraid that questions of mated relationships in your culture do not usually revolve about the love of which we speak which is not defined by red ray or any ray, but by that which comes through one and is more than one could ever

be. For love has the power of infinity, and you who attempt to generate are generating a very finite version which will, as your red ray itself will do, die away. The pearls of wisdom and love within your illusion are not cheaply or easily won, else there would be little value in that which those of third density seek throughout all incarnations. To find the love of the Creator in any moment within your illusion is a challenge, my friends, for there is much that hides it, and to find it in those situations in which there seems to be great difficulty, trauma, stress, pain and suffering requires the dedication of one who looks beyond the moment of suffering and sees that which no outer eye may perceive—the love of the One that dwells in all, and the dedication of the seeker to find that love in each of its moments of all incarnations. I am Q'uo, and we might suggest my brother, that not only is that assumption basically correct, but any action that is able to produce love and acceptance of another is an action more to be desired than one which produces less of that quality of love. The higher self, as you call it, has gone to some lengths, shall we say, to aid your beingness in placing yourself within your current incarnation with the forgetting of previous incarnations firmly in place in order that your current incarnation might be a finer and more purely (made) effort at achieving certain biases of thinking or expansions of the point of view which will enable the experience of love to move more freely through your being. But what about the term we use as "unconditional love". Is that the true love that we're supposed to have for everybody. When I look at my work mates, is that the intense level of love we're supposed to have for everybody we meet. I am Q'uo, and this term, unconditional love, is a phrase, shall we say, which has been developed within your culture or a portion of it which describes a facet of the love which (is) the Christ consciousness, shall we say. If one is able to love without condition all entities and experiences which come before the notice, one is expressing the kind of acceptance upon the deepest of inner levels that is a—we search this instrument's mind for the proper term—hallmark of the love of the Creator which animates all creation, for the ability to love without condition or desire of return is the beginning of the Creator within the self to recognize itself within all other portions of the creation. For an entity of the third density to experience this kind of expression of love requires that the entity move in harmony with those choices which it has made prior to the incarnation that were made with the wider point of view easily accessible to the entity. This is another means of stating that each within the third density illusion has programmed for the self a program of study which when completed to a sufficient level will allow that entity to experience this condition of love that has no boundaries and seeks no return. Thus, to work with those experiences which one finds in the daily round of experience and to attempt to find love in each moment is the means by which such love may be found. Each has the program most appropriate for the self, and, as that love is found, one need not worry as to how it might be expressed, for it shall find its own level and means of expression that will be as natural and appropriate for the entity as is drawing one breath after another. Carla So you're saying that love is not an emotion, but a consciousness. But whether we feel it or not has to do with a consciousness—unconditional love, I mean.

1986/11/23: Whether one goes to myth or to observation of the smallest natural detail, one is working to gain a more rounded awareness of the consciousness of love. You will notice that we use love in the same way that we use the word Creator. We attempt to connote such by the word love, but we intend to convey a fiery, creative love which is far more primal than any sense of love which is used to express emotion. The use of the word Logos in your holy work known as the Bible is perhaps the closest to our use of the word love, intending a meaning of the Creator that we could approach within your language. Your consciousness, that which is the tune you hum before you have learned to song, is that of love. There is a kind of awakens of consciousness which is perhaps the best way to express in a short period of time—which this instrument informs me we have—a proper and appropriate goal in consciousness, and that is the state of present joy, for the consciousness of creative love, the consciousness of the Logos, is ecstasy. We wish rather to suggest that the nature of love is a joy beyond expression, and we find that that is the definition of the word ecstasy. Thus, the most efficient use of being is the surrender of that being to the higher will of the greater Self, the greater Being, the greater

and disharmonies is increased, and the opportunity to learn those lessons of love are enhanced. Thus, the emotions are the barometer, or shall we say the temperature gauge for an entity, in that the emotions show to the entity the degree of feeling or bias that the entity has toward any thought, word or action, and by becoming aware of this biasing within the emotional self, shall we say, the entity then may take this biasing, this emotional coloration, and work with it in a fashion that attempts to balance the emotional charge so that the final product is that quality known as love or acceptance. Thus, the emotions point to that which is in need of balance and which when worked with in an efficient manner may then yield a lack of emotion, a lack of coloration, and may finally yield that quality known as love. We of Latwii, then, having experienced the vibrations and the lessons of love, have attempted to refine those lessons in a manner which hopefully will aid our ability not only to speak more of what you may call the truth, but to be of service to those who seek it from the aspect of light or wisdom. There are times when the gathering within your group seeks more of the lessons of love, and at that time there are others of the Confederation of Planets in the Service of the One Infinite Creator who then answer that call. There are many of both vibrations, that of love and that of light, who are available for such opportunities to be of service. I am Latwii, and indeed this is so, my brother, for each seeker of truth has discovered in one way or another that that which may be seen as the stream of consciousness is without beginning and without end, and moves in many ways throughout all of the one infinite creation, for the one creation is held in its place by that one Thought of love, given birth ageless eons ago by the one Creator, that the one Creator might through the movement of various portions of its own love come to know Itself in ways not available to It without such division of Itself into the infinite portions and expressions of love that move throughout this same creation in order that each portion may come to know itself by gaining the experience of evolution in a unique fashion that will, at its culmination, bring the harvest of experience to the one Creator, that all may again know the heart of being as love, and may continue the process of movement and growth and seeking and gaining the experience that will reveal each portion of the Creator to each portion of the Creator as the one Creator. Thought to the eyes of those of third density there may seem to be endowments, as you may call them, that are of greater or lesser radiance and purpose, in the larger sense there is one endowment, the endowment of love that has free will to know itself as it will. This entity was of great desire to be a most humble servant and wished to provide a means by which those who felt the need for love within the life pattern might be able to express that love in a fashion which could be utilized in the daily round of activities.

1986/09/07: Many have defined consciousness in another way and called it love or the Logos or the one original Thought. Both those who polarize towards the positive of love for others and those who polarize towards the negative of love for self, surrender themselves to the consciousness that they not only are, but know not, and thus they become what they know not. Now, my friends, when you are working for yourself, you may use your consciousness in many ways, and yet the more you exercise your will without asking for help, the less effective you will be until you lose contact with love and become only that which seems not good, not bad, not positive, not negative, but swayed by the cross currents of a shifting and uneasy sea of phantasmagorical appearances, and you become prey to all the minor ills of your illusion, and at the same time become less and less able to create a polarized alternative to what you feel and are in the illusion. The other portion of the other is that which this instrument would call grace, that is, the kindness of the Creator, of love itself, which offers to the one who surrenders its will the ability to manifest the greater will that is made known to it through the overshadowing influence of the higher self. And when once again you open to the infinite consciousness that is available to you always and you are overshadowed by love, you will wonder why you stopped, why you shut away that awareness, why you put down your consciousness. You are a people used to stimulation, and we suggest as a practical matter that when you become aware that you are impatient to take up consciousness once again and be on your journey, that you allow stimulus of a loving kind to replace casually received and uncontrolled stimulus. Read that which is inspiring, listen to those musical sounds which appeal to the

highest and best within you and give you the proper environment for the opening up to love. For although it may seem that you are being insincere by striving for that consciousness of love when you feel anything but loving, yet as you seek, so shall you find. Love is a perception away. May these things happen to you because you have surrendered to the one master, the Creator, love, consciousness, that which you are and that which you will more and more perceive. May you feel the power, the peace, and the love that are your true consciousness and may you shine that others may see the Creator in a natural, refreshing and clear way, a way that transcends all dogma, all belief systems, and all objections. Perhaps it has been decided in a preincarnative sense that the entity with the disease shall galvanize those with whom it shares experience in such a manner that that quality which you know as love shall be generated in a fashion which not only serves to heal the disease, but to bring a greater sense of unity to those within the grouping of the entity with the disease. It may also be the case that such a generation of that quality of love will provide for each individual expressing this quality opportunities for enhancing the personal expression of this quality of love in a fashion that is congruent with the potential brought into the incarnation which has heretofore remained dormant.

1986/09/14: And perhaps it is to that diversity in unity that we would speak this evening, for although love is always the same and the one original Thought remains the mystery that it always has been and always shall be to the conscious rational mind, yet the codes of perception of this one original Thought of love are many and varied, not only from person to person, but in each person from moment to moment. There is much that we would say to you of courage and cheer and yet we know that those are empty words, and so we offer a feeling to you, and would ask you to feel with us the love that we have for you. We ask you to relax and to allow the truest self that you know to be vulnerable to the love of the Creator which we hope we reflect, for beyond all transformation is the creative power of love. It is so easy, my friends, to take the spiritual temperature, to be critical of the self and judgmental, and yet, we ask you to consider whether it is most helpful to rely on the one strong point, the great forte of conscious seekers, and that is the love that they have felt and found and wish to know more about, whether that love is defined as the beauty of truth or that which created all that there is, or is personified in a religious sense according to the needs and distortions of any particular seeker. That love, my friends, whatever it be called, however it is perceived, is truer than other perceptions, for it is a distortion of that which is original, whereas all other things are distortions of that which was created by love. Focus, then, on love, a feeling, a non-thing. It cannot be grasped and yet all have felt it, have basked in its glow, and we come to you because you called to us and said, "Tell us of love, speak to us of light." My friends, would that we could inspire you with words as we can inspire you with feelings. Yet feelings lie beyond words, as their source is a deeper river of consciousness, closer to the source of love. The more you allow naive emotions like enthusiasm, joy and laughter to pervade your experience, the more you encourage the innocent things in yourself, the quicker will be your progress in polarizing to a positive enough state where that which is love may be touched, not just when the fogs of perception lift, but between those times, because you have contacted enough of what this instrument would call intelligent infinity, what we call the one original Thought, that you are able to reproduce the vibration which opens perception to love. And with ill negative emotion washed from your self assessment, feel your load lighten and your step become more brisk, for all of you, as do all of us, rest in love, that love which has created you and all that there is, that love which makes all one, for all are holographs of the same Thought. Do they give out love. If you hug a tree, do they feel the love that you give to them in a certain way. I am Q'uo, and we can speak upon this topic by suggesting that indeed each entity within what you have called the third-density illusion has entered this illusion or experience with a purpose that has been agreed upon, and in fact constructed before the incarnation has begun, and this construction has had many loving hands and hearts to add to its strength, to its purpose and to its potential means of implementation, for before each incarnation begins, an entity will assess those lessons that have been well learned in previous incarnations and will look at those which remain for the, shall we say, graduation from this particular

level of experience.

1986/09/21: Our native home is the density towards which you now strive, the density of love, compassion or understanding. Consciousness is not a neutral thing, but rather sprang from a creative force, that creative force we call love. After he has asked the question of identity and said, “Who am I?” and answered himself, “I am Consciousness,” the seeker must then turn (and) ask, “What is consciousness?” It is easy for us in hindsight to tell you that the original Thought from which has sprung all consciousness and which is the nature of consciousness in whatever distortion you may find it, is love. All that you see about you manifested in whatever form, is made of a direct emanation of love which is called by your peoples the photon or light. You have made this for yourself because you have found it helpful in learning the lessons of awareness and consciousness, to pose for yourself the seemingly impossible and insoluble problems in order that you may through meditation and contemplation and analysis discover the love that lies in all its simplicity at the heart of every tangle of illusion. The seeker must gaze at all that passes before his eyes with a determination to see—that is, perceive—what he is looking at in the light of creative love, and so move from complexity back to simplicity, breaking the illusion and entering the density that is to come. You see, my friends, the one who irons a shirt, praising it as part of the creation of the Father, dwells in the kingdom of the original Thought of love. That path to the consciousness of love does not go anywhere—it is always with you. For you see, my friends, the path of spirituality is a path which is taken by the heart as well as by the mind, and, for the most part, it is a difficulty in feeling universal love that distracts the attention from the path. No matter what else you may do during the day, the silent meditation is the most efficient tool for seating within you the awareness of the love of the Creator. It may flow through you, then, and not from you, and you will be far more radiant and able to dwell in the consciousness of the love and the light of the one infinite Creator. Their vibration, shall we say, is that known to you as the vibration of love, the universal love and compassion that sees the creation as one thing, the one Creator in many parts. However, there are many of your population now inhabiting your planetary influence which experienced previous third-density experiences upon other planetary influences in other solar systems, as you call them, and thus have within their memory banks or resources recall of third-density experience that far exceeds that of the seventy-five thousand year period that is the normal length of time necessary in order for the self-consciousness awareness to develop to the point that the possibility of experiencing universal love and compassion is available. Each portion of the creation, and each planet in particular, is formed of and by that force which you may call love. Each entity of the third-density level of vibration which walks your planet and the planet itself receives a constant infusion of this intelligent energy which we have called love, and this infusion of love moves into the entity, whether it be one such as yourself or the planetary entity, through vortices of entrance, shall we say. Certain intersections of these lines of force permit an influx of the energy of intelligent infinity which we have called love. This love then invigorates, ennobles and enables the entity, be it an individual or a planet, to continue upon the evolutionary process. This instability makes the influx of intelligent energy or love somewhat more erratic than is optimal for the steady progression along the evolutionary path of the planet itself and of its population. Thus, the pyramid structures are an aid in rebalancing this imbalance because they have the ability to influence the planet’s spin, shall we say, or use of the intelligent energy of love.

1986/09/28: We assure you that it is not necessary to give up all the responsibility except the responsibility to engage in any specific spiritual activity, for many entities, having made contact with a consciousness of love, are then capable of keeping that relationship with direct perception of the Creator as a part of the point of view which is used to evaluate all those things within the illusion. You are dimly perceiving your true nature, and you are gaining in experience in this illusion so that you may refine your perceptions and more and more define yourself in terms of love and all others in terms of love until your perception becomes clear. Thus, as one proceeds through this pattern and sees the daily round of activities repeating in a certain fashion, one may note how the learning of love which each attempts is proceeding in the

life pattern. During this quiet portion of one’s day, one may review the process of learning this general concept of love and acceptance that is ongoing in the life pattern. One may note those areas of success, shall we say, and attempt then to build upon these strengths and to utilize in some fashion what has been well learned there in the areas which yet lack the proficiency of loving without stint and accepting without condition those offerings of others about one. Thus, the heart of all is that which one moves closer to in such a movement and if such be the motivation for seeking the high mountain cave, then, indeed, such isolation may be an effective means of learning those lessons that one has set forth in the life pattern, all reflecting in some degree the general understanding of love. However, we may suggest that the one known as Jesus of Nazareth who became the Christ being dwelling in the consciousness of love, that this entity was from the beginnings of its life pattern one filled with the desire to penetrate the illusion of appearance and to seek the heart of all being, which it perceived as what you would call the power of love. This entity was greatly desirous of being of service to those about it by aiding their own journeys of seeking this same source of power, that called love. The entity thus having penetrated, as it desired, to the heart of the power which sustains that known as the creation, thus it was able to realize that that power which it sought and called love and the one Creator was available to each person as a result of this same process of seeking which the one known as Jesus the Christ had itself undertaken. Thus, the accumulated experience that has accrued to the population of your planet has provided each entity now incarnate with the opportunity to utilize the heart chakra in a fashion which is congruent with the King’s chamber position and provides to each entity who seeks consciously the keys to its own evolution the possibility of utilizing the energy of what you would call love in a fashion which may balance and heal not only the self in further processing of catalyst and others about the self, but in visualized meditations may affect the balance of your planetary sphere itself. Thus, for one to truly be of aid to another, one can only desire to be of such aid and to reflect the love that one has found in as pure a fashion as possible, giving always with an open and cheerful heart without expectation of return so that the greater will of the one Creator which has been planted as seed within all entities might in its own time be nourished and grow in a fashion which, (while) perhaps not understood by those about an entity, yet is appropriate to that entity. We remind each that we are but your brothers and sisters in seeking the light and love of the one Creator.

1986/10/01: in the love and in the light of the one infinite Creator.

1986/10/02: The love of the Creator enables all portions of the creation to move in their various dances and to play the parts that allow experience to ensue and allow contemplation of that experience to distill from it the crystal seeds of thought that are love in a simple form. That is to say, as one is able to see all entities, thoughts and experiences as portions of the one Creator and is able to bless and love these experiences, one then moves to their heart and at that point joins in love with them. If any outer expression by another entity, then, is not congruent to that heartfelt expression, such an entity will find it necessary to remove its presence from the mirror which reflects to it the heart of love which it itself has denied in order that it might progress upon that path which may be characterized by the phrase, “the path of that which is not”—separation. Adonai, in the love and the light of the One.

1986/10/03: You who have gathered here this evening have chosen a more specific means by which this transmission of the power of what we have called love may be accomplished. Thus settling into the night and enjoying this added few moments to hear the sounds of your katyids, we do bid you farewell in the love and in the light of our infinite Creator.

1986/10/05: The Logos—love—has no mate but the divine spirit of free will, and its creations are of itself. Thus, each portion of the creation is a hologram of love. Remember also to take yourself seriously enough to realize that this creation is more and more created by you as co-Creator, for during the third density man becomes more and more the true captain of the craft which is his consciousness, becoming more and more self-conscious, self-aware, self-sensitive and aggressive towards the environment which previously has been molded by love alone. Thus, at this point in your third density, as it moves into fourth, you find yourselves at

bitter odds, torn between compassion and comfort, between patriotism and peace, between love and anger. Each time you send light to that entity who loves you whom you call Earth, the Earth changes.

1986/10/09: He spent many a day under the bright sun and far into the moonlit night speaking, learning, his mind was a sponge, his heart growing ever fuller with the love which he perceived from this one who had spent many years upon this plane of existence. May you crown each question you ask of others or yourself with the desire to know and serve the Creator, to know and serve love. We speak through instruments such as this in order to share the simple message of love and light which is ever unseen and yet which is perceived in so many different ways. We still love her the same, however, as do we love each of you within this domicile.

1986/10/10: Always do we speak of that great original Thought, that thought of love of the one Creator which binds all of the creation and all entities within it together as portions of that one Creator and that one great Thought of love. Thus, from each we find a great library of resources of experiences, of thoughts, of joys, of sadnesses, of what you call success, and what you call failure, and much, much more that we may utilize in expressing the simplicity of the great Thought of love, the one Creator as a general principle which motivates all of the many complexities of your illusion and of others. This is a very, very rich resource, my friends, and we rejoice in the uniqueness which signifies each of you one from the other, and yet is an emanation of the same Thought of love. Thus, in the vocal channeling type of service, we feel that it is most important that each instrument feel as much acceptance and love for its own experiences and identity as it does for those of others, for in this way we are aided in our attempt to unify those many divergent thoughts and experiences which each of your peoples gathers about it, and as you serve as an instrument in this process and are able to see the love and joy—perfection—within your own experience, and as you are able to see it as equal to any other’s experiences, then are we more able to utilize that which is yours to offer into this service by means of the transmission of thought.

1986/10/11: We wish to remind you, my friends, that we are all bound together by love in the service of the one Creator, for love is all that there is. We thank you again for serving with you, my friends—we correct this instrument—for serving with us, for our services are a means of journeying ever closer to the love and the light which is all things.

1986/10/12: It is difficult to love when one is busy. None of you who feels that these words have truth is alone in this perception, for it is the nature of your culture to distract yourself from the consciousness of the love and light of the one Creator. It is difficult to explain the spiritual path to any who do not love the silence already or at least hunger for that which cannot be held in the hand or assessed for material wealth. It will be enough that you have the opportunity to express yourself in love to other portions of the Creator. Farewell, my friends, in love and light. We may suggest that when you have the ability to look upon those experiences that are a part of your history, shall we say, without a feeling of joy or sadness, you may assume that those experiences have been utilized in an efficient manner, for when there are emotional charges, shall we say, that are apparent and connected to any experience, then one may assume that there is work in that experience which one may undertake, for the emotional colorations that one feels for any thought, experience or entity are distorted perceptions that are distorted in such and such a fashion in order that an entity will be drawn into the process of balancing these perceptions so that the final product of all experience is a quiet acceptance that may in metaphysical terms be translated as unconditional love. The attraction of the self to the self is that which is a natural portion of the creation, for the creation, as you know, is of one thing, that great Thought of love which motivates all that is and is the fabric of all creation. Thus, it is not so much the uniqueness of entities which attracts one to another as it is a clearer and clearer expression of that which is the same for all, that being the expression of the love of the one Creator.

1986/10/14: So we do to you when we contact you, and if there is not a certain comfort or sweetness in the call, it is well to ask for it mentally that you may know that there is indeed a contact, a contact of compassion and love, of spiritual truth and of peace.

1986/10/19: Just as light itself is the creature and cre-

ation of love, so also is enlightenment the creature and manifestation of the thought of love which an entity has made his own. How to achieve communion in the unity of consciousness and love is perhaps the most basic magical question which could be asked. Magical in the sense that any entity which desires power, whether on the positive or negative path, must form a congruency of a kind with the original Thought of love in order to create personal power. This is due to the fact that contact with the essence of love, the one original Thought of the Creator, causes a continuing shift in the point of view. As you meditate, as you begin to widen your point of view, never rest, for there is always another refinement which may offer more beauty to your own consciousness of love, and for you to reflect that consciousness, for you to seem enlightened, a light to those around, is a most helpful thing to wish. Seek the Creator which is all truth and all love. That is, in the process and state of meditation, one begins to become aware of the unity of love which binds all things and which moves all experiences in intricate patterns which then offer the lessons of love to those of your illusion. Thus, there is the fusing of perception, that which is more exterior, with that which is less exterior or more toward the heart of experience that is Love.

1986/10/22: We suggest to you, my friends, that there is one consciousness, which in its original and undistorted form may be called love. The consciousness of love is the great original Thought, crystal clear and pure, and by its profound, generative nature, the Creator of all that there is. Thus, the consciousness that is your identity and nature is some distortion, one representation of that one great original Thought of love which created all that there is. When the conscious mind of man is used without the aid of the deeper mind, very little of the consciousness of love can be channeled through you from consciousness to manifestation. The person who lives in mind and not in heart lives a dry and arid life, unrelieved by the beauty of love or the joy of passion, for, indeed, it is those with a passion and joy for knowing the truth, for celebrating friendship, and for seeking love, that creates the full potential of consciousness for each of you. In meditation, you enter the eternal, and as you allow your mind consciously to run down and become quiet, you tap in more and more to the great stream of love and wisdom which runs underground, shall we say, in your consciousness. Perhaps you feel that in some ways you are not worthy to meditate and to seek understanding, but we assure you that all entities make what could be called errors in judgment. If all whom you meet and all that you meet are love, then what shall your perceptions be after meditation. To the one who has no hope of eternity, the consciousness of love may come hard. Turn then regularly—daily, if possible—from the endless wrangling, disputing, proving and disproving of the conscious mind, long enough to swim in the sea of eternity, so that you may cleanse yourself of dailiness and emerge clear, clean, spotless and perfect, resting in infinity, bathed in the love and the light of our infinite Creator. There is often little peace in perceiving more love in situations than others perceive. We surround you with our love, which is only that channeled from the Creator through us, for all things are the Creator, and the Creator is in all things. Love each other, my friends.

1986/11/02: In answer to the queries of the instrument regarding the nature of prior contact, we may say that the previous messenger was not acceptable as a spirit filled with love of service to others, and we are pleased at the instrument’s determination to name and dismiss the persistent contact. And yet you struggle onward, ceaselessly valiant, forever spraining your metaphysical ankles and breaking your bones, picking yourselves up, putting yourselves in traction and moving back into your search, your fruitless, hopeless search for a well-ordered, productive, maximally service-oriented expression and manifestation of love. Would that we could teach those within an illusion to pay sufficient attention while peaceful and happy, for then discomfort and pain would have no spiritual use whatsoever, these being the two-by-fours which are applied to your foreheads by your higher selves in a loving effort to get your attention. You may put on light; you may put on love; you may put on commitment; you may put on honest doubt. By so experiencing these various geographical configurations, to continue, one may then, through this experience, fashion that which is truly born of wisdom and which may eventually produce a loving acceptance of all that one experiences within the life pattern, when

own nature and to begin, just begin, to grasp infinite love, eternal life, beingness forever. For the love you bear each other is that fruit which the other cannot create and love is the great gift, the inner and deeper truth of all being and all relationship.

1995/02/12: This instrument was reading this morning concerning those who chose not to suffer less but to increase suffering in order to pay homage and worship to the one infinite Creator, for these ascetic individuals, often called saints among your peoples, felt such great love of the one infinite Creator that the desire was to ignore any and all impulses of the body which kept the soul from thinking on the one infinite Creator. It is loved. Yet the architecture of the Logos, that source of Love, is absolute.

1995/02/19: We are always hoping that this instrument will not be too earnest about her challenging, so when she asked us if we came in the name of the one known as Jesus we said, "Oh yes, we stop in the name of love." But this instrument would not accept that. However, to our minds the one known as Jesus is the one known as Love, for this entity managed during incarnation to express that energy in its fullness. That self which is the deepest self is a distortion of love and the heart as it opens simply becomes more and more able to resonate to the pure emotions which are that unique distortion of love which is each entity. It is good to have started this searching, this pilgrimage, for as entities seek the light, as they are drawn to love, they are also seeking their identity. It is a prerequisite, shall we say, of incarnation or the continuance of incarnation that the person be working to discover truth, the truth of self, the truth of love—the truth, however that entity describes or phrases it. However, it is equally helpful to surrender all knowledge of self as being utterly irrelevant to the self that wishes to become one with the one infinite Creator, who wishes only to lose itself in that presence, who seeks to tabernacle with the infinite love that is the one Creator. Theoretically, then, if one took no thought at any time and simply stayed comfortable when in incarnation and avoided worry it might be possible never to be concerned with self-knowledge, simply choosing to love the Creator.

1995/02/26: We find your cycle of seasons most beautiful in each stage and most evocative of the lessons of life and death which revolve about love and learning about love inevitably. The model of the computer with its global connections certainly is a promising and substantial metaphor for the golden net of love which the social memory complex is. And with the greatly enhanced capacities of entities to make connections with one another that the age of information—as this instrument calls it—brings, these same mass media are gratefully applauded harbingers of the capacity of entities to make these connections, to strengthen that golden netting of love manifested in light that will become internalized in time. See each with the eyes of love and the connections shall be true. Only the movement of love within each heart has any hope of indicating to entities the nature of this change.

1995/03/12: Each of you is a seed of infinite love and infinite light, yet your blossoming shall be a long one in coming, and you shall have many bodies and move through many densities before that blossom is finally perfect and in that perfection is lost into the All. As the sun shines upon you know that your greatest relationship, your central dynamic is that between the self which is individualized in you and that great Self which is the one original Thought, Love. Once the desire to disagree within the self has been accepted, grasped and loved then shall that self be ready to turn outward without fear and, little by little, shall your people take down those bricks which have built such high walls. Freedom to know and to harmonize and to share the gift of life and consciousness with those other sparks of that same love which, like all seeds, are unique, each one adding a slightly different flavor to an ever-growing self. You are lovely blossoms, even as seeds.

1995/03/19: The creation of the Father, that second-density creation of love, in third density becomes a co-creation between Creator and yourselves. It is our limited and perhaps faulty understanding that all is illusion except the one great original Thought which is Love. Yet at the point where the entity has balanced love and wisdom and integrated those blessings to become one, then it is finally that such entities turn away from manifestation and release all personality in order that they may become again the Truth, not that a seeker may know it, but that it may be it. It is the

usual way for entities in third density to do the seeking and the delving into the depths of self and it is at the same time quite valuable and a valid path to follow the ordinary and to find within it all that there is: the Love that is the one great original Thought. Let your personality and your preferences (guide) you, for it is, as we said, not important that you go this way or that but only that the choices made are made with a full heart and a love in the doing. This illusory dream world, this twilight is the absolute best environment possible for creating the opportunities for entities within third density to learn what it is to be aware and to learn what it is to love and be loved. Graduation from this density occurs when the entities have chosen how to love, how to relate to loving and being loved, and that is something which may be arrived at, as we have said, through the mystical appreciation of the ordinary and/or through the deep delving into those regions of the mind which are more profound than the conscious state of mind. So, as always, the Creator offers a palate of many, many different colors and ways to arrive at the point of love and, breathless with it, to find that the self is loved, has always been loved, always shall be loved by Love Itself, and in that perceived love each pilgrim soul may more and more dare to love wholeheartedly, indiscriminately, and gloriously. The deepest truth that we know is love. The Creator is love. You are love that has become visible and you are able to express within the medium of your world that love which you have found within. Love each other. Thus, we say to each seeker, value that which you have experienced, build upon it as best as you can, and seek always the heart of love within each entity and experience, knowing that you shall, even with the best and greatest of efforts, misperceive greatly and frequently.

1995/03/26: Truly, those of your Earth have a fair and lovely world.

1995/04/02: And this Creator is not confined or retained within an image or form but, rather, is an infinite intelligence, what many among your peoples have called the Logos and what we have often called Love. This great original Thought or Logos which is Love is then perhaps our closest suggestion to a concept which approaches that which you have suggested as the mind of God in that it contains within its concept all unmanifest and manifest creation. However, it is well to note that within the illusions which you call the densities each of you is the mind of God in potentiation and the work done within the densities is in great part clearing away the various levels of confusion for each seeker, and in third density this clearing away is the clearing away of each seeker's self-definitions so that each may find within itself more and more the willingness and the instinct to take upon the self the role of that Love, that Logos, which is the original Thought, realizing that within the illusions the only manifestation of this Logos shall come from your words and your hands. The illusion which you inhabit at this time is a reality which is constructed of the energy of love with many forms or personalities moving through the interaction and interplay of the Creator. What is necessary for such a graduation is that the entity be desirous of serving others in a loving and compassionate manner, more in a percentage, shall we say, than it desires to serve itself.

1995/04/09: So, each becomes a channel for the one great original Thought which is love. And in the sexual maturing betwixt two who grasp the profundity and centrality of the energies of lovemaking, there is the possibility of touching intelligent energy, and in this fusion, the two truly are one. We ask each to consider the archetype known as "The Lovers." In this figure, a male stands with a female on each side; to one side, the virginal; upon the other side, the worldly and prostituted female energy. I was thinking about the lovemaking of whales. do they feel the love...

1995/04/16: But at this particular time in your Earth history, this present moment is witness to unprecedented amounts of spiritual light and this shall continue to expand, as the cycles of time and space move relentlessly and benevolently to create ever new opportunities for seeking, for learning, for the giving and receiving of unity by unity, love by love, any quality whatsoever by its reflection in all that is seen and felt. The key to moving from darkness to light was given by this entity when it said of those who crucified it: "Father forgive them, for they know not what they do." The key to using the light is forgiveness, mercy, charity, love. The gift of that journey to the one infinite Creator is a perfect gift, a gift of love, that which has been reflected from love reflects at last

ical vehicles in many different illusions so that they might add to the complete knowledge of the Creator of Himself, for the Creator wishes, as anyone, to know Itself and It cannot know Itself without experiencing Itself as each of your Christ-selves within offer, as a gift to the Creator, all that you feel and suffer and think and manifest. We feel very hopeful about many making positive choices and polarizing in power and strength in the spirit of love and light in service to the infinite One. This instrument has a great deal of this knowledge locked within its subconscious, as do each of you, and is, perhaps, somewhat more transparent to it than to some, but to no one is it clear why the illusion is set up to be so difficult, so wearing, so difficult, so confusing, so irrational and in many ways so continually, endlessly negative—when all that you wish for yourself, or for those you love, is peace, harmony, joy and laughter. You may think of making difficult choices of service to self versus the martyrdom—which sometimes seems to be the essence of service to others—is difficult to sort out within the illusion—the kernel, the heart, the core, of the lesson about love one is attempting to learn. Therefore, the reason for the repetition is that you are obeying the dictates of your own deeper will, which lies deep within inside you, in the unconscious part of you, and it takes both a clear and logical mind and contemplative, meditative, intuitive consciousness to achieve a fair understanding of the love inherent in this difficult situation. If the slave frees itself, mentally, and chooses to do all for the love of the infinite Creator, the owner, no matter how mistaken in his feelings of possession, has no longer any true power to disturb the one who prays to change in freedom. You have simply put yourselves into a situation which is a challenge to love the unlovable; to accept the unacceptable; to return the good for the negative; to be blithely oblivious of the negative, and see the good in all; to retain the hopefulness of close and deep association with nature, both second-density trees, grasses and blooms, and third-density entities. And when you have solved one riddle of love, another challenge shall be put before you. It is the tendency of entities at this particular time, so close to harvest, to have made for themselves extremely ambitious processes of learning, wishing to learn to give love without expectation of return; wishing to see the Christ in the self without doubt, without pride, and with humility, and you learn to bend the will to that Christ-self so that the willfulness that is free will ceases being various, ceases enslaving one, and, instead, becomes guided by the will of the infinite One. So, perhaps our best advice to you would be, if you wish to make an end to the repeated lessons: meditate, pray, ask to dream, and focus upon the love that must be, for you know by faith that that must be, in the situation that is repeating and repeating and causing you pain—the pain is the pain of change. Entities who love each other do not know the depth of each other, yet they begin to discover patterns that are sometimes destructive to the relationship, in that there is a separation by this action within the relationship. The question of martyrdom is interesting to us, for in fact one of the lessons of love is martyrdom. The choices which one makes for harmony, union, love and an increase in joy, and, above all, the choice of the light over the dark thing to say or do, the more you become ready and able to see through the illusion, if only dimly, (and) choose not to suffer, but to be confident of the self to be humble before all and before the Creator, and yet to know at the heart of oneself is the Creator. We are building, shall we say, the skyscraper that is based upon the firm foundation you now are laying, the foundation of accepting the unacceptable, of loving the unlovable, of changing the insult into the light touch. Try to make your decisions for love with all the passion within your heart, with all the caring in your spirit, for the depth of your commitment to the positive path of service to others in the service of the one infinite Creator will be the measure of the amount of light that you may use and enjoy when this incarnation is at an end. We realize each of you wishes to be able to use the love and the light of the fourth density. So, when you see the repetitive event, analyze with the mind, ask the intuition, in dream, to speak to you upon the subject, begin to discover the nature of the change that will bring into the situation a balance of love. You may yourself accelerate this process, with your trust, your love, your refusal to allow the weary world to influence your consciousness. We are those of Q'uo, and would now transfer the contact to the one known as Jim, in love and in light. Not the one who is unworried but simply the attitude of being a positive and loving positive and let

people deal with you as they will.

1989/07/23: Rather than wasting the time of pondering these things, we might suggest that it is an act of faith to trust that whatever is happening at the moment is what should be happening at the moment, and the only important thing is that you approach the moment with the resonance of eternity within your consciousness so that the mundane and grimy world cannot touch the light being that you are, nor can it touch your ability to act as a channel for love and light to those who suffer in one way or another. The reason for this is that each entity to whom we speak has the capacity to graduate to the fourth density, to accept more love and more light, and to live in a denser light within this illusion, each of you. Other spiritual coincidences occur so that one may take another and different look at the same challenge of love. There are many, many things to learn about loving. Few there are who may love unconditionally within your density. When you recognize synchronicity, there is the key, the clue, the harbinger which says, "Pay attention, find the love in this, this is your challenge, this is your pattern." Move and flow with it without resistance. Each yearns for the food of eternal existence and in the day-to-day cares of the world, love can become sour, trust can become embittered, walls can be built that can't be broken down. It is well to never focus upon oneself to the extent that one is oblivious of other's needs, but it is also most important for each of you, my children, that you respect yourself, that you move within your consciousness as on holy ground, for all of creation, all of love, dwells within the infinity of your deep mind. May we say in reassurance, that it matters not how many times you may misread the will of the Father for you, for in each situation—synchronistically, if you will—events will fall in such a way that you are presented once again with the area of learning to love that you have been working upon for some time. Each time that each may smile at the stranger, or comfort, or help one who needs it, each is expressing a kind of consciousness that one is attempting to learn, that is, unconditional love. The measure of an entity's spiritual mettle is basically the entity's ability to express faith that all is as it should be and that there is love in the moment. I mean, even with a clock ticking all the time and saying what time it is, if you don't look at the clock, if you're doing something you really dislike doing, a minute can last about three hours, and if you're doing something you love doing, three hours can last about a minute.

1989/07/30: About the subject of living the life of the monastery in the seeming non-monastery of the mundane world, we are most happy to take up this subject, for it is central to the process of polarizing in consciousness towards service to others and an awareness of the Creator's love for you and your adoration of the Creator who has made all things well. The only lack of error lies in non-polarized love, and that love is a love so intense that it (vitiate)s the necessity for a conscious personality. We would first indicate that a way that is considered mundane of experiencing the Creator is the making love with the intention of experiencing the Creator, for within the Creator's love, the one original Thought is a manifestation in third density in red ray which you call the orgasm, and at those moments you are experiencing the love of the infinite Creator in an undistorted fashion. This is the nature of the Creator—joy, bliss, ecstasy and peace, all in the name of love. Any work, as this entity is aware (a brother once) has written¹, is completely spiritual if it is done for the love of the one infinite Creator. But once this direct experience of being with the Creator has been recognized, acknowledged and praised—and this is available to any who are able to make love—the journey is well begun and it simply requires a steady, persistent effort to observe the thoughts which move through your mind complex, to discard those which do not seem proper, or if unable to discharge them, to experience them, knowing it is a part of the catalyst of your particular lesson and feeling neither anger nor disappointment at the Creator or at yourself for becoming stuck in the mire of every day and losing the contact of the heart with the Creator within. Now, how shall you pull yourself up by your own bootstraps, as this instrument would say, to become true disciples of the one infinite Creator, to become those who truly wish to manifest the incredibly intense and infinite love that created all that is. To continue the point of view of gazing at the energy centers of the entity, we may say that once the full energy or prana or love/light of the one infinite Creator is able to reach the heart chakra, at that point the desk, shall we say, is cleared for work in conscious-

ness. We urge each of you to dive as deeply as you can each day in meditation, and when an action is undertaken, especially in reference to other entities, whether it be the making love, the clear communication, the companionship, or the comforting, make a conscious intention of this love and pleasure, for the praise, the thanksgiving and the worship of the one infinite Creator, whose nature is so loving that it is to your third-density experience unbelievably explosive. It is much easier to see the love, the joy, the bliss and the bloom of second-density creation than it is to see the same of each self-conscious, self-aware entity which has gained the right, the obligation, in its own time to make a choice betwixt service to self and service to others. (Side one of tape ends.) (Carla channeling) ...planet, in its own way remarkable and unique and all the senses are teased and delighted with the lovely smells of the various second-density things which grow within your Earth and create such beauty for the eyes. Never force the self to be "spiritual." Never force yourself to be good, polite or helpful but rather when you have discovered a blockage within yourself and have communicated clearly that you have a problem, move deep into your consciousness and examine that difficulty, finding the love and the lesson in that situation. Perfect bliss is available only to those who remove themselves in solitude so that no mirrors are held up to the self and one may go one's eccentric and idiosyncratic way seeking God as it will, seeking love and expressing love as it can. This is why we began with such a direct and simple example of meeting the Creator in the act of love. There is no need for fanciness of thought or great stretches of the imagination but only unreserved compassion in order to polarize more and more towards being a consciously loving and serving entity. There is no environment that is not full of the love and the light of the infinite Creator. But if the willingness and the unconditional love of the open heart is maintained through clearing up all lower energy blockages, each entity has a more and more available opportunity to dive into the soul of reality and to experience and bring back to this world which you now enjoy the resonances of eternity. Questioner I don't have any questions, but I would like to say that that was a rather amazing channel, and it answered an awful lot of questions and it clarified directions for me and I thank you very much for the information and for the time and the love in which it was given. (footnote start)Carla: The quote is from Kahlil Gibran's The Prophet: "Work is love made visible.

1989/08/06: The fundamental question is, "Do you love?" and if the answer in regard to that relationship is, "Yes, I have love for this entity," then on some level of friendship, or more than friendship, is a natural and desirable outgrowth of such attractions of mind. However, entities within your culture believe, and no one has told them differently whom they can respect and believe, that it is well to marry for love and that one lives the "happily ever after" of the picture books. So, you may see that the basic flaw that causes so many entities not to communicate and to have disastrous experiences with someone whom one loves, is in communication. It is due to our love of free will. As the two who are yoked together to pull the consciousness of light and love into the Earth plane they may realize they have created between them the beginnings of a third entity. All things are ordeals of one kind or another and the mated relationship is the greatest of all challenges in catalyst because it is the most intense experience of one entity living with another, with the opportunity to choose either to be on each other's side and to be one in thinking or to be over against each other in different opinions that are hard-held so that you are unable to compromise and that separation betwixt the two of you who were so in love once wanes and dies. There is anger and fear and guilt instead of love and joy and peace. When you come together in the marriage it is well to remember what is ahead because what is ahead are startling discoveries about yourself and about the entity whom you love, about how life in general happens to people upon your planet. Now, we would not for the world judge anyone who has wished to make love without benefit of marriage or who wishes to make love after marriage with another. So we ask you to love each other, my friends, and to serve them not as you would serve yourself but as they would have you serve them. Then one has to move into a far more responsible position within oneself, realizing that as a student of the universe each is alone with the Creator and various other principles of light and love that aid in guiding one. Do this for the love of your mate, for your love of self, and, above all, for your over-arching desire to be

part of the good that comes to the Creator's heart. Brothers and sisters, love one another.

1989/08/13: It is a great blessing to be with you and to share in your vibrations of meditation, service and love. And the beingness of that which is the Creator is something called in your language love. Yet this love is the strength and intensity of orgasm. Free will is utmost in importance within the system of service to others in love of the Creator. The loss of that point of view of love that you are cultivating that causes you to behave towards your brothers and sisters as if they were not one with you and one with the infinite One. Therefore, we cannot say to you will feel blissful, peaceful and full of love as you meditate. Take it to your breast and love that part of yourself as you would a child. Service to others is acting in such a way that you are full of hope in attempting to share with your colleague thoughts of inspiration, love, compassion, peace and understanding. This is a most, most important service for you are cultivating and planting in the fertile soil of a mind that is hanging on your every word, the world which that young one will see to love or despise, to feel good about or to feel dyspeptic about. Therefore, simply being of a certain consciousness, being in love with life, being in love with eternity, being aware of the long view in truly wishing to serve others—these things are very, very important, but you should not judge yourself. With the long point of view and whatever your skill is—and you will find that skill—do it first for the love of the infinite One and secondly because of the realization that that entity that you wish to serve is the infinite One. You must do the meditating, the listening so that you may be intuitively inspired to know when the time has come for you to concentrate every iota of your being in love and compassion for another. All of these things, even if you visit a stranger, are pure acts of love and service to others in the name of the one infinite Creator. Consequently, we thank this instrument for once again making itself available to us and in love and light we would transfer this contact to the one known as Jim. However, within your illusion the intention, the desire, the motivation, the passion to serve is that which is of most importance, for it is the nurturing of this passion that opens the center of the heart that one may give in an universal and unconditional sense and by so giving express most purely the compassion and unconditional love which are the foundation for all of creation.

1989/09/10: You are here to learn the lessons of love and to love each other, but you will be limited by your physical self and you will think in terms not of up and down and around, but of "in front of you" and "in back of you," "to the right of you" and "to the left." This is a biologically based way of thinking, it relates to the body of the person thinking, and this personal realization of the Holy Ground is the result. Being scientists, it would be difficult for them to understand that the thought of Love, that powerful original Thought, is that which has brought this person to self-realization, and to self-responsibility. And unless you feel good about what you are doing, the love in the situation is lost. We would hope that you could find as many labors of love to do as possible. Love of each other is love of the Christ consciousness. The others dwell simply in the love and the light of the infinite Creator. We understand this, and you may have as much time as you wish in this type of environment of third density to learn the lessons of love. Let them, with all of their measuring instruments, explain love. We believe that each entity carves out for itself the life it would like to have, once it has found a loving mate.

1989/09/17: This in itself is stressful, for to be completely alone is to rely upon the self even when the self would, perhaps, be aided by rest, contemplation or those quiet pleasures of leisure which are denied to so many who labor daily and long in order to provide for those whom they love. You cannot move too quickly for the spirit of love to find you and to comfort you. But you must turn within and allow the peace and the quietness and the strength of that which is real—that is, the love and the light of the one infinite Creator—to come deeply home to your heart so that you do not feel any longer alone. The aloneness is part of the illusion that causes the stress, and that is why we constantly say to each of you, "Love one another," for those who console, those who pardon, those who listen and comfort, those who give because of the love of giving, may feel the same stress as others, but, as they cast that stressful effort in service to others, so washes back the love and the light that is the reflection of your service. For, in dealing with others in a positive and affirmative way, one

may in some small wise find this feeling within that is unity. Imagine that you, spirit just born, sprung from the Creator's fertile love, sailed through many, many universes and saw many, many beautiful stars, constellations, vibrations of beingness and through many, many densities, many, many experiences you moved that infant soul until there was a choice, a preference, a bias. Within these large divisions those within the same body of influences begin the work of learning what love truly is. However, in the fullness of time, as entities grow, as they wake up, spiritually speaking, and discover that there is much more to know about love than has been understood, shall we say, by any one group these entities naturally choose to begin the process of gleaning from other cultures, other nations, and other spiritual groups those subtleties of insight, those inner structures that lie behind the spoken word and conceived thought, each of which educates and trains the mind in certain patterns. It is in these often unusually varied groups such as your own that the heart of the lessons of love may begin again to become unified, as each soul now has sufficient experience in seeking the truth of self and the way of service to find commonalities that move beyond race, religion, nation and culture, and instead find residence in a common foundation of self within which that deep mind which is the archetypical mind of self has had sufficient experience in combining self with other selves across all boundaries that the unity beneath all distortions is dimly sensed. Yet even the dimmest of inklings of this underlying unity act like the explosion or the fireworks, tossing the entity experiencing this unity into a kind of excitement that only the experience of love itself can engender. All contain the same love. The question is about a situation where a person feels very strongly what we may call love or a certain attraction to another entity but that person doesn't have the same feelings. If entities have a desire to experience love to the best of their understanding of this concept then the desire will be to give love without expectation of return, for that which is love is that which gives rather than that which takes, though it is true that love, when fully experienced, is that which both gives and receives. However, the concept which you have spoken of here is that which is felt by one and not another, and in this case there is the participation in what is felt to be love by one and not the other. Therefore, the one who feels the love, if it be love indeed, then this entity would desire to give to the other that which the other wished and this entity would seek, then, to know the desires of the other, and, once having ascertained what these desires were, would bend every effort to satisfy these desires. For entities to truly know love it is necessary to surrender whatever idea the self may have as regards the nature of love and then to be moved by the power of love. In most cases, in our opinion, upon your planet at this time entities perceive only portions of love, those portions which are more to their own desires and definitions, those aspects of love which are more likely to feed their self-identified needs, and, therefore, the experience of love is only partial. If one wishes to truly be of service to another by loving another one must determine what service is desired by the one loved. If the person who doesn't love wishes to serve the person who loves, the surface impulse is to say that the way to serve that person is to allow that person to love you, allow that person to fulfill his desire. I am Q'uo, and though we are aware of your query, my sister, we also agree that in the situation in which you are describing there is some complexity and lack of clarity which makes a clear and definite answer difficult, for there are circumstances within your culture which require certain behaviors and commitments that put a kind of boundary on love so that love may be experienced more purely by those who are entered into the mated relationship that you call marriage. Thus, love is not freely given to all, but finds the need to be given in such and such a manner within boundaries which entities have agreed to. Thus, in a mated relationship when an entity moves beyond the boundary to share what is perceived as love with a person other than the mate, then it is that the difficulties and confusions arise, for it is not the accepted practice within most of your cultures for entities to share the full ramifications of love with any but the mate. So it is a situation in which each entity must use the personal and most profound, shall we say, moral standard to judge what is acceptable to be shared of love with one who is not the mate. We find that the purest form of love which requires no return or action of any kind may be shared with all, for this is the love of the Creator within the heart of each for

every other portion of the Creator that is recognized. However, when entities find a need to make conditions and requirements and desire certain returns from their expression of love to another that is not within the mated relationship then we have the confusions of which we spoke. But we can suggest that entities that are in a relationship with another look deep within the heart to see where love resides for another and find within the self the small voice that is speaking the known truth, shall we say, for each entity knows beyond all rationalization what is love, what is its truest expression within each situation. And, while recognizing all cultural boundaries, will be able to affect this true loving, even if the true loving is to reject a portion of that which is offered from another. It just feels like this situation is one where what the teacher wants infringes on P's free will and is a desire for an object rather than the love of a person, because in getting what he would want he is walking all over the truth and asking P to be untrue to the feelings within her which say this is not the one. Indeed, this is our recommendation that the meditative state is the means by which the true voice of each may be heard and the most appropriate expression of love experienced. We realize that there is a certain purity to the naïveté that the one known as Don expressed in the queries to Ra concerning serving the negatively oriented entity, and there is a certain purity and naïveté in the situation in which you speak, if the one known as P would receive the offerings of love from the entity that is in question. To simply open the self to receiving love from any entity that would offer it in any form that the entity would offer it, or is there the need to consider other ramifications. Is there the need to find another means by which love may be expressed.

1995/01/29: (overview) The question this week comes from N and has to do with the concepts of service and love. It is his observation that the basis of all creation is to serve, one portion of the Creator serving another, and that the substance of the creation is love, everything is made out of love, the creative energy of the Creator. Love, however, seems to be of the nature of that which needs to be worked on. In loving, it is not so obvious, and we would like Q'uo's comments upon N's observations. We are called to your group by your musings upon love and service. Discussing love is our favorite occupation. No subject rings with the purity of that primary Logos, that mystery, the great original thought of Love. Love the beginning, and Love the doom, or ending. It can certainly be seen to be evident and true that service is easier to attempt than love. True, also, is it that the boundaries between qualities pertaining to the divine shall always be weak, for love is, and is all that there is. Thusly, service is the visible manifestation of the invisible and primal love. Those sensitive to this dynamic wherein service finds its nature in truth have a goodly work to do, for what is the service of an entity but that gift of love which has been his to give. Yet, if each offers a different gift how infinite must the body of love be! Then, is service visible love. This is love. Then, the entity may share each gift, yet knowing that the breath that fills the service with meaning and value is love. Now let us return to love. We agree with you, my brother, that the ways of love are ways of mystery. Yet love feels a certain way, touches and transforms each entity in ways which tell that entity of the overwhelming and primary strength and force of that invisible quality. Within your density true love has no voice, yet there are many voices which strive to express love. Each seeker is that which is love, yet which is creating sound and motion constantly striving to discover that which it is. You look at love. Continue always to seek love, how to express love, and how to be of service. Respect right use of power in being of service, in attempting to manifest love, and develop always little by little, step by step that place within which is engraved with the print of your feet, that place wherein holy things reside. Within the suffering does always lie perfect blooming and fresh the one infinite Creator whose nature and being is love.

1995/02/05: This arrangement of logical alternatives cannot be pinned down because each incarnation has a basic plan in terms of areas of learning to love or learning to accept love, and these goals are fairly clear to the seeker who has persisted in inner work for any length of time. For suffering and pain, while being necessary concomitants to learning the lessons of love, do not need to be clung to or held within the mind, emotion, body or spirit. Moving into this space is that which is the wisest of all resources to choose, for in the end all the catalyst can do is offer you opportunities to learn your

love and wisdom of the infinite One is followed persistently. Moving upon that plumb line of connection with the Creator, the seeker finds it increasingly easy to be persistent in practice, in seeking the good, the true, the beautiful, in seeking to express love. As the seeker becomes more loving it may find it must work upon receiving love, and then when an entity such as you have spoken of comes to you to share its suffering with you, you might not need to pull away from this distortion, for you have not the fear that blinds you from seeing this suffering spirit. Let your heart become softer and softer, more and more open and willing to love when the surface picture is no longer beautiful, good or true, for just as within the self who attempts to make the impression, the surface is gleaming but the interior may not be. As you love, as you serve, look always to that infinite, original Thought which is love and see the life fall into place. May you love each other in good and in evil times.

1994/11/06: This is true of those who carry an illness or condition in order to learn a lesson concerning love, and many there are who do choose some indisposing condition, not for the joy of it, but for the precise kind of suffering which shall ensue. This being which each seeker is is a being of pure love, that primal and original energy which created all that there is. Each seeker may find its own way of coming more and more into loving relationship with the physical body, but it is work which will aid in the balance or health of the body, mind and spirit together. The energies within the physical, mental, emotional and spiritual bodies are infinitely, carefully, lovingly arranged so as to express a central vibration which is the essential self manifesting at this space and time. Thus, we have found in our own experience that to send these entities love and light and the wishes for the regaining of the whole balance is the most that we can do without infringing upon an entity's free will, for in order to be of service to an entity in an overt manner one must be invited by that entity to attempt to serve. Thus, even though the desire may be great to reach out the hand in service to another, without the invitation it is only possible to send these entities love and light for the use that they may have for it, whatever that use may be. It's done out of love and concern for these individuals. Thus, to remain open in the heart, to remain open in the offering, and to continue to give that of love from your heart to the other's heart without expectation of return is the most that can be done. This is difficult for many who seek to be of service, especially to those that are loved dearly, yet it is that which must be accepted, for the free will of each entity is of paramount importance.

1994/11/13: Beyond all imagining lies that mystery, that collector of paradoxes, that is the one great original Thought, Love or Logos. Moreover, this silent wisdom, that spark of love within, moves into and transforms pain, suffering, misunderstanding and each and every negative emotion. It is well for those entities comprising the groupings to be able to rely upon fellow travelers, shall we say, to provide the appropriate assistance, catalyst, challenges and support for this process of discovering the heart of love within each entity and to enhance the expression of this love in each succeeding incarnation. As one allows the spontaneity and love within to express itself outwardly to others, one is able to feel and experience a fuller and truer representation of one's position, shall we say, upon any particular point that might be of any importance to the self, this being the greater self or the soul which inserts a personality into each illusion and experience.

1994/11/20: This is a good effort, my friends, and we can recommend to you that you always see each other as the dear friend from afar that appreciates the love and support of its close friends and family. There are many adventures that await you and many moments that may disappoint you, but you may always take comfort in knowing that the love of the one Creator resides in full in each and but requires the smallest of need or inspiration to be kindled into flame. We can tell you from our own experience that there is no greater joy than to share the flame of love of the one Creator with those kindred souls that walk with you upon this dusty path.

1994/11/27: This force, this one great original Thought, this Logos, is Love. Your word "love" does not in any way fulfill a satisfactory position as a symbol for that which we speak of. However, love is the closest which your language has to describe the nature of the Creator. This Love, this Logos, is that which has created all that is. Love creates, love is, and each is that love. Yet, you are that love clothed in flesh. Your heavy, chemical, physical vehicle ensheaths that

which is light, created of love in such a way that you may walk about within the illusion that is your third density. You gaze about at your second-density friends—the trees, the birds, the grass—and you can see in these simple things clear and lucid examples of love. And if you are creatures of love and light, then what shall you do to fulfill the truth of your being. When this attitude of mind, this bias or prejudice, shall we say, is realized within as a true desire, that which is within you of love has, for the first time, a voice. Yet, the love within others shines to light your way, and the light which moves through you from the infinite One is a lighthouse to others. As you enter this silence again and again, as you seek and seek again, you hollow out within yourself an ever smoother channel for light, for love, for the Creator, so that what is seen is not you but the Creator which shines through, and when those moments occur in which the self realizes that it has been that lighthouse, then indeed does that entity finally feel the joy of right vocation.

1994/12/11: That one great original Thought is Love. That word that created all was and is and shall be love, yet love as you understand it is most pale and weak compared to that vital love which both creates and destroys. Within this love are all things visible and invisible. Each consciousness listening to these words is a complex which is love and which manifests in various forms of love. Many are the distortions of that love, yet the energy within them, no matter how great the distortion, is that of love. And so as the seeking soul moves through the moment by moment living out of that love which is all that there is, many structures are tried within which the experience of living makes more sense. Within this illusion other entities shall almost always seem to be other, for it is only within the intimacy of intense catalyst, the love-making or the shared creative experience or the laughter that ends in tears, that hearts become so close as to perceive their actual unity, one with the other. In the clothing so grand and lovely. Yet, always, turn at the end of such logical discourse to that which is underlying and overarching all logical considerations: the infinite love of the one infinite Creator.

1994/12/25: Much of the discussion previous to this session of working contained the joy and sorrow of each, and in that shared breath of conversation there is the immediate presence of the one infinite Creator, working always as the spirit of love to harmonize, realign and reposition this or that aspect of the mind, body or spirit in its complex form and with its interrelating energy fields. Whatever the interactions between any two entities, the sweetness within the stream of moment by moment living is dependent greatly upon the selves' ability to open the heart both to giving and to the receiving of information, communications and shared emotions such as affection, love or appreciation. Yet, if there is a kindly opinion, a good thought, or that which occurs in the impulse of the moment which seems fair and loving to be shared, let that be shared, for when the breath is expanded in speech concerning the desire to love, to understand, to support, or to strengthen another, that energy is as the healing that moves between the words, between the lines, between the thought, conceptions and intellectualizations of the rational mind. When such a moment comes, then the possibilities multiply, and in that heady experience of light or love there is the opportunity to sow for the future self those seeds of desire which shall best aid that seeker in its long, indeed, its endless journey. Huddle yourself to support and love and cherish that self that is being born each moment.

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1995/01/15: Feel for a moment that incredibly powerful love that is the Creator. Sense this love within you as the sun warming the heart, radiating throughout the physical vehicle. Within the curtain of flesh lies deity, and that vessel that you are is being hollowed out to receive ever more fully that love which is all that there is, which wraps up eternity and infinity in a tiny ball, and, throwing it, creates the universe. May you seek most purely, forgive most completely, and love each other with all your heart.

1995/01/22: That we have given the name of Love. Each is Love. Each was always Love. Each shall always be Love. However, we shall pause for a moment that each may sink into love, and we shall attempt to aid in that feeling that you

receives a hundred-fold that love which one has sent forth. Not that one loves in order to receive the bounty of love! This, indeed, is service to self and will not result in comfort. It is the genuine desire to serve and love, understand and console each other that brings peace to each and joy and affirmation to the one which you are serving and to yourself as you see the onus lightening, the yoke becoming easy, the stress level lowering. Many of you have come back to this density to be sure you understand the lessons of love. That is, that love is always given with no expectation of return. You are all children of the Creator, and the Creator is love and joy, merriment and peace. We ask each of you to give each other the gift of love and peace and laughter and joy. It is difficult discipline to move from that off-center perception of the way things are to the realization that the beginning of a life lived peacefully is the disciplining of the personality so that one sees not confrontive people, not angry people, not disturbed entities, not catastrophes but, rather, love at work. Love gives entities the chance, again and again, to choose. The longer the point of view, the clearer the challenges of loving other people without expectation of return become. Therefore, we encourage each to work steadily on the disciplining of the personality so that when negative thought patterns occur they are recognized, discarded and replaced with an attitude of affirmation, love, praise and thanksgiving. To be in close love and harmony with another is to experience the bliss of that heavenly kingdom. We may say in a practical manner that it is much to be desired that entities choose those means of earning their daily bread, those relationships which are close, which add to one's peace and bliss and love. Knowing what those choices are all about should aid each, and, as always, at any moment that you have leisure, move in consciousness to praise and thanksgiving for your consciousness, for those whom you love, for all the good that is within your life and for all that awaits you in that larger life of your imperishable soul. This illusion was designed for you to study the laws of love and to become one who is radiant and has chosen to give love regardless of what it gets in return. This incarnation that you have now is an opportunity to choose once and for all to be a being of love, radiant, giving, sharing and loving. You, each of you, you seek for those qualities of unconditional love, of clearly illuminated wisdom and for the power to be of service to others.

1989/09/24: And so we gratefully thank each within this circle of love, service and seeking for allowing us the privilege of moving with your vibrations and thoughts, sharing in your meditation, and working with the poor tools of words to achieve concepts that instruct and inspire. There is much talk about the Creator, and love, and service to others, but before an entity can move sincerely and wholeheartedly into service to others, love of a mysterious and unseen Creator; it must somehow discipline the self so that the self realizes there is more to the self than the everyday experience. One has to achieve what this instrument would call the mountain-top experiences as clues, harbingers and messengers of the more light filled illusion of one less distorted from the original Thought of love, that is, the one Creator. Therefore, it takes a different kind of scientist, shall we say, that is, one who wishes to know, and that is the scientist who is a true scientist, who simply wishes to understand—if we may use that term—the nature of its illusory environment, and the steps, tools and resources that are necessary stably to move the self in greater and greater rhythmic harmony with the one great original Thought of love. We find meditation more acceptable than the guru/chela relationship which this instrument is aware of, for though the teacher to the student, the student becoming a teacher and teaching the student, is acceptable, again the guru, which one adores rather than adoring the Creator; is perhaps missing the fact that the guru, the student, and the Creator are one, and all of them are love. Thus, we encourage you to encourage each other, in love, by loving each other, by honesty with each other, by serving each other, by communicating with each other. The consciousnesses within each, then, are together attempting to move into a more centered and focused place within the mind where the illusion is not subject, and where the unity of all things may begin to be felt in an organic fashion so that it is not intellectual knowledge, it is not remembered knowledge, it is experienced knowledge, and not experienced because of something outside the self, but experienced because each seeks to know the truth, seeks to serve each other, and seeks to worship and love the one infinite Creator. To be

able to live in love is not given to many. For most, the struggle towards the love that lies beyond our definition is a long one, and there is no proof that there is such a Creator, that there is such a love. If there has been no experience of worship in the life experience so far, perhaps it is not so bad an idea to use a chemical, or the shamanic dancing, or the Sufi dancing beyond exhaustion, so that one may at least feel an objective referent to the feeling that all are one, and all is love. (footnote start[Carla: In some of the older material, I can remember this being used, most specifically by George Hunt Williamson's channeling of Brother Philip where Philip referred to fourth density as the density of love and understanding. I have tended more recently (post Ra Material) to use the "understanding" part for fifth density, however, and reserve the fourth for "love." I don't think that literal understanding is fourth—we have to love first, then go for the counterbalance of moving the mind in again.(footnote end) .

1989/10/01: It is the entity's decision to open the door to Love. Thus, the adoration is often less than pure as the entity is less than a pure representative of love. The purpose of the emotions evoked through worship is to so purify and clarify within a seeker the emotions of unconditional love that the entity becomes aware of the Source of unconditional love. The understanding which each gathers is extremely helpful within this illusion and is intended for instruction that one may learn how better to love. Now, the beginning of worship is a clear realization that the true self of you is the Creator, that you are love, and that within you is the capability of manifesting or channeling the love and the light of the infinite One though each of you are within a finite illusion and, therefore, are unable of yourselves to generate infinite emotion. Many feel the need to express love to others. The first realization is that the Creator loves you with a passion most intense, for you are a portion of the Creator experiencing Itself—love experiencing love. True worship is a response to the unconditional love that lies at the center of the universe and of your being. And this principle is one of love and so all that there is love. That is, one releases oneself from one's humanity, one surrenders the self to the greater Self that lies within in complete trust that that which is love may be answered with the most profound and purified love in return. The music, the incense, the taste of body and blood of heaven, the smells and feelings of those buildings which are considered holy and which have been upheld in prayer, occupy the surface consciousness to great extent, thereby making it far more easy for the entity to move deeply into the self and open that inner door which none other shall ever open, to find love waiting, love so profound, so undeniable, so joyful that one cannot help but love, worship and adore in return. For without worship, love and adoration of the one infinite Creator filling one's soul with inspiration, the services to others will not be of the highest and best that you may obtain in this stable manner. They will be distortions of that expression, distortions which are designed by the surface self and which therefore limit the infinity of the outpouring of the love that is the principle and nature of the Creator and of creation. Yet, we would suggest that it is the daily grounding of the self in surrender to the great Self within that may bring that eternity, that infinity of love into manifestation through the very being and nature of the entity. In daily meditation, in listening, and in opening that inner door to that principle of love which meekly stands waiting to enter, is to begin the process of spiritual evolution that results in what this instrument would call "praying without ceasing." When one is conscious always of the greater Self within, the life becomes effortless and flows naturally as the spring of love wells up infinitely through the entity to the surface entity and then into manifestation to others. However, there will not be enough energy for anyone to sustain a manifestation of service to others unless that entity is feeding itself with the heavenly food of recognition, surrender and worship, and finally, dedication to be true to the enormous love between the greater Self and the expressing self within the illusion. It is the biases that you have gained by dwelling in love, praise, prayer and thanksgiving, in seeking harmony, in seeking peace, in remembering the humility of one laboring under an impenetrable illusion. What you shall take with you upon the spiritual level at the time of physical death to the vehicle are those biases which have been created by purified emotion; that is, adoration, worship and unconditional love. For those who wish to enter ever more deeply into the covenant of Love meeting love, we can only suggest that with lighthearted merriment one observe the humor and,

shall we say, the oftentimes ridiculous nature of the illusion while maintaining an awareness that at one's heart one is not foolish, one is not limited, one is of the Creator, one is love. The group meditations are most helpful in this regard and, indeed, it is true of worship in general that the greater the mass of worshipping, faithful souls, the greater the power of love that is experienced, not only by those who worship but, in the planetary sense, of the lightening of consciousness of planet Earth. Find a way to feed that appetite through the singing, through the praying, through whatever has meaning for you, and do it persistently and for the love of the infinite One. Worship, ecstasy, love—these are interchangeable words as regards the nature of the creation and the Creator. Your worship is only an answer to the Creator's worship of love, for Love worships love in all ways. The work of your lifetime is specific lessons which you laid out for yourself and specific services which you wished to perform for the love of the one infinite Creator. Service to others without love has no real beingness metaphysically, and the so-called burnout of many of those who enter the helping professions is due to the limited awareness of the surface self and the lack of depth in seeking the heart of self so that those aids which one may give to others come through the self, not from the self, exhilarating and clarifying the self, not exhausting the self. But know this, that love is a steady state. As you tune into that steady state of the Creator's love, you are so loved. You must needs yearn and hold out the hands of prayer, praise and thanksgiving to the One Who loves you infinitely. And, in time, your return may become infinite and you may, indeed, live the life of praying without ceasing, of seeing holy ground under each footfall, of seeing the face of love in each and every entity regardless of its condition of life. In this purified emotional state of worship shall your soul grow in service to others and in love for the one infinite Creator which, when translated into a life experience, means an immense and glorious tapestry of love in relationship within the mystery-clad Self and with all those things both made by humankind and created by the one infinite Creator that move one to emotion: the thanksgiving for beauty, the poignant joy of birth.

1989/10/08: We come in the love and in the light of the one infinite Creator. Consequently, we speak with you as those who love and those who wish to serve, and you serve us as you listen and consider. It may be said, perhaps, that we have chosen to love the Creator more than we love those to whom we speak, whereas the inner-planes masters love their students more than they love themselves, for they are unable to progress while still within the inner planes of third density. They have loved their brothers, and have so great a compassion that they stay within disincarnate third density, and attempt to be of service to their brothers and sisters. We can see the incarnational pattern, the learning of love that you are doing, and the integrity and sincerity and intensity of your intention to seek the truth. It is our honest belief that it is better to continue learning to be, and then, as a side product, being able to serve, than to turn one's back on one's own evolution, and sacrifice and martyr oneself within the inner planes in service to beloved students. Within your own life, then, you may devalue certain aspects of the brain's limitations of choice, and realize that beyond the veil of the inner being, if one is careful, and like a lover searches for the self, the heart of the self, and the heart of passion, that one may find, little by little, the self, amidst all the variousness of free will, and may begin by will and intent, consciously to change the polarity, to evolve spiritually, not because there is a guide who may speak to you each day, and tell you what to do, but because you are upon a quest. That mystery is love. (For when there is no reason to anything within the illusion, then it is that that which is mysterious outside of the illusion has the only possibility of being real.) Gaze at that pontificated reality, and realize that that reality, that mystery, is love, an energy indescribable. The infinite intelligence of the one Creator is love, unpotentiated, unpolarized, unaware. It merely loves. We already know the answer: the nature of the Creator is love; the nature of you is love; the nature of your circumstances is love. The core of you is the infinite love of the one Creator. The only way to move back to the source, the only way to become unpotentiated love once again, the only way to find and be the Grail, is to walk this dusty path, learning of the self, of the beingness, of compassion and wisdom and balance, in that order, so that one may at last, having experienced much, turn and offer to the Creator the one gift that is most excellent and holy: the self, with all the richness

of its learning. We shall take your phrase, "the place of your origin" not to be a specific location, for, indeed, you are from all places, but to be that frame of mind or attitude of unity from which each portion of the one Creator springs, and, indeed, this is true, my brother, for each entity has begun in total unity as an unpolarized and undifferentiated particle of that one great original Thought of love which has set all creation in motion. Thus does each entity such as yourself move in a rhythm that partakes of the great heartbeat of the universe, moving outward and outward, gathering experience, turning that experience into the power to serve, to love, to glorify the one Creator, and to continue on the journey, moving then back again to that place of unity from which all this began, having now gained the experience of moving through the cycles of creation.

1989/10/15: The truth is that there is one great original Thought which created the creation in order that It may know itself better, and by the use of free will moved love—that is, the one great original Thought—into manifestation as light, and through the use of this substance, shall we say, or radiation, created all that you see outside of your physical eyes, all of it an illusion, and all of it designed to cause entities to make choices. However, my friends, we cannot tell you that the work is all joy, all love, all ease and all merriment. To seek the presence of the infinite One, this is a great aid, and we suggest that we do this most gently, most lovingly, opening to the subconscious as a suitor with bouquet and candy, knowing the spirit to be sweet and precious, the nature of love. This is not done in a day; this is sometimes not done in a lifetime, but for all the difficulties of the spiritual path, shall we say, of hard knocks, there is the joy of companionship, the joy of learning, the joy of experiencing immediately the love and the light of the one infinite Creator. Back and forth each entity goes, for there is much to be learned from both frames of mind, especially if an entity can begin to focus upon difficult situations as challenges, a kind of game in which one attempts to find the love hidden in the situation at hand. So you see, all phenomena are corollary to the great work of consciousness itself, the disciplining of the human personality, the encouragement of the greater self within, the encouragement of its being able to speak in many different ways through the subconsciousness to the conscious mind, always this produces the longer view, the more compassionate and wise point of view, for always one begins to see the pettiness of one's concerns and the overwhelming importance of love.

1989/10/22: We urge each always to turn again in hope, to try once more, to be undiscouraged by circumstances, but simply to abide in this feeling that fills this dwelling place at this time, the unconditional love of the one infinite Creator. Those who have awakened, such as you, to their true desire to be of service to the one infinite Creator by loving each other, are so often in the difficult position of having to adjudge their own service in the absence of any support whatsoever. Perhaps the greatest spiritual service you can do is to center and meditate and think upon the Creator, lovingly, gratefully, emotionally, in a purified and inner way, not letting your prayers float to the four corners of the room in which you are so that entities may hear you, but rather stepping into that inner room and listening in silence, waiting for the presence of the infinite One. It is our opinion that each and every entity who has incarnated at this time upon the Earth has a beautiful, loving and right service to perform, planned beforehand, planned in such a way that one may be continuously rocked and buffeted by the winds of change that accompany realization. Basically, each entity goes through a lifetime process of accepting the unacceptable, of forgiving the unforgivable, of loving the unlovable, of consoling the inconsolable, of pardoning one in error, even when that error has cost you greatly. What sets the spiritual seeker apart from one who simply lives in the mundane world without questions as to eternity, is that realization of the present moment as eternity, that ideal which says "I can have time spent with the infinite One, I can feel its love and its light. Any form of loving one another is that action which expresses what this instrument would call the Christ consciousness, that which is deeply buried within you, that with which you are to some extent acquainted, but perhaps more to the point, of being able to love without stint, to give without thinking, to spend all one's energy, time, talent and what you call money, with the spiritual life central and in the mind. The gestures are automatic, and it is possible in the meantime to be in a state of light meditation and listening, or in a state of contemplation,

seeks to give love, failing at first almost always to be able to have love for the obviously imperfect surface self. And it attempts to embrace first one, then another entity as friend or mate or working partner and each time the entity finds one to love and one who loves it, all is thought to be well, for that surface self is so easily convinced that the outer appearance is satisfactory and enough, yet always the spiritual self will begin to see the cracks in the surface—the wrinkles that Aaron talked about—and one after another, other people disappoint. The mind is finally overcome; it knows at last it cannot understand and at this point, at this point finally, when it lets go, when it gives up, when it walks into mid-air; then, and only then, do the scales fall from the eyes, and for a little while, the pressure of that decision, the release of that drop into the abyss of unknowing, forces open the heart's knowing eyes and the air is suddenly filled with angels, love bursting from each beaming countenance, hands beneath and around, supporting, loving, holding, keeping safe, yes, in mid-air, keeping safe. To be wise, it is most wise to be foolish for love. To penetrate the veil of forgetting enough to love without expectation of return is a process which has steps, or as you know them, the archetypal images, that reflect the seeker's journey. We speak of the heart for there the love of the Creator may be found and experienced for the self and for all other selves as the self which is the seeker continues to place itself in positions similar to the walking from the cliff, willing to be vulnerable and to give without expectation of return. I have considered the archetype of the two lovers, also one imbued with this idea of choosing the two paths, and would like to ask your comments on its difference from the twenty-second archetype and its similarities, as I have had little success in commenting on that to myself. The archetype known as The Lovers is the archetype which, as you have correctly surmised, best illustrates the choice of your illusion: the path of radiance, which shines the love and light of the one Creator freely to all, or the path of the magnetic attraction that seeks the love of others to use for the self. When this choice has been made, then we see the twenty-second archetype, the Fool, being fully invoked, the seeker, then, having made its choice, becoming available for the opening of the self to love in the complete sense—that is, to give love as a response to all catalyst. Thus, the Two Lovers present the choice; the Fool journeys on, having made that choice. It has been, as it always is, a great privilege and joy for us to work with your hearts and your desires and your great seeking for light and love.

1994/10/02: It is difficult, indeed, to accept the whole self, to love and nurture that very self none other, none better, or wiser, or sweeter, but that self at that moment. However, within the self, there is much work to do to humble that self that does not want to have a dark side to the point that in all humility the self may say, "Dear, dear self, I do accept you and I want to nurture you and love you and comfort you." This acceptance of self by self is absolutely fundamental to work in consciousness and you shall be working on this one always, for the truth recedes infinitely directly in front of the gaze of the seeker. The result of this meditation, or prayer, or contemplation, may manifest in many ways: healing, loving, a channeling such as this instrument. To this end, to this choice, to love and serve were each born. We know, my brothers and sisters, that this is not an easy task, for the illusion in which you move has been so constructed to obscure the unity and love which binds all things and which is an easy reminder for those such as ourselves.

1994/10/16: We find that there is a true desire within each to relate the self back into the society in a way that produces more love, more compassion, more understanding, to make the world a better place. You can only empty the self as often as you can, hoping always to become as the window through which all may see the Creator and all may feel its love. For every entity whom you meet is love itself, and, if you speak always to angels unawares, let your heart be humble, your hands be empty, your heart at rest that you may seek to love, and reach the hand to touch, and lift the heart to share love.

1994/10/23: The instincts, those instantaneous responses, ungoverned by logical, reasonable awareness, work usually quite well, landing the seeking pilgrim repeatedly off the beaten track of devotion and lovely thoughts, taking that awareness and flinging it aside in the rush to defend territory. Or are you that awareness that gazes unblinking on the human scene, knowing all things as love. Love this self which

has so little time to live, and when it is seen in another, attempt that same degree of understanding. See the fear, the true desire to protect, in the negative emotions of others, for however distorted these emotions are, they are distortions of love. The creative principle of love is also the destroying principle of death. Anger is the other side of the coin of love within limitation. We encourage each again and again to touch into this space where love may be felt in the silence, where comfort moves deeply within, opening the heart, relaxing the grip of circumstance. It is love. You are love. It is not an easy task to move within your illusion of third density and to be able to love under the circumstances which one finds here with so much mystery surrounding the basic qualities of your life patterns and interactions between peoples. Yet, one may look at this illusion as one would look at a school which has many grades and many course offerings, all with the purpose of enhancing the student's abilities to give and to receive this most precious quality of love. But we can assure you that each entity which incarnates has some, what you would call, a disability—that is, a difficulty or blockage in the free flowing experience of love. Each distortion, whether it be of the physical, the mental, the emotional or the spiritual complex has as its purpose the allowing of the learning of love. When love has been absent in some facet of the entity's life pattern the opportunity for adding it to the reservoir of information is usually programmed as a, shall we say, a difficulty or blockage, a distortion in some facet of the being that serves much as the sand for the oyster which will eventually produce the pearl, yet with some irritation in the process, shall we say. The process of learning to love is one which will oftentimes be experienced in a difficult manner, a traumatic manner, a manner which is intense and rich with opportunity for growth. This increased degree of difficulty has as its reward an increased level of learning to love and of allowing others to learn to give love to the self. Thus, if you look at this illusion as the laboratory in which the student seeks to put to the test those ideals which it holds dear prior to the incarnation one may then see all that occurs within the incarnation as the conducting of the experiment to see if love can be found in this situation, in that situation, in even that situation. For there is an infinity of possibility and opportunity that awaits each entity within the mystery of this particular illusion, for as you seem so separated from each other, from the Creator, from the environment, from those principles of love, truth and beauty and all other principles that are valuable to you, feel yourself isolated, alone and perhaps at times unable to make sense of all that is about you and much that is within you, yet just this dilemma, just this confusion, doubt, anguish and pain is that quality of angst that shall push, provoke and prod you further. These are the ways that the soul has to remind itself in the incarnation that there is yet more to do, and each portion of the incarnation offers the opportunity to give and to receive this precious quality of love, and each circumstance that one finds one's self with is yet another opportunity to give or to receive or perhaps to give and to receive love. As an entity pursues an incarnation with a certain set of lessons revolving about the central quality of love it is possible for an entity to focus upon any set of abilities or even to focus upon one particular quality in preference to all others and for the time of that focus to seem as though it has no other dimensions. Far better is it to experience the emotions as they occur and then to work with them later in your meditative times, balancing the anger with the love that naturally replaces it when one sees the object of the anger as the other self and as the Creator as well. That this does not occur often makes the desire for it all the greater in those who wish to give and to receive love within your illusion. This is so in conscious[ness] as you intend, and intend, and intend and work without stint to attempt to find love within the self, within others, and within the situations that you share.

1994/10/30: Now, the way in which the seeker attempts to grow may be seen in one way to be simply a matter of the seeker looking at the vibratory complex which is the Creator or intelligent infinity brought into manifestation, so that the goal of each seeker is to so act and think that the vibratory complex which is the truth of that seeker becomes more and more like the vibration of love, the Logos, the great original Thought Itself. This completely natural process of spiritual evolution moves on instinct within the life of the seeker so that there is a ground of being within which becomes slowly, gradually awakened as that attempt to move closer to the

that is manifest in all densities of the infinite creation. In this love and in this light we open the communication for queries. Within this moment of incarnation breath is all, so breathe in life and breathe out life deeply, gratefully, lovingly; and the devil take the hindmost.

1994/09/24: Regardless of where you came from, many of your reasons for being incarnate are the same: to learn deeper compassion, deeper love; to move beyond judgment; to move beyond attachment to your opinions and to the small ego self and come more fully into the group consciousness; and as one mentioned earlier today, to learn forgiveness. And there is one area of work that is true for all beings: You are here to learn to love more fully; you are here to move beyond judgment and beyond the illusion of your limits and of separation into self and other. You do not want to throw away your emotions but to make space for them, that you may move deeper into love and into compassion. Every arising that does not manifest itself as loving-kindness must be demolished; and so you become more and more judgmental to yourselves, more perfectionist, more judgmental to others. I offer it my love." It is this constant practice of offering love to that which you have judged negative which frees you. You must attend to it and you must learn to attend to it with love. There are no problems, only situations that ask your loving attention. My deepest truth is not expressed by being clean of mud, but by the deeply loving and courageous ways that I work with the mud I am given." Later in this session I would like to hear your specific questions: "How do I work with the mud I am given. You came to lay all aside and give yourself fully to the cause of love. Think of the act of love: sperm lubricant, strange postures ... Allow the pain of living to be real, acceptable, even lovely. Get dirty with this boisterous, bubbling, infinitely energetic process of breathing in and breathing out, seeking always to serve love within situations, truth within falsity and people, regardless of how they present themselves. We have such love for each of you. But lean into the silence and the solitude when you have called upon us, and feel our love, our total and complete support; for each of you is the infinite One, experiencing and harvesting for the Mystery which created us all. When you are not busy being somebody else—being the doer, the observer, the wanderer, the friend or lover—who are you. There is a good partnership in most entities betwixt the inevitable lessons of time and those lessons learned about love which are special to just you. It may be a loving-kindness or forgiveness meditation. Once again, I thank you (Clap!) Questioner What timing! Aaron ...the movement of love that has brought you to this gathering and enabled you to participate; and my deepest joy, that—the sharing between Q'uo and myself and all of you. One, to generate a deeper sense of loving-kindness toward yourself and all beings. Visualize yourself walking through lovely woods. There is the bubbling stream with small waterfalls over rocks and lovely pools where one could sit. I love you all and bid you a good night. (footnote start)For more information, please contact the Deep Spring Center for Meditation and Spiritual Inquiry, www.deepspring.org, 3003 Washtenaw Ave, Suite 2, Ann Arbor, MI, 48104.(footnote end)[footnote start]Clarification of context is pending, with regard to rejoicing in using such portions of being as catalyst for loving thought and action. It may also be helpful to reference Aaron's second address in Session 20, dated September 25, 1993, concerning the question, "How do I know when I'm following a path of love or a path of fear?" and including the statement, "Your fear is not a burden given you for combat.

1994/09/25: In the natural way of third-density beings there has been the instinctual movement toward groupings, these groupings shifting and further harmonization taking place as each spirit deepens the lines of communication with the various other entities so that over the period of these few rich hours of companionship and heartfelt love, a community supporting each has evolved, complete with stories to tell of laughter and of tears. Further, when this memory is seen as that crystallized gem of offered and accepted love which it is, that gem may be cried as the seer's glass; and within its light the Creator itself lives, accessible in that intimate, personal way in which family members all have the same remembrance of loving parents, loving father, loving mother. So, each may see the memory both as invaluable in itself and as a clear glass in which each may become transparent to the one great original Thought, which is Love. This is the way of salvation for all peoples: love reflected in love until your entire environment moves as though to one great

music, even the flowers and trees swaying to that dawning, enhanced consciousness which is coming gradually even now to each questing spirit. We would at this time, turn the microphone to our beloved brother, the one known as Aaron. My beloved brother/sister of Q'uo has spoken of the ways you may draw your energy together to deepen love and faith as you reside within this illusion. That foundation of love becomes a strong source to draw upon as you work with the sufferings of the third-density experience. When we left, we had salted the way within your planet's inner worlds the fair fruit of our peoples, those who loved so deeply and heard the cries of Earth so clearly that they were willing to sacrifice present pleasantness for the difficult and painful, challenging and worthwhile mission, if you will, of sowing within your peoples' awareness those seeds of harmonic understanding or awareness that might hopefully assist those of your sphere and the sphere itself, your beloved planet Earth, to weather the crossing of that channel of birth that looked as though it would be a difficult earth. Let me love insult and misunderstanding. When enough of you understand the lessons and can return kindness and love to fear, can allow fear to become a catalyst for compassion rather than hate, then you will be ready to shed the illusion and move into fourth density. The radiant fruit that you have become will find its next place in the universe, its next place to serve, to grow and to love. Our most deep wisdom, my friends, remains: Love the Creator; know that the Creator loves you and brought you into being to delight itself; dance as the child of the stars that you are and always know that the key is to love one another, to share each other's joy, to bear each other's burden of sorrow, to bring each other home. Please know how deeply you are loved by beings of all planes and that you are never alone, but are surrounded by loving energy which would assist and nourish you on your path. We hope you shall keep in touch with us, whatever happens to you, because we love every one of you very much.

1994/09/25: It is painful, my friends, to feel with a whole heart in your illusion for there is much that seems dangerous and threatening and yet, when the seeker looks within its own heart and finds that there is love there that is a gift of the one Creator, the seeker is filled with joy to give that which has been found if but the fear to open can be overcome. In the search for the self, the seeker finds this self in all others about it when it is able to open its heart and break through that veneer to the love which is the self. By opening more and more to those about it the seeker discovers that the self within is full of variety, the creative energy of love expressing itself in myriad ways, each of which is a glorification of the one Creator. Thus, as the attempt to break through this veneer and to seek the heart of love is carried on by more and more of the seekers within your planetary influence, the difficulties faced by these seekers rises as a crescendo of pain from the heart that wishes to beat freely and this pain is a call that is heard throughout all creation. There are those who hear such calls and who wish to serve, realizing that as they give that love of their own being to another in service to that other, do they also find more of that love within their own being. The wanderer journeys forth and enters into the illusion from which the call has emanated, taking upon itself the cloak of third-density humanity, and walking with uncertain feet within your dusty illusion, with only the desire to offer the self to the Creator seen in all other selves, walking as does any other entity within your illusion, walking as does each seeker which attempts to learn the lessons of love. So often, my friends, as you know well, these lessons of love contain much which does not seem loving, for in this way is the seeker given the opportunity to strengthen its ability to love, for what value is there in loving that which is lovable. No, my friends, you will be given those opportunities which are filled with uncertainty, with pain, with confusion, with doubt, and if you can love here, then, have you done something that will make its mark within your soul being. This is the challenge of each seeker, this is the challenge of the wanderer: to love that which is painful, confusing, fearful—that which is difficult in every way that you can imagine and in many that you cannot. Its first and hardest choice of entities to love is the Earth-bound personality of self, that second-density creature that carries consciousness about for you, your body and that mind that was furnished with that body, the biocomputer, if you will, which thinks in either/or terms, yes or no, hot or cold, good or bad, right or wrong. It is the journey of a lifetime for the spiritual self within to take as it seeks love and

or in a state of intercessory prayer, where you are concerned for the health and the well-being of those you love. It may not seem dramatic or large or important, but the dish washed for the love of the one infinite Creator is a dish washed in a bath of love as well as soap and water, and that love radiates and lightens the consciousness of the planet. It is never known to you when you have truly succeeded and when you have failed, nor is it important, for if you do anything for the love of the one infinite Creator; that radiant thought, however poorly the actions manifest, is a purely positive, loving and caring thought, and will add to the consciousness and the lightness of your sphere. Entities within your culture are much bemused by gadgetry, much in love with foreign places, ambitious and restless and yearning, and thinking that what they hunger for is better money, a better position, more power, or more clout in some way. You are attempting to drop that of yourself which does not seem to be loving, not in overcoming or repressing it, but by balancing it and understanding it within the self. Once one has discovered the lesson that one has set oneself, it becomes easier to see tiny moment after tiny moment, and small detail after small detail take on an aura of the spiritual as one seeks within such situations to find a way to manifest love where there is no love, light where there is no light, and union where there was discord. We are those who have had experiences with the Creator, who have grown closer and closer to the Creator, and who expect to have quite a way to go before we are able to dissolve once again in the ocean of unmanifest love. It is impossible not to serve if one is loving the Creator while doing the service. Very positive entities gaze upon the havoc created by very negative ones, and negative entities gaze back at those who are polarizing towards the positive and see what this instrument would call "suckers." We urge each, therefore, to allow those things to happen which happen, and to ponder them and ruminate on them, and even analyze them—if one is of an analytical turn of mind—at the end of each day, that one may remain clear, confident and calm, centered in the love and the light of the one infinite Creator. We know of no other way to explain to you the difference between your view of service and our view of service than to say that to us there is no lifetime lived that is not potentially a life of service if things within it are done with a love of the one infinite Creator and in the love of the one infinite Creator. The purpose for which wanderers incarnated is all one—to love, and to love, and to love, and to love. Be aware that even in those situations you may choose to be of service by moving constantly in an awareness of the love and the light of the one infinite Creator. Now, we would suggest to this group, as it is doing somewhat advanced work, that it simply practice the presence as it moves about the daily activities, not berating the self every time one realizes one has not thought about the Creator for hours, but simply turning again and again to its simple ideal, the desire for the love of the infinite Creator, to love each other. Almost any situation which seems difficult involves a lack or a loss of love. Hearts that are not opened to the love and the light of the infinite Creator can be mean and petty, hurtful and vicious, all in the name of service. Better it is that you do nothing but sit in one place and send love, than be active and confused, and somewhat negative as well as positive by desiring to control what happens to one. Thus, be aware, we ask you, (of) the service that you provide by your very consciousness, by your love of the sunlight and the dappled shades of autumn trees, by your love of the immensity of the universe and its noumenal mystery, by seeing life itself as sanctified, a blessing which oftentimes seems a most uncomfortable and inconvenient blessing. This thing that is common to all paths in third density is that you are learning how to love and be loved. It is the best pattern you and your higher self could create for you, and all that you need do this time is allow yourself to be upon the path upon which you are, keeping your eyes open, watching your feelings, finding ways to manifest love, the smile upon the street, the kind word to a stranger.

1989/10/29: We hope to give you tools and resources so that you may accelerate your growth upon the spiritual path, your work, and your love of the one infinite Creator. The Creator, which is love, lives within you in infinite abundance. Of course, that which one does not desire becomes more and more refined in its removal so that where, at first, one took large chunks of the being that did not aid the self and held them upward to the Creator saying, "Take these, these are no longer my personal truths," then one may get on with the

business of paying attention to, blessing, nourishing and loving the self. An entity who is working within the self, with faith in the self, forgiveness for the self, and strength to the self will realize and recognize, increasingly, those lessons of love which are theirs to learn within this particular life experience. They are of the principle of unconditional love. Feel the sunshine and know that love unmanifest, unspoken, unuttered and serene is, indeed, that of the Creator. We hope that you do not become discouraged at any time because you feel subjectively that you have not created a beautiful, lovely experience. There is such a thing as faith and this faith is another word for love. Love, light and merriment come upon those, upon that narrow path, who are able to be merry in their search and pilgrimage for the Father. We are of the principle of the spirit of the one infinite Creator and that one original Thought which created all that there is, that being love. Each of you is whole, perfect and an embodiment of love. We are most comfortable in sending our love and blessings to entities requesting our assistance and in joining their meditations in order to deepen and enrich these meditations in the manner which the entity has chosen.

1989/11/05: How lovely it is to dwell with you at this time in peace and harmony and seeking. For joy is another expression, and indeed a basic manifestation, of unconditional love. Thus, it is of the essence or the beingness of the consciousness of the one infinite Creator, which is love. We hope that you find this analogy helpful because all that manifests is a diffusion, a watering down, a shadowing, a tinting of that one great original Thought which is love and which manifests its energy in the manifested creation of a billion, billion sun bodies and the joyous flames of an infinite number of beings such as yourselves, who have moved into the darkness, into the seed bed of the densities, to root, contemplate and break forth from the earth in due time to bloom. There is a difficulty with experiencing joy, and now we speak in your terms of simple vital energy, love of life and so forth. You are love. The point of view may be manipulated by the intellectual mind and this is a tool which is useful in the search for one's own center of vitality, joy, peace and love. You are a being which is love and is called to love. The Creator created each out of love and placed within each free will and itself. Then one finally moves back enough to see the infinity of celestial bodies, of centers of the Logos or love which is the great original Thought. This instrument finds the parable within the holy work which you call the Holy Bible of the prodigal son and daughter to be most useful in an awareness of the spiritual journey's constant intersection with the infinite love of the one Creator. Send me where there is work for me to do and let me never judge that work or hold it as a goal but only do it for love and let it go." There is a tremendous release of joy in the experience of truly releasing one's good intentions to the caretaking of those who may well not view that joy and wisdom of yours as useful to them but indeed may gibe and carp at the spiritual seeker for his unworliness, his lack of attention to the important things such as your money, your possessions, your reputations, and your power over other entities. The concern, the turning to the Creator, the genuine loving and praying for an entity who would never expect such a positive return, is a way of aiding that entity by the love it does receive. When you love and pray and make a cartoon of an entity to strip him of his negative qualities, you have invoked that which will give joy not only to yourself but to those about you. What is important is the knowledge within that it exists in a steady state, that it is of love, the Logos, the infinite Creator, and that all is as it should be for your learning. This requires a forgetting, for the most part, within the incarnation of that unity which indeed binds all that is and of that love which creates and empowers all that is and that light which reveals the true nature of all that is. Thus, you are correct, my sister, in that joy is but a fleeting visitor to those who wish to pursue the work in consciousness that is possible within an illusion that seems so far removed from unity, from love, or from light.

1989/11/12: It is our privilege to be called to this group of light being, and we bask in the glow of your seeking and your love. Emotion has been systematically undervalued among your peoples for a great span of your experience, much to the detriment of the whole and unified self which seeks to manifest through third density illusion the love and the light of the one infinite Creator. Many of your peoples attempt to create within themselves deep emotion, that they may love, and know the joy of deep and spiritual love. Thus,

as one feels love pouring through one, one is fulfilling one's fundamental and major mission upon your Earth sphere, and that is to be a radiant being, a light to many, not by action, but by the vital energy, the sweetness of soul, and the expressions of love which move through the seeker who has opened the door to deep emotion. The energy of the teacher in this instance is critical, and those teachers which are not basically moving in joy need to turn within before teaching further, to find the absolute love which is the wisdom of the self for that greater Self which is Love. Love needs must answer love for the creation of each seeker to move into balance. Perhaps the road to experiencing emotions more clearly and more deeply begins with the contemplation of the astounding, generous and infinite love of the one Creator. The Creator's nature Itself is love infinite. Therefore, we suggest a daily alignment of affirmation and closeness with the love within one's self which is infinite. Many negative emotions disturb the hearts of those who have not found pure emotion, and, instead of being uplifted by love, they feel judged, inadequate and unloving. Thus, one is seeking that which one cannot put into words, that which may fill the being, so that the being is rich and full and vital, and spilling over with love, love infinite. Purified emotion, whole and unblemished divine love, is the very axis upon which infinite intelligence built the myriad illusions which lead each imperishable soul along the path of inspiration, closeness to the one Creator, and an infinite capacity for compassion and service to others. This is as it should be, and we ask each not to be discouraged as one again and again fails to realize the potential within the self, while manifesting this worshipful, sanctified and perfect love. A release of blocked emotion is greatly healing, and as one entity is healed and becomes more and more an intense and passionate creature of the light, one becomes less and less addicted to those everyday things which seem so important, and more and more tuned to the spontaneous actions of creative love. The glory of the universe of the infinite One is that each portion of it is full and instinct with profound and whole emotion, that is, the one great original Thought of love, which is the Creator as well as the creation. We shall simply say to each that the release of negative emotion such as guilt, anger, humiliation and resentment is an incredible healing which is only possible through the infinite love of the one Creator, and through one's identification with that love, and one's dedication to seeking in the deepest and most aesthetically beautiful way possible, to be truth incarnate, to express love divine, to allow oneself to be a channel of compassion and nonjudgmental aid. The heavens sing with His glory, the trees and mountains dance, and all stars and planets sing a song of passionate love for the Creator unmanifest, and for each of you, the Creator made manifest and given complete free will. We encourage you each to seek the deeper truths within, to allow negative emotions to be balanced and to fall away, as it is natural for them to do in the light of unconditional love. It is the opening of oneself to free-floating and abstract faith, the faith that all is as it was planned to be, the faith that that which was planned is helpful and full of love, which moves the seeker onward most swiftly upon the path of spiritual evolution. Realize that the vital energies are based upon one's ability to have faith and to dwell in an emotional state of unconditional love. May you respect and encourage intense, loving emotion.

1989/11/26: As entities are given physical vehicles at birth and move into the world, their first emotion is anger, their second, love. So begins the dynamic of a lifetime: anger at change, and love at being fed. This is the beginning of each incarnation, the duality being present from the beginning of hatred of change and love of the ideal. It is Love. You may call it the Logos, the Creative Word, but it is in essence a pouring through the channel of the self of the infinite love of the one Creator. We ask each within this group at this time to pause and allow that experience of love poured into your waiting heart to manifest itself to you. Is that love not astounding. Is that love not impossible for humankind to sustain. That of you which is human is that which must do the manifesting, that which creates the inspiration and desire to manifest love of the Creator and love of others, comes from crossing the threshold to the unconscious with the care, persistence and devotion of the lover who is willing to wait and watch and seek from afar, content to sit at the edge of the crowd listening to that faraway voice at the center of the crowd that speaks the truth, for you have many, many voices within you which are manifestations of biases. However, as you wish to

be of service to the infinite One, and as you wish to love each other, know that the universe is, in essence, an emotion, it is consciousness. There is, for instance, no possibility of an entity's being able to cogitate, ruminate, ideate and manifest love. Indeed, it is possible for such a person to manifest a universal and very real compassion, but love engages being, love sets on fire the desire to help, love causes soil of the heart to become fallow, that seeds may spring therein which flower out into the tree of manifestation of love with its many blossoms, its beautiful aroma and its faithful use. It is the chief lesson of this particular density, to learn to love, and to learn to accept love, feeling both worthy to love and to be loved. Much has been written about love. Within your holy works love is described by many phrases, "Love is patient," "Love is long-suffering," and so forth. May we say that love in the sense in which we understand it is in the impatience, is in the misunderstanding, is in every portion and every cell, every iota of creation. Thus, the first priority may seem very selfish to one, and that is to learn to love the self, unequivocally, with complete self-forgiveness, with full knowledge of the various iniquities of one's own character. Now, you see the interplay of love and faith against the dynamic catalyst of a mundane and sometimes intensive nature. Use the intellect to discriminate upon the subject in which you are interested, then surrender control of the process, carefully and fastidiously, to the love within, the spark of the Creator within that makes us all one. Those who have not been able to love themselves are by definition unable to love the Creator, for each is the Creator's prodigal son or daughter, each is an heir of eternity. This is not said to puff you up with pride, but to say that each of you is a cell in the living body of the creation of love. The manifestation of the Logos that is within you, that of unconditional love, has never been needed more than at this juncture in the passing (off) your planet into fourth density space and time. The density in which you are is a density in which you choose not how to think, but how to love. If you love yourself, you will think in terms of manipulation and control, elitism, perquisites and power on a personal level. If your love is of the Creator and of those in whose eyes you see shining the light of the one infinite Creator, then you are one who may radiate to that person. The purpose of emotion within third density is so to engage the mind, the heart, and the soul of the entity which seeks that it becomes more and more aware of the depth and breadth of each present moment and possibilities for loving within each moment. Needless to say, we do not speak of the clinging, dependent love. The universe itself is an emotion, it is consciousness, it is love. Each of you will go through many definitions of the word love as you experience various facets of conditional and unconditional love. How many times, my friends, have you seen a loved one, and found a way to touch that loved one, to strengthen it with your very being. Do you not see the sweet hand of love moving through you in manifestation of the glorious love and light of the one infinite Creator. Not all entities can serve in this same way, as not all entities have been given the same gifts, and as we have said before, all services are equal when done for the love of the one infinite Creator. You are the hands, you are the voice of the Creator, and as you love each other as you love yourself, so you love all that is the Creator. This is the function of purified emotion, to become a channel through which infinite love may flow so that you do not dry up like a shallow well or a desert spring, but remain well watered, well fed, well inspired with food and drink for the soul. In that consciousness you become hollow, and in your purity of love you allow love to speak by surrendering to the Infinite within. Allow your love to spring forward from within. Love one another, my friends, and you shall love the Creator, and this purified emotion of sacrificial love shall move you ever more quickly toward the homeland of peace. We ask you only to surrender to that portion of yourself that you have found to be imperishable, worthy, beautiful and able to manifest the fruits of an unconditional love which is your birthright, which moves through you from a deep place of self-acceptance within. Therefore, unless the intuition is most deep, heartfelt and worthy to the self of being held all through the incarnational life experience, we strongly suggest that you are faithful in listening, and when you go forth from your meditation you carry with you the desire to love. One's path is taken one step at a time, one expression of love at a time, one expression of honesty which may lance a boil of misunderstanding and heal. To communicate with the heart and the love of the infinite One is to heal, and by the power

others that I love better. Picture, if you will, the star-studded sky with its unimaginable numbers of points of love and light which shine infinitely forth, and know that the brothers and sisters of sorrow are as these stars. Therefore, the wish to serve followed by the dedication to the mystery which is the one great original Thought, that Creator whose name is Love, know and take comfort in this truth as we understand it: you are effective. That soul whom you touch may never know you, may never be on the same continent as you, yet that universal love which you channel forth in that silent witnessing finds its target, for it is called and it goes where it is called. You have only to sit and know the truth that all is love.

1994/06/19: Eventually one profits by seeing the Creator in all and radiating love and acceptance in that reality. Why did a loving Creator allow the constructs that learn more effectively with pain rather than with joy. The Creator—that creative principle of Love in which all reside—rests within the infinite intelligence of unpotentiated love. However, each individualized spark of this love experiences time, space, and within your density, choices, whereas the truth rests always in peace. It is not that sorrow, loss and limitation are the only (effective) means of learning the lessons of love and polarizing towards the infinite Creator's vibration, but, rather, that few indeed are the entities which are willing, in the absence of pain, to do the intensive work which is needed to attain an acceleration of the polarization process using joy as catalyst. There is a simple answer; that being that the path of joy is the path of the adept and to the adept all things are loss, except the infinite Creator and serving that love which is the Creator.

1994/06/26: The first self, of course, is the great Self which is the one original Thought, love itself, that infinite and creative principle from whose riches all who are self-aware have drawn not only the outer trappings of Creatorhood, but indeed the inmost essence of the infinite Creator. Each incarnation, then, is not only an opportunity to learn lessons of love, it is further an opportunity to emphasize those biases found within the self which are considered by the self to be positive or helpful.

1994/09/11: The goal of the seeker is, shall we say, a vibration or a state of being which is the vibration of the Creator Itself, the one great original Thought or Logos which is Love. Each seeker attempts to form that vibration of self more and more like that vibration which is infinite love. Whatever it is that you find within the environment to use as a key or trigger, we suggest that the seeker target this and train the self to use these found moments to turn once again to the infinite perfection of the mystery that is love. Within the brightly colored illusion which time and space have given, the seeker moves to find that infinite love which is at its heart, moving always within utter chaos and confusion. Gazing at illusion, stubbornly you know that there is an infinite love.

1994/09/18: We're wondering if there's any good way of opening ourselves and allowing the processes of anger and sorrow to pass through, to be broken by the experience and to be healed so that afterwards, we are stronger or wiser or more loving or will somehow benefit from having had this experience. In this environment both the positive and the negative of polarization shall naturally seem more extreme and so it is that within your culture at this time there are many whose seeking of the truth is outstanding and whose efforts to learn the lessons of love are substantial and persistent. We, therefore, have the ability to speak to this circle and say that each within this circle has won through to the present incarnation by virtue of much labors of love, shall we say, done prior to the present incarnational experience. Therefore, each feels fairly strongly that the seeking of the spirit, the seeking of the heart, the seeking for a greater understanding of love, is properly the center of the incarnation. Each has some grasp of why he or she is here—to learn the lessons love has to teach. Each wished to drive home one way of learning to love. If there are the tears, cry them—cry them all and respect each drop, respect and love those mute expressions of grief, anger, sorrow and rage. That thing is love. Love expressing as truth, as beauty, as goodness, love expressing as mystery. Once the reality within the illusion is addressed, once the sorrow and anger have been owned, accepted, respected and the entity within all that feeling nurtured, then is there wisdom in turning to praise and thanksgiving of the one infinite Creator, to turning once again to love. Whether one experiences the anger of another or of the self, the experience is of anger and the spontaneous re-

sponse instead of, shall we say, the studied response is most helpful to all concerned as this process continues, for the spontaneous response is that which is nearest to matching the ability of an entity to give or receive (the) love in a particular moment. Whether there is difficulty or ease in this process will depend upon the entity's previous experience at learning to give and receive the love of the moment and of the heart.

1994/09/23: The earth plane is the only present material plane that has a foundation of positive energy and love, and in which all four bodies are brought together. The foundations of faith and love support the learning of wisdom and compassion in fourth and fifth density, but they are not necessary to that learning. There is no upper limit to how much faith, how much love, wisdom or compassion can be learned. Thus, some of you evolved on planes where you moved into deeper lessons of wisdom and compassion before fully penetrating the lessons of faith and love. Only the upper sixth-density energy is completely free of the illusion of ownership of the mental body, and makes the skillful and loving decision to incarnate solely as servant. This instrument knows a song, I Wonder As I Wander 2, and each of you has wandered into this precise situation, wondering, seeking, hoping, yearning for love, for truth, for beauty, for peace. How we love you, you who are in the fog, in the mist, wondering, "Is any of this worthwhile. The spiritual energy and love that you bring to this session is very high, but the physical bodies are tired. What I offer you comes from my heart, and I offer it in loving service. My deepest love to each of you, and my gratitude that you have joined together for this teaching, learning and sharing.

1994/09/24: Enter thine own heart and know for the first time that you are at home and one with all that there is, that there was and that there will be." As our esteemed and beloved brother Aaron and we speak concerning various aspects of the experience of discomfort and alienation, isolation and hunger, yet always keep within the heart our reassurance that you truly are at home within. The road to infinity, to greater reality, to opened awareness of love—these are the gifts within each being. And from that hearth of home and love and wisdom you may wake refreshed to move into the dance of divine play which you experience as life. My love to each of you. Wanderer or non-wanderer, once you discover your true nature is divine and never separate from all that is, then you are ready to live on any plane with love and wisdom, with compassion. Thank you for your loving presence and attention. Rejoice, then, in that golden net which grows daily upon your planet's surface as those seeking to lighten the consciousness of the planet called Earth reach out to new entities, forming networks of networks which, in turn, may reach out to find more and more threads of this wonderful net to weave together until all of the sphere upon which you enjoy life is wrapped and sheathed in an embrace of love and acceptance. Its foundation—the foundation of the earth, the soil itself, this first-density energy—is permeated with love. You are still going to need to work with fear; rather, there will be a spaciousness around fear, a sense of compassion that allows fear to be touched with loving-kindness rather than judgment which would seek to shut it out. Those of you who are come to Earth with some technical skill to share—and healing skills, deep wisdom, deep loving-kindness—that is what you may share on one level. On a deeper level, you bring this energy which helps all beings to lower their boundaries, to come to the direct experience of God within each, animate or inanimate, and to live in loving reverence of the God in all that is. The force that will be generated on an earth that has moved to this degree of highly positively polarized energy will exert tremendous influence throughout the entire universe—a source of immense energy, of love. While you ask yourself, then, "How can I be a better healer or teacher, a better mechanic, a better friend?" do not neglect to ask yourself, "How does the learning of these skills help me learn more fully to love. If I keep myself separate in any way from the incarnation, in what ways is that a disservice to this deepest aspiration to bring love and light where there has previously been fear and darkness?" When you ask the right questions, my friends, you will find the answers appear in your heart and the strength to act upon those answers, the clarity of your path. We repeat and repeat it because it is our humble understanding that this is all that there truly is: Love, the one great original Thought or Logos that created all and creates infinitely; and light—love made visible—which has builded all

love. Yet, even with these meaningless conversations there is the vital essence of love carried within those sound vibrations, for love is not that which can be experienced directly. Know that when you hear the human voice, you hear the infinite Creator in all of its love. Remember when you speak that the essence of that sound you make needs to be the love of the infinite Creator. Your breath specifically expresses that love. What shapes shall you place your sound vibrations into, then, to harmonize with that tune which is love. May you be blessed by an overwhelming number of voices of love, for, truly, all you meet are love. Do we need to say that often this love is in deep disguise. May you have the faith to continue communicating past anger, past tears, until the words you speak are shapes that again harmonize with love. I know you spoke of the love, or breath... Carla So, each conversation is a love song.

1994/05/01: We are wondering what kind of transformation has to take place within the self for a person to move from where the little oddities in their partner's behavior no longer bother one, and in fact become a lovable part of the other person's image, and how does one move from the rejection of another to the acceptance of another and how does this happen within the self. It is as important to be able to receive love and kindness it is to offer love and charity. We speak always about love. We ask you to open to the love of the infinite Creator; we ask you to become aware of the presence of this love as the center of the life; we ask you that you work towards creating within the self a channel for that infinite love so that this highest truth may be attested to by the solid witness of your being. It is expected and appreciated that the nature of learning is the attempt and often the failure to manifest the infinite love of the infinite Creator. Living as a witness to an infinite Love is the kind of test that occurs when one is being observed but not stimulated by a teacher. You did not come into this incarnation to get everything right but to be a witness to love and light. The phrase, "casting one's bread upon the waters" comes from your holy work, the Bible, and that is what each self is intended to do, to cast the love and light and being a witness unto the ever moving, ever disappearing waters of life. Indeed, one may rejoice and offer thanks when one is simply giving away love and light, for within this image in your Bible it is pointed out that if one achieves a true release of gifts, a lack of holding them in memory, then does the Law of Plenty move into action and the self becomes conscious of receiving one hundred and one thousand times the blessing back upon those moving waters of life. This vibration, this basic signature is that which you are attempting to affect by the way you live your life and the lessons—we correct this instrument—the way you live your life and the way you concern yourself and deal with the lessons of love you encounter along the King's Highway, as this instrument would put it. By choosing again and again to serve others, by choosing to seek the Creator in the self, in others, in creation, and in the center of the being, you attempt to affect the narrowing of the gap between your vibratory signature and the basic pure vibration which created all things, that infinite Creator's Thought or Logos of Love. This vibration may be seen to be that which is of love and of fear, these are the two basic dynamics within the vibratory levels. To be simplistic we would say that there is always some ratio of fear to love, however the greater the love, the greater the life, the greater the fear, the greater the death, for that which is alive, creative and moving is of love, and that which is judging and defending and inwardly focusing beyond a certain point is of death. When one attempts to learn tolerance of another one is attempting to be able to accept another in complete love and lack of judgment. It is within this intuitively perceived sea of being that you swim, shall we say, or sail, either towards the unity of love which is the Creator or towards that archipelago of perceived self and other selves which is the seascape of the service-to-self entity who perceives the self apart from all by choice, and controlling all for the best good. When this crop of love and positive desire is sown with a glad and merry heart it then becomes more and more possible to begin to see through the veil, to perceive for the first time the extent to which others sow for you to reap. How rich each is in the harvest given by others to the self, and how much richer shall the self be as it learns more and more to sow those seeds of love and virtue with a careless and generous hand, not waiting for the self to applaud but moving on, practicing the presence of love. How we love you! How beautiful you are to us! We see you want-

ing so much to cherish each other. Never doubt that behind the veil of suffering and limitation lies a land where love is visible. But hold fast to that faith and let it be the rock upon which you stand, with arms open to receive love...

1994/05/22: As difficult and disagreeable as it sometimes is to live with this double vibratory pattern, this difficulty is worthwhile and one hundred times worthwhile, for the basic vocation of every wanderer is to bear witness to the light and the love of the one infinite Creator. As always, we suggest a daily meditation, a turning in and out of season towards that infinity which is the inarticulated love of the one infinite Creator. The challenge for each wanderer is to be able to dwell in this particular illusion, to enter fully into the processes of becoming a transformation yet remain at the center of being, consciously turning again and again to love itself. All have wandered from that inarticulated love which is the one infinite Creator. How confusing it is to have chosen to become manifestations of love.

1994/05/29: Whereas physical and mental, emotional—we correct this instrument—emotional problems have a large vocabulary of closely fitting words to work with, the issues of spirit must depend upon words such as love and faith which have no objective referent that is at one's hand to pin down and to create as a fully meaningful term. A person who is attempting to love is perhaps the soulful expression of love itself. Simply to say, "All things are love and love casts out fear," is in almost all cases inadequate. Perhaps one entity might hear and understand in a moment of realization that truly love casts out fear, but to the ailing spirit, such encouragement usually is received as if it simply constituted another pressure which was painful, the feelings of inadequacy and helplessness continuing and perhaps even growing. However, there are an infinite number of ways to create within the self of the healer that dynamic balance to forgiveness and love which may far better speak to the spiritually ill. Prayer can be said to be that inner flower which bears the scent of love. The actuality is that that seemingly far away source of unity which love itself is, lies within, so the journey of prayer is a journey from self to the greater Self within, then circling back to form the unending circle between prayer and prayer, that is between the one who prays and the object of prayer. Thusly, it is well for the healer to speak some words concerning this practice of the infinite presence of that one great original Thought, that logos which is love and which is the One infinite Creator. Carla Well, and also not just for the seeker, but if the healer wants to pray, is prayer just totally unique for each person, that that person would then feel the clearest contact with love.

1994/06/12: As brothers and sisters of love and light you are also brothers and sisters of sorrow, for as you serve the light by giving of your love you find those whose need is that you tend their sorrow. This unheard voice, this unfelt footstep into our hearts is the silent witness of light and love. This practicing of the presence realigns your energy centers and meridians so that the universal love of the one Creator may move in a more harmonious pattern through your centers and become that energy that you expend in your efforts to learn and to serve. To this temple, then, retire frequently for there is great sustenance within that will aid your being within the experience of teaching, of learning, of serving, and accepting the love and light of the one infinite Creator. Yet we say to you that you are equally effective when you do not know whether you are centered, when you do not know how to serve, for the striving to know is in itself a holy business and the world recognizes love and compassion whether or not that compassion is couched in what you would consider to be your most skillful efforts. Indeed, the living of a devotional life is the simplest thing in the world, shall we say, for love may be given every which way and it may be received in every which way. The most stumbling attempt is still love. Love has but one. It is well, then, to strive to be your best, but far better, when you feel you have not given your absolute best, to realize the value of that which you have given and to take any thought which may be self-critical and turn it so that the other side of that thought shows, that side wherein you take to yourself the self within which feels imperfect and allow the love of the infinite Creator to flow through you into this spiritual child, for each of you within this illusion is a spiritual infant. We suggest rather that it is your job as the caretaker of your own consciousness always to offer mercy, kindness and unconditional love as you perceive it in all conditions and situations, as best as you can. How can I help

of that love the Creator may, if all love, transform and renew the creation of the Father. One of these is the idea of accepting and loving yourself. Could you offer briefly some suggestions on how to begin to go about the process of accepting and loving yourself in order to move on to loving others. We are most happy to speak to this subject, for within your heavy chemical illusion it is very difficult to have an unbridled love of the divine self within, for one is so taken with the surface iniquities of mundane living, the little disappointments, the little irritations, the hostility, and all the repertoire of negative emotions, that one cannot even believe that one could possibly be worthy, and, indeed, as a human in third density one is not yet worthy of utter self forgiveness except for one thing: the nature of creation is utterly self-forgiven. Now allow all the pain and joy of this experience of incarnation to be gazed at with eyes of love, for you have learned from each and every challenge. Not to forgive an imperfect self—and that is the surface self of each—is to deny that there is more, and that that more is a divine mystery which we may only call love. You are portions of the active consciousness of the one infinite Creator of love and light that is within you. And so you do not honor the small self by feeling worthy, but rather you surrender to the greater Self within, and then you may love all of your idiosyncrasies, all of your faults, because you know, beyond a shadow of a doubt, that as you slip you may forgive yourself, pick yourself up, and walk on. You are creatures of love. It is the heart, the love, the emotion that makes you worthy, and as the intensity of your love of the Creator and your love of fellow men and your love of yourself grow, so shall you become a more and more metaphysical light being, moving affirmatively from your strength—that is, the Creator within—rather than running from, avoiding, or being embarrassed about many, many errors that any limited, somewhat ignorant, and often biased child might make. The skin, the muscles, the mind, the simple reaching out of the hands that is possible because you are in physical existence, these are causes for rejoicing, these are causes for thanksgiving and praise, for you have the opportunity to act as a channel, a worthy and loving channel for the infinite love and light of the one Creator. We thank each of you, and would at this time close the meditation, wishing each to respect and seek the heart within, the deep intuition within, not to denigrate the Earthly vessel in which you move, for though it makes many, many errors, yet it has the hands to give, the mouth to speak, the eyes that offer the softness of a loving glance, the breasts that may give the babe nourishment, the loins that shall produce souls whom one may love and by whom one may experience the incredible gift of unconditional love. Love one another, my friends, unconditionally, and if there is a condition, use the intellect for that for which it was made. We could suggest that one may look forward to a time when one is not so, shall we say, imperfect, as seen by the self, but we assure you that these feelings of unworthiness, insecurity and other feelings of this kind are designed completely by yourself before the incarnation to teach you to love, and to love that which is imperfect is to make it worthy. You are a part of the infinite Creator; you are worthwhile, necessary and beloved. May you love yourself enough to move the imperfections out of the way of your service, and never ever to hold a grudge against the self, but to forgive the self, to intend a newness which is less imperfect in the ways of doing things.

1989/12/03: Glory is a concept directly at odds with judgment, for in the concept of glory, with the concept that all are one, then all are potentially full of glory, able to generate glory through love and light and service and able to experience glory in the inner room of meditation and contemplation and in the environments which so richly endow each with companionship, laughter, light-heartedness, and a sense of confidence and security that comes from feeling that the self is indeed worthy, that the self at heart is indeed a portion of the glory of the Creator. Few there are within third density that are able to manifest perfect glory, for in manifesting perfect glory one no longer has any catalyst to process and one is able to stay in the love and the light of the one infinite Creator, praising and blessing the name of the Creator, speaking hallelujahs for all the blessings of your life. The nature of the Creation is love and the nature of love is glorious. For, is not love glorious, my friends. Remember that the one known as Jesus removed the commandments of his predecessors, and, instead, asked each to love the Creator and to love each other as the self. Why should a relationship with

a father whose love for each is infinite produce anger, confusion and disputation. The beginning of lover—we correct this instrument—the beginning of loving others as one loves the self is to discover the glory within the self, to forgive the self for its behaviors which shall be various due to the workings of free will, so that one may concentrate as much as possible simply on loving and being with the infinite One. Glory is the faculty of the child who finds those things which it likes passionately lovable and glorious objects of love. As you become more humble and more aware of how many errors are self-perceived by you, paradoxically you shall become more and more aware of the exploding excitement of the creation in its eternal dance, in its endless beauty, in its infinite love under the powerful strength of pure light. It is an aspect, an attribute of the one infinite Creator that inspires in the seeker purified emotion—the emotion of unconditional love, praise and thanksgiving. After you have come to this gentle and loving perspective, loving the Creator and loving self as having the Creator within, partially hidden by distortions, one may begin to see the glory of other entities about you. I am Q'uo, and those of Latwii also bid this instrument love, light and farewell. Therefore, I feel selfish as I work out my understanding of the nature of that entity whom I love and would like to understand. Still, we do not know all that there is, and we cannot be considered to be truly wise, for still we have identity, and this is not weakness but a resistance to love itself. How can the Creator love if all It has is Itself. The Creator, in its unpotentiated form, is love. When you feel these concerns, honor the glory within and move from concern to clarity and descending light, for so the glorious peace and love of the infinite One may flow through you to engage and kindle another soul, through intensity, passion and the true winds of the glory of the infinite One. May you see it in each other and may you love each other.

1989/12/10: You wished for more information upon how to recognize your gifts, those things which you have to offer in love to the Creator and to those about you. The gift of humility is especially rare, but it is a resting place for all those who pass by, as they rest in the bosom of one who is no judge, but only sees all as beloved beings whom one wishes to serve. If the spirit is clear, deep intuition expresses itself in saying, "Use this gift now, and use it for the love of the one infinite Creator." Most puzzling are those entities which have various gifts, talents, which are not used, seemingly. Many, many times, the gift of singing, or of playing a musical instrument, is that gift which creates an atmosphere of love, safety and peace within an abode which may be in need of these things. When it is acute and keen it may be used as a gift as one looks at what gives one joy, and expresses to those who cannot see with loving eyes the energies upon canvas, or the sculpture from clay, wood or stone.

1989/12/17: As we talk about how to identify your gifts, you have heard this many times and you will hear it again many times: the way to discover your gift is to allow yourself to love. Loving is a risk. What we look for, what we ask for, what we hope for, is people who find that the love of the Creator for them, unblemished, untouched by the human condition lies within them. It is most easy to love some people. But if anything that is attempted is attempted without the free flow of love, infinite love, into the violet-ray chakra from above, upwards from the red-ray chakra, according to the energy blockages of the body, when you sit to meditate, do your best to clear your intelligence of its usual active pattern of contemplation and thought, for those things which can be said to be of an inspiration that is healthy and encourages wellness among the souls of your peoples is not altogether welcome upon your sphere. There are some who are so aware of the love of the infinite One that they naturally radiate love to all whom they see and desire (to be) of service to all whom they meet. Housewives who realize the incredible sacrificial service of motherhood in truth, though, however, is not a sacrifice, for love is greater, stronger and more joyful and certainly more confrontive and immediate than other solitary occupations. This evening we would simply say, "Find your love." What do you love to do. Do you love to cook. Do you love to drive. In a way, my children, this is what love is. One may love this and one may love that. And one may just love banana pudding, and simply adore prime rib. The most folly one can assume is to assume that because one seems without love, one is not learning spiritually. You are the one who is not growing spiritually if you do not love the unloved. The world outside of you is not apparently full

of love. Love has an active and a passive form. The most important form for you to become aware of is the immediate presence of the unmoved Logos, that great original Thought which is Love. You know if you love or if you are merely getting along, being polite, being pleasant and being cheerful. It is in the realization that you are (as) portion of the Creator, that your ability to love is there to make itself clear, for it is not your ability at all. Many, many of your organizations began in love, love of mankind, love of beauty. In time, this love became jaundiced and truncated while the necessity of the upkeep of the corporation which houses (its) beautiful objects [replaced it]. Determining your gifts, then, is a matter of observing what it is you love to do the best. But the silence of meditation, the steadiness of day-to-day cheerfulness, the pursuing of work that you love is a great boost forward. Perhaps the secret of the service to love is to make no fuss or ado about doing what one can to serve. My friends, you are asked to love one another as you yourself have been loved. You know the incredible strength of that love. Each of you would be in this situation from time to time, thus the offering of love to another by listening, by accepting, by forgiving, and by loving is the gift of which we would speak this evening. Centuries and centuries have gone by with the entities attempting to learn to love. You may do two things with your love after you have found it. The greatest of active services as opposed to passive services of being is loving in such a way that you are able to hear the words between the lines that plead for spiritual help. Pray, first of all, that you love yourself. The second portion of the second admission which is found in your holy works is to love your neighbor as yourself. If you do not love yourself, how can you love your neighbor. How can one magnify one's ability to share love. All these things are gestures of love. So, if you do not love yourself or the Creator, stop where you are, do not attempt to strain yourself by opening higher energies without the heart chakra completely open. Love is emotion that is too soft and too gentle in the way it has become known upon your planet to do that which it was intended to do: act as a balance wheel, giving entities equal opportunities to choose positive or negative paths. This is why we charge you with the challenging of all contacts, but if you love the Creator and love yourself, you will then turn to a world that is bright with the light of the Creator's energy. You do not love energy fields, you do not love that which perishes in entities, although perhaps some of you do. The experience of loving and being loved involves complete trust, cooperation, sacrifice on all parts, and a yielding up of the little self to a self which is called "us," which has an appointment with destiny. Some things do not seem like gifts, but if you can love your neighbor as yourself and love yourself as your Creator and love your Creator with all your heart, then those gifts of yours which are needed will be called upon whether or not you express the talent, for the community of those who pray and serve is such that the opportunity is made for those who wish to serve. Practice loving yourself, my friends. A mistake is a good thing, for in making the mistake, one can sit, intuit and analyze why that effort to be a light being backfired, and so you learn compassion, sympathy, the single-minded love for humankind, not as humankind but as the Creator would do. This depth of love grinds you upon the rock of spiritual principles. But never forget the more subtle kinds of service that comes from the heart that loves unconditionally. When you can listen to one who is (in) deep confusion and respond with unrestrained compassion, that is another way of showing love. And, again, it is impossible to do until the self be cleared of all those bits and pieces that don't fit into the living of a life in love and faith. Carla Is love the same thing as space. My sister, there is, of course, a great ambiguity in the quality of love and of space. Love is that peaceful, creative energy which accepts all as a portion of its being. When one has faith in the other, one begins with an acceptance that is equal to love, and extends that quality of love as a kind of protective field, shall we say, that shields or protects one's sense of purpose or rightness, in order that the sense of rightness within the pattern might firm that pattern or attitude of mind in a way that is likened to the construction of a firm foundation for a building. But when one's heart chakra has been opened enough to allow the movement of this creative energy called love to it, and one has experienced this quality moving from the self to another in a service dependable manner over a period of time, then it is possible to feel the extension of this quality into that quality known as faith. The

faith that (is) all is indeed well, for all is made of love. At this time we shall, in great joy and praise, move from this group in the love and in the light of the one infinite Creator.

1989/12/31: It is a tantalizing prospect to us, a marvelous avenue of service that you offer us, and we offer to you our humble thanks and our abiding love that you who struggle in the darkness still see and have faith in the light within. When biases of love and peace and gentleness and humbleness of heart become your rest and your confidence, then perhaps you may release time and space, allowing it to be a useful and extremely potent offerer of catalyst to those who wish to learn lessons of love. But just as you were yesterday and will be tomorrow in a new year and a new decade, so the I AM that is the core of you learns of love, of wisdom, and of loving, wise compassion. You offer the biases and decisions and choices that have been made, not up to this point alone in your illusion of time but all the choices that allowed each of you to graduate into fourth density, perfect the lessons of love and learn the lessons of light, to fifth density, when you manifest light and learn the true meaning of wisdom. We ask each to love the Creator with adoration and worship as one would normally feel for one's father, for you are truly sons and daughters of the infinite One and within yourself infinite in your own being. Now, to attain a magical personality there is much which one can do and, indeed, must do to create the appropriate atmosphere for the gentle lover's touch of the rational mind into the deep mind. Consequently, in putting on the whole armor of light, as this instrument would say, and accepting the self which seems to be in the future, but is indeed yourself, as a good advisor you are moving toward a centered position which will be most advantageous to you in using this deep and lovely resource of the mind. We say lovely because it is considerable effort, a labor of love, for the sixth density to create a thoughtform of all that it has experienced. Consider yourselves as toddlers, just learning to walk, the spirit so young, so lovely, so strong, and yet so vulnerable. That is the Creator's protection, impersonal, loving and infinite. This instrument, for instance, evokes—we correct this instrument—invokes the archangels—Raphael, Gabriel, Michael, Auriel—and with these four pillars standing in the corners of the room there is an overarching golden dome, for these principles of love called the archangels are most powerful and most protective. And it is well, when it is finished, that mentally one acknowledges that one slips off the garment of light and moves back into the illusion of energy fields and the experiences that challenge you to love. Thus, at some point in your experience, you will no longer seek the light but shall become the light; you shall no longer seek the love but shall become love; you shall no longer seek the one Creator but shall become the one Creator.

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1990/01/07: Carefully did you estimate your limits and move catalyst to the very limits, for you wish once and for all to learn the lesson of unconditional self-forgiveness that opens the door to compassionate love. Therefore, the first thing that we should suggest is dwelling whenever possible upon the all-compassionate love and the immediate presence of the one infinite Creator. You have been created, and you are sustained, and all that is given you is given you by your Higher Self, in sure knowledge that with that which this instrument would call grace, that which we would call the principle of unconditional love, can be made to be the natural and essential being of each, no matter what the condition. The basic secret of protecting the self from the self's own self-judgment is the practice of self-forgiveness, for Christ, Christ consciousness, the Higher Self, whatever you wish to call this principle of unconditional love, stands waiting for you to ask for help. May your heart be as soft as the earth in the springtime, that it may be amenable to plowing, and that seeds of love are planted in the ashes of pain, and fertilized with meditation and caring to do better in a persistent way. You may give thanks that the Creator loves you personally, that you are as important to the mystery as the mystery is to your mystery-clad being; not your vriousness, not your free will, but that of you which is in the Creator, and that of the Creator which is in you. We believe that an instrument, such as this one who is in pain, may, through the help of medication which is causing mere sleep, slide into thanksgiving for all those souls that

of such a powerful nature as is unimaginable. This articulated thought or logos called love has a vibration. Each of you is not the God in some conscious sense but love, and you hunger for the freedom of your true nature and seek to move into more and more close vibratory similarity to that true vibration or nature which is love. The creation may fade away, yet you and the Creator shall seek each other until, in the glory of final awareness, the self is given away so that that separate self might become a portion of the only portion that there is in reality: intelligent infinity or love. It is not a truth that makes you feel good, for in expressing compassion, you are allowing the other to see only the truth of love in its unabridged form. You become a witness to the truth that nothing matters as much as loving. Within that silence a silent voice speaks love to you. To hold that which is true, that which is love without end and with complete compassion in a confined or compacted way that you would call your own illusion, the stage upon which you move, is to invoke or require a certain amount of what you have called tension—mental, emotional, physical and spiritual attention, shall we say. This is why a great feeling of relief and release is experienced by those who are able to extend or in some cases remove the boundaries of definition upon that which is love. Thus, when one moves in consciousness to alter the beliefs, one allows the intelligent energy that is love and life itself to move in a less restricted fashion which is more freely able to express the power of love to transform. The seating of this release or healing may best be accomplished by observing in the meditative state the condition as it was, the nature of the distortion, the removal of same and the giving of thanksgiving to the one Creator for the opportunity to more fully experience and express the energy of love. The parameters for each incarnation include greater and greater opportunity for experiencing and expressing love. The process by which the physical vehicle comes into greater harmony and less jarring vibrations is one in which the mental configuration which has been holding that which we have called love or truth in a confined manner; allows that truth now to flow by removing the boundary. The boundary belief is that which has been, shall we say, out of place in the true alignment of energy and has been holding the energy of love in a difficult position, shall we say. This falling into place, even though it is from that which is less harmonious to that which is more harmonious with energy flow, yet is a jar to the system which was held in such and such a fashion; however, the energy of love will eventually allow this new configuration to express itself in a more harmonious fashion which then is the new steady state of the mind/body/spirit complex. We seek with you that same truth, and walk as brothers and sisters, offering a hand when asked and offering love at all times.

1994/02/06: Between incarnations, within the form-maker body, the spirit or soul will undergo much healing, not of the—we correct this instrument—not of this condition or that condition, rather inter-incarnational healings address the process within which the entity, shall we say, looks through the book of self, missing no pages, and then reintegrates the substantial significant self in a way which more accurately and lovingly places the various distortions and patterns within the unique entity, gradually preparing that entity for its next incarnation. May each, while crashing upon the craggy reefs of doubt and disbelief, confusion and inner anguish, stand firm on one thing: that is, love. You may call it faith or love or truth or, as this instrument often does, Christ, but the claiming of this precious thing is a most creative choice. May each comfort himself with the knowledge that all desire and seeking for that vibratory level which is the love of the one infinite Creator is felt and does indeed change the inner balance. Therefore, we do encourage a steadfast desire for love, truth and a life of service.

1994/02/13: Healing begins with the realization that love and loving constitute wellness. More than any one method of medical treatment the philosophical, metaphysical or religious paths of service offer a way to teach those who wish to learn how to call inwardly and move toward that inner room wherein the heart of silence speaks its blessed and hallowed chant: love praising love, love thanking love, love having any emotion whatever to love. Then what each seeker does with that open channel of love and faith is very much dependent upon that seeker's particular journey. Where is love, for you. Always, it is not the outer appearance which determines the success of employing one's gifts but, rather, one must simply move as one feels to move, always being aware

that the service is service to love, in love, for love, by means of love alone. Because the greatest energy of all is always the same: love is always the over-mastering power and creator. When one can, even for a moment, see and feel the truth of the turning to love above all things then shall healing truly multiply.

1994/03/13: The basic vibration of a self, or entity, is the vibration which is identical to the vibration of love. In other terms, for we are aware that this query was asked for various reasons, the identity or vibration of love at the moment of creation was given all of the densities and sub-densities, those coming into being in an inevitable pattern representing the settled view of the infinite intelligence which regarded the creation prior to your own. We encourage each to be that loving vibration first, and words and actions second. However, each entity must move in that fashion which brings it into closest harmony with the concept of love and acceptance, for it is not clearly known within your illusion where this point of truth resides, though each sees it with what seems to be a clear eye. It is instead that which accepts the Creator in all faces and then does what it will in the face of love and with the motivation of love. You say simply act in love, and I think it is wonderful advice. It's very hard for me to see where that love takes me. Is speaking the truth a loving thing to do. Is not defending yourself still a loving thing to do if people would be helped if they heard your side. Because of this confusion and because of the importance of your decision in your own evolutionary journey, we must not infringe upon this choice and can only suggest that when you have prayed or meditated yourself to a point of loving acceptance, then the choice will become more apparent.

1994/03/27: This vibration we call love. This infinite intelligence is expressed in that vibration which is love. The teaching we offer is this: as each seeker moves its vibratory complex closer and closer to the vibration of love, so does the infinite self within each seeker begin to sound its true note and identity. However, as the seeker sharpens its desire for and its hunger for more harmonious vibratory patterns, as this seeker then persists stubbornly in seeking again and again to move the personal vibratory complex closer to the pure vibration of love, so does desire create the perfect work within. Each unique spark of love, each entity, was already loved and cared for before all that you see as the creation came to be, for the essence of each of you is a thought. You clothe yourselves for your few years of incarnation in this flesh and wear it until you have truly worn it out and then, like a garment, it is laid aside and that unique spark of love which is you moves onward and where you move onward to is dependent upon how you have dealt with those issues which you chose for your own learning within this incarnative experience. You are love and you seek love, yet this love is biased and distorted in many, many crazy ways. That feast is love and each of you may be more and more one who dwells in the presence of that divine love. When we speak of love we do not speak of the love of friends or the romantic love of men and women. Indeed, we realize that this word, love, is itself confusing for it means so many different emotions, not one of which has the power or purity of the one infinite Creator's love. This love is as a creative thought and energy which has literally manifested all that there is. The nature of the universe is love which affects light in ways which build all that is manifest. You gaze at a creation building entirely of light governed by love. If you are practicing the presence of the one infinite Creator, if you are living in faith rather than seeking and scrambling for proof, if you have hope and trust and love and a smile, these things will speak for you, without your doing anything and this silent witness may bless without invading for it is primary that each entity freely choose that which it chooses for the choice made is so very important. What choice would that be but the choice of how to love. There are two ways of expressing more and more love. We believe that the experience of which you speak is that of an entity dimly sensing that which is beautiful beyond description, the love between two seekers. This love is close in vibration to divine love for the love of those who together seek is completely selfless. This partakes of the nature of love itself. Each time this love is shared back and forth it blesses infinitely, does it not. We love you and bless each of you and thank you for the great honor of speaking.

1994/04/10: During this natural process which is instinctual to your flesh, the life within focuses upon the lessons of love which third density brings. It is the essence of

of sixth-density love, however, that aspect of light which is healing is aided greatly by the working of the immediate offspring of those who choose to create their progeny by fusion within the sun.

1993/10/31: It is a privilege and a blessing to speak with this group of beloved entities at this time/space. You do have every reason to gather at a time and place to express love, compassion, worship or whatever words you personally would choose to show forth your love of the mystery that is Deity and to anchor the outworking of this love within your environment. When the purpose for gathering is the desire to express love and the desire to serve that occasion becomes a very big party in ways you cannot see. We see you as love's witnesses within an illusion so thick that you do not feel each other's thoughts. For you to honor and love the infinite, original Logos and to so order your lives as to attempt to show forth your love and the Creator's love of you in all that you do is greatly inspirational to us for we know you are going on faith. It is our opinion that you in third density making the great choices between giving and receiving, between loving and risking, and being loved and not risking, we find your courage heartening and your hopes and desires and intentions beautiful and as each choice is made and that which blooms within unfolds yet one more petal we can only give thanks and rejoice. The blessing of love is love and you are truer than you know or can ever know within your experience to the love which loved you first. It is true that you have the quality of acceptance and freely given love that provides others with a safe haven and we are aware that there are many upon your plane who serve in this capacity.

1993/11/21: Some of these memories are from the many, many times of being incarnate in third-density physical vehicles; however, some of the content of this memory is that memory which is gained as a portion of essential beingness given from the original Thought, which is divine Love. She say love and light for you can speak.

1993/12/12: We seem to need a lot of repetition concerning "being and doing" in our lives, controlling and allowing things to work for their own ends, or, basically, the lessons of love. We are in service to your people to promulgate this one deeply held opinion of ours: that is, that there is but one great original Thought, that Thought called Love which is the Creator and the nature of all that there is, with light being that instrument with which the grand tapestry of your world scene is woven. We, too, encourage the attempt to be perfect, that is, be perfectly loving just as the infinite Creator is infinitely loving and purely loving. However, this teacher, in the ministry which expressed without words the nature of this entity's love, chose again and again to bestow that love, charity and wisdom upon those which any civilized culture would call imperfect—the tax collector, the prostitute, the halt and lame and those possessed—a veritable rogues' gallery of failed and sinful entities. And as the question itself implies, the odds are good that quite often within the stretch of years of a seeker's conscious spiritual walk the self will be, again and again, rather frequently out of balance, or shall we rather say, perceiving the self as out of balance, and there is the wishing and hoping for more balance, for more skill in expressing the life in love and in service. Do you wish to be always the one who offers love. Just as strong as this desire is, so is the strength of your ability to notice unloving acts. This peace may be full of noise and full of prayer also, yet, this peace is simply the awareness of the Creator in direct relation to you, and in direct identity with the heart within, which contains that spark of pure Love which enlivens the whole. And with each repetition, the total of Love does not expand but simply intensifies, so that as each lesson is repeated, new and deeper graspings and understandings are found.

1993/12/19: Toward the female, then, is felt an irresistible love, often experienced as a darker or more convoluted love bearing in its folds the pain of that within the male which is not alive as is the female. The grasping or holding on to that which has occurred, we suggest, is not necessary, for such clear dreamings generally signal the ending or completion of one cycle of learning and the momentary or new entry into the next cycle which shall be the next lesson of love. We applaud the courage it takes to persist beyond any limitations in intending and desiring with a whole heart to learn the truth, to witness to the light and to live serving in love for love's sake. This frustrating, confusing, chaotic, ongoing experience which entities rush through, calling it life only if

it is thought about, this is the ground upon which lessons are learned, love is taken in and given out and all of worth is collected through the webs of perception. It is made of the love of the one infinite Creator.

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1994/01/02: This field of love is of a nature which is reproduced and is the stuff of all levels of vibration which stem therefrom. The energy is saturated, that is, there is fullness of love. However it is an understanding, shall we say, of fields and of the amount of saturation or fullness of love in the fields, in field strength, shall we say, that aids in the efficacy of healing. That is, the more saturated the awareness of love is the more fullness of health there is. Love is of a certain nature. The fullness, breadth, depth and height of the nature of love is both revealed and concealed by its visibility and ready accessibility for each self contains this center without distortion within the open heart. It is both blessing and curse that those who seek so longingly and yearn so profoundly for scientific information to aid in being of service must have their hopes thwarted by the illusive and ever receding face of spiritual knowledge, for this knowledge is not that which has to do with the kind of measuring which is used to calculate the hierarchies of the observable, physical universe, but love moves and its traces dwell within all things. The keys to healing echo the ways or nature of love itself. Our hearts are full of a love and desire to be of service, as always, and we are most thankful for the energy and desire and longing to be of service that this group expresses with these queries.

1994/01/16: We are those of Q'uo, and we are privileged to bless you in the love and the light of the infinite One. You are beyond all changes secure, safe and held with the greatest tenderness by the love of the infinite One. Love created you and love loves you. Remember the desert floor and the out-flung hand, remember the stars spinning into your consciousness and meet change with love, for you have nothing to fear. The various pieces of self are knitted up in that opening to the presence within that loved you before you ever hoped to love it. Sometime the true need is for the self to rail and complain bitterly to the infinite Creator, to say, "This does not seem to be a lesson in love at all. Too much is made of the wonderfulness of the infinite Creator and not enough said about the intimate love of this love itself that engages you in conversation and responds caringly and intricately to the way you speak your experience and tell your story to (it). You are responsible only as you will yourself to pay attention to that which is before the eyes and then to address that situation, curious to find the most love within the self and the most appropriate way to share that love—first with the infinite One and then with the self and others, looking in times of change for ways to love and ways to be love, and accepting all with a brave heart. Retain the awareness of that consciousness that does not resist destiny, and school yourself as far as possible to create the response to stimulus which is positive and says, "Yes, I will accept this change and will be sustained in it by the presence of love." Call upon your own faith, feel strongly the hope which abides, and attempt to remember that all those changes have to do with lessons about loving. Bring in, too, remembrance, love. All things will pass away except love. You are love, you just don't know it yet.

1994/01/23: If we were to ask any of those present how well they could attract the love and the caring of the infinite One, perhaps the answer would seem to be along lines of hard personal spiritual work, prayer and fasting, or some difficult task, such as the silence over an extended period. We who speak with those who gather feel the greatest of honor, for we know that the love and light of the one Creator which we are privileged to share is that which attracts all, and as each entity on the path of seeking moves from light to light, there is the growing union with all light everywhere. R I have a query, Q'uo, that concerns something that is on my mind when I come and join the circle, and that is that I wish to bring in as much love and light to the circle, with—and minimize the flaws, so to speak, that come from my personality.

1994/01/30: We come to share our perception that all things are one, and that one thing is love. The love that created all that there is is a concept, an original Thought

care about the entity, for the Creator's love of the entity, for the gift of faith to bear that which cannot be born, and to endure the unendurable. In any circumstance there are many blessings, not the least of which is the fact that many environments which an entity knows not that it touches, moves into prayer as it cares and shares that caring with the metaphysical instrument of unconditional love, and the request that the will of the One Creator be perceived, and the entity given the strength to act upon what is perceived. These things cannot be avoided, for you are of humankind, but in the controlled situation of recovery from serious illness, it is good to attempt to pray without ceasing, giving thanks for all that you can think of—for those who love you, for the Creator which nurtures you, for the skill of those healers which work with you. The phenomenon known to you as Jesus is a principle of the Logos, or Love, that has moved through the densities as any other entity, but was created slightly differently than those of you who swim beneath the sea of illusion. In other words, this entity contains more of the Logos, or Love, than free will, whereas each of you contain the bonding of Love and free will, against which you must challenge yourself to find a unity of being. Again and again the Creator sends forth that special part of Itself which retains the consciousness of unconditional love rather than having it disappear beneath the veil. There is the instinctive hunger to move closer and closer to that principle of consciousness which is freely given, unconditionally given, love. So is the I AM of love. When it incarnates, its only difference is that it does not forget that which all those upon your sphere do forget: the glory, the wonder, the beauty, the peace, the laughter, the love and the light of the one infinite Creator. And as you meditate and slowly become more and more conversant with the deep self which is worthy, limitless and eternal, you may find yourself humbly pleased that you are able to be a servant of the principle of Love. Pardon us for taking the time, as you would say, to luxuriate in what seems to us a warm and frothy waterfall of each entity's love of the Creator and of each other. We realize that anywhere two or three, as it is said in your holy works, are gathered together, unconditional love is within the group as a member, an actual principle or being of consciousness. Thus, the group meditation, the group focus upon the truth and love and peace, creates a very strengthening resource for each as it moves from the group into other environments which are not controlled, which are not safe, which are puzzling and risky. May you pray for such risks, and such chances to utilize that which you have learned, to move closer and closer to the polarity of the unconditional love that is the core of your imperishable being. His I AM was the principle of unconditional love, the nature of the Creator. The great I AM is love, unmanifest and manifest.

1990/01/21: For yours are not the lessons of reason, yours are the lessons of love. For instance, if there is no formal worship within the family group, no sense of wonder or mystery explored, no time set aside for the beauty and the love and the peace of the infinite One, then the guidance that each intends to give to the young ones who have been given into your care is greatly [diminished]. Each is a being of love. Each has choices to make about how to use that love. Share in a little piece of each day and spend some ritualistic time in respective silence or in vocal praise, in whatever way the mated pair feels comfortable with the little ones, that as they grow they may know that they have been created, that they have been loved not only by the parents but by the universe itself. Then they are at home in the universe, for the universe loves them. The creation of the biases within the incarnational experience of the small ones, that they are accepted, forgiven and loved unconditionally by that great mystery which is love itself, the great moving force of creation, and indeed the Creator Itself. Truth, reality and love is the realization that now is a resonant and sanctified moment. But above all treasure the "us" which is created in the mated bond and which includes, as a third partner, the Creator Itself, the great original Thought, which is love, love impersonal and impassable. And to give that other self every consideration, as their freedom, every ounce of love within your being. Release and surrender your mate to the love of the one infinite Creator. Faith that there is love in the moment, if one looks hard enough for it. And faith that recognizes and rejoices in those times which are easy and warm and loving.

1990/02/04: [overview] The question this evening has to do with how the various light groups around the [world],

in different countries, different cultures and different religions, who are all working towards the realization of some sort of love, light or unity within their group, can blend their efforts and help to bring forth this light and unity for the entire planet. We thank each of you for calling for our information and for accepting our love and blessing, for we do indeed feel loved and blessed in return a thousandfold, and learn a great deal from the bravery and charity which each of you manifests within the world of illusion in a purified manner. That one group or another may contact, move together, combine energies, and so forth, is subjectively and to the entities involved a most joyful and helpful experience, and many are the times that your groups have communicated with each other in the name of the infinite One, creating a palpable and metaphysical web of love, light and service which spans your sphere and which causes the spiritual gravity of your peoples to approach the point of harvest. Indeed, we encourage all such gatherings and communications betwixt those pilgrims who are upon the same path, for as you love each other so you empower each other, and engage each other's passion in love and service to others. No matter how beautiful the vibrations of many entities together worshipping the infinite One, yet still the emphasis is towards the center, towards the self-growth and the mountaintop experience of sharing in wholeheartedness the infinite love of the one Creator with each other. However, each of you that is already one who has chosen the path of service to others has now a deeper, honorable commitment, and that is to turn outside, to face away from the center of love and joy, that your light may pierce the darkness about you, that that which comes through you may shine from you, not into the eyes of another who is already radiant, but into the eyes of those who know not light. When this lesson is learned, the desire to meet only with those who meet your subjective standards of spiritual ability can be released more easily, for one is able to see that within each pilgrim lies the consciousness of love that, when purified, is a channel for love and light not only from the infinite Creator, but from all those co-creators who serve at the harvest, such as yourselves. He had those who were his students, but he did not encourage them to love and serve him, but to love and serve those who sought him. You have the making together of so many entities in love, communication and service. But remember always that when strength has been given to the group by the group, it is then time to turn away from that great center of love and light, and to be that channel through which light flows into a world darkened by the heavy illusion of despair, loneliness, sickness and distress. We ask that you see yourself as a minister of some kind, not as the world calls minister, but as we call one who ministers to another, a caretaker, one who loves, one who gives. May this day bring to me that which I should do, and may I do that which there is for me to do with single-mindedness of love and light." Once a seeking entity who wishes to enable those of the [Earth] sphere to become more conscious of the light has realized that they are indeed all one, that they are indeed interwoven and cannot be otherwise, then one need never feel alone or solitary again, for in one's seeking, in one's doubting, in one's searching and in one's suffering, the spiritual journey is played out again, and again, and again with those who are as you, heirs of the everlasting. We ask that none of you attempt to be wise, for wisdom within the density which you now enjoy is a snare, a trap set for the unwary by those who wish to put out the great light of compassion and love. Feel at this moment the intensity of love that is radiating through so, so many of you at this time, and know that the connections are already made. We know that you desire to help, to serve, to love and to give. Love and serve that which is nearest to you. To turn inwards and link up with each other is to be comfortable, to be joyful, to experience the mountaintop, the glory, the positive infinite energy of divine love. It is not well to overdo that nourishment, but rather it is well, as if that nourishment were food from a table, to rise from that table and go forth into the mean and beggarly streets of the grimy, garbage strewn surface of your Earth sphere, sending your clear love and your best light to those who lie in the gutter, to those who hunger but have no money for food, to those who know not what they wish. And yet, the response which is truly sought is that response which will fill the heart and inspire the spirit within, for each portion of the Creator exemplified by each entity within the creation is guided, most lovingly and precisely, by the voice of the Creator that speaks from that deep and still point within the heart.

1990/02/11: Do not attempt to over-program the self, but attempt to move naturally with the tides of event and circumstance that focus your attention upon various phases of the illusion, remembering always that your lessons are those of love, your density is that which seeks a greater grasp of the nature, meaning and power of love. Thus, in your waking life, gaze at all that occurs with a view towards what aspect of love may be presenting itself to you for examination. However, the vast majority of seeking souls do not receive the crystal clear explanations of love, but nuances, clues, stage settings and masks. As one undertakes any study of the nature of your evolutionary process, whether it be that path followed by those who study the tree of life, the path of the tarot, or any other path that leads eventually to the realization of unity, it is well to surround oneself with the desire to seek this unity within that quality that you may call love. Love, being the energizing and creative force of all that is, then, can speak to itself within all other beings and forces that may be encountered, calling from each its creative and sustaining nature. To so configure the conscious and subconscious mind with the quality of love is to provide to the self the greatest protection that is possible, for where there is love there cannot be fear, and fear is the only avenue available to any entity that would wish to enter fear and manipulation into one's pattern of life experience. As one progresses along whatever path is chosen and begins to bear the fruit of that path in service to others it is especially important to fashion the armor of love and light about oneself in order that the endeavor to seek unity in order to be of service to others might be protected. It occurs to me now that the greatest protection we may need is from ourselves, and as you have said, the surest protection is provided by the loving and open heart. K You spoke this evening of the protection inherent in the consciousness of love. Earlier you spoke about the protection that is offered by the cat entity, and I'm wondering if you can talk a little bit about how they offer that protection and if that's related to that same love consciousness. Thus, the cat has for great eons of your planet's metaphysical experience become associated within the mass mind of your planetary sphere with that which is protective, nourishing, loving and inspirational. Thus, the connection between this creature and that quality known as love is one which is steeped in metaphysical experience and within the roots of your subconscious mind.

1990/02/25: However, the divine Thought within, which is love, that which is the true self, is covered over, as is the molten center of your planet, with honeycombs of many, many kinds of material, and finally the shallow waters and land masses of the topography of the surface of your sphere. This planet is an analogy to that which is the consciousness of love within. There is, however, that oneness between the molten center of your being, the passion of the divine love within you, and the one great original Thought that is the Creator. We encourage meditation with the regularity that must seem endless to those who hear our words, but meditation is the key that unlocks the door to that shuttle into that molten passion of love within, awareness of which inspires and enlivens each portion of the experience of your illusion. It is not in any way unspiritual to evaluate the self each day, beginning with the fundamental energy of love of life. You must first allow your faith to show forth in a love of life and living. In meditation roads are built that create a pathway to an immediate experience of this love. A great deal depends upon the preparation of your self to be a person of joy and lover of life. You are love, you are a co-creator with the original Thought of your own experience and your own creation. The effort is in creating within the self a joyful remembrance of love as the nature of the true self, which creates an atmosphere in which gradually, and in a rhythmic, appropriate time, one after another, those things which are hindrances to joy fall away. Distress, despair, all negative emotion is distorted love. But as love is all there is, so with your free will you may create ponderous illusion upon illusion, finding perverse comfort in negative emotion, for it is familiar, and that which is familiar is safe, and that which is unfamiliar is not. To one continuously aware of the self as love there are no threats, there is only remembrance of the truth of love. We are mindful of this entity's weariness, and would therefore transfer this contact, with many thanks to the instrument for its remembrance of its great desire to love, to the one known as Jim. We hail each through the mouth of this humble one in love and light. Be mindful, be faithful to yourself, to the

love within you, to the consciousness that abides eternally, infinitely within you. Reach within that weariness for the tenderness, love and the cherishing that has moved within each in service to each as difficulties have been recognized, accepted and perhaps allowed to take center stage instead of mindfulness. We are those of Q'uo, and shed our love, and let light shine through us to you, in the name of the one infinite, glorious and everlasting Creator.

1990/03/04: The demands of survival are parameters accepted as given, and there is no ambition for any but the comforts of eating and sleeping, mating, and communicating in some way with that great spirit which is known by all primitive peoples as the giver of all blessings, the lover of all entities, the source and the ending of each consciousness before birth and after death. The pure and simple realization of the love all about one began to be questioned, for within the third density mind and spirit nothing is obvious, nothing is known, and there are only hints that there is a reason for existence beyond the viewing of the seasons, the participation in the rhythms of life, the opening of the eyes at birth and the closing of them at death. As you are aware, there was, again and again, prophecy, vision and the perfect ideal communicated through those gifted in mysticism and communion with love itself. In each case, this original message of love, love given, love shared, love enjoyed, was distorted by the need to convince others of this love, of this way of understanding, of this method of enlarging the scope of the experience of humankind. And so each mind that found itself in the position of power began to use that power to express the distortion of freedom and love which it considered to be correct. Because entities were ordered to worship this entity instead of another, there came to be a more and more unified concept of love, of creation and of freedom. Yet, the word of a gazing beyond was spread, and entities of the Celtic races, those nation-states of that which you call Europe, were enkindled to a passionate love for love itself. Thus, as the culture which you now enjoy has matured, the concept has more and more been sullied by those which have not had to fight for it, which have not had firsthand experience of tyranny, and of the blessing of a deep and passionate faith in the ideals of infinite love. This is because of the growing distortions having to do with the true identity of the ideal of love. There is no bargaining to love, there is no taking to love, there is no possessiveness, there is no discord. As each chooses in the face of a most pragmatic and confused society the purity of love given freely, so each approaches a true understanding of the nature of freedom; that is, the freedom to be the best of oneself, to rest in hope, and peace, and joy and in faith, no matter what the outer circumstances may appear to be.

1990/03/11: But there shall come a time when those both incarnate and discarnate shall need to walk a path walked only by those who are alive in faith and love, adoration and worship of the one infinite Creator, and so, able to receive and use and praise the more intense light, the more dense vibratory patterns of being, which characterize that illusion which is at the end of this gradual graduation process. Always have there been signs and wonders, but never have these signs and wonders been more exciting to those whose faith is shaken than now, for such phenomena which are public, witnessable and undeniable, are to people who are not able to believe, in faith, evidence of a sort of that love which is alive. The gentleness, the nurturing, the tender quality of the love of the one infinite Creator in this particular society was not valued greatly, nor were those who represented that side of the Creator—that is, women—regarded as anything but property, those who were totally subservient, those who spoke not unless spoken to, those who watched carefully all that they did, those who would not dream, nor even imagine, breaking a vow of marriage, once promised. It is of course true that love may sometimes be harsh, that its lessons may seem capricious. And many who are jaded and lost in doubt have come across the undeniable evidence of these occurrences, occurrences which continue and will continue throughout the transition period into fourth density, in order to give the weary soul rest at last when it needs, in a thirsty dry land of intellectual belief and thought, the sweet, warm love of a living Creator. You bow your head before the love of the infinite One. The symbols that you choose to be important to you are your own choice, but we ask that you gaze steadily and carefully at the concept of compassion, that it may come to heal you, to mend that which is broken, to cure sorrow, to turn the wrangling reality as it seems for a quiet

upon week—this for those who do not see love in soup—shall furnish the love; for this, too, is food, a kind of food you might call manna or bread of heaven. It is that grounded faith which grows out of connection and of love which enables you to deal with the bewilderment and occasional deep pain of your life, to cut through your war with that pain and confusion and take the next step. There were also those who acted in the service of love and caring for others as best they knew how. That does not free us from responsibility for stating our viewpoint with love. When you see the impulse toward arrogant response arising in you, let it be a flashing red light saying, "Fear is here," and move that loving heart immediately to the fear. And that's one of the last lessons that we learn: finding love for our very fallible human selves. So, they were hoping that by simulating the negatively polarized extraterrestrials, they could give a different message of love instead of a negative one of fear. They were very loving beings with very good intentions, but they overestimated their own ability and their own need to learn from the negative half to understand negativity within them. They use love as the energy of this force field to prevent encroachment by negative energy. There's a force field of love which prevents highly negative energy from encroaching, because they're repelled by this force field.

1993/09/26: Hinduism leans a bit more toward the qualities of love than of wisdom, as do the Sufi faiths. The Native American traditions come to a beautiful balance. Call it wisdom and compassion, wisdom and love. So, what are these paths of loving-kindness, mercy and compassion, and of wisdom. Predominant in those memories were the stories of his deep loving-kindness to all beings, his deep sense of humility, his unwillingness to see another being suffer; and yet his deeds were tempered with wisdom. But I was forced to remain there for some months, being tended lovingly, carried from place to place, fed and my soul nourished until that deep grief within me had healed and I was ready to go home and be both mother and father to my family. Those of you who are drawn toward the Christ as your spiritual master are drawn more directly toward these teachings of loving-kindness and mercy and forgiveness. Both deep wisdom and the ability to love are offered you. This is not quite the same intersection as wisdom and love. In which directions do you most need to open yourselves in order to best live this center of the cross of wisdom, of compassion-mind, mercy, and love-mind and wisdom-mind, of relative reality and ultimate reality. I now pass the microphone to my brother/sister, beloved friend of Q'uo. Your need for this manna of love and wisdom is yours due to the circumstance of the veil which descends upon those in the third density, leaving each seeker in a relatively dark and subtly lit environment which has been called the shadow of death. And as you emerge from this deep darkness, your new and transformed being is able to see more light, more beauty, more meaning and more of love. You have been forever and you shall be forever; and yet, not you, but Love that sent you—a spark of Love—out into materialization that you might experience and process that experience with your own peculiar and unique distortions, creating your unique beauty, your unique harvest of experience. I want to attend now to some of the questions that were raised last night, questions especially referring to the catalysts of this earth plane and the question, "How do we walk this path with love?" There are two different issues here. One is, "What is love and what is fear?" And having determined what is love, how do we choose love. You cannot "should" yourself, force yourself, into taking the path of love when fear feels overwhelming. But to act in care for the self may also be a movement of love. Thus the question is not what you do so much as, "What is the primary force behind those acts or words?" When you focus on the already present loving motivations, they will be reflected in the acts. If we are going to choose love, we must be consistent. Love is natural to you and becomes apparent when there is not fear. You do not need to create love in yourselves. We do not look, then, at these two paths, fear and love, and say, "I will choose love," even though we quake with fear. Rather, we say, "What is this fear?" and attend to the fear lovingly so it dissolves, and then love is natural and open. I am not suggesting that it will not still take courage and determination, commitment and energy to choose love, but there is no force involved, just a loving aspiration. You must, then, begin to see who you really are, that fear is an illusion, that you are Love by your very nature. Let me begin by saying that you have a wide

gamut of emotions, but they can basically be broken down into fear and love. Grief is a mixture of love and fear—a fear that your needs will not be met, that you will be hurt through this loss—and also a sense of deep sorrow which grows out of love for that which has been lost. Part of grief is not fear, but an expression of the depth of your love. So, we want to be careful not to pigeon-hole too rigidly here, not to simply say, "This is love; this is fear." There is always a blending of the two. This is also some blending of fear and love. We despair that we can never fully merge with that light and love toward which we so deeply yearn. pop! goes the balloon, so that she is able to come back again to the clear perception that transcends worthiness and unworthiness, and then to ask, "What emotions have given rise to this illusion?" and to tend lovingly to those emotions. The baby will feel the withholding of love at that time. It needs to form a bond of love with that adult which parents it, singular or plural. Back to the child: It needs to be loved. So, it quickly picks up the messages, "What can I do to be loved. If I play your game, you'll love me?" That game varies from family to family. It learns that its own rage runs contrary to its overriding need to be loved. It tells itself, "I deserved this abuse" because the alternative is unthinkable: "I did not deserve this abuse; therefore, this adult is wrong and I must contradict this adult, putting myself out of the reach of its acceptance and love." The child simply lacks the strength to do that. Or perhaps you were lovingly raised by a non-judgmental parent, but there was still rage and shame about that rage. Each cell within your physical vehicle vibrates with the love and light of the infinite One, and its instinctual desires are for all energies to harmonize. It is self-loving, indeed, to create these moments of touching into that bottomless well of silent listening into which is poured light without measure and from which you may drink until you have no thirst. This is the second life form that you now seek to nurture and which now seeks to nurture you, for even from the cradle this Christ child reaches out and loves you, for the Creator loves first. Your love of any entity, including the Creator, is a reflection—love reflected in love. How this baby consciousness loves to love. This is the being which marries, even melds with this second-density creature to produce that unique being—the human—which is both of the earth, born and dying, and of the universe, loved and loving forever. And as you walk the paths of your days, you may move up and down the scales of perception with increasing ease as you begin to find the pure freedom of that logic which transcends distinction and partakes more and more of the values of love.

1993/09/26: Feeling Aaron's energy, I challenge it: "Are you that which I have come to know as Aaron?" "Yes." "Do you come with a principle of love in service to all beings?" "Yes." "Do you come as a disciple of that which is an embodiment of truth for me, which is that energy that I have come to know as Jesus, the Christ?" "Yes." Aaron I am Aaron. Your service to us is extreme, for as we teach you, we learn from how you hear us; and this represents our means of growing in love and service to the infinite Creator. I ought to ...," but looking within for where the love is and finding that thread opening to more of that material within, so that you are constantly finding new springs in the topology of your mind. And lastly, we wish you to know with assurance beyond any doubt that we are with those who call to us, not to channel as through this instrument, for that would be an impingement, but to be as the carrier wave of love so that you need never be completely alone.

1993/10/17: Let us move to the beginning where there is only intelligent energy created by free will, which creates unpotentiated love, which in turn, it being the first articulation of singular characteristic, out of this singular characteristic, creates one thing—the photon. This limitless light is the background created by Love before any articulated creation made from Light. It does not contain error but is a creature of utter Love containing the infinite intelligence without distortion. Within the context of third-density lessons of love, this plane of light has little substance in reference to questions of moving from third to fourth density, learning the lessons of love. The way entities seeking to love the one Creator may visualize moving into the highest of all tabernacles, pure, limitless light, there is this place where light is still, for it completely fills all that there is. This ranges from something as simple as the sun-body being aware when the radiation of the sun touches your skin and you praise the light and the love of the infinite One. Not all rays from the sun are the children

ness that is God. One can learn to work very skillfully and lovingly with these gifts so that one is no longer reactive to emotions, no longer reactive to physical sensation. That being begins to live its life with great love, yet it may also experience deep pain if there is still identification with that which arises. But without the love or compassion that grows out of acceptance of the human experience, such wisdom becomes sterile. I want to digress here a moment to speak about the words love and compassion. When we use the term love, we are not speaking of a maudlin kind of love with attachment, not a manipulative love or a grasping love, but pure love that opens itself to all that is. Love is a hard term to define. I am somehow more comfortable with the term compassion, which is an outgrowth of that openhearted love, but is more easily recognized, less easily distorted than is the term love. We can use them interchangeably as long as we understand what we mean by each: love and compassion. Indeed, you all are doing that constantly in your lives as you attempt to live with more love and skill, as you attempt to live with non-harm to all else and as you process the emotions, thoughts and sensations that move through you and work on non-reactivity, deeper wisdom and compassion, and unconditional love. The animal knows its master and wants to love it a little bit, but it is not aware of itself yet. Fourth density: the awareness of love. Some say, "Okay, I'm going to take all this in and I'm going to do it." And then, instead of becoming a work of love and kindness and gentleness to ourselves, it becomes just another kind of fear: "I'm going to get rid of that and I'm going to be this." But that's not honest.

1993/09/25: I focus on the loving and openhearted in my motivation. "Do you come in service to the principle of love and service to all beings?" And finally I ask it, "Do you come as a disciple of Jesus Christ and the Buddha?" If I'm not channeling to a big group, I simply say three times, "Aaron?" and get a "yes" three times, so I don't always go through that procedure formally. When we ask, "What is the spiritual path and how do we live it?" the spiritual path, for me, is one of awareness of the non-dual nature of relative and ultimate reality and compassion for the being who sometimes stumbles while trying to bring them together harmoniously: love and respect for these beings who keep brushing off the mud and moving on again, always learning a bit more about this balance and always learning a bit more about the desire to rest on one side or the other side of the balance; seeing the resistance to bringing them together because that requires such deep honesty and courage; and finding compassion for the being who cannot quite do it, but tries. We are looking for this balance of ultimate and relative reality, this balance of love and wisdom. For you know that you are not your body, but were before the world had been and shall be long after it has been taken back into the unmanifest and unknown, which is infinite Intelligence that is the one great original Thought, which we label with the weak word Love, having no choice. Each of you can, in every moment, imagine, dream and intend this nurturing; and with the energy of this intention, you touch that tiny light-being with the Mother's and Father's love, seeing you are not alone, "for I have touched Love." And all that you feel and care and reach for exists in abundance, abundance that shall wash over your sweet beingness. "Here, feel my love." And because you, in all your dirt and confusion, have intended and dreamed and imagined this love, this abundance—this becomes truth; and the nurturing of infinite Intelligence continues as the great work that rose beyond all of the seemingly independent sparks of consciousness and, in the end, feeds not only that spiritual self within but the more conscious everyday self that may feel so poorly equipped to nurture and love spiritually. Your secret weapon always is the parents' eternal secret: simple, honest love. Love that questing spirit within and you nourish that which shall carry you into eternity. We thank our brother Aaron for sensing this teaching impulse which came to us, and hand the microphone back to his teachings with our love. How wonderful it is to be here with you in manifestation through these lovely children. Aaron I want to move into some of the specific questions that we so often hear, the main one being, "How do I know when I'm following a path of love or a path of fear?" If you only had one motivation, it would be easy to know. But 5The difficulty, then, is sorting out these voices in yourself and learning to trust the sincerity of the loving motivation and not get into a dialogue with the negative part of the motivation, but simply acknowledge that it is there. When you are faced with a choice, you look

at what grows out of a loving and connected place and what grows out of fear. There was both love and pain between A and B. A agreed to that with some hesitation, but A sincerely felt, "If I want to live my life in love and trust with this being, the first step is to trust it." So, A offered to B half of its possessions, let us say. Why do seemingly bad things happen to people who are trying to follow the dictates of love. It is very hard when one must go through that, but if one lets go of trying to make it come out a certain way and relaxes into what is, then one can find love and healing even in the midst of pain. I have lived these six years in prison with much love, serving my fellow prisoners. A may make it very clear, "What you did is totally inappropriate and I am very, very angry and hurt; nevertheless, I do not hate you." To say no can be done with love. Perhaps both A and B needed to learn these lessons, B being served by A's ability to work with this painful catalyst lovingly so that B might also learn and grow beyond its self-centeredness and fear. Finally, A may be offered the opportunity to look at the multiple motivations in itself, that it shared its fortunes with B with a high degree of love and desire, aspiration to strengthen their relationship, but that there was also perhaps denial of any sense, "This being is not trustworthy"—denial of the fear in itself of letting go of a relationship with a non-trustworthy B. So, one part of it is A's reluctance to be honest with itself about the realities in its situation, it is clinging to what love was offered rather than having the faith to say no. So many of you have a hard time saying no with love. You aspire to be "spiritual," to be good and kind and loving, but sometimes you interpret that kindness to mean being a doormat to others. But there is a place in between, when you have self-respect through faith in who you really are and in the loving-kindness of your heart, even while knowing that this is only part of what is there, that there is also fear and anger, jealousy and greed. But when you have faith in that segment of your heart that is loving and respect that in yourself, then you find respect for that which is loving in another. When you have compassionate non-judgment for that in yourself which is less than loving, you find compassionate non-judgment for that in others. When you learn to say no kindly to yourself when the impulse is grounded in fear, then you learn to recognize that fearful impulse in others and say no to it with the same kindness. You must get this straightened out in yourselves by paying close attention to the multiple reasons for your choices, starting to see those motivations that are prompted by love and what part of it is prompted by fear, not hating yourself for the fear, but not being drawn into dialogue with that fear. Am I coping out or am I being guided by love?" One might ask the same question in a rocky relationship. How do I know when to withdraw?" The same answer, my friends: When you start to allow yourself to experience the multiple motivations without needing to cling to being the "good" one nor to deny nor hate yourself for the places of fear, then you allow yourself to move into a deeper place of knowing in your heart, which very honestly weighs the balance and knows this choice is primarily motivated by love or by fear. If there is not that much contraction and pain and there is still much love and much joy in the work, and if you feel yourself learning in those situations, then you go on. We have looked at the walking of the spiritual path and seen that it is based upon the awareness that within the form which walks upon the surface of this sphere and dies and is no more, there exists a self which does not go down into the dust or in any way become corrupted, but which is infinite and eternal and unknowable, as the mystery of love shall always remain unknowable. Yes, there are times when you may sit and drink in such beauty, whether it be of the eye or the heart, that you feel nourished and lovely and loving and well-equipped to do the walking towards the greater light. We suggest to each that the spiritual vocation is to find love in the moment, every moment; and this makes no distinction between the worldly labor and the strictly spiritual practice. And in that place there is no right and no wrong, but only love. Beyond all that occurs, all that dies, there is love A sorry race it is that each may run in terms of the outer appearances, yet each time that spirit within throws that metaphysical hand up and says, "Praise, love anyway. We'll work this out eventually, but now, praise and thanks that we are here to witness to love," that place is re-entered and the healing waters flow. For those who abide in love and thanksgiving, thinking prayerfully of the planet or the cause of peace, or any beau geste, any windmill which you may till at, the doing of this regularly, day after day, week

and pleasant place for the soul to rest and to love. May you meet the Creator there in that holy place within, realizing the love of the one infinite Creator at every moment. Give yourself up to this love in meditation. Give yourself up to this using of the ideal and allow all that seems chaotic about you to recede into the love and light of eternity, for therein do you truly dwell, and from that viewpoint you may open your eyes and be a beacon of light to those about you, as within you compassion is felt.

1990/03/12: We come to you in joy, and bid you all be merry, and ask that you allow yourselves a moment to rest in joy that we do not understand, but can feel, for the universe, and the air about you, and every cell in your body is dancing, whirling, joyous with life and love. You dwell within an illusion which is densely opaque, through which one cannot see, in order that you may, more and more, learn to choose in a consistent fashion those biases which move the consciousness into a less distorted form of the manifestation of the love of the co-creator and of the Creator. You are each imperishable beings of light, heirs of grace and glory, an infinitely important and necessary portion of the one great Thought which created all there is, that being divine love. That is the crystal that is within you—love. Not love as humans would understand it to be, not the weak and watered love of kindness and courtesy, not even the love of personal passion and romance, but the love of such immense power that it generated the infinite creation in balance and in perfection. This seems to be without you: the perfection, the balance, the divine love. You began as unmanifest love. You were joined with free will and flung outward to become prodigal sons and daughters of love itself. Since your density is a density which is attempting to learn lessons of love, you may depend upon your incarnational patterns being planned to allow you to meet those ways of loving which you felt needed further refinement. These are lessons of love and compassion. Not love partially given, not compassion partially withheld, but unstinted, foolish, quixotic love, love that fears no hurt, that can ignore and smile at pain, knowing that new things are painfully learned, knowing that opening up the heart to love is dying to those things which block the heart from opening like the flower that it is. There is no need and no room, for the seeker who wishes to work towards finding the treasure of love within. It has been said that love casts out fear, but it is not explained how one may love. You are love. Those about you who are not seeking as you constantly offer the catalyst of the unexamined life, of the measured love, of the stinted compassion, of the carelessness and fine scorn for the fragile treasure of this brief dance of an incarnation. Use the time that you have, for time itself is part of that illusion, and as you become aware more and more of the love within each moment, as you choose to ask yourself, in the face of difficult catalyst, where is the love in this moment, more and more shall you drop away those things which are not love from the being which you are becoming. More and more shall you be able to shine and be the love that you seek. The channel itself does not create its own nature, it is the group harmony, the group love, that is hard won through the fierce loyalty to truth with each other and with the self. But, in truth, each of you has stumbling blocks to teach each other with, each of you presents challenges and catalyst which each other may learn to love without let, without hindrance, unsparringly, unstintingly. It is the job of the support group—and this includes the channel—to love at all times, most especially when the manifestation of one of the group seems to be less than lovable, when the behavior seems to be unacceptable, when a thinking seems to be unforgivably erroneous. Love accepts the unacceptable, forgives the unforgivable, loves the unlovable, and by that environment creates a catalyst by which that self may choose a new path. In a support group you are not bound by what you think of each other, but by the love that you know is each other's true self. The support group, when it sees that one of its members is in need, forgets all need of its own, and reaches out in love to pull the needy one out of the mire of confusion and self-doubt. So be aware of that great truth, and seek to love, not to be loved. Love each other, and allow with all generosity the burgeoning and blooming self that is you, as daily you change, to be melded anew into the ever-changing, subtle patterns of group energy. The energy which could be taken to be lost could be used up in grieving, may instead be turned by faith to the building of programs which are fully representative of that which you have learned, that love which you have uncovered

within yourself. Thus, we encourage you to encourage each other, to love each other, to allow no disharmony to rule for one moment longer that it takes to recognize that there is something which must be discussed, which must be forgiven, which must be balanced, so that love and harmony again may be the environment in which you follow your path of service. During sessions of working, the support group needs continually to realize and send for the power of love, that the instrument may not have to depend upon its own strength and will alone, but may rest against the cushion and support of an environment of love.

1990/03/13: We cannot teach persistence, or a love of harmony, an assiduousness of practice. The daily bread which you seek and which you seek to share is that manna that contains the healing, the peace and the love of the consciousness of Christ; by whatever name you know the Christed entity, this is so. This in no way means that the vocal channel is any different or better than the mother who nurtures a child, or any other entity whose path of service lies not in blue-ray communication, but in green-ray healing, whether it be of physical things, the rebuilding of old neighborhoods, feeding the hungry, working with the here and now of souls that need to be fed, not manna first, but food for the body, all across the spectrum to those who have put those things to rest by circumstance, work and luck, and are therefore able to take the leisure to move into contemplation, to seek out purity, to fall in love with love in the Creator, in yourself and in others. We are of the fourth density, the density of love and understanding. Whether or not the channeler turns out to be proficient, if there is great sincerity in the attempt, that alone will lighten the consciousness of your beloved planet that is so sadly in need of light. As long as the import of this mantram is love of the Creator and love of each other, it is of the Christ consciousness and is acceptable to us. After that, this instrument visualizes the white light, the full armor of light, placed upon its form, missing no spot, of undifferentiated love manifesting as pure white light. Once that feeling has been achieved—and it is often so that there is a lightness, either physical or mental, experienced during this portion of tuning—one then visualizes, as does each of the support group, this same white light that is first simply a small ball of enormous beauty and luminosity in the middle of the group, by bowing before its wisdom, by accepting its protection, you each allow it to expand, until all of you are bathed in unconditional love and light, the greatest protection available within the personal reference frame. This instrument then asks the archangels, with whom it has a long history of acquaintance and love, to stand guard over the meeting, to warn of any intruders, and to act as champions of the light which the channel and its group are attempting to produce. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Lord, let me seek not to be loved, but to love; not to be understood, but to understand. Let no mistake be made by one who feels unworthy, the universe is a complete democracy, no matter what density, no matter what differences of wisdom or compassion, each is made of the same stuff, that being love itself.

1990/03/18: It is the successful heart that is open to these things, yet aware of the power of its own abilities to forgive, to love and to accept. Thus, the self values activity without evaluating worth, the love one has, the joy one has in each activity, but simply assuming that to give is to be productive, to be busy, to be active. A grieving process for them is understandable, yet it is time also for faith to show itself, faith without understanding, without knowledge of any kind, but only faith that things are as they should be, that love permeates this and every transaction of the incarnational experience, that there is a path of service in every changed life. How to tell the difference is not a matter for the intellect, not a matter of constant, conscious, careful choice, but a matter of loving, waiting, accepting and listening to the voice that speaks within with the authority of your deeper self saying "Send me, send me here, send me, send me here," and so you send yourself, whatever the cost may be, if it is possible, for still this feels to be part of your path of service. You are not here, my beloved ones, to have, to hold, to collect, to sustain. You are here to learn in deeper and more resonant ways always, what it is to be of service, what it is to love. You must begin with yourself, loving, accepting, opening your vulnerable self to wear the harshness of your humanity, for you are

sturdy within, you have the strength of the universe within, you abide in the Creator, and love and light are your nature. Cast aside fear, for your heart shall tell you in good time what choices to release, what choices to keep, and what choices to make for the first time that you may learn yet another lesson of love. May you drop away that which is busyness without undue fear, but with love and acceptance, and may you accept each change through the pain, through the difficulty of change, in perfect faith that all is well and all will be well, and you are fearless, holding up the light of consciousness to a world hungry for consciousness and far too full of the awareness of its own lack. Whatever your limitations, do that which you love for the joy of it, and if you can no longer do it, wait, for the Creator has more joy in store for you; there will always be joy in store for you. Abide in the desert, meditate in patience, day by thirsty day, until at last you are delivered by your heart into the oasis and thirst no more, and then give all your love away in service to the one infinite Creator, and to the Creator you see in each face, beginning with your own. This bridge which shall hold your feet more surely than any street or ground within your illusion, this desire to know, to move into love, into unity, into harmony, fashions that which cannot be seen, but which cannot, in the meta-physical realms, be denied, for this quality of desire, fueling the faith and the will, is that portion of your being that is more real than any portion of your illusion, and more real than any error or miscalculation.

1990/03/25: Therefore, this instrument took the time to focus upon this relationship, to forgive, forgive the other, forgive and love the self, and realize that no harm is meant in that which causes hurt, in many, many encounters between people upon your Earth. When this anger, frustration and pain, feeling of betrayal and abandonment was released, there opened in the being a chakra full of unconditional love which excluded no part of humankind. This is, however, not an end, not a finality, but rather that gift which often signals a new chapter, a transfiguration, a moment of light that has shed its welcoming and loving brilliance upon the spiritual search and the spiritual seeker. We are comparing you to those who swim in a sea of energy, consciousness and love. There, love is. You can improve your behavior, but it is only persistent and patient work upon the self by the self that enables one to be the athlete of the spirit that shall question again and again if necessary its readiness to act, to live and to be one through whom love may shine. Your nature is something we may call love. That Creator that you seek is something that we may call purified or divine Love. There is nothing you can do so terrible as to remove yourself from this great love, this perfect identity, nor is there any way whatsoever, by good works, by acts of love and consciousness, by the giving and consolation that you feel flowing with you, to improve or better your condition. You and the Creator are love. The Creator is love unknown and unmanifest. You are love known and made manifest. As you find your own way to make yourself transparent, so can the love which is infinite in the Creator, but finite in any manifestation of that same Creator to speak, to bear witness, to be that messenger of hope, of abiding, of loving and of caring make of you the Creator manifest. No one can do more than experience the fringes of the true kingdom and power and glory of love in its fullest sense. Those who surrender the jar to be hollowed out and made transparent are those in whom the manifestation of love may not end, but continue infinitely. Now, there are two ways in which one may go about accelerating that movement towards the one great original Thought of love, and bringing that through consciously into manifestation in the life experience. You are love. If you think that you are a wanderer, a teacher, a healer, or even if you wish to be one who has a path of service that is obvious to others and commanding of respect, you have lost your way, for your way within yourself is to love the self, to forgive the self and to see that I AM within the self as the I AM that is consciousness and that is love. The final goal of all of these true spiritual paths is humility and a willingness to surrender that clay, the pride, the arrogance, the unworthiness and fear, to surrender all these emotions utterly to the power and peace of knowing that you are love. To love all others is easy to do, to love entities one at a time, very difficult indeed. We ask you to realize that loving humankind will not polarize you towards the positive service-to-others path, but will seek only to stultify and stunt your growth in spirit. The primary question in dealing with any other entity is "How shall I love, and how

may I serve?" In many, the only way available to the loving heart in offering love, is the offering itself. To see each entity as an entity of love is an enormous challenge within your illusion, for you cannot see that they too are love, made of love, abiding in love, and very often completely unaware of and uninterested in this primal, instinctual, inherent characteristic of humankind. We ask you to listen, not to speak, for in listening you provide a loving and compassionate mirror which mirrors back to that other self which is the Creator that which that other self is doing that it would not wish to do, to allow that entity to realize that which it is not doing that it does wish to do. Be merry, for to be merry in the little things and the big things of mundane existence is to express the nature of love. There is nothing ponderous about love; it is spontaneous and full of light, and you need do nothing to those who do not wish to speak with you, but only be who you are with rigorous honesty, admitting [it] to yourself each time that you jangle and are out of tune, moving then from service to others to the repairing of the self until you once again love and respect that self, finding that self worthy of being a vessel for the infinite light and love of the one Creator. Upon the contrary, there are those who truly seek the Creator, and at those times may you pray fervently and heartily that you may be single-minded in your persistent effort to be hollow and transparent, that that which is infinite love may work through your oh, so mortal being. Again, it is first necessary to know and love the self, for others are merely distortions of you. In all humility surrender that finite self and seek the jewel within, asking it, as you would ask your most beloved self in its deepest aspect, to show itself as it will, to speak as it will. So we shall remove ourselves from this soapbox, that we may in all humility, and asking you to remember that we are very fallible and prone to error, and offering only our own opinions, close this instrument through our beloved brother, the one known as Jim. We are greatly honored to be able to offer ourselves in even the smallest capacity of sending love to those that request it, and who may be quite unaware that they do indeed receive an answer to their inner queries and needs.

1990/04/01: Yet did the father's love respond in any way to judgment when he saw that his son, his daughter, was coming to meet him at last. Yet such love has Isis that she goes about gathering up those pieces, and putting back together the great prodigal scattering of godhead. So we urge each, in the beginning, to recognize the benefits of the pastoral, loving, nurturing community of seekers, but we remind you also, that each of you is a teacher to each other, each of you is a mirror held up to each other and you must hold up an honest, straightforward and fearless mirror that shows whatever is there, whether it may be called that which is spiritually desirable, or that which is considered otherwise. What love is born as one listens, pardons, consoles and gives, as pilgrims who have almost nothing but give what they have to each other, companions upon a dusty path that leads they know not where, in search of an ideal in a land they know not to be ideal, in search of a hollowiness of self, when they feel that self overflowing with personality and character and opinion and bias. You must drop bag after bag, and garment after garment, bias after bias, and prejudice after prejudice, until at last you stand, vulnerable, without the ability to defend the self, yet having no fear, for you have become empty and you wait for the grail of an Earthly self to be filled with the immediate presence of the love of the one infinite Creator. In just the way that the creation shows itself through the telescope, but shows itself also within you, so is there the symbol of a glass waiting to be filled with love and light outside the self which may be translated into the cup of the self deliberately and sacrificially emptied day by day by day, until you have the capacity to be hollow, to be humble, and to accept the glory of love divine and imperishable. The cup of your body shall cease to be, yet if you have fashioned it lovingly enough in your thoughts, this cup shall be your metaphysical statement, the centerpiece of a tapestry woven in purity and love and desperation and desire, the tapestry of the life of a pilgrim. Many spiritual seekers are solipsistic, and therefore not able to polarize towards the positive, for to polarize positively is to see in each face the face of love. All these things are good in their place, but realize first of all that when you have become clear enough to open the heart to unconditional love it is time to empty the vessel of yourself of all that is clay and dust, and become that hollow self through which the light and the love of the one Creator may flow. Stay not at home,

instead find themselves burning out and becoming exhausted spiritually. You are loved, each of you, and it is in that love that you truly reside. The love that we spoke of—the love of the inner child—is one which is close to the heart of the Creator. Therefore, love that inner identity and know those things that faith alone can give knowledge of. Turn to the sun which is love, and bloom gloriously.

1993/09/06: That vibration is love. Your world, your illusion, and all that you can imagine is made of light that is the manifestation of love. Now this is a very simple truth, but when we say you are love [and] that which you seek is love, become more and more conscious of that love and vibrate as that love vibrates, more and more closely resembling the vibration of the one original Thought, and all the paths to union with the infinite Creator shall be light and love. The love which is continually expressed from that which you call your sun in the form of light penetrates all that you see. The flight of a bird or the splash of a fish, when looked at closely, are expressions of that love. It is a helpful thing to remember that all form whatsoever, is love. If all is beautiful this is love, yet too, if there are things that seem unpleasant or harsh or difficult, this too is love. We sense this call coming forth from your peoples for messages of light and love, words of truth and love, and therefore we welcome and hope only to assist such channels and we thank each who serves in this way. We by no means suggest this yet this is one more way of sharing in the heritage of love with those about you and we thank each channel for without such, we could only speak in dreams and visions.

1993/09/19: This in turn opens the inner door to the effect of that creative love which is the one great original Thought. We suggest that the reason qualities such as nationality, sexuality and type of character are valued and are a part of each person's web of perception is that they are fundamental building blocks of that milieu in which you have come to learn the lessons of love. Not for long, my friends, for this is the world into which you came to learn the lessons of love, and this is the incarnation which is your present opportunity to, shall we say, achieve a state of realization which transforms the everyday into that which rings true. You came into this illusion because you wished for these complications and distractions, not to look at them and then turn aside and move out of the world necessarily, but rather to so orient the self that the limitless and unbounded truth that overflows each moment may in the present incarnation be encouraged to express the deeper and deeper nature of the self which transforms all the everyday experiences into those freighted with that precious burden of the immanence of love. You cannot do this by turning from the demands of the illusion, but in turning to them with love and without fear, for each perceives the nature as one who does work, and we say to you your first vocation is the creation and maintenance of your web of that which is true and that which is love.

1993/09/24: The aspiration to be a source of energy, courage, love, faith, healing, for all beings; to manifest your energy in such a way that it promotes peace and happiness in the universe—this is the primary intention, moving out of the fearful, small self. In your own words, silently state your intention to serve the universe and all that dwells therein, to be a vehicle of Love. Silently voice your prayer that you may become an instrument for healing and love in this world—not for your own ego, but in service to all; not for your own glory, but that your service may be offered back to God in grateful thanks. We do not flee from the shadow in ourselves, but aspire to touch that shadow with love and thereby to grow. In the same way we do not flee from external negative energy, but aspire to touch it with love. It is welcome to listen and learn the pathways of service to all beings, the pathways of love. When you send out loving energy, your inter-reaction/interrelationship with the world is far different than when you send out hateful or fearful energy. How do we make space for all of us that humanness in our hearts and find deep love for all of us as we exhibit that humanness. Many among your people have no wish to learn more quickly the lessons of love; however, each of you does wish to assist that process of spiritual evolution of mind, as some call it. Each choice has to do with polarizing or gaining a bias towards either that which is radiant, loving, freeing and expanding, or that which is attracting, pulling, grasping. To walk a spiritual path with awareness and love, one must be aware of when one has moved into fear and cutting off of love. When we have made the best decisions we can, thinking that we are

acting out of love, and the results seem to boomerang and cause great pain for us, does that mean we acted out of fear without seeing it clearly or does it mean that we need to have even deeper faith. Did people see?" The giving of the apple is a pure, loving act. So, we never act or speak or think fully out of love or out of fear. How do we get acquainted with our multiple motivations so that we may begin to understand our choices better, and thereby begin to choose more skillfully and lovingly for ourselves and for all beings. My love to you all and I wish you a good night. See your self reflected, see love reflected and feel the outpouring and the in-gathering, one to another and all things whatsoever to the infinite One. For this evening, we again thank each and bless each, leaving each in joy and in peace in the love and in the light of the One which is all.

1993/09/25: You see, the energy of all things is love. You see, the energy of all things is love. When the Creator chose to manifest creation, that thought which is the Creator was Love—but Love unknown and unknowing, unpotentiated by the free-will choice to generate manifestations of Love. What you seek to do as you move through this school which is your illusion is to more and more faithfully approximate the vibration of this one great original Thought, which is Love. Those who choose the negative or service-to-self path are also choosing Love; however, it is a choice of path which bypasses the open heart, and therefore the energy or power which is created tends towards distinctions and control. We realize that each within this group has chosen the path of love and service to others, and we may say that we feel that this path is the one which we prefer and ourselves have chosen. Aaron Good morning and my love to you all. There are those beings who are negatively polarized in service to self and act in love for that self. The selfishness of that motivation, let us say the self-centeredness of that motivation, may cause immense suffering for others, yet one must still acknowledge that this being is motivated by some form of love, however distorted that love may be. Indeed, one must begin to respect the needs of the self while distinguishing which needs grow out of love and healthy respect, and which grow out of fear. It is only in this moment that one can live with love and wisdom. You find that there is a, what I call, "horizontal practice of relative reality," living one's life skillfully and lovingly, moment by moment, but that there is an illusory self who is doing that skillful, loving living. As our beloved brother Aaron has so wisely pointed out, you are one of the other selves you serve. This is because, as the teacher known as Jesus has said, all the law is to love the Creator with all one's strength, heart, mind and soul and to love your neighbors as yourself.2 If you do not love yourself, how can you truly love your neighbor. Yes, each of you is all too aware of the missed steps, the erroneous conclusions, the impulses which do not do Love justice. Is this a reason not to be in love with your self. Can your self, in all its distortions, depart one iota from the truth of Love. Yet the heart that loves knows that beneath, above and around all confusion, all missed steps, all seeming imperfection, lies the One—unblemished, unbroken, beautiful and perfect. Your nature is love. The walking of the spiritual path is an opening of the universal Self within, to embrace more and more without distortion the heart of love in each entity and each moment. Your challenge is always to discern where the love is in this moment and to move—whether by attitude, thought or action—to support, encourage and enable that love. Giving that attempt your best effort shall occupy you well through this illusion which we term third density and through several densities to come, for we witness to our continuing pilgrimage through longer and more subtle illusions wherein the choice we made in third density is refined, first by attention to love, then by attention to wisdom, then by attention to the merging of love and wisdom. You choose to live your love. And in releasing that desire and embracing only your heart's desire to love, you pluck faith from that dash through the middle air. And we must say that much as we enjoy our continuing journeys, in looking at each of you and being with each and seeing the courage and commitment of each to seeking the truth, our hearts fondly cherish the memory of that striving, suffering and believing in Love against all the evidence. Q'uo spoke of the line of love and wisdom, which is precisely that horizontal and vertical line that I have mentioned, and that eventually you must come to combine the two, living at the intersection of that horizontal and vertical line, the center of the cross, the Christ Consciousness or Buddha Consciousness or Cosmic Aware-

ily happy, so desperately sad because of this one being?" Yet that one being and you may have worked many, many incarnational times in order that this depth of pain, of joy, this level of choosing love may be reached. (And each entity which you, the seeker, faces may find in you that power to aid and change.) This is in the ideal sense love reflected in love, which is then reflected in love, and in each variation love speaks the same truth of unity. If you as a seeker can be aware of the goal of relationships, that is, to aid each other in learning the lessons of love, then each as seeker may have the beginnings of an idea as to how to proceed. The lessons of love are infinitely many, yet, in each lesson the love is the same: one Principle, one Thought, one Logos. We call it love to you, yet that word is pallid. For the love that created all that there is is a thought infinite in intelligence and expressing itself in one creative nature, bound into manifestation by free will, and then seemingly many, infinitely many. And as each seeker attempts to learn the lessons of love that previous biases have brought that seeker to, the goal is one. And each is attempting more and more to express as consciousness in the vibratory rate of unity, unity in one thought, one love, which has birthed all that there is. Each relationship consists of two entities who have so plaited their consciousness together time and time again that each is more able with the other's help to come a little closer to an approximation of some awareness of love. As you attempt to be of service in relationship allow that seemingly far away perfection that ideal love seems to be to color your thinking so that regardless of what you choose to do or say you have the sense of proportion which allows you to form, as well as possible, responses to each other that contain the openness to love that enables each to be a channel through which infinite love may flow. The human heart, to use the instrument's language, has a very limited amount of love. The energy which created each and which is each entity's true being has infinite love, for love is the nature of consciousness at that level. More and more may you feel transparent to that infinite love and may each so open the heart that each may serve shiningly. In this regard we can only recommend that the path be taken which one feels is drawn by love. Whatever action or inaction is possible, imagine love being that which is most helpful to include. If you can move in love, then so move. If love would keep your silence, then remain silent. All experience has the purpose of extending those limits to love which you have within your being. Each of you feel pain, and each of you question the self as to whether there is love enough to heal. And this healing energy will have love as its primary force. Thus, each experience offers some opportunity for testing the limits of love, until the seeker at some point discovers that there are no true limits.

1993/08/22: There is no ultimate resistance possible to the truth, no matter how greatly the truth has been deleted and biased as it has traveled through the increasing distortions away from the infinite oneness of unpotentiated Love. Each time there is that momentary opportunity which reminders offer to center the self and to orient the self with regard to that overarching principle of truth which is love and service. In meditation, you may with the out breath visualize the bringing in of the truth, the light, the love, bringing in the truth of love in every circumstance. With the out breath, you may visualize the releasing of all spent energies, including those judgments and self-judgments, those businesses and distracted thoughts, so that with each outbreath there is the emptying of darkness and fatigue and the inbreathing of truth, love, light. Was there not a full feeling of receiving the expression of love, forgiveness and healing within the heart of that laughter.

1993/09/04: We would like to speak at this time concerning love. The desire to speak of love to each present is always there, for that is at the heart of our message. We bring a simple message to your peoples, that love is. That "is" expresses its nature in all that there is and that each may accelerate the rate of its development and evolution by seeking more and more closely to match that original Vibration, which is love. However, this message is too simple to seize the minds and hearts of most of your peoples and so we speak in many ways concerning love. "Love"—such a word in your language is almost guaranteed to become weak, for so many things are called "love" among your peoples. However, the creative and sometimes terrible love of the infinite One is that strong and powerful love which we speak at love's bidding. All that you see was brought into manifestation and each when seeing the

beauty of the natural world is gazing at a primary manifestation of love itself. For all beauty is wrought with that light which love created. Many among your peoples walk down the lovely summer lane of trees, looking up at the sun which warms all, seeing no leaf, or small animal, or warmth of sun that might suggest that there is in the deity a most loving nature. The love that flows through the trees and streams is the love of the Creator. The love of the Creator enlivens all creation for there is no other thing than this love, formed in an infinite array of images, each exercising free will and moving in harmony with some with that same love. Thus, the dance of creation is the dance of remembering and experiencing this love. (Carla channeling) One way of looking at the process of learning to be of service is indeed the realization that the original gift, which any may give to another, is that gift of uncompromising and unstinted love. How difficult it is to move in one's mind from the many judgments and cautions of a people bound in fear, to relating to others as one who loves unconditionally, yet what a great gift this sheer love is. The love that is of the utmost importance is the love of self and to be free of self-judgment. To judge the self is to place a bar against the love of self, and if one is unable to love the self, that one is, then, it is difficult to love any other self, for the connection with each other self is unity. The concern of the spirit within, filtered through biases of moral good and evil, express themselves as concern that the self is far too unworthy of love to be loved. The judgment, then, bars that door to love of which we spoke and the clinging to this self-opinion of apparent unworthiness can then stop an entity still in its tracks and gradually, even cause the entity to begin to back up and lose some awareness ... (Side one of tape ends.) (Carla channeling) ...and allow that loving nature to forgive the errors that are inevitable and to heal that sense of frailty that might make the seeker stumble against its own perceived misdoings. Beyond all action and reaction lies love.

1993/09/05: One, perhaps, could describe desire as "a falling in love with." Certainly, the desires of the heart are deeply felt and etched with the pen of love. How the seeker yearns to feel wholly connected with the wellsprings of life, light, love and truth! It is within each seeker's ability to so discipline the thoughts and the attitudes that, more and more, there is an increased potential for returning to a centered position of heart and mind, within which a true simplification of the improving of the centered stance is achieved. It is an allowing of that feeling to be there that is needed, an allowing that calls to your processes of perception and says, "I want information about love in this moment. We encourage each to consider that this, too, is a lovely portion of a process by which change within is achieved for each grain of transformation, each new ability to choose spiritually based information rather than other priorities. We do encourage each not only to partake in this speeding up process of conscious living, but we encourage and exhort each to find within the attitude a growing awareness of how love felt within is a channel through which the infinite love of the Creator may flow to others. As you are given grace to lift away from the stains of sorrow and toil into the ethereal beauty of that ever flowing love which is the Creator, remember to be generous, and know that that which comes through you is in utter abundance—completely unlimited in supply. My friends, when one does remember that one is a portion of love, much begins to fall away. We believe you may one day look back and say, "Why yes, I believe I can feel the difference and see the progress." However, do not look for your getting better, but simply turn the heart and mind towards the infinite Creator, Whose creation expresses Its loving nature. How loving and complete are the interrelationships of life to life! It is love reflected in love, over and over and over. Perhaps that's why I really love to sing so much. Consequently, we would bid this group hail and farewell, in the love and light of the One which is All. That All is Love, and all that comes from It is etched by light. We wish to close this session encouraging each to put value in the self without reservation, for the love that is infinite can only shine through an entity which is comfortable enough to open a channel to that love. The heart engaged in clinging to concern has more difficulty opening to the love which is always present. If each could picture the inner self as a child which needs a hug, it would aid each in becoming able to love all that is. Those who attempt to do service work before they have successfully fallen in love with the self find themselves unable to access that flow which is infinite, and

tend not your father's flocks, until you first have discovered your own limitations, your own compassion for those whom you previously thought quite unlike yourself, for you are everyone you meet, and it is only when you have the humility to recognize yourself in all that you see that it is possible for you as a pilgrim to shine forth in each dark corner with the infinite love of the great Spirit that hovers over, around, beneath and within you. You are not ready for an unbiased look at the infinite One which broods over the universe and gazes upon itself with a love so compassionate and so complete that there is no end to the loving you are receiving at this very moment, not simply from us, messengers of the Law of One, but from the Creator Itself, whose love sparkles in the air that you breathe, comes through the soles of your feet as you touch the earth, moves through the body enlivening, refreshing, restoring. Pick up your staff and trudge on, for there is more to learn about love, and as long as you are in the physical body that you enjoy for this incarnation, you are gazing at your path of service not in some far off way of extreme asceticism, not in the travels from one group to another to sample the spiritual supermarket, as this instrument likes to call it. Expect your spiritual pilgrimage to be full not only of mystery but of paradox, yet go forth rejoicing, for this present moment intercedes with eternity and resonates with joy and love and peace right now, this moment, and this moment, and this moment. We thank this instrument, and we now transfer in love and in light and in the merriment of brother and sisterhood together, to the one known as Jim. As a conscious pilgrim on the journey it is within your abilities to look upon each day as complete and to see the portions of the day as yet another cycle in a somewhat shorter season, so that you are completely free to bring forth new beginnings at any moment, to share the fruit of your learning of love and compassion and wisdom and of service with any entity that may for a moment walk upon the path with you. Thus, you are creatures of free will, moved by feelings, moved by tides within your own subconscious minds, and moved by a desire within your being to know that which is called the truth, and to experience that which is love, to learn that which is wisdom, and to serve in the power of the One, which you may do at any moment, according to your renewed desire that begins with your waking from your slumber, and extends throughout your day as you travel with each of your brothers and sisters upon this same journey.

1990/04/15: We are a portion of the creation of Love, which is the one great original Thought, the Logos of the infinite Creator of us all. To these people the blessing of simplicity is given, and they seem to a more seeking entity narrow or dogmatic, yet their way is as valid as any, if by that way they are able to open their hearts in service to others as they love the Creator and as they love the self as heir to the Creator, son and daughter of the Creator, the hands, the mouth and the energy of the Creator alive and working in your environment at this time. Many entities within the childhood experience are cut off from the feeling of self-love. This is perhaps the most common of those limitations which are chosen before the incarnation, in order that the entity may experience and exercise the lesson that one is not here to be loved but to love. The inability to feel the worth of the self derives its strength, for the most part, from the childhood wherein the child is not accepted as it is, in which the child is not appreciated, feels itself not to be fully loved, feels itself to be criticized, feels itself to be unable to please those first witnesses and embodiments of the Creator, the parents. As the parents cut the child off from the spontaneous giving and taking of love, so in the mature spiritual search the pilgrim shall find itself laden with a burden of self-doubt, and that even heavier burden of unidentified guilt, for in such a childhood one is given the feeling that one is somehow guilty, but of what, the child knows not. One is given the feeling that the child is unwanted, and there is no defense possible to that child, for in the young years of incarnation the child is too purely that spirit which incarnated into the world to have defenses against lack of self-perceived love, worth and righteousness. Few there are who truly believe, if they have considered it well, that they are, without some movement of the spirit within, forgiven all those things known and all those things not known which have been acts which separate us from ourselves, from each other, or from that great principle of love which is the Creator. In some entities, because of a childhood in which the entity was greatly loved and was given the love, the smiles, the touching, the obvious caring,

the entity will far more likely be able to experience a sense of forgiveness through the forgiveness of the self by the greater self within. Others it may forgive, but until one has come to some deep archetypal emotion within which expresses itself to the spirit in the words, "You are forgiven, you are loved," that entity shall have a great deal of trouble loving the self, and thus, its forgiveness and compassion towards others masks a deep and abiding ache, a wound so terrible that it cannot be described, a wound of the self that will not forgive the self for being human. Those who have been caused to believe that they cannot be as they are and be loved learn to behave and carry into their relationship with love an entity which behaves, rather than an entity which is as it is. Such impersonal forces, principles and entities, are as we, those who speak as inspiringly as possible through each instrument of the depth and resonance of the self of each of you, calling to you to call within yourself, acceptance, love and forgiveness. Love yourself, and if you do not love yourself, work to love yourself. Love the Creator more and more passionately, spending time with the Creator in silence, and love and forgive all with whom you come in contact, for you are as powerful as any other human, fallible being. There is that within you which is of the consciousness of love, and your wellness, your wholeness and the truth of your being is wrapped up in the concept of yourself as an extension of brother or sister, a fellow heir of the one infinite Creator. Forgive, console and love, the Creator, yourself and others. You have eternity in which to become joyful, forgiven and redeemed by whatever objectivization, such as Jesus the Christ, you may choose, or by whatever inner guide that your own background has made better for you as a bridge to the eternity and the infinity of love. Those who offer their help, their opinion, of your situation, have the desire to serve, the basic love that propels motion and service. The health and wellness of an entity is its acceptance of itself, and its realization that all is as it should be and as it must be for the entity to be open to the lessons of love received and given in that moment. Those ideas which can be used as tools and resources in the daily life are ideas inspired by love, call it what you will. Seems it to speak in humility, compassion and acceptance, encouraging each to love each other. Gaze clearly upon the face of love. There is no pride, there is no judgment, there is always love, forgiveness and healing. If the entity whom you hear has this love, this yearning, this passion and this healing, you may judge for yourself what energy or principle of the Creator this entity is. Lift up your hearts, my children, sing alleluia to new beginnings, new understanding, new perceptions of the self, new consolations and a renewal of a passionate desire to know, to love, and to express by service to others the one infinite Creator.

1990/04/29: So it seems to you, yet you have vowed deep within yourself to serve the infinite One together, and all your words and moods and fears and tears and problems within the illusion have absolutely no effect whatsoever upon the joy of your union within the love and the light of the service to the one infinite Creator. This is the forgetting, this is the veil, this is birth into an illusion, and you have plunged yourself into its icy waters, because in your courage you have wished to become better, to become more single-minded, to find more courage, to burn brighter, to have more passion and more single-mindedness in love of the one infinite Idea or Thought that is Love itself. The group, upon the mundane level, functions in love and light often by refraining from speaking. A social memory complex begins by each loving each unconditionally—unconditionally, no matter what the cost, and so you have done with exquisite care, not even knowing why. And we say to each who may wish to walk with others in the service of the one infinite Creator, love each other unconditionally; bide your words, bide your tongue, hold and release your judgments. But if you wish to work for love, if you wish to serve in love and light, love each other, care for each other, be for each other, advocate each other, burn with love and passion for the portion of each that wishes to serve. In service to others let each be stern with the self, and full of infinite love and advocacy for each other. You have your own lessons to learn, and only out of those lessons do you have what you may give in love and harmony to the group. Listen to each other honestly, but as you come together in love and light, do not seek to be understood as such and such, but seek only to understand the beauty of each other. The relationship of (or through) service is forever healing, forever blessing, forever giving thanks, forever finding the most

passionate love of that single-minded search which each has joined together; the search for service to that most beloved infinite One whose passion, whose love, whose Thought, has originated all of creation. Carla Yes, just one, I don't know if there's an answer to it, but I feel so full of love for my friends that come to me—and especially the one known as A, today—but many friends, all my friends, and I just love them so much, and I would do anything for them, and it seems that there is so little that I can do, and it makes me want to cry. I don't know what to do with all this love. I am Q'uo, and, my sister, for one who loves greatly, as do you, it is well to give that love as the bread which is cast upon the waters, that it may go where it is needed, and do its work unseen. It is the most difficult service to allow those that are so dearly loved to learn that which is theirs to learn through their own efforts, knowing that much of that experience will contain that which you call pain, but that painful experience is that which shall guide the lesson to its home within the heart of the entity, and thus is the purpose of the painful experience, and much within your illusion explained. Thus, we suggest that you give that which you have of love in your sharing with the others that you love and that you give freely, and that within your own heart you bless the learning that will inevitably contain the pain and let your love and your blessings be given freely. Is my suffering for these people that I love so much, which has happened to me all my life and I don't know how to shut it down, I would take all their suffering if I could, is it part of why I have physical limitations and physical suffering.

1990/05/06: We would compare the hunger and the thirst for what this instrument would call righteousness, and what others would call the truth, or love, running throughout all of humankind, moving as does the tide, affecting each, but at a level that is beneath the threshold of consciousness, beneath the veil of forgetting, deeply down within that portion of the self from which all truths are remembered. Just as the tide goes in and out so within your self you are not only peculiarly and uniquely made by your previous biases to view incoming information in a certain way, but also the influx of that information is altered by those energies within your universe which affect everything from the great sea of life within your veins to the great sea of suffering that you see again and again as entities are self-sacrificing because they love that which they cannot see. Your consciousness is made up of two things, that which we call love, or the one original Thought, that is to say, the Creator Itself, and that primary principle of free will. Your turning to the light, your yearning for love and acceptance, and your more mature yearning to be loving and be compassionate are such deep portions of your mind that, shall we say, the metaprogram of your existence is based upon this nature. All of your theories, your perceptions and your knowledge cannot bring you into a state wherein you may expect to experience the knowledge of the one infinite Creator, your Father, your Mother, and your Lover. Each of you is a soul, a portion of light, and you are most personally beloved. We say to you straight out, although we are not infallible, it is our opinion that you cannot by any system of knowledge become aware of the presence of love. Certainly you may use it, but what you are here to learn is the open heart, the acceptance of the unacceptable, the love of the unlovable, the meaning of the word compassion, the entry in a personal way of infinity and eternity into the supposedly mundane existence. We suggest to you that it is our opinion that there is no situation which lies beyond the pale of learning, growing and the manifesting of the love that is the nature of the self. It is only the transfiguration and epiphany of the self, caused by the process of persistent faith and will in silent seeking, that bring your biases and distortions towards oneness, love, hope, beauty and truth, which are, indeed, imperishable. You are eternal and imperishable, and there is nothing that you can do within this illusion to affect your true nature, except to determine to live a certain kind of existence which embraces as the center of this existence the love of, the praise and thanks to, and the supplication before, that portion of the self that may be spelled with a capital "S," that portion of the self which we shall never find unless we die to ourselves, and by this we mean that the smokescreen, the confusions, and the embarrassment of entities which keeps them from this immediacy of oneness with the Creator is tremendously widespread, and is so challenging that it is by grace alone that one is able in any sort of constant sense to attain the desired goal. This instrument is asking us with some fierceness to retain that which we wish

to give for another time, and so we shall, but we do ask each to meditate, as always, persistently, patiently, lovingly and without regard for any outcome. In my case, for instance, the interpretation would have been, "You had difficulty in moving, so the answer is to stop moving." It is a feeling I have from deep within myself, not subject to the answer, that this negativity is no part of one who loves life and wishes to serve. Hah! We thank you, we are full of love for you, leaving each in "blessing"—blessing—we get better at this as we speak; some day no accent for Yadda. We say to you love and light as that is all that is.

1990/05/13: We shall do our best to speak through this instrument in such a way that no part of that trust, that love or that call to us is in any way harmed, but as always, we ask you to remember that we are your brothers and sisters, and we come to you because we sorrow at your sorrow, and we yearn to soothe the ache of unanswered questions that you have. Our love is the one love. We love you, and all of us love and serve the Creator, and seek the truth. It is not necessary for you to conceive of yourself in mathematical terms, but to explain your uniqueness using this faulty instrument—and making apologies for lack of specificity of terms—we ask you to move away from all concept, all beingness, all idea, all structure, all awareness, all consciousness, and move back into the unaware, infinite intelligence of the one infinite Creator, whose nature is absolute love. The first distortion or change from utter passivity of love, love dwelling without thought, without beingness, is what you may call free will. As love is absolute passivity, free will is absolutely various activity. As love never changes, free will always changes. If you can conceive of free will by considering the wind, you know that you cannot predict, influence or have any impact whatsoever on whether the wind shall blow, nor does absolute love have any power, nor does it desire to have any power, over free will. Now, absolute love may be seen in your system of physics as that which you call the speed of light. This is incorrect information, but it is as close as we can come to demonstrating the absolute constancy of love. It does not demonstrate the passion, the intensity of this love, but merely its constancy. Love cannot change. Love is what is. Love is beingness before beingness begins. This love has a small portion of its infinity, which is in itself an infinity. Again, there are calculations we could give you—but not through this instrument—indicating that there is an apparent difference, but no true difference, betwixt love as intelligent infinity, and love which has decided to know itself. The first distortion of love is in itself an absolute equal to love, but at the same time subject to a different system of mathematics in which the energy of that which is free will being absolutely various falls away—as love does not—with distance from fields of energy which are created by the joining of love and free will. The Creator wished and wishes and will always wish in that infinitely small portion of its infinite self that is active, to manifest love, to love and feel the self of love in action. And so it created its children, children of love and free will, one unit of absolute love that can never change and will never be unique, and (an) absolutely equal portion of infinitely various free will. Your uniqueness lies not in that you are children of love, but in that no two unions of love and free will are the same. To the outer, or mathematical eye, to any measuring instrumentation that could be imagined, this uniqueness could not be discerned, for free will, when bonded with love, takes upon itself the quality of love. Each of you has an absolutely equal, identical portion of love, and each of you has an equal and unique measure of free will. You are the children of love before there was a context for you. You have been formed in time/space and in space/time in what seems to be identical fields of love/light or what you call electromagnetic fields. Love has taken a breath, has expelled from the Self love, and has breathed back into Itself love, but that which is free will has given to this absolute Love more and more experience of itself, because each child is unique in its core beingness, in its mathematical description, and as we say, there is no mathematics, even did this child know that language, which could express the kind of field which caused free will, or which bonded free will to love. We can only say that as free will is infinitely various, so the children of love and free will are infinitely various in their expression of that which is absolutely identical in each. Yet you are free to do one thing only: to distort, to play, to experience, and to learn about love, that portion of yourself which you all do indeed have in absolute common. You are now, at this mo-

heart, for one sees with the heart the light which is not visible to the mind; for within the heart rests the spirit of love. To pray is to organize the energies within the self and point them directly at communication with, and ultimate congruency with, the great Original Thought of Love.

1993/06/13: If a seeker seeks to move its vibration more and more nearly into attunement with the one great original Thought whose vibration is called love, if the seeker already is feeling that it needs to seek more this growing attempt at a congruency between the vibration of the self and the greater Self, then the entity will look more favorably upon solitude and its right uses spiritually. And although you have your higher self and the inner planes, [entities] who come to your request, although in fact you are not alone ever nor cut off from the love of the infinite One, yet in terms of someone to help with the burden of the learning, each seeker perforce must do this work for and by itself. Your situation grants to you one opportunity after another to so choose your environment and your actions that you may be the most aware of the love of the infinite One, and may be most able to be a channel for that infinite vibration to others.

1993/06/20: Walk along the brick pathways looking at the perfection in each leaf, each blossom, be it clover or rose, green thing or colorful. Indeed, in your holy works the teacher known as Jesus asks to behold the lilies for they are so lovely not even a great king could be dressed in such splendid apparel yet they had done no work, put out no special effort to gain this glorious beauty. As the lily radiates in its fragrant color the love of the infinite One so does the creature of spirit, the natural man stand in its empty openness of heart and radiate the love and light of the infinite One. You ask if one should choose difficulty in order to express love under more difficult circumstances. This seeking for some way to intensify the offering of love to the infinite One has a long history among your peoples. To those who find this an expression of their true nature we say go and do that which is natural to you for the path to the infinite Love and infinite Light in its purest manifestation within your illusion is that path which is—we correct this instrument—which has attained most purely a realization of the natural self within. Each entity will have its own way of moving towards that vibration of love and light. Perhaps we would say that as each seeker attempts to vibrate in the vibration which is most close to the original Thought which is the Logos or the Love of the infinite One the attempt is aided not by questions concerning difficulty or ease but rather the seeking to express and echo the original Vibration is aided by those who are willing to become transparent to that original Vibration. When one opens in transparent trust and love allowing the radiance of the original Thought to pour through one then that which is natural to that entity simply is in front of that entity. Thus, if this purely vibrating entity is offered either the bicycle or the concert the transparent entity simply gazes upon each activity with the question, "How may I serve in this environment?" If the entity vibrates more in love and praise while physically active then this is the greater path. Now, when there are choices which are partaking of the incarnational level, such as the choice of life mate and the choice of worldly vocation, it may seem more difficult to determine which of two choices is the more natural choice, yet in this too we suggest the process of becoming transparent to the original Thought, becoming able to be a channel for that great original Thought, so that there is allowed the self the process of choosing that life mate or that vocation in which the entity might most deeply bear witness to the love and light of the infinite One. That is the nature of the illusion in which you have chosen to pursue the learning of the lessons of love. Follow your nature and know that your nature is joy, light, peace and love.

1993/06/21: It responds to love and to light; it is moved by these things and flourishes and thrives, or wilts and dies in utter contentment with its lot for it knows only the seeking towards the light. Truly, each sorrow is a treasure and the thankfulness and love of the infinite Creator speaks directly to that deep heart within, wherein lies a true intelligence and true knowledge. As the self does enough work in consciousness to have the capacity of looking upon the life experience as an whole, then the opportunity comes to offer a new level of commitment to the spiritual path, or what this instrument would call "The King's Highway." We do not urge any to make commitments that do not feel right to the seeker, but we suggest when that time of testing comes and the new lesson of love begins, there is the opportunity to turn deliber-

ately and with greatest desire to the mystery of all that there is and say, "Yes, I accept this lesson and through harsh experience, rediscovering the joy at the heart of my self." Do not do this quickly or before there is the inspiration to make this commitment to the forces of life, evolution and destiny, but when there is that moment when the grand Quixotic quest is clearly seen and there is that foolish, heartfelt impulse to accept, again, the process of healing and self-forgiveness, then we encourage each to leap in joy and faith with that affirmation that through long experience can be carved out of what would otherwise be a wilderness of sorrow. Welcome all those, such as we, who move in thought to love, support and undergird the seeking strength of those who call upon our names and turn ever and again to those precious ones whom you serve and who are for you companions upon the way. To love one another: This contact is made of but the finest fibers of light and love, constructed with the greatest of efforts by you in your work that is metaphysical in nature. As you continue to travel this pathway, this light and love woven thread leading to the magical personality, you strengthen this pathway. Even the strongest of magicians, shall we say, in your third density illusion, touch only a portion of that personality which resides, safely and securely, within the six-density level of experience. Faith that there is strength within to overcome that which seems to be overwhelming, and we can assure each of you that as you move from this illusion and look back upon your experiences here, you shall rejoice at those areas of darkness, that you have been blessed with light, with love, and with the faith in your journey and in your efforts and in the unity of all things.

1993/06/27: The seeker wishing to address the infinite One in most cases is addressing a logos or sub-logos, the love manifest, or some expression of love manifest, such as the higher self. This we have called the logos or love. This principle, this love, created all that there is by the quantizing articulation of light. Yet all that is created is of the nature of its parent source, which is love. The reason for offering love, appreciation, a blessing and thanksgiving to the infinite One is that the entity within incarnation is attempting to form its vibratory frequency more and more like that of the vibrational frequency of the one great original Thought, which is love. That is, original Thought expresses in love, thanks, blessing, praise and rejoicing. Thusly, it is not a Creator hungry for praise and thanks that requires homage of its worshippers, but rather it is love, it is reflected in love, and in that infinite reflection lies truth. Good and loving persons move into these cloistered environments and the purity of love generated by these protected ones is beautiful. When this is done to the extent possible by the seeker, then allow this frame of mind to be offered as the offering of money to the one infinite Creator, for this suffering has been suffering in love of the fellow self. We encourage each, therefore, to turn back again and again, always attempting to practice toward the self's fears, be they light or very deep in nature, with that love which is felt from the infinite Creator.

1993/07/11: To live a life of passion means to love living, and this includes even one's sorrow. In the love and light of the one Creator, we are those of Hatonn. The passionate heart cannot reason how to embrace, to praise, and to give thanks for this plenty, although that same entity may easily observe how much this harvest is an aid to the seeker of truth and love as it looks back in memory to reconfigure for the mind's own understanding of self how the path to a new level of awareness was first graded and made passable by that very difficult harvest of loss. It is a separation, in the case of one who has died, that is easily understood, for one is no longer able to communicate in those old familiar ways with the beloved one.

1993/07/18: For there is truly one being and one great self, one great Thought which is love, (and in that creative love are all, and all of that love.)1 Yet, within that illusion which you now enjoy as your incarnate experience this union seems of the veriest folly and to be palpably untrue: how could two entities' deepest reality be union. It is important to you in your evolutionary path that you grasp no deep commitment to union, for it is in the illusion of differences and the working with situations in which the spiritual principles are tested that the lessons of love which you have incarnated to learn are brought forward and laid before each in patterns which engage the mind and heart and launch one, as it were, upon that road which you may call the spiritual path. "Why am I so vulnerable, so easy to wound, so eas-

that the mirrors become part of a manageable, reasonable and loving consciousness. Very well then, my friends, begin that process by utterly forgiving yourself, by loving yourself most dearly, and by lifting yourself through meditation to the light. What healing there is in that love. As you know, the cycle which is now ending upon this planet is very close at hand, and its transformation has not been what you might call smooth, for many upon this planet have had difficulty in realizing the love that exists in each moment, each situation and each entity. And as the planet begins its transit into that density of love, there is the momentary mismatch of vibratory frequencies. This mismatch becomes apparent to those who are sensitive in many ways, but we can assure each that the mismatch or stress suffered is but momentary, and in its way also offers a greater opportunity for each entity upon the planet and for the planet itself to find that love in the moment which has not been found previously. For love is at the heart of all creation, and no moment is without its own infinite share of that love. Therefore, when such distressing feelings are felt, rejoice that the planet is giving birth to itself and each entity upon it, and that the birth is attended by love. There are many who seek love and acceptance, and do not know they are love, they are loved. And may we humbly suggest to each that the greatest healing is that love which is at the heart of your being and may be shared at each moment of your existence with each entity you meet. There is no greater magic nor healing than the love, the forgiveness and the compassion for those who walk upon the path of evolution with you. For such is the way of the one infinite Creator that all cycles shall be completed, all the pieces of the creation shall be reassembled into one, and all who seek love shall find it all about them.

1993/05/23: However, there is a tendency still, and an inevitable one, towards the female's perception of the self as one which nurtures and supports by the presence, by the loving and intuitive caring, by the qualities of compassionate gentleness, and intuitive hunching or guessing. Those wishing to work in relationships and to learn the lessons of unselfish loving and serving through presence, may well choose the feminine gender. This continues as far as we know, becoming more and more detailed and difficult or intensive, until that moment when all detail is first glimpsed clearly as irrelevant, and the face turns for the final time to gaze in infinite love at the source and ending of all that is. For instance, it is certainly reliably interesting for a woman to encourage those qualities the culture encourages and the archetype suggests: the bearing and raising of the children, the nurturing of the loved circle of family and friends through thoughtfulness and presence, the qualities of attractiveness and charm. Two queries are relevant: Firstly, "Were I a male ..."—that "I" being the female—"Were I a male in this situation with these necessities, what pressures, what sensibilities, what cultural expectations would I then have access to that I do not as a female?" Conversely, although it is excellent for the male to wholeheartedly enter into those biases which the culture and archetypal mind suggest, it is very catalytic to focus upon creating adequate supply for the self and the loved ones, to be the leader and the tender of the physical plant of home and assets; yet, it is also fruitful for the male to ask himself, "If I were a woman, how would my perception of my role and its requirements be altered?" We bring to this instrument's mind the suggestion of an image from your holy work. As one gazes at the third density, one may see a movement which seems, and in many ways very deeply seems, to tend more and more towards the feminine principle, for the goals of third density are the choice of how to serve the infinite One and how to become more and more a witness to and a co-creator of love. Lessons learned revolve completely around love, not around wisdom but around love. The qualities of verbal submissiveness and reaching in love to encourage peace and great tolerance were emphasized in this incarnation. Thusly, females in their cultural training find themselves more cognizant of what may be called, "the Mind of Christ," and find sacrifice more tolerable and acceptable, thereby creating much energy available for potentiating love and the learning of loving. We celebrate the fruitfulness of this polarity which brings entities together to learn, to love together, for the giving and accepting of love and all its fruits, advantages and disadvantages, is the proper business of humankind. This Personhood is infinite, and from this standpoint, we encourage each to be aware of one final thing, that is the person within that is the self, that is one with that

great Self which is love embodied and incarnate in the great original Thought or Logos. We consider the outworking of relationships to be focal and most central to learning of love.

1993/05/29: Most humbly we speak to you in the love and in the light of the one infinite Creator. Oh, the little that we have to offer to you who in some sense upon this evening are our students in comparison to what each has within, for each is the bearer of a light and a love which is that of the infinite Creator. It is as simple as listening for the chirping of a beloved bird upon a new spring day. One's inner guidance is always available to one for each here is an infinitely precious part of the one infinite creation, and each has a veritable host of loving administering spirits deeply caring about one's own personal destiny. Such spirits occupy themselves offering love, offering what gentle nudges and suggestions as may be given in silence, and let it be said that these spiritual ministers to the struggling self are infinitely patient, for well they are aware how seldom it is possible to hear the beloved chirp of a single bird in the great cacophony of sounds that fill up your density. There is great love and comfort to be availed for one who allows the inner guides to have their say, to have their sway. Of tasting it to the fullest and of beginning to understand the need for a sense of direction and focus within this experience of all embracing love.

1993/05/30: Your question about how to judge your own concerns about provisions for the physical well being and continuation is one which is important simply because in the pursuit of third-density lessons, all of which have to do with learning how to love, the issue of providing a supply of those things needed can be a key one. In the testament of the one known as Jesus the place of the law is simply turned upon its head as the one known as Jesus is quoted as saying, "Man was not made for the Sabbath, but the Sabbath for man." The direction to love the one infinite Creator and to love each other self as the self is not a detailed, closed or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom he taught that there is never an end to love. Not that there is no structure, just that there is beyond all structure, love. We only know how to be faithful to love. When it is accepted within the heart that nothing can be known and that a sea of confusion will always surround love, then the mind and the heart are better armed to take up the walk of the pilgrim who seeks truth, peace and love. And we say to you, "Yes, love exists. Love is before, after, and around all that is." You do not seek an ephemeris. The entity, Yahweh, from the Confederation of Planets in Service to the Infinite Creator, was one who spoke with those entities from the Mars influence in a manner that reflected the unity of all creation and the attempt to be of service to others through this speaking, and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires and expenditures of energy as portions of one great tapestry of energy, love and unity. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, that it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process being love and compassion that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion ... And we would answer by suggesting that the Law of One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction and ultimate conclusion. The phrase, "Son of God," or the phrase, "The Christed One," are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density, where the study of this creative power of love is that which is the focus of all energy expenditure.

1993/06/06: Your greatest sight is the blind but loving

ment, aware that you are children of love, and that you are children of complete freedom of choice. What many are not aware of is that all things that can be imagined, be they dark or light, are distortions of love. The only thing about which you may choose is love. It is often unrecognizable, so clever are you at distorting it, but your choices have to do with love, and in this density it has been created that this imperishable self that will go through this entire very, very long, to you, creation, make a choice within the illusion with such force, such willingness, such a surrender of absolute freedom of will, that you bond your free will in a general way, either to learning and expressing love by loving all that there is, yourself, love itself and all children of love, or choosing to deny that any but you is unique, that you are the center of the universe, that you are to be loved. And you are loved. Those who deny that others are like the self are those who are depending very heavily upon free will, not depending upon love, and therefore depending on that field, or way of making a part of a field, which will in time become weaker, and finally will not be strong enough to fool the self that is aware into believing that only the self is love. It becomes apparent, in what you would call the sixth density, that all beings are love, and if you love yourself, which negative entities are excellent at doing, then so, against all previous understanding, must you love all that is as you are. It is only one who trusts love, by faith alone, that asks the will to choose to will the good—if we may use that word—the radiant, the positive, the caring, to choose to emphasize those things about each which are the same, and that is love. It takes an equal amount of courage to become so self-involved that a choice is made to ignore any truth but that which the self has chosen for itself, and thus disciplines the will to ignore all incoming data, to focus only on gaining power and an intensity of love for the self which is, by definition, a love of the Creator. The negative entity is one whose free will is of a certain quirk, shall we say, that makes it seem obvious that the differences are greater than the similarities, and that love owes to love, the self owes to self, the aggrandizement of the self into the nature of the Creator, love itself. It does, however, have its own logic, and should never be treated with disrespect, but with the understanding that there are those whose uniqueness creates for them a free will which seems to be more paramount than the love that binds one to another. It is simply a different distortion of the one love. Consequently, as you experience the many challenges and difficulties at this time, know that you put yourself where you are, that you may more and more passionately and purely choose the way you shall love. We encourage you never to be downhearted, but to pick yourselves up after every failure, knowing that this is part of the illusion, to move in rhythm with the varieties of your experience, looking for ways to learn how to love. You are not in your preincarnate state, incarnated in this density to be loved, to be understood, to be consoled, to be companioned, to be happy. The discipline that you exercise when you focus your desire and the energy of love that is yours may be used for whatever purpose, be that purpose to master the personality, to control events or entities, to seek more knowledge of the mystery of creation, or simply to seek union with the One, that whatever may flow from that union may flow through you, as you are a hollowed vessel that has given itself in service to the One, that each of its portions with which you come in contact might be blessed and benefited. Each entity has at its beck and call, as it were, teachers, friends, guides and the force of light imbued with love, that move to support and inspire the entity through dreams, meditation and the presenting of the appropriate person, book, program or experience at the appropriate time within this process of learning. We feel that your words have wisdom in them, and would not alter them, for the tendency towards beliefs is a tendency towards narrowing the opening of the door that we have spoken of before, and thus is also that which tends to reduce the ability to apprehend and to receive the blessings of love.

1990/05/20: It is our purpose here only to be of service, and we thank you with open and loving hearts for allowing us this privilege, for this privilege allows us too to grow, as teachers always grow more than their students. Such it is for each language, that each of you may be a poet, each of you may inspire, each of you may develop a passion, a love of this naked, conceptual mystery. All paths lead to the love of this mystery which we call love, the great original Thought that created all that there is. Thus, each may become far more

wise than he may articulate, and that wisdom, beauty and imperishability shall be his alone, his to treasure, his to place with respect and love, where it belongs, within the heart and in the soul, within that portion of the self that always has been and always will be. There is love in a dusty window, or the croaking of a frog. Look to yourself to the alleluia of love for all that you see, and all that you can learn, and with humor and excellence use the words that are your vocabulary, letting them shine, playing with them, showing their wonder as well as their use, to those who wish to see that which you know. Love both of these, love the paradox, and most of all, love the Creator, yourself and each other, in whatever language you know.

1990/05/27: This contact is possible almost completely because of the great love and mutual respect of this circle, each for the other. Before you came to this experience, you knew that you were loved, that you were whole, perfect, unblemished, loving and beloved by the Creator Self, a child of the Father of all that there is, of the Mother of all that there is. It is blocked in orange ray by its reluctance to accept freely given love. There are two: light is not changed by any relation it might have to any other energy field or movement; love is a constant within each entity's aching and anguished heart. It may not feel loved, but, against all reason, it loves. Therefore, those who ask, "Why?" are given two considerations which speak of eternity: love and light. But the pilgrim soul keeps asking, "Why?" and finding that in terms of ideal or unchangeable things, this question deals with love and light. The question cannot be answered, and so each entity chooses to align itself with love and light without anything but hope or faith to guide the choice. You are creatures starving, and you have only faith and hope, because you see that there is light and there is love and no one can deny either, and you see yourself as one whose quest for the truth cannot be denied. There is nowhere you can go that I AM not present," declares love. Yet know that this condition was created as an important and cyclical phase of your development, as a beacon of love and light to the Creator, to yourself, and to the world. This darkness of being in some degree visits each, for this is what your illusion presents to those who enter its door, the opportunity to seek the Creator in the darkest reaches of the creation, those places where it seems no light has ever shone, those corners and closets of the self which is heavily burdened with sickness, sorrow and suffering, those qualities that are so readily available within your illusion and which so toughly test the able spirit to see if there is any place within the illusion that love cannot be found, to see if there is any wound that love cannot heal. Eventually each of you shall give all that you have at the door of death, as you call it, that you might once again enter into the realm of unity and love. Within certain groups of entities it is known that the experience of the loss of the loved one is a kind of testing that will prepare the person not only for those inner initiations of a personal level, but, through the passing through of these initiations, will allow that entity to provide a service to others that would not be possible without the initiation. We would say to this one, that we do indeed love you with all of our being. We endure with you, we seek with you, we await with you the light and the love of the Creator that does always nourish each, and which each in its own time will bring forth into new fruit and joyful experience.

1990/06/03: Let us begin by gazing at the one great original Thought that is Love, the Creator of all things. Let us spend a moment upon this word, "whole," or "entire." The closest link which each of you has to the deeper portions of the self involves the full opening of the heart to its own nature, which is love. It has often been described to you as the seat of unconditional love. Indeed, the fully opened heart is unconditional love, and love, therefore, is not a love for another with condition, but a love with another as the self. However, in the sense of being whole, to the extent that one has allowed the pain, the blockage, the limitation, the self-loathing, or whatever is the deeper expression of this illness, to be accepted and loved within the heart, the entity is becoming whole, and it is this state of wholeness, aided greatly by the indigo chakra work of daily meditation, self-forgiveness and other inner work, which will most reliably and quickly make possible the resonance of daily catalyst so that the catalyst may sink into the area of the archetypal mind and the archetype which is being expressed, recognized. Each is unique from the first and has been unique, wholly blessed and sanctified, as are you, by the love of the

infinite One, since before time and space and that grand celestial illusion of all of the energy fields of body, gravitation and all of the mechanisms of the infinite cosmos. The surety of various archetypes that you feel are helpful to its growth, and above all the love of the open heart blesses and raises the vibrations and consciousness of the fragile island home which you call Earth. Love your planet as you would love your parents, for the Earth upon which you stand loves and heals and cares for each of you without any question, for you are its children too. You must feel free to express to yourself to the fullest all emotion, no matter how hateful or seemingly harmful or subjectively not approved, for it is in expressing the self fully and then taking the self in its own arms, into its own heart, and loving, and being loved by this child that you are, consciously, that your spiritual evolution depends. They are yours to love and comfort, for you are children of the illusion, and only imperishable and immature beings as metaphysical beings. Had you achieved such a thing you would have no need to choose to love and to heal. May you love the Creator who first loved you, and whose nature is your nature. May you honor the free will which sends you to a million emotional states, for this is your catalyst; this is how you learn to love. May you learn to love yourself wholly and entirely, accepting all of yourself. And may you love each other, for you are all one self. Carla I'd sort of like to follow up on S's question, because I think that there was something there that he had hold of and that is that if (one) attains the learning, and growing is held in the open heart [and allowed to] flow, [through it], and [out], then instead of becoming bitter and negative, you [might] become sweeter and more loving without attempting to accept [the learning], by attempting to keep the heart open.

1990/06/04: We find that that to which we wish to speak this day is of shifting and uncertain energies of confusions in being and loving, and manifesting that being and that loving. The spirit of love is one and we speak as this instrument calls us, as the living spirit of Christ in the world, and soon we shall yield this instrument to others who speak in a different vocabulary. There is one Father, there is one Love, there is one Kingdom, which is the creation of all there is. We seek to reassure each of you that confusion is acceptable, if your yearning is kept right and your desire (shining) to know love. lovely smile is but a pale thing compared to the... And because of his ponderings all the harshness and pain of the Christian story became imbued with the poignant love of the Mother Mary and all sorrow was softened by his remembrance of the beloved presence of his sister, and so it came to be that though the cockerels still crowed in the dust and the heat and poverty was the daily bread, the sorrow of life began to be taught to this village in a way which spoke of compassion and love. The enthusiasm and vitality and recognition of beauty that comes from young hearts and eyes, the love of one for another, and all these together make up each of you. Seldom to those of you who are learning to love is there given a free and unasked for unadulterated joy, vitality and lightness of feeling, yet each of you has been a child. As you poor and hungry in a difficult world awaken yourselves remember the joy, the freshness, the love, the worship, and the presence of the nurturing mother of all things. May you each choose wisely and lovingly and steadfastly the way of love. So that each may know itself deeper and deeper and may come to realize a more profound version of itself and may then have more and more to offer as a channel of love and light.

1990/06/07: Ask the white light of infinite love to cover you completely, and in love ask that it extend around the circle, covering each of your beloved brothers and sisters, growing and eventually becoming bright enough that you almost disappear because (off) the light within, around and about the circle as well as upon the surface of your own physical body. It has a love that is impartial and relentless and will stand your friend without judgment, and shall not be moved. The instrument then says, "Behind me, Gabriel." This principle is a principle of the (polarity) and the generosity of love in its manifestation. It offers from a never-failing jar the waters of life, the waters of love.

1990/06/08: And so we would say, that the first and greatest requirement of harmony within a group is that the group is truly a group of deep love and trust and a lack of fear about loving intensely those who may not be of your family in earthly sense. To join a social memory complex is to be unafraid to expose not only all the good things about the self

but all those things which are subjectively disliked about the self, so that the group may support each other instrument in its learning to love itself, for only those who love the self may proceed far along the spiritual path.

1990/06/15: In this instance, the instrument was accurate in its reading of the degree of negativity of this particular entity, but did not do the metaphysical work required to become one with this entity in love and in light and in service. It is written in your holy works that you shall love your enemies and those that spitefully use you, for it is not difficult to love those who love you, but all-important to love those who do not love you. Always to understand that same energy in others and to love and accept each vibration as lovely. If the blue ray has been energized by the open heart, it is responsive to the energies that have come up from the lower centers, as it finds these energies balanced by love and then compassion. The adept, thus, finds that the movement in the direction of what is sought, a movement which, indeed, is initiated by the adept, does not terminate either at a point within the line of sight of the adept or one outside of this line of sight, but, rather, opens a (hallway) of love and light that returns again unto the adept. We would suggest to each that you take heart, and in a quiet joy go about your daily routine, knowing that nothing that you do, no distortion in which you may become involved, will put you so far from the love and the light of the one Creator that you are beyond redemption. (Carla channeling) And so we open again through this instrument in love and light. To the instrument known as S, especially, we would (note) that this instrument's love of the teaching moves at times to limit the nuances or open-endedness of each portion of the subject covered. The heart is a thing in itself, a power, a resource, that which in its full and open presence heals those about it by its very being. The higher energy centers receive their ability to do their work because of a full and loving open heart. The true courage lies in that sweet surrender to the unknown which guides you and all, in infinite love, in the full and open heart that is the great original Thought of all that there is, the Creator Itself.

1990/06/17: It is a great privilege to be with you this evening, and we thank and bless and send love to each of you, assuring that we will be with you at any time you mentally request our presence. You do not learn from us but merely recognize the truth that you have known but could not say for yourself until we said it first, for much of what you know is buried deeply within your unconscious mind and can come to the surface only under carefully protected and loving circumstances where seekers of truth may gather together in love and grace abounding. We may answer you in several ways, but we are sorry to say that one entity does not have charge over another, and though we may teach methods which you may practice whereby the effects of such abuse are limited or even nullified, you in your turn cannot help or rescue that unhappy and tormented person whose love is so distorted and twisted that that entity must show it in such a painful way. In other words, this entity has been accepted by you as one who has the right to enter into your own private space, within your being and your energies, due to your own love of this entity. Cut it, seal it, and believe and have faith that you are protected as a free will entity by the full armor of the love and of the light of the infinite Creator whom you serve. There is an undercurrent which is to be done much more slowly, and we urge that each gaze deeply at the lesson of love held herein. It is said in one of your holy works to pray for those who despitely use you, to pray for your enemies, for what good is it to pray for those whom you love. Pray and love and nurture that vulnerable, small self that could not defend itself against an overpowering vampiric presence. In this effort you are never alone, for as you pray, unseen entities of love and light are about you on every side, and as you in all humility declare yourself to be a person of faith, and align yourself with the best that you know, defining yourself by the best that you know, becoming your true spiritual self by this process, you do indeed become quite as strong as any entity incarnate or discarnate. You may be imprisoned, you may be tortured, you may be in any manner of situations, but as you recall who you are, an imperishable spirit of light that lives by faith, you become untouchable, for you have about you what this instrument would call the whole armor of light, and the Creator Itself is your protection, for you are as much children of the Creator as any other, as much to be loved and protected as any other, and in no way deficient. Claim your birthright as loving children of a loving

lovely - this tiny point which is the adit to the deep mind's union with the One Infinite Creator, to the deep heart's contact and unity with the Logos, the articulated expression of Love which is your crystalline nature. However, the desire to serve in a manner pre-determined by yourself is oftentimes a desire misdirected and a desire which can, if clung to overly much, cause one to miss an opportunity to serve that is more harmoniously and efficiently offered without preconditions; for though your illusion seems securely fastened to immutable laws and proven pathways of action, we can assure you that the Creative Intelligence of Love can move beyond all pre-conceptions and make the grandest change in ritual and function imaginable. For when an entity truly wishes to serve and to do the will of the Creator, the opening of the self to this desire can become a channel through which this Creative Energy of Love moves with the power necessary to break limitations, to rearrange perceptions, and to allow new possibilities to be infused in any entity or situation. We encourage each to attempt to improve and to control the life experience for comfort and for joy, for rest and peace and love; yet also, we encourage each to rest back in the virtue of that situation in which each finds himself. And in that atmosphere, any occupation is a beautiful, rich situation; for in that situation you can love and be of service and offer the heart of yourself. Your incarnation is loving, and so we end with the request that you love each other and be of plentiful supply of that love, of that caring, so that you may be free and give others the freedom that you feel. We move into and burst through that entrance with you, in unity, in love, in faith.

1993/04/25: We are again with this instrument in love and in light. Often it puzzles those who experience these seasons of desert within, for the outer planes are halcyon and lovely, yet within all is certainly an arid waste. The hope of entities who attempt to accelerate the rate of their evolution in spirit is to so live that the maximum amount of pressure is exerted upon the orb of self so that more and more and more of love may flow into or within the sphere or field of that which is your unique spiritual entity. Because we speak to those upon the path of service to others, however, we assure each that it is not the point to attempt to look graceful or to seem centered, rather, dealing with times of feeling off-center or unbalanced the point is to make friends with this situation and involve the self in accepting and assimilating the growth, not with an eye to appearances but solely with the goal of so accepting and loving this discomfort of self that the stage is set for the process continuing. Indeed, to the spiritual seeker the straight and level road is a lovely thing but if it is endlessly peaceful and there is no perceived challenge the seeker turns and questions its path: is it learning enough. The seemingly smooth and the seemingly rough both alike are manifestation of perfect love. No matter where your curiosity and your sense of adventure move you in spiritual seeking you are the same distance from love that is no distance. All you experience is love, all with which you experience is love; you are love perceiving love. Use this illusion, use this separation and allow the verb between to be love, allow (yourself) to enter into loving relationship with good times and with bad, with positive and with negative. The more you can embrace your condition the more you shall radiate that love which is of the essence of you, of the situation, and of any and all agencies whatsoever. To be able to bear witness in good and in bad weather, to the sun which forever shines, to the warmth of love which never grows cold, this is to be a sun to those who may share your circumstances, this is to radiate through your physical, mental and emotional beings that spiritual truth that you are love and you are surrounded by love. We are with you in that search and we share love with you in each and every moment. Thus, it is important at this time to simply open the self in love and acceptance of all those difficulties you face, whether they are generated from without your being or from within your being, for in truth all that you perceive you personalize in a fashion which blends perceiver and perceived. Thus it is not surprising that one's meditations would also be affected by this confusing and chaotic experience, however, be assured that as you place yourself in a position to meditate and to open yourself to the experiences of love about you, that no matter what your perception of your experience of meditation might be there is work accomplished there, not just in the intention to meditate nor in the actual practice, whether perceived as well or poorly accomplished, but in those deeper portions of yourself to which contact is made during medita-

tion, in order that these portions of your deeper self might be able to have their influence upon your perceptions in even the subtlest manner is the opportunity that is most helpful to the seeker of truth. As you experience the calmer waters in your daily activities you may also assume that there are inner preparations being made for future change as current catalyst is accreted, and as it is well or not so well processed there is the building of momentum so that at what you would call a future time there can be another shifting of perception that will allow you a clearer view of your path to love. We would suggest to each of you that this may or may not be true, however, it is unimportant, for what is important is that you engage your experience with a whole heart and attempt to make some sense of all that occurs, knowing that all that occurs and all that exists exists within the greatest mystery one can imagine, and that there is at the heart of this mystery infinite love and support for all children of the one Creator that seek to return to their place of beginning, never knowing for sure until they have returned that they have never left.

1993/05/02: May each laugh and love the self, and that selfless One which makes all one. May each love each other and share in the processes of learning and encouraging each other.

1993/05/06: The healer's skill, then, is to a great extent involved in continuing to attempt to match the exact vibratory rate of the self with the vibratory rate of the one original Thought which is infinite intelligence or love. If the heart speaks its desire when the healer moves into readiness to heal, this energy of heart is the key empowerment which creates the open flow of the infinite love and light of the Creator. Because the healer wishes to create a channel where this light of love moves without hindrance it works upon the food and upon the attitude. We thank each in this group for calling us and offer each our blessings and love.

1993/05/08: We are thankful that you have called us to this session of working this bright and lovely morning. Yes, my sister in some the moving of the integrated self with feelings of wholeness turning always all of the self over and over again is the most efficacious way to most accurately record and memorialize in fitting tribute of emotion and manifestation the quanta of light and love that the entity moves through in the incarnational experience. The second time I attempted this chelation I removed myself from this attempt to find detail or find symptoms of what was occurring and I placed myself in a acceptance of what was occurring, utilizing love as more of the energies that were flowing through me and more of the essence of myself slipping through me and what I experienced was less of the censoring but still an overall feeling that the healing was somewhat complete.

1993/05/09: Carla Ha! I'd love for you to speak further always ... We lift our hearts to the one Creator and know you stand with us with all love and amazement, rejoicing in this mystery that calls us forth from dust to behold we know not what, yet must we continue to be about this business, seeking always the infinite Creator and Its service. We encourage all attempts to love and support each other. In the friend that passed, who I know is full well taken care of and is on another journey wherever, due to the circumstances in which he left and the great love I felt towards that entity, I've wanted to know if it is common for those within an incarnation to offer a service to those who are not incarnate, and wanted to know if it was appropriate to offer the service of asking that entity if there was anything, while I am here, that might be helpful for his peace of mind or whatever, that I might do in reference to his loved ones. I don't expect to step beyond things which are beyond me, but if there is a way to offer that service, I would like to do so and as well wish him on his journey, that it may be well and full of love and light.

1993/05/16: My friends, this opportunity which has been made available at a certain point in many lives is indeed a great step, one which with love, with the sharing of the heart and mind and the spirit will perhaps cause some of the doubts to be allayed. As the harvest becomes closer, my friends, these lessons of love and of sharing yourselves, the learning, the experience of becoming one with those that you perceived as being troublesome to your spirit, are great lessons and are ones to be thankful for. We ask that you look into the silence, for there is a center and a hope, a joy and a love in the midst of that silence that can create a new kingdom for you, and for your family. We ask that you begin always by attempting to gain a true reflection of yourself, for it is only when the carnival-goer is lifted from the hall of mirrors

ergy with perfect purity but simply because you are. Instead there is a gentle love offered to the self that is experiencing so much pain, including unworthiness. Just letting it be, allowing it to be present or to dissolve at its own speed while it is offered love. What you will find is that your increasing ability to offer love begins a new pattern, a far more skillful pattern whereby, as I suggested yesterday with the arising of fear, the arising of unworthiness becomes a catalyst, not for the offering of more disdain to the self but a catalyst for compassion. Work in consciousness is largely the moving of energy which is intelligent through violet; then, by intention, from indigo into the blue ray of communication, which then opens the heart, which opened heart may go forth arrayed in the bright colors of love and purified emotion. To say in the midst of sorrow, "Thank you, O beloved Father/Mother. For now, we ask you to take it on faith that when you do praise and thank and sing and pray, there is a spirit of Love itself that listens and responds endlessly, fruitfully and fully so that each symptom of the infection called distortion or error or sin may indeed be forgiven. To begin this process, I would like you to invite one for whom you feel love into your heart and mind, just holding them there before you. No matter how much love there may be between you, you have also caused pain to one another. Speaking that being's name silently and saying, "I love you, so it is hard to express my anger to you, but you have hurt me by something you did or said or even thought. I love you, even if there may still be some anger or hurt about that which was said or done. I love you." I am going to be silent for a minute and ask you to continue this process silently with the one you hold before you, offering whatever words or thoughts feel most appropriate. It is so painful to be thus separated from you because I love you. I admit my irresponsibility in allowing that voice of fear to dominate the voice of love. The loving heart has room for it all. Speaking your own name to yourself and saying, "When did you last tell yourself, 'I love you?'" Can you offer that to yourself. Speaking your name and saying, "I love you. I do not love you because you are perfect. I love you because you are. I love you." Again, I will be silent for a minute. (Pause) Can you hold this being that you are up before you as one who is truly cherished and beloved. Look at yourself, at how beautiful you are, and offer yourself that love. (Bell) My deepest love and gratitude to you all.

1993/03/23: This Father/Mother Creator has sent each inspired and inspiring historical figure into a troubled world to bear witness to the light and the love of the infinite Creator. Yes, each must be responsible for cherishing again and again the self, to learn to love the self that one may, for the first time, know how to love the neighbor as the self. There is always the carrier wave that strengthens the will and desire to be and, in that beingness which is full, to so move in consciousness that the fragmented self which suffers is healed by love. Even a shade-loving plant must have some light. For reasons I cannot easily explain, the primary lessons of third density are faith and love. Rather than expressing love, one would simply express self-discipline. One would move into a sense, "I came to do this and I'm going to do it, and nothing's going to stop me!" But you are not here to learn that level of self-determination, not here to use force and judgment as guidance for your choices, but here to learn love as guidance for your choices. To express your energy with love, there must be that sense of connection that grows out of faith. We ask that all present send love to anything that wishes to learn from the deep love expressed in these sessions. When you become aware of the pattern whereby self wants to be dominant in order to keep this being safe and you send love to that fear, open to the reality of that fear with no need to get rid of the fear; then you begin to rest in faith. Each is an opportunity to draw in light, to offer service and love." It is sometimes very difficult to keep track of this. If I draw on that tremendous source of energy and love, then I have the ability to work lovingly and skillfully with this catalyst. I no longer need to wage war with this catalyst but can use it as an opportunity to practice expressing my energy more purely and lovingly." Then all of these situations in your life take on such a different perspective. Faith is strengthened each time you work in this more loving way. However, we say to you, is any silence empty in a universe that is full of the unity of the nature of love. You choose not to have a faith; rather, those who live a life in faith choose to be faithful in their practice of the presence of truth, their practice of the presence of love. The one known as Jesus would not con-

verse with this principle of negativity and fear, but spurned each temptation and said, "Get thee behind me." The conversation that you seek, then, (for one must converse with the mystery) is the conversation with love. You are seated and grounded in this faith by the practice of the presence of Love itself, as guidance brings it to you. This is the prayer: "Come, Holy Spirit, fill the heart of your faithful and kindle in her the fire of your love. And that as you bear witness in a life of faith to this true nature that continually transforms perfectly all that there is, you may see the face of creation blossom and expand infinitely in love reflected in love. So, as you bring down into the life of faith the energy, the spirit of love which strengthens the heart that it may move further downward into each darkened place within, so the reflection upward begins and the heart is informed by the energies originally locked in lower centers; and the heart frees this energy that it may make its return to the alpha and the omega of all that there is. So, all things from beginning to ending of creation are implicit in this present moment, and the cycle or circle which is process and learning and growth reflects in your faithful hearts the eternal present moment in which love is the whole nature of all unified consciousness. May you remain and abide in patient and persistent blindness, accepting and blessing each darkness, each fear, each sorrow, each suffering unto death, that the work of creation may express through you the life of the self that is love, in this moment and ever. May you through this process day by day so seat yourself in loving acceptance and faith that all is well, that Love itself may flow through you as light through the panes of the lantern, so that those about you may see this light and turn to this light within themselves. My friends, love one another and for the first time, rest. This is not fundamentally different from that which we have offered concerning the healing of the incarnation of the self day by day, but may be seen to be an extension which, in those who feel the call and gift to heal, may be used and through experience refined as a way of loving. As this series of workings draws to a close, we stretch out our love as arms of blessing and thanksgiving to each who has moved many everyday hindrances to one side in order to be together for this working. Our love and blessings to each, and our praise and thanks to the One Who is all that there is that we experienced this beauty together. May we all go forth to serve and to love, strengthened by this sharing. The more awareness you can bring to this being that you are as a whole—as this angel in its earthsuit of divinity and humanness—with each moment, the more lovingly you can bring healing to where healing is needed. It is not the seeker's place to choose which will be, only to sit with as much love as it can give at that bare table and trust that this is the experience that is given and it will suffice. When you see negative distortion in illness of the physical body or the loss of a loved one, or some other great grief or pain, remember: "This is part of the spiral to the light. Can I embrace even this distortion and offer love to it. It can be a catalyst for remembering to offer love." (Pause) Aaron I am Aaron. I believe that in some of your gambling centers you would find a sign hanging that says, "You must be present to win." You must be present to win: present to win out over fear, present to deepen faith, present with whatever this mind/body/spirit complex is experiencing in this moment, present with as much love as is possible.

1993/03/28: As each looks upon its "if onlys" we ask that each consider that these unhealed memories dim and make tenuous the pure light which is the manifestation of love, which empowers each servant of the one infinite Creator. We ask you to love, accept and forgive yourselves and be brave and bold enough to open and allow the healing of the self, the healing of memories, the healing of the incarnation. Into such concerns does the light of love's spirit move. One who seeks healing, who seeks loving, is never alone. There are strong forces which come in the name of love to aid, support and strengthen the attempts of the self to realize and know love.

1993/03/30: Your question about how to judge your own concerns about provisions for the physical well-being and continuation, is one which is important simply because in the pursuit of third-density lessons - all of which have to do with learning how to love - the issue of providing a supply of those things needed can be a key one. We do not wish to trifle with questions of identity, but wish instead to ask each, in the mind's eye, to move inward, and inward, until there is that point, bright as a diamond, crystalline, and

Creator. This we do not suggest to be simple work, or work done quickly, but it is the key to all the rest, and we suggest that you pray for the soul of the vampire, for in this way you shall learn to love this entity. As you pray, the love of the Creator surges through you, and you see this entity in its original form—beautiful, whole and perfect, just as all entities are. How very sad is all that that entity has experienced that has so soured, embittered and caused this entity to become negative and controlling of others because it cannot control the self, unloving of others because it cannot love the self, unforgiving of others because it cannot forgive the self. There is much to pray for in this entity's despair, and as you pray you will find strength and compassion flowing through you, as you deliberately strengthen yourself inwardly, with a knowledge of your own birthright, by loving yourself, forgiving yourself, and girding yourself about with light. So shall you become strong enough to love. Be open to the flow and the energy of compassion and love within. In full discrimination of those thoughts which may come to you, move gently, humbly and confidently to follow the will of love itself, and do that in your life and in your actions which best expresses your best awareness of the implications of that knowledge and that love which is yours. That is the nature of this illusion, yet each mistake is a blessed one, one which holds a lesson of love. When you are discouraged and at your weakest, picture yourself in the arms of the Creator, nurtured and cradled and loved, infinitely, infinitely loved. No matter how many times this occurs, nurture yourself again, that is, allow the nurturing Creator within, that female, divine principle, to love and cradle and hold you, and rock you, and care for you, until you may rest in bliss and quietness, and renew your strength of the spirit. Then shall you awaken to the difficult manifestations of this illusion, and move into those patterns that are so painful with a stout heart and a full armor of light and love, and you shall do very simple things, and shall love, and shall not hear, and shall not be affected, and if necessary and possible, you shall walk away. As the storm rages about you, we urge you to gather to yourself your birthright, and to be who you really are, children of love, children of the one infinite Creator of all things. Love one another, my children. My children, how we love you, and how grateful we are to have been with you this evening, speaking through this instrument. Too often does this instrument forget that it too is a child of love, and does not need to fear the illusion of pain. It is the vampire which must be faced, loved, forgiven, realized as part of the self, taken into the self, and made so much a part of the self that is not chosen, but there is no longer any fear, there is no longer any adversity, there is no longer any struggle. Such is the power of your own faith in love. We hope that in some way they may be of service to you as you continue in your daily lives to seek and to share the love and the light of the one infinite Creator under all manner of circumstance, many of which seem most burdensome at this time.

1990/06/20: Because we speak to an old and beloved friend, we would have the one known as S know of who we are. And so, all of us are grateful to be with you, and those of Ra and those of Latwii send you their love, and are with you always. Many would call blasphemous the martyr's love of the mother for the family to the point that this nurturing entity abandons all personal hope, dreams, originality of existence and authenticity of opinion, in order to best serve in any way that is requested the demands of this greater self. It may be noted that when this occurs it is a poor choice if one wishes to balance one's karma and remove oneself from the dense influences of this particular classroom, for just as negative over-activity bond one karmically to another, so does excessive and self-sacrificing love that is unnecessary and an infringement upon the free will bind the same entity, karmically, to the one idolized. At that point, in anyone's experience, when the entity is sure that it is receiving clear and positive information, and that there is a clear and positive way of redefining unconditional love for those about one, the martyr's path overcomes wisdom, for yours is a density in which you are attempting to learn to love without condition, and when at last there is a choice between wisdom and dying well for an ideal, wisdom must needs wait its turn and be learned in its proper density. The great error with those who have a tendency, because of their mystical experiences, to see opportunities for self-sacrifice, is that they will choose self-sacrifice when it is not at all necessary, and when in fact it may well prevent or cause to make longer

another entity's road towards understanding of the nature of love. For instead of seeing itself as responsible, it simply turns to a service-to-others self who loves so deeply, and that service-to-others self again and again plays the martyr's role. Whether these entities are called philosophers, or fools, or poets, or men of god, they have a vision of the way the world is, to which those who hear it resonate, and by which those who live with it are enriched, and indeed the planet itself is enriched by the mystical view, by the love of mystery and the withholding of judgment that accompanies the mystic grasp that we do not, nor can we, know anything for certain, but by faith we see the world in this way and that, and we do not need the tape measure, and the calibrations, and the figuring, and the equations, for we see life at first as mystics in the abstract, and then watch as those abstract principles of love, affirmation and service to others find their way into manifestation as each mystic lives its life of eternity in the world which lives in time and space. Others speak a great many words, and are therefore honored, but are not the least bit more helpful than those whose service is silent, for it is the viewpoint which causes radiance to be possible, radiance through the self, radiance that lights the planet, and fills the Earth with the possibility of loving kindness.

1990/06/23: It is not only in your own culture that it is thought that mistakes cannot be corrected, that some errors are so heinous that they can never be atoned for, and that many fall permanently outside the reach of the love of the infinite One. This entity said, "You have two jobs to do, love the Lord your God, with all your heart, and all your mind, and all your strength; and your neighbor as yourself. Now, to love the Creator is relatively easy. It is an opportunity to learn better how to love, and it is difficult situations that bring that knowledge forward. When one may love the Creator who has caused the whirlwind, and the fire, and the terrible destruction of great earthquakes, then you will begin to understand that the lessons of love are often difficult, and always need inevitably end in the death of the physical body. Each entity's job is to gaze at those situations which confront one, to find love, praise and the giving of thanks. Thus, you come to a respect, and an honoring, and a loving, and a nurturing of yourself. Moving from the temporary to the eternal, and gazing at yourself as would a most loving mother, forgive yourself, accept yourself, allow yourself to be yourself, and lead the concern for the self away from center stage, for it is as dangerous as the blinders upon the horse to those who can see but will not. Ask, though you feel unworthy, to be that person who experiences unconditional love. Let love fill you, which you naturally wish to return, and as you more and more perceive yourselves as children of the great Father and Mother of the universe, you can come to treasure yourself, for you are all treasures. You must bring your own personality and biases into balance, else how can you be the house of the Father, how can that light shine through you if you are lurching about wasting the energy of love in the distortions of self-immolation. This is the density where you learn to deal with entities in more and more gentle compassion and love. Now you have forgiven yourself, you then can see that although those other entities may not have done this work, at the end of that work which they will do at some point, they will find their birthright as children of a forgiven nature, children of the one Creator, children of love in which there is no judgment. Compassionate love includes being of service by speaking of difficult things. Why then, in all compassion, you are judge, but you are a judge of compassion, and if words that are less than easy must be said, yet they are said with love and compassion, carefully and courteously, and honestly, and fearlessly. First you must learn to love, and you must learn to have wisdom, and you must learn to have compassionate wisdom. Right at this moment in your development, you are simply attempting to love. Of yourself you cannot do this, but the great original Thought of Love is with you. Forgiving entities does not mean that it is necessary for the forgiving entity to continue to accept acts upon the part of the other self which are subjectively seen to be abusive and destructive enough that the self—or those young selves for whom you are responsible—(is) in danger of any kind, be it mental, or physical, but as you do those things that you must, as you decide upon the separation because you see that union is impossible, as the other entity cannot do the work that you are doing in forgiveness, you simply do that which you have to do, with love and compassion and peace, staying within the forgiveness, accepting the unacceptable

that may occur, loving the unlovable that has brought about the current situation by its catalyst. With compassion comes humility, and you would gladly serve, as did the one known as Jesus, by washing the feet, by doing the unattractive things that make up the daily run of existence, because, since you are forgiven, you dwell in a state of redemptive joy, so that every dish you wash, every window that you clean, every flower that you touch, is alive to the light within you, and responds in love. The creation of second density dwells in love, except in those places—and there are so many—where the lack of love of your humankind has damaged second density. Touch into perfect love. Keep your feet in that fine river of forgiveness, and your light shall shine, as it will, and that which it is given to you to do will come before you with no effort whatsoever on your part, and whatever it is, the sweeping of a floor, the saving of a nation, all is equal if it is done in utter and complete love for the Creator, the self, the situation, and any other entities that may be involved. Love always forgives, but it does not rush in to forgive. “This day you shall be with me in paradise,” replied the broken and dying lover and servant of mankind. We have spoken overlong, and we apologize, but we wished so much to be with the one known as S especially, as we so seldom are able to speak with this soul in the voice that has words, but may we say to this beautiful and beloved child, that we are the clouds overhead, that we are the stars at night, that we are the familiar things that you touch day by day, that we are in the smiles of strangers, we are always with you. Let us nurture you, be aware of our love at all times, let it flood you, and overwhelm you, and heal you, when you are too weak to do these things for yourself, for we are that part of you which is a bit closer to the divine consciousness you call Christ consciousness.

1990/06/24: If you have had courage once in choosing what was subjectively perceived as the ethically correct thing to do in a situation, you have made a difference in yourself, you have chosen, and with each choice your polarity, your positivity, your service to others, becomes intensified, until there begins to be within each who continuously seeks persistently, the fire, the passion, to do and to be that which is love. You cannot escape every other thing in the illusion including the illusion, but in each escape there is the wasted opportunity for learning the lessons of love. Thus we hold up to you a picture of yourself, as beloved, created as beloved children, rocked and comforted and held by the mother nature of the infinite Creator, and strong in heart to wish to do that which is of service. This is not service to self, for if you cannot treat yourself well, out of a pure and unconditional love for yourself, with all of your imperfections and errors, then how can you love and serve those about you. If your heart is full, and energized, and open to the love about you, you will feel those times when love bubbles forth from within you as a spring into a fountain, and you will see yourselves used as beautiful, as inspirational witnesses to the light that you are within. In that atmosphere, then perhaps you may be of further service by the talking, the speaking together, the enjoyment of laughing, friendship and love. Love and nurture and honor yourselves. Love and nurture and honor others, who are all yourselves. And be merry in your love. You love the mystery. You love the dream. Please know that it loves you back... (Side one of tape ends.) (Carla channeling) ...that it loved you before you loved it, and that it and you are love.

1990/06/29: And in my challenge I ask do you come in love and light and service to others. I am Latwii, and we do indeed come in the love and the light of the infinite Creator and we serve together with you, and we seek with you to be of service to others.

1990/07/01: Since we who come in the name of love and light and service to others are also alleged UFO entities, it is what we would call our loyal opposition of which we would speak this evening. We who come in the name of unconditional love and limitless light, we who are of the one infinite Creator, the one original Thought that is Love, must go before a group of entities, which is chosen from among our Confederation, and which changes from time to time, and offer to them our intentions, our plan if you will, for aiding entities upon your planet. Because of the fact that positive information—that is, information of love and light and service to others, information concerning the path of unity and peace and love—is available to those who ask, it was considered right or just that an opportunity be given to those whose call was for information of a negative type, who de-

sired information on the path of service to self and control over others. Those who are, shall we say, of a more sophisticated nature along the path of service to self, having wisdom as well as love—that is, the love of the self—await the free will contact of those who seek negative information, for such contacts are likely to be fruitful, in the negative sense, and satisfactory in the transferring of information which is helpful to those who are upon the path of service to self in your density, and who are preparing for harvest. Those entities who are less sophisticated and closer to your density—that is, who are of the density of love—feel that they have come in simple conquest. In this density, in which one attempts to learn the lessons of love and is perfecting lessons of social intercourse and movement towards the light, the negativity revolves about learning to do those things which one considers to serve the self more of the time. Those upon the positive path will be attempting the exact opposite of this, that is, they will be attempting to think in terms of service to others, or simply service of any kind, because of the love of the infinite Creator which is in their hearts. Thus, those who are indifferent in your density are those most to be mourned, for as they eat and drink and be merry without regard to serving others or the self, they simply continue in this density of experience, finding upon graduation that they have not graduated, they have not learned to love, they have not learned to turn towards the light, or to use the light. In this setting, which is far more harmonious, and far less given to strife, the lessons of love, and service, and compassion, and understanding, are perfected to a minimal point. In negative fourth density there is a similar attempt to polarize ever more strongly, to perfect the lessons of love. In the negative case it is always the love of the self and control over others which is a constant drain upon those who are in fourth-density negative, for they form uneasy alliances, and are always ready to challenge someone they think they know best in order to gain their power and to control them. Then the entities must gain enough of a strength of love of self and the ability to use that love in what they think is honest service to the Creator, whom they love, to be able to use light of the next density, which is that of wisdom. It is the most positive of positive entities, the most loving, the most desirous of service, for it knows that it has finally discovered the truth that will continue its evolution. As the seventh density entity loses all need to feel selfhood, the power of love which has infinite intelligence and no awareness of self at all calls it home, and it rejoins the Creator, which is intelligent infinity. The knowledge of this entire octave of creation is simply a gift to love itself, and love learns about love, and the heart of the universe beats once more, and a new creation, based upon the learnings of the previous, begins. Yes, these things are occurring, and yes, many, many positive contacts are also occurring for those who seek in love and light and the purity of intention. There is no fire and brimstone, objectively speaking, for those who must repeat third density, but only the matter of fact reincarnation upon a third-density planet, and another very short period of time, 75,000 years or so in your measure, to make the choice to love and serve the one infinite Creator by serving others, and by serving the Creator, or by serving the self, which is serving the Creator, which is of course understood to be the self. Those who wish to polarize in service to others choose by faith to feel that all situations are situations in which service is possible, that simply to be and to love the Creator, to worship and adore that love which created each of them, is a service worth performing, and, indeed, may we say that as many upon your planet awaken to this choice the consciousness of the planet has grown lighter and lighter in the past few years, as this instrument would measure what you call time. You are never without the ability to choose that which occurs to you, because if you have no fear you may have negative experiences which you will see only as environments in which to learn challenging lessons of love. Positive entities can gaze at one, shall we say, of the loyal opposition, and find in this contact the opportunity to realize that this entity too is a part of the self, and is to be loved, and blessed, and prayed for, and cared for, and taken into the heart. It has been said in your holy works that it is easy to love those who love you. Better is it then to love those who revile you and wrongfully use you, without fear. These entities who are called the “grays,” or any other entity or situation whatsoever which is attempting to make one feel helpless and out of control, are completely malleable and transformable by love, love unhindered by any fear, for, indeed, there is nothing

allows the full expression of all the beauty in you: the loving-kindness, the generosity, the caring, the energy. This is to be noted, because working with the indigo ray, communicating through the blue ray and attempting to keep open the all-loving and all-compassionate heart is an effort which greatly suffers because the lower energies are not much liked—to the point that entities often choose to do most of their conscious work within the upper energies while choosing not to address issues which are unclear within the expression of energies in the first three energy centers. You see the imperfections, and you strive to get rid of those imperfections rather than finding love for the being that you are. If the angel does not set foot on earth, where is it going to learn these lessons of love, of faith, of compassion. It makes you want to cut off your feet rather than bring a hose, lovingly hose the mud away and just watch for the next mud puddle. This essence of divinity within each of you is not separate from God, nor is it in itself God, but is a part of that infinite energy, light and love. Each of you is involved in this process of expanding and enhancing your own energy and light, which does not belong personally to you, but in eighth-density experience moves back fully into the Eternal and thereby expands the Infinite, expands the light and love in the universe. The ideas of love, compassion—what do these mean. If there was never any pain, it would be easy to feel love. But what would this love mean. When you are offered the heavy catalysts that you are offered on this plane and can still forgive, still find compassion, still love, can you see that you are expanding that original spark. The second choice is that you watch the process of closing and opening, fear and love, and find compassion for the human who is experiencing this physical pain, this emotional pain. This is your greatest challenge, because it is so painful to keep coming back to that earthsuit when the heart yearns to be free and back on that plane of light and love where there are no distortions of fear. Can I allow myself to enter this illusion fully with as much love as I can bring to it? In a sense, it is not the pain of the illusion which causes you to build walls and close in the heart, but your fear that there will be pain. Smile at your beloved elephant that gives its life that you might learn better to be. First, I would ask you to move into the heart center and therein to find that spark of the Divine, that place of infinite beauty and love within you, that place which is undefended and has no reference point of self. As fully as you are able, allow yourself to rest in this space, empty of all self, and to radiate that loving-kindness which is the true essence of your being. You are not reaching for something that has fled, only allowing your focus to come back to what is always there, to this place of love, infinite wisdom and compassion and deepest connection with God. I thank each of you for being a part of this circle and for the profound earnestness and love that you express by your presence. May all beings transcend the illusion of fear so that they can more fully manifest their true nature of love in every expression of their energy. My love to you all.

1993/03/22: Good morning and my love to you all. When you enter the illusion in which you feel the heart closed so that you are separated from that beloved source of light and that your own light does not shine, what is really happening at that moment. It cannot be forced; but the allowing of the experience of loving connection opens those petals, and you experience the radiance flowing into the heart center and the radiance flowing out. So, where is the light and love to come from that opens this blossom, this rose, and allows reconnection. It comes from your deep practice of loving-kindness and compassion with yourself. When you see this being sitting alone and afraid, can you reach out with love to it. And then I'm going to give love to this being that's caught in the storm, this being that wants to revenge itself, that wants to scream out its jealousy or its sense of betrayal or greed. I'm going to love that being.” It is very hard, but it is the deepest gift you can give, not only to yourself but to God. For to love that which is easy to love is far less of a gift than to love even the angry, jealous, bitter parts of yourself and of all beings. However, each knows, too, that this is a purposeful dream, a much-desired and desirable illusion—a delusion with which each seeker learns to cooperate, so that learning the lessons of love may become more and more harmonious and the spirit within more and more harmonized with. Yet the mother is, in the end, totally accepting of this pain, for it has brought about a beloved new life. In the matter of the spirit's learning the lesson of love, you are both mother and midwife to the growing child of transformed consciousness that is your

continual identity within the chances and changes of illusory incarnational life. When you relate to those catalysts that lead you into fear and separation with more fear and a need to get rid of them in order to come back to some place of connection again, some place of love, then you are dialoguing with fear. The physical body is very capable of healing itself of distortion, both energy distortion and the physical ramifications of that energy distortion, if it is simply bathed in love and allowed to reconnect with the perfection of the light body. I must become a more loving person, which means getting rid of my fear, getting rid of my anger” Can you simply allow the presence of it and send love to the being that is experiencing it. Instead of making the affirmation, “I will be generous,” which strengthens this grasping and aversion, if the being's focus becomes, “I will work as lovingly as I can with whatever emotions are present in my experience,” then the intention is very different: not to “fix” but to relate to with kindness. One must ask, “Is this affirmation a way of keeping me grounded in the aspirations of the loving heart, or is it a way of disguising my fears or aversions?” When one knows one's fear of giving and returns gently to the center of the open, loving heart, one touches that core space of generosity. The seeds of generosity, of patience, of loving-kindness, of connection, of energy, of truth, of morality—all of these are within all of you. Here you are not getting caught in conversation with your fear, only noting, “Fear is present,” and offering it the love and compassion that it needs to begin to dissolve enough that the natural generosity may be expressed. When fear leads you to shame or jealousy, a sense of betrayal, rage; when you can offer love to the human experiencing that emotion and let go of grasping at, “I shouldn't be raging. I wish to touch each being with love. I intend to touch each being with love”—this process gives the universe a very different message. Fear, pain, whatever you are experiencing, is precisely what you need in that moment to lead you more deeply to paying attention, to give you the opportunity to practice loving-kindness and compassion for yourself and all beings. This, too, is of love.

1993/03/22: Then all these powerful energies I spoke of earlier, these beautiful seeds of loving-kindness, of patience, of generosity and ever so many more have the opportunity to flourish. The warm light of love shined on it, the warm sunshine, is what allows the rose to open, is what allows generosity, patience, loving-kindness, energy, truthfulness, to express themselves through you. You find the ability to smile at this being that wants to be in control—not to laugh at it, not to mock it in any way or to take its pain less than fully seriously, but to hold it in love. The lessons of compassion and wisdom are valuable, and there is no reason not to start on those lessons in third density; but you are here to learn love and faith. And if there is not a firm foundation of those lessons of love and faith, then lessons of the higher densities will become distorted. What does it mean to love unconditionally. The issue is, can one find such deep love for this human that one can see the distortion in the lower chakras without condemnation, fully embracing the human experience. This, then, looks like a living stream of the most lovely light green, which shimmers and surrounds and gradually alleviates the blockage of red, orange or yellow so that the two colors gradually become equal in their radiance and power. Can you begin to see, then, that the distortion that leads to not cherishing the self is part of the gift and not a barrier in the way of learning of this love. All that which you judge within yourself is the gift for practicing non-judgment and unconditional love. Unconditional love is very difficult. It is uncomfortable not to like the self, but it perhaps is even more uncomfortable to recognize the true divinity of your nature and that you are capable of unconditional love. The child that is loved despite its pain and anger is far less likely to need to kick. Your work is not to deny the existence of this child self nor to allow it to have its tantrums, but to hear the child self and offer it love. It is this continued remembering to love the self, whatever is being experienced, that provides full healing of the sense of unworthiness. You do not need to be perfect to offer that love to yourself, but to learn to forgive your imperfections. He told those who died on crosses beside him essentially that he loved them. This is that message of the Divine who said, “This is my beloved Son, in whom I am well pleased.” That is a message offered not only to the one known as Jesus, but to all of you. You are loved, not because you are perfect, not because you are without heavy emotions, not because you express your en-

1993/02/14: And as an addition to the question on what the definition of life would be, in a form that we could understand here, we would also like some information on how the death and removal from this illusion of any one of us would affect the others that we have incarnated with who don't remember the pre-incarnate plan; and who especially if, say, a child dies at a young age, the loved ones that are left behind may engage in some expression of grief as a result of the death, that would have effect on their karma. This thought we call Love, for there is no appropriate designation. However, this Love is as terrible as it is filled with wonder, and loves as passionately destruction as it does creation, for the love that is the nature of the Father, shall we say, is a love that embraces the creation as a whole process, so that all phases of this movement are equally lovely. The truth is simpler, though still a mystery to us, and that is that all which proceeded, is proceeding, and will proceed from the one great original Thought or Logos of Love, lives, and this life moves with an ever more characteristic energy pattern as it moves through sub-densities of incarnation and experience, moving into matter or space/time coordinates with time/space coordinates within, and by your science largely unexplored. This is an enormous aid to the ongoing and eternal spirit, for by this conjoining of the inner illusions and the outer illusions, material may be refined and refined, again and again and again, until the mystery begins to be seen—that mystery which is beyond all definitions of life, and yet a mystery which gives all life and absorbs all spent life within itself, with no loss of coherence or energy, so that in no way, regardless of the passing pageantry of changing existence, is there any iota of beingness lost, no way of learning and loving and giving ceasing or at an end. The tools of the intellect—or to use a more neutral term, the intelligence—the intuition, the learning by experience, are all good, sound tools which will be faithful workers for the entity which, in seeking, remembers to focus first upon the mystery which is Love, so that the incarnational experience begins to be pointed towards allowing the living to become the being, and the being the living. That which you know as light comes from the Logos, and is the first manifestation of love of the infinite Creator. It draws its life from the center of love and moves into all of the vibratory quanta which comprise the arrangement of all the universe which you behold; thusly, its frame of reference is not yours. To the metaphysical way of thinking and expressing Truth, this which you now experience is the final fruit of love's traveling into manifestation. You see, my friends, you are here to witness to the light and the love of the infinite One. Yes, there are more and less skillful ways to witness this love and this light. This person would be seen to be collecting much karma, for its acts towards itself and others might or might not be centered in love and compassion. Entities do not run out of chances to learn a given lesson of love; further, when all that has been accelerated within has been grasped, the lesson taken, and the impetus of karma ceased, yet still, there is a—we correct this instrument—an irremediable and permanent karma or acceleration which is the movement from source to source or from the Creator to the Creator. Mistakes appear to be numberlessly numerous, endlessly occurring, and it seems most risky to enter into the veil of illusion, to live the life and attempt to learn the lessons of love with no true knowledge or remembrance of the agenda. However, there is a keel, a rudder within which knows surely its destination; and from whatever place any seeming imbalance or karma might take this entity, from that precise place lies a straight and sure path along the lines of the lessons desired to be learned within the incarnation, so that what matters, metaphysically speaking, is not whether one chooses more correctly or skillfully one's actions; rather, what matters is the purity and genuine authenticity of the desire to express as a channel of the love and the light of the infinite One. Begin to allow yourself to see that you are the Creator when you are in any emotional distress or state of anguish, just as much as you are when peace is a loving, living river within, and you have the uplifted knowledge that all is well. The report card, shall we say, is not dependent upon your abilities as choice-maker, but very much dependent upon your desire to love and serve the infinite One. Each of you is so radiant, so full of love. You do not know what you do as you seek hope and love, but you are lightening the consciousness of your entire planetary sphere. Be of good cheer and merriment, my brothers, and share love with yourself and with each other, for that is your nature, and you simply are chipping away that

which lies outside the radiant portion of your nature just as the gem is embedded in the living rock. Breathe in, breathe out love, and though your vision shall always be clouded as you view yourself, perhaps to the world, you shall more and more by your desire become a light that truly lightens the consciousness of your beloved planet and of all creation.

1993/02/28: So our first point is that the essence of third density is dynamic balance between two extremes, and progress upon the seeker's path is aided by immoderate, full-hearted action moving towards choices which polarize the seeker's heart towards reaching out for the light and being a transparent conduit for that love and light that is the Creator. As the prudent and enthusiastic course is chosen and the choices made never decide through fear, but, using the subjective knowledge of the self, choose by means of the illumination of spiritual principle and the confident application thereof in the activities of the loving and radiant life.

1993/03/07: Though there is unlimited intelligence, there is only the one Thought, or Logos of love. May we say that although sometimes the questions seem to be working upon a subject which has little inspiration in it, it is our opinion that there is no subject which cannot be viewed with a feeling of reverence and love. It is such a privilege to work with this group and to share love with you.

1993/03/14: For instance, the one known as the Buddha is said to have found all of the various items of doing such as serving as a prince or king and loving and being loved to fill him up not with the fullness which true worship brings but with the growing observation that all of each activity and way of expressing the self within the life pattern was prideful folly. This Thought is the love of the infinite Creator. This living thought of love is the Logos which, potentiated by free will, has created and is creating all that there is. Out of light love has created, is created, and will create forever the infinite unity of all that there is. If this be so, each seeker is of love, made of love, made for love, made by love, made to love. To love is the infinity of a verb. So all entities may truly be seen not as nouns, not as persons or as objects, but as energetic words which activate and enable love to be expressed and received, from love to love for love's sake. Indeed, the creation is made of mirrors, endlessly love reflecting love. Every gift, every talent, every seeming liability, every lucky and unlucky accident of fate that has shaped who you are is an occurrence drenched in love. Like all dynamic opposites of the spiritual life the way away from the dilemma is by turning from both extremes towards the infinite Creator's love, allowing the train of the mind to chug away into the far distance and be gone so that the silent inner countryside of the heart and the spirit may be full of the silence into which love comes. And from which the seeker may be transformed into that which love shines through. Only in the silence of the listening and harnessing spirit is there the realization of the crystalline, shining, transparent self that is merely a sun-catcher, merely there to act within manifestation as a servant of love. The other pitfalls are those created by circumstance wherein there is the opportunity to communicate with others, not strictly attempting to voice thoughts of love but attempting in some way to defend or impress. Yet, you are asked only to love and worship a mystery and to embrace others just as you embrace, forgive and accept yourself. You then will be the perfect mirror, transparent to the light and the love of the infinite One so that there is no flaw in the backing of your light mirror. Seek simply to know your identity in love. Turn from any other consideration as frequently as possible and spend precious moments with the love that you are, with the love that you then may share. (Jim channeling) I am Q'uo, and great each again in love and in light through this instrument. We are also aware that those in this group are most happy to respond to queries and comments of those who read and hear the words of love and light that are available through this particular group. To the first portion of your query we would heartily agree that, indeed, the universe (seems) with forms of life and at all times there are those that observe your illusion and who offer themselves in one way or another in the speaking through those who are seeking to serve as channels or instruments for love and light.

1993/03/21: As I let love in, fear naturally dissolves." This process opens you to a very strong statement of who you are. What I suggest is not a matter of denial of that part of you which is fearful and negative, nor is it an unwillingness to allow the expression of that part; rather, it is a coming into wholeness that knows that the fear is just fear, and that

ing to fear. And as you move further and further, building choice upon choice and polarizing toward service to others in the name of the one infinite Creator, as you become more and more a transparent channel for the love and the light of the infinite One, you create your life, you do not react to it, for the reactions are automatically those of one who seeks to help. They are controllable by love, faith and honest realization of one's union with all that there is, whether it be called good or bad. Firstly, we ask that you find a path that includes love of the infinite One shown as worship, adoration or simple attention, on a daily basis. Our other request of you is that you be light hearted and merry, and find every chance to be joyful, and to love one another, not as a solemn duty, not as a reason to polarize, that negates the polarization, but find joy in the service that gives you the true freedom and peace of doing that which you have now found that which you wish to do with all your heart, all your mind, all your soul, and all your strength. Do whatever is necessary for you to break the spell of the illusion, and then gaze up at the stars, which are part of the love of the infinite Creator, and know that you are a player upon a stage, and you do choose the comedies, and the happy endings, and have no wish to be stabbed through, in great Shakespearean agony, in the fifth act.

1990/07/08: You are made of love because love wished to know itself. The Creator loves you as a mother and a father and as a student of itself. Each may chose to love or not to love the true Creator of its spirit. So often we have heard this instrument cry, "How can I love others so much and yet be so upset with myself?" This is the mark of a service-to-others entity who has left out but one very important step, the realization that before one can love one's neighbor as oneself one must love oneself. This is a lifetime process but is a lesson of love. Each seeking entity finds everyone easier to love than the self, because the entity known as Carla knows itself, it knows each thought, it knows each self-perceived error. Spend time each day to fall in love with yourself and you are a child of God. The Creator loves you with a love so passionate no words could express it. The Creator loves just precisely who and what you are and the Creator sends to each person who is blind His companions along the way, who reach out the hand of the Creator to you and call out, "I love you." These are the words of the Creator. That is why we ask each of you to love each other because each of you need someone's help in loving yourself. Oh, how we wish we could emphasize to you greatly enough the enormous difference you can make in your life experience to truly love the self as the self is, with its biases towards excellence and biases towards what the self perceives as faults. As you forgive your comrades along the way realize that you are forgiven yourself and each time to sit in meditation spend a moment within the deepest part of yourself to say to yourself, "I love you with my whole heart," the love, the thought which is the lesson of this density.

1990/07/12: Perhaps the most common of those concerns present here this evening is the difference between the daily state of mind that has been achieved by each as it has gone through its day, and the state of mind that it is experiencing at this time, having done the necessary work to bring into harmony the deeper desires of each, the desires to serve, to love, to share. As you rest and bask in the love and the light of the infinite One, you yourself wonder how could I have moved from my center—how could my life not reflect this peace, this gentleness, this loveliness, this caring, this worship of the mystery. To paraphrase a cliché within this instrument's mind, love is long and time is fleeting. We transfer at this time to the one known as K, leaving this instrument in love and light. We experience peace and love and ease of being—yet that joy may be often tempered by the realization of the difficulty of maintaining contacts within this illusion. In each difficult situation, in each difficult entity, the Creator is there as teacher, as guide, as friend, as love and light. Be light, be love, be joy. When I'm doing things for people, I always feel full of love and full of light and as if there were nothing that was impossible. I know that this is my hardest lesson—I don't care how long it takes me to learn it—I want to learn it, but could you give me some comments on how to make my sister, my pain, into a true heart sister; to love it and to allow it to be transparent so that I can feel the self-esteem and the worthwhileness in being that I do when I'm doing something for someone else. It was your wish to so hollow yourself out that you would become a clear reflection or channel for those energies of love, which you identify so closely with the one known as Jesus, the Christ, as this en-

tity experienced the final portion of its incarnation nailed to that which you call the cross—and in that crucifixion of the physical vehicle achieved a transmutation from that which was human and moving towards the divine, to that which was truly divine, that which transcended this illusion, that which pointed the way which could be traced by others with similar desire.

1990/07/15: Under the influence of these purified emotions, and with the understanding that love and light compose all that there is, we are with you this evening, thanking you for calling us to you. As always, we ask you to listen to that which we give as you would to any friend's opinion, giving it neither less weight nor more than you would any friend who is a friend in spirit of unconditional love. When you relax, so that you are with yourself in a loving and nurturing way, who and what do you wish to be. You are children of love, and you are love. In order for you to have been flung out from the heart of the Creator, to pass through so many dimensions and energies, and to choose this particular experience, there needed to be added the first alteration, or means of changing, that love, which is the Creator, and which is precisely the same from before you can ever conceive, now, and forever to come. Yet, each of you is unique, for each of you is also bound in that love to a portion of free will. Free will is as absolutely various as love is absolutely the same, and free will is expressed in all of the emotions and ways of being possible to imagine, possible to be thought, possible to be attempted. This is not due to any shade or nuance of love. Love is fiery, creative, and absolutely stable. Elements of your free will, which this instrument calls will, and faith, create for you a place—not a geographical place, not a place in space or in time, or in your imagination—let us say, a room, which you answer and close the door behind you, and all alone with the Infinite One, drenched in love, marinated in life, dissolved in light, you are upon holy ground. We suggest that all belief systems be examined, and none taken up before it is understood that in each orthodox belief system, some distortions of love are unraveled and made clear, while other distortions or ways of learning about love are confused and difficult to accept for you. We can only tell you that you are at the crux of what is often called the density of choice, the choice between loving the Creator by serving others, and loving the Creator by serving the self, these paths often being called the path of service to others and the path of service to self. Until you have found your passion, and we mean this on all levels, not ignoring the lower energy centers, sexual passion, the passions of friendship, the love of the work that you do, the love of your society and your world and all its people, you shall be holding back from the center of spiritual love the energy that that center needs. Most entities have a great deal of difficulty doing this, because their opinion of themselves, though they love other people, is harsh. Faith is simply faith that the Creator that made all that there is, including you, is a Creator of infinite and intelligent love, that it loved you as part of Itself, as a child to nurture, as a personality from which to learn about itself, as all parents learned from their children. We are well aware that these are not the same as the mountain top experiences offered to you by those so-called seers or prophets which make the choosing of a life lived in love seem so very, very easy. For you love them anyway, and you are sure that whatever they said amiss was not said meanly. But to love the enemy in yourself, or outside of yourself, ah, my friends, that is more difficult, and we assure you that each of you sees some part of yourself as your own enemy. "Love the Lord your God," he said, "and your neighbor as yourself." This is why you must begin by forgiving yourself. How can you love your neighbor in utter and open forgiveness if you have not forgiven yourself. As it expresses friendship and love, so does the Creator. You can only put yourself in tabernacle of the most high, and tune yourself in silence to the most loving and peaceful and light-filled state which you are able to hold upon a steady basis. You do not want to do these things without being extremely careful that you have opened your lower energy centers, thereby allowing that prana, or love/light which strengthens each and gives life to each, to move into the heart chakra where it can be called on by those doing work in consciousness, which is largely at the brow chakra, although instruments such as this one will use the energy center of the throat, often called the blue chakra, in order that it may communicate. Thus, we urge you to recognize and respect the changes you have wrought in yourself during each meditation, and in some way give that glory, that

energy, that peace, that love, or that irritation of the self because the meditation seemed subjectively not good, back to the Creator. You come together in love and in service, not to be sweet and dear and darling to each other, but to serve. In short, the path of service consists of doing that which is before your vision at this time with as much love as you can. The quieting of a crying child, the smile to a stranger upon the street, the sharing of the self, of food, of shelter, of listening, the doing of a job which seems to lack an opportunity for service, with faith that indeed it is of service that you have not yet penetrated, these attitudes will keep you in a positive and loving relationship to yourself. May you love yourself infinitely, for you are a child of God. Your mother, your father, is the universe, love itself. And when you fail and fail and fail again, as you will inevitably think that you do, never chide yourself, but with patience and care and love grasp once again your desire, your hope, your dreams and your ideals, and go forward on this path of mystery. We are known to you as Q'uo, and in love and light we transfer to the one known as Jim.

1990/07/19: Tend to it, care for it, show it the love as you show all others [with]. Thus, we do not teach you to love. We explain to you why choosing to love and how to love is so very important in this particular experience. We speak to you of the benefits and the necessity in your own spiritual life of learning to love. My friends, it would seem that this would be a most pleasing task, to love... As we were speaking, the difficulty in learning to love is not apparent from considering this process upon the surface. For when one thinks of loving, it is easy within your culture to think of these things which are lovable, which attract your admiration, your attention, your affection and to which you would easily give all that you have. This concept of love is that with which most of your peoples are familiar. However, the love of which we speak is beyond that of mother for child, of lover for mate, of friend for friend. It is beyond any concept of love which you are familiar with and which you have experienced in a steady state. The love of which we speak is beyond the description of words. For of the previous kinds of love, the conditions of closeness of relationship, of specialness of relationship, of previous experience with an entity, are primary in this kind of love. However, the love of which we speak has no condition tied to it, so that this quality of love is given without any consideration of the entity, the situation, the time or any other consideration that might qualify the object of the love to be loved. The love of which we speak is that feeling tone that comes from the green ray energy center in a free and open manner and has as its focus the entire creation about one. The only effect in the outer experience an entity will have on this quality of love is to become the focus for it. To develop the ability to love, one must experience the testing. The heat of your experience as you live your incarnation and your ability to process this heat into a light-filled consciousness will then allow one to express the product of this processing, which is that which we have called love. And you will also be aware to a greater or lesser extent of that process of the love of the Creator radiating out from the green-ray energy center to this entity, whether in the moment or throughout the lifetime. For the reality is that the love of the Creator is all pervasive and your task is but to become aware of that fact. For all that you see about you, no matter how positively or negatively perceived, is but a distortion of that one great original Thought, which is the love of the Creator, and it is this love which pervades you also and radiates from you also, in whatever distorted manner it might be received by your self and those other selves around you.

1990/07/22: Pilgrims and colleagues and warriors of peace and love. For you are not here to learn how to be loved. You are to here to learn to love. This is what you've come to uncover, the part of yourself that was created by love and is pure, whole, healed and perfect love. Of course, in this incarnation you are blessed as are all those who begin the walk of conscious speaking with an equal amount of love and free will. As love is a constant described in your mathematics as c2, so free will is infinitely various. It chooses at random that which it will do and pushes love before it. So love finds goodness in everything and will not insist on having an agenda to follow. You cannot get rid of the love and you cannot change it. And the comforter is there to hold you and to keep you and to love you just the way you are. You are ready to surrender your willfulness to the higher self within, that self which is of love, which is of the Creator, which is connected with the

heart of yourself and of all others. Can you have the consciousness of serving the one Creator if the reason you will to do that which you do, even if it be sweeping the floor, is that you do it for the love of the one infinite Creator. You must be separate so that you can be hurt, so that you can be challenged, so that you can be taken beyond yourself and given opportunity after opportunity to chose to love Creator by serving others or love the Creator by serving yourself and forgetting the others. As always, there is the divine paradox that before you can serve others you must learn within yourself to love yourself. For the commandment reads loving your neighbor as yourself. To love is your lesson now. Yet have few of you in this density used the opportunity to communicate with another unique entity made of love, to find the differences in thinking, to use misunderstandings as challenges, creating abilities to improve communication. In the density of love and understanding the mated relationship is there but there are two great differences. This orgasmic intensity is love. If you will look at your church congregations you will see what was intended to be a social memory complex, a community based upon absolute and unconditional love. In love and light we are those of Q'uo. This has to do primarily with the articulation of the qualities of love and light as they are acted upon by free will.

1990/08/02: Your service may vary with a smile given to a stranger you pass on the street, to a look of love exchanged with one who is close, to the more obvious form of teaching and the vocal challenge which exists. All these seemingly various services you perform are but one and that is the radiation of the love of the Creator, which pervades you and your illusion, have you but the ability to perceive. This is your service; to aid in the perception of the love of the Creator in yourself and in those about you. When a being is full of the love of the Creator, and as you radiate and manifest the essence of that being, those who come in contact with you, whether knowingly or unknowingly, will see that which you have to offer. That is who you are—that is the Creator, who is love. Now, there is much confusion in this illusion about the concept of love. We are aware of the differences in the expression of the concept in your various languages and of the various types of love expressed as different concepts. When we speak of the love of the Creator, the metaphor perhaps most analogous which we may use to attempt to explain to you the metaphysical nature of love is that of the radiance of your sun. This is the nature of the Creator's love—giving, simply and freely as part of the nature of its being. This is the love that you may also radiate to those about you. It radiates this love. (Jim channeling) I am Q'uo, and reach you again in the love and light through this instrument. This in its purest sense, or essence, is that indefinable quality which we frequently call love. Because of your love for the Creator and the son of the Creator whom you revere as your savior, the one known as Jesus, the Christ, you continue day by day, moment by moment to make the choice to serve in ways that are unknown to you, ways that are provided simply by your existence, moment to moment, you choose, moment by moment to continue and to continue and to continue, though there is little in the way of good reasons that the intellect may provide, that analysis may uncover. Yet there is that unquenchable thirst for the waters of love and by seeking the cup of such you radiate that which is not apparent to your eyes, but on the physical plane is obviously quite apparent as a desire which has been tested, tempered and found to be true.

1990/08/05: Let us call it love. Let us say love is the Way, the Truth and the Life. No one comes to the Father but by love. This is a New Testament change, which would have been acceptable to the one known as Jesus, for to Jesus his experience of his beloved Father was love given and love received. It was the preaching of faith, which leads us to the second portion of the meaning of these words, and why they are not the only words that lead to eternity, but merely words which show the intensity, the devotion, the worship, the surrender; the love, and the desire to serve the Creator by serving each other. All paths of service, if they be positive, full of love and light, harmless to all, are helpful to those who are comfortable with that particular story or way of bridging the gap between present and infinite. Those who call themselves Christians, and go to church once a week, are as little likely to be able to graduate into the next density as those who have no path at all, but simply are looking, and testing and trying, and thinking, and mulling, and refusing to make

anger, to ask another to consider your viewpoint when you feel so strongly that your viewpoint is more skillful and love-based. What am I saying no to?" When B understands that it cannot pull A into its issues, that A is going to act lovingly, non-judgmentally but firmly, then and only then is B forced back into itself with loving support from A, without hatred or criticism but with awareness, "I need to clean this up in myself." For each of you that see yourself as A in this sort of situation, the questions to ask yourself are, "In what way does B's behavior threaten me. You have joined together because you recognize the possibility of mutual service to one another and, of course, the loving connection between you as well. How can I transform this jungle by my loving choice, by my awareness, back into a fruitful garden?" There is always learning in it for you. You may come to love even these distortions. We are working in this series to uncover ways of valuing and loving the self while harmoniously loving and living with others in a fully compassionate way. We would end our portion of this working at this moment, thanking each and leaving each in the love and in the light of the one infinite Creator. (There were no questions at this time.) My love, blessings and gratitude to you all for this opportunity to share with this loving circle of beings.

1993/01/18: As you sit here, each seeker has the sorrows of unfulfilled hopes, expectations and love. This journey helps define your relationship with yourself by suggesting that there is a loving, nurturing home from which, at some point, you have departed in order to gain experience. You chose carefully the incarnational destiny you now are in the process of experiencing, adding to your curriculum those courses or lessons concerning love which you and the Creator felt were appropriate. When the moment of suffering occurs, your nurturing part can say within you, "I hold you with deepest love and rock you in the cradle of my love." The parent does not only hold and comfort the quiet or good child, but offers nurturing and comfort in difficulty as well. As you straddle this threshold, there seems to be a wall, an infinite wall, that divides day from night, fear from love, separation from connection. As you relax the struggles with the incarnation and make the skillful decision to let go of some of the fear, as you allow yourself to experience this undefendedness, those seeds of deeper love and wisdom, of compassion and loving-kindness within your heart, begin to flower. I ask you to remember that the qualities of compassion and loving-kindness are natural to you. When fear arises, it blocks the natural expression of love. It is neither useful to grasp at the love nor to attempt to get rid of the fear. I can allow the fullness of experience." The fear of the human combines with the deep sorrow and loving aspiration of the spirit, which sees its perfection but because of its human aspect cannot manifest that perfection. But, my friends, it is the work of all of your lifetimes, this steady progression from government by fear to response of love. Your very nature is an unceasing hymn of love. In the deepest sense, the key to moving from codependency to compassionate symbiosis in relationship is seeing yourself, both as a being in process and as a being beyond all time and space with nowhere to go except from love to love. If even this degree of communication between entities is not available, then there is the relaxation of the illusion in the mind and heart and the allowing of the nurturer to place one in a cradled, loving space within which it is safe to become aware of the entity within, which is eternally prayer without ceasing. Do you see how this love twines and winds about, seemingly separate but always one heartbeat from showing the true nature of union within. If it is acceptable to the group, I would like to lead you in a brief guided meditation, asking you to move beyond the limits of the perceived self, to open yourself to the energy of the others in this loving circle and, as you become undefended with others' energy, to notice the arising of fear and touch that arising fear with compassion—just that. There is no "should" here, only a desire to stay as open as possible, to feel undefended in this very loving circle of friends. In a sense, it is a by-product of the incarnation which may be released with your loving practice and effort. I honor each of you for the courage, the sincerity and love that you bring to your seeking and your work.

1993/01/19: Words are most helpful, yet insofar as there are words, there is the distance or lack of immediate sensation of being in union with the Creator. Whose very name is Love. This Love is a name which has created power. Its nature has descended throughout all levels of manifesta-

tion and constitutes your pith, your very core; Love which has been turned, shaped, or, if you look with jaundiced eye, twisted and bent into each portion of thought and feeling which each of you experiences. Somehow the failure after failure after failure which each perceives in spiritual journeying adds up to a miracle of learning to love; and in spite of every feeling of failure, and perhaps because of it as well, you find yourselves where you were not before then: more capable, more sensitive to seeing your own vulnerability and imperfection. There, in the shadow of the Mystery, lies the infinite wealth of love which feeds even the you that suffers most, even at the darkest hour. It simply takes many words for the Logos, the Love that is without words, to be approached by the incarnational self. You have heard me say repeatedly that you are here to learn love, unconditional love, which cannot be learned perfectly in human form, but to which you may move as close as is possible for the human. If it never sees imperfection, what opportunity does it have to practice non-judgment and unconditional love. Thus, the spiritual body moves into this house of the physical, joins together with the emotional and mental bodies that it may practice non-judgment, practice unconditional love toward that which was previously judged and found wanting. This does not imply condoning unskillful and harmful acts and words which are reaction to emotion, but you can only find unconditional love and non-judgment through the repeated experience of working with the arising of that which has been judged in yourselves. At this point, the brain has stopped directing your choices, and the heart, with its deep wisdom and innate compassion, does the choosing with wisdom and with love. Do not accept this communication, but rather, know your worthiness, your loveliness, and feel compassion rising naturally within the portion of you that remains in the second story. We bid each farewell in the love and in the light of the one infinite Creator, and turn the microphone back to the one known as Aaron that this wise teacher may also make his farewells. While I want to love and feel connection, I am not sure I am ready to do it this time. A part of me wants to blame, wants to continue this unskillful codependency rather than moving into that living and loving symbiosis." What voice is this that wants to continue the old, unwholesome patterns. You are all spiritual warriors; and with every step that you take, every small step of growth upon this magnificent path, there are a great many loving beings on all planes that bow to your courage and strew flowers on your path. All beings are special, and there is nothing more valued in the entire universe than the increased opening into love of the individual spirit. My love is with you.

1993/02/07: (overview) Group question: The question today has to do with the balance one seeks to achieve between accepting what the universe or the life pattern of catalyst has given one in the way of experiences and people, and then balancing that with using these very same situations, the catalyst of a life experience, and manipulating them in such a way as to attempt at least to achieve the goals which we feel are important, the learning of lessons, the loving and acceptance of others and so forth. This decision is critical, for if the seeker finds a faith and a trust in the overall plan and agenda, metaphysically speaking, for this particular incarnational experience, then much of the obfuscation which shadows the clear path may be taken out of the way, for if the incarnational plan or agenda is accepted as one which yields lessons in love and opportunities for service, then the outer picture from day to day has less ability to shake the basic steadfastness of attitude and temperament. It is "God, grant me the ability to see the difference between that which I can change and that which I need to accept." Often, when all three portions of the decision-making process have been accomplished, it shall be very clear that one alternative will tend more towards the learning by the self of love and the opportunity to be of service to others in a way which is spiritual or metaphysical. The lessons of love which are yours to be exposed to shall be yours upon either path. When decisions are made they need to be considered upon the merits of the situation for the self and for maximizing the self's opportunity to learn love and to offer love in service to others. We thank you also, my brother, and can express only encouragement and our love as you seek to become more clear and more filled with the true freedom which is wholehearted service to the infinite One. We are with you in silent love and support when you ask, and we feel very blessed that you do ask.

of preparation for loving others as you love yourself. As the lesson begins to sink in, usually the fourth or fifth time the genre of experience has come around again and the seeker is getting the hang of this particular lesson of love, the strides being made towards transformation are far greater, change is occurring at a far more deeply biased level, yet the experience of discomfort is somewhat less because comfort actually lies, as we said, in accepting one's place in the flow of change. It is this consciousness which has the ability to choose, to learn, and to love the infinite Creator, either by loving others and serving them as the self or simply loving the self and serving the self.

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1993/01/03: These lessons of loving were meant only for your own learning and growth. This having been said, we ask that you take some of your time when reflecting simply to put your being carefully within the awareness of yourself as an infinite and eternal being who wishes both to serve and to grow in the love of the infinite One. In new, or novel to you lessons of love the remembrance that you are in tune with your own destiny is often enough of an attitudinal adjustment to allow you to accept and process new material without undue difficulty. You may work in another density on accepting it with total and unconditional love. Simply to accept is excellent work for you as a soul, for in accepting this difficult lesson of love as it manifests to you you are expressing faith in the nature of this material. I do not believe I am a loved child in my Father's care." Now, in seeking the Creator we so often assume that, of course, we accept that we are children under the one great original Creator's care. Now, step back from this knot of negation and see that the work of the attitude is concerned with holding, loving and forgiving that self that is in a knot of pain. However, it can kick in like the afterburner and say, "I accept myself angry as well as calm." In this self-acceptance lies the compassion and love which the lesson was intended to teach. However, one small word is enough to change the attitude, whether it be "Love," or, as this instrument prays often, "Jesus," or any other short expression of truth. The fire is the fire of love. This engine which moves the attitude is fueled by love. And this love comes into the painful emotional reactions and accepts that painful, twisted, knotted self. Just let yourself be equally pleased when you are having unlovable and unpretty reactions. We are most happy that you do call upon us, for we can give one thing, and that is our unconditional love. And we do so enjoy being with those who call upon us not to share information, but just to be able to send the vibrations of love and support that are the other part of our service to you. We may speak to you of many things, but the vibratory connection between us is that carrier wave of love, and this is never away from you simply because we do not have a voice. Love is experienced in love.

1993/01/10: From the first impressions to the end of the most involved and recondite argument all that is processed by a spiritual student is accurate to that student, and the only authority is that student, for the infinite Creator Itself, while offering constant love and support, does not wish to influence the experiences of any being. So we encourage each student to think of itself as responsible in that the will of the infinite Creator is that there be love. Each is love, and each experiences love. Without this, there can be no manifestation, for love experienced as love is an eternal tautology when considered as a way of knowing as opposed to the way we grasp being(ness). The innocence, the purity, the untouched nature of the open and loving green-ray energy center—the open, loving, compassionate heart—can see beauty in almost any situation, for as it speaks to itself it hears the outer world. The attitude of gazing with a full and loving heart at whatever is occurring is the more compassionate and loving approach to the quandary of existence without answers. And so we caress each beautiful spirit in hugs of brotherhood and offer always our love and blessing in the name of the one infinite Creator. May each ray of the Creator's love and light that enters your heart find a happy home.

1993/01/17: (overview) Group question: Concerning codependency and compassion, "How do I live more lovingly for others and still live with respect for myself?" This question relates to the following statements from AARON "You aspire to perfect service and to prayer without ceasing. So,

some of you get to the point of saying no but your no is said in anger, which escalates the tension between you, rather than speaking with love. Thusly, a loving symbiosis wherein each helps the other and each happily acknowledges the need for the other becomes cramped and crushed by the seeming demands of space and time, for those who need express desire which will take up all space and time. So, we ask you to begin looking at the contexts in which you live and give and love and attempt to serve others. You are not your beloved friend or family member; you are not the water you drink ... When you care for a loved one with the sense, "When my work is done for this one, then and only then I can attend to myself," this is delusion. When you see that your service to your loved one is truly also meeting your needs, that your needs intermesh so perfectly, then you are seeing with clarity, with wisdom. We speak about love and fear. love and connection ... But you incarnated for one basic reason: to deepen your experience of faith and love; to move away from delusion of a separate self; to move into such deep awareness of your true nature that your acts, words and thoughts most consistently reflect that awareness. Do you know what you need to do in order to best practice that clarity, faith and love. This freedom is the fruit of the practice of faith and love. As you smile at the ego self that does not want to give up, you shift your perspective from fear to love, loving even that ego self and letting it be. You all know that in third density your prime lessons are of faith and love. In our last joint session with Q'uo, the one known as Ariel spoke of the impetuosity with which older third-density incarnate beings sometimes prefer to overlook the learning of faith and love and move into the pathways of deepening compassion and wisdom. If faith and love are learned simultaneously with this deepening of compassion and wisdom, it works well. But when faith and love are overlooked, there is often distortion, even physical distortion of the body where the upper chakras are open and attention is not given to the blockage of the lower chakras. Is it an assertion of ego, at least in some part, or does it take you closer to connection and deeper love. The one known as Aaron asked, "Can you laugh and love the entity you are?" This query is central. How we love you, my friends. My blessings and love to you all.

1993/01/18: (This session was preceded by a period of tuning and meditation.) Aaron Good morning and my love to you all. The arising of desire to serve another grows out of aspiration to be of loving service. There is a pureness and love to that aspiration, yet you find yourselves in a situation where others are making unskillful demands upon you. When you see another stumble, your instinct is to reach out and help; and that is a loving gesture. You can offer the love, the support, the kindness, that gives another the strength to face its own fear. Then you see that reflection of yourself, you get just a glimpse of it, and you turn on yourself as if the very pure love and desire to alleviate suffering were nothing more than your own selfishness. You've heard me say there are no problems, only situations that need your loving attention. When you pay loving attention, it allows that natural seed of compassion in your heart to sprout and blossom. Loving attention allows you to see where self is brought in, where fear arises and leads you to inappropriate and unskillful choices, perhaps trying to fix another or mis-serve another so as to alleviate your own pain. How do I (as Q'uo challenged you) learn to love myself, to laugh at the fears that arise and let them go, and move back into that joyful connection?" I would like to pass the microphone, as it were, to my brother/sister of Q'uo. This is a journey from head to heart, from fear to love, from meekness to an acceptance of the eternal untidiness of catalyst, perception and experience. Yes, precisely, this is the journey from fear to love, from brain-oriented choice to heart-centered choice. Then I can do it more skillfully." So, you are all embarked on this journey from fear to love, from the contracted heart to the open one. I can only speak of those beings moving into seventh density by my own observation, so what I say here is conjecture; but my conjecture would be that perfect love is still being learned, even at those levels. My dear ones, on this journey of yours, this search, each step that brings you closer to unconditional love is a step taken in unknowingness. Here is ten dollars that I am leaving on the desk so that you can call a cab if you need to, but I feel a need to be on time." In loving, non-violent movement with another being there must be a willingness to suffer the anger of another and ask another to consider your viewpoint. This is part of that willingness to accept another's

a commitment that leads to surrender of the smaller self, in order to make room in the earthen vessel that is your body for the expansive and loving self that you truly are, the self that is Christed. A complete and unutterable faith that the Creator loves you, that the Creator made you because He loved you, and that it is only appropriate that you love this Creator in return. There is a requirement that we stand so four square, so honestly, earnestly, eagerly and completely in the light of this love and belief, this faith, that we realize it is our identity, something that we cannot possibly deny, that we would refuse to deny upon pain, even of death, for we have found out who we are, and we will not deny that. You must begin to realize that the life you channel is a life of love. How difficult to trust in the Creator, and how much easier to trust in that Creator when you are aware of who you really are, and that things which may seem unkind that happen within your life experience are those offered in true kindness that one may learn more and more to be authentic, real, healed of all lack of self-forgiveness and forgiveness of others, so that all is forgiven, all is accepted, and there is no thing which can separate you from your faith, no tragedy, no horror that can remove from you the knowledge of who you are, an absolute and explicit part of the Creator, a being of love. You have chosen to be of service to the Creator by attempting to love those about you as if they were yourself.

1990/08/12: And to this place more attention has been given, more love extended. The Creator is best known to us as love. Love in its (classic meaning,) that which may be called intelligent infinity, contains most of that which is the Creator. And so creations begin in those parts of the Creator created of love which is the Creator and an equal amount of free will, which is infinitely different for each person, have created each unique being, including yourself. Eventually you are not just an animal but rather through loving some entity such as a pet who loves its master and being loved in return, your metaphysical self meets for the first (time) itself in a self-conscious manner. All the lessons of consciousness and turning to the light with an innate love of that infinite One which made you. But there are two basic ways to express this love. These are short explanations of that split, that choice which you must make as to how to express that love which you have for the infinite One which loves and created you. There are lessons which await you: love, wisdom, the unification of love and wisdom so that for the first time love does not end in martyrdom nor wisdom in solitude. Consequently, many entities are here desperate to learn enough of the lessons of love to be able to graduate into the next density where there is much more harmony and where the lessons are those of one who has already chosen to love and be of service to others. Each time as you decide to do that which indicates love for someone else and unselfishness of yourself, you are crystallizing your own being and lightening the consciousness of your planet. It is the realization that all people are powerful and they will be crystallized and opened up to depend on those repositories and carriers of love infinite and unending compassion. The loves of the Creator have not always been the same but they have inspired the same faith. We would encourage each of you to allow yourself more and more to be a crystallized being, a planet healer, one who is love made manifest. Persist, endure and love. Or visualize the love and the joy and the peace that you feel when you know that you are centered and in touch with the creative self within. Allow yourself to radiate like a beacon, a light-house and know that you are one of millions who attempt at this time to cause this planet to lighten this consciousness to feel it quite crystallized, now fuller and fuller of love. And we say to any and all the first and foremost thing of which you came here (to do) was to be loving in the face of a cold and unloving environment. Steep yourself in love knowing that you are loved, loving in return and experiencing with an authenticity which touches your very soul the forgiveness of yourself in every and all circumstances. For you are indeed children of love and there you are by yourself seemingly little, yet together you have the power to become transformed into that crystallized being which has no sense of smallness or largeness but only of being love. That love can transform the face of this Earth which you love so dearly. That is the concomitant of love. For has any entity ever proven love, has any entity ever proven that there is such a thing as wisdom or peace which passeth understanding.

1990/09/09: The rest is illusion, for all is love. Rather, you are gazing at a situation and you may assume, in most

cases, that this is not unacceptable in the deepest sense, but rather a condition of relationship that you yourself chose because you felt that there were, in your loving and compassionate nature, those difficulties within yourself which made the limits of your love and compassion, and the very power of your metaphysical or magical being, less. One very substantial reason is the desire to graduate from this density, and seeing a lack of one particular way of loving within the self, the larger self and the God self choose to make agreements with those with whom there is no previous karma, but rather it is an agreement based upon one's own desire to work upon one's ability to love so that one may graduate and move onward to learn more harmonious and different lessons in the next density. Each need usually in these relationships to learn the same kind of lesson about love, and we believe that the word in the question was "acceptance." We would suggest, to begin to get an idea of things one may do in this situation, that you think of the pure and beautiful spirit that you are and that the other entity is, who fearlessly and boldly and courageously made these agreements to come into a path which involved the ordeal of not being understood, and in many cases, not being loved. It is as though you faintly remembered a beautiful tune, a wonderful song, a lovely poem, but you cannot find it. The natural wish among your people at this time is to be loved and accepted and cherished. "Where," as this instrument likes to quote, "is the love in such a situation?" The answer, though simple, is difficult to enunciate. But because of the opportunities of third density, it is quite typical for those who wish to serve also to wish to become even more transparent to the love and the light of the infinite Creator. This, of course, does mean the ability to accept the unacceptable, to love the unlovable. You did not come here to learn how to be loved. You came to this particular sphere to love. When there is an unacceptable relationship, part of the love in the lesson is to realize that this unacceptable entity is yourself, not because of something unique between you two, but because we all are one. If one of the entities does not yet remember why it chose this relationship, then it is that the love lies in seeing into the physical vehicle, seeing and comprehending in trust and faith and without fear. Thus, each time that you see the unacceptable entity, it is very well for you to say to yourself, "I came here to love and serve. I do not have to be loved. If there is a possibility of keeping the mind centered long enough to say, to yourself, "I am here to serve, I am here to love, I am here to forgive, to heal,"—and all of these things are possible through surrender to the self in its higher forms, which in the end becomes the God self—if you can take the few seconds to remember who you are, what sort of being that you are, and if you correct yourself every time that you say "This is unacceptable" within your mind, you are most likely to make great progress. Your part is simply to learn better how to love unconditionally. To one who has no fear, to one who wishes only to serve and love, nothing is unacceptable, for each entity is the Creator, or as this instrument would say in its distortion of belief, each entity is the Christ. It is up to you as to how you go about moving along the path towards unconditional love. Your goal, to put it whimsically, is to see more and more of life, not only as the opportunity to serve and love and move forward in your own development, but to appreciate and find, in the end, merit in all facets of the human experience. Humans are those who breathe in the limitless love and light of the infinite Creator, without realizing by any outward knowledge or any proof that they are doing so. It is better to remember that one is a servant, a humble and loving servant to humankind. This was not intended to be a comfortable life; this was intended to be an incarnation of very hard work, for the surrendering of the desire to control, and the acceptance of the need to be loving, whether there is love returned or not, to be understanding, whether there is understanding returned or not, is paramount in your path of service. In truth, you do love all beings, as you love yourself, and if you do not love another, you must look within yourself to find why you are upset, why you cannot accept. What you can do is realize, through the work that you do with your own consciousness, that you do love yourself, and you do love all others, for all of you are one being, and how could you hate, or find unacceptable, your own consciousness. What you wish to do, in truth, is to recognize what is your situation, and to keep recognizing that situation as it changes, accepting that the goal of this incarnation is neither happiness nor contentment, but service to others, and the learning, for yourself, of how to love

without condition. We hope that the tools that we have made available are part of what you may use to move into harmony with love, acceptance and the allowing of all entities to be as they are, and that includes yourself. Your birthmark is joy unrestrained, and overwhelming love for all.

1990/09/16: We have spoken already about love. Without free will there would be only love unknown and unknowing, that is, the essence, the Logos of Love, which is the Creator. As this love is unconditional, whole and pure, just so is free will absolutely unpredictable. The loss is artificial in that it consists of the empty places made by those persons once loved, now discarnate; by truths, once loved, but now seemingly necessarily discarded; by ideals which the world you live in has provided enough catalyst to undermine in your own experience. And so, because free will, like the wind, blows hither and yon in all entities, it is inevitable that those who plan to learn as much as possible in one lifetime will arrange to have serious and fundamental challenges to its understanding or grasp of the principle of unconditional love. In order for an entity to be able to find the self that can do this, it was necessary to find that which is woven with free will in order to make a physical illusion, and work with it in such a way that you are at least temporarily able to untangle the strands of love and free will. When you see, and know, and trust the absoluteness of love, the mind may rest much easier, the heart may become aware of its truer intelligence, and the responsibilities of meeting the challenges of difficult relationships and impossible situations begins to change and transform in shape. All of the creation sings its song of love to you. Thus, your only responsibility is to love. You do not have a free will responsibility at this point, for free will does not forgive, it is love that forgives. Thus, as you step aside, disciplining your own freedom in order to serve and learn, you experience a love you could never experience within your humanity, a love which is in infinite supply. And to that difficult or impossible situation or entity you simply send love, and use your mental capacities to reason with yourself as to the cause of unacceptability, gazing at the situation, not with an eye to solving it, but with an eye to understanding the unacceptable entity or condition, and when that is done, to forgive it, to forgive yourself, and be clear and ready to gaze without any fear whatsoever at the situation or entity, for there is love and service in this opportunity. The winds are zephyr soft, touching the cheeks of lovers on a summer night. The effects of free will are just as subtle, but set up situations within your energy web where you are open and vulnerable to the challenge of a distortion of love brought about by another's free will. It is that free will portion of yourself, not your deepest self, that generates judgment such as "unacceptable," "unforgivable." Within the heart which is freed by a discipline of personality, and given a path of service by freely made choice of the entity, love abides, and your instinct is to send love to that entity which is in enough agony to act inappropriately and to act as painful catalyst for you. Little by little, the disciplining of that free will, which is your very nature, yields to meditation, contemplation and experience, and you take the wind within yourself, the disciplined wind of the most perfect free will, that will to seek, know and be a transparent exhibit of the love that flows through all. To move from head to heart, while retaining the concept of mind, is not anatomically sensible, but it is the best vocabulary we have to describe the deep love and security which you may find when you have accepted the wind within you, for you are spirit. In this awareness there is nothing unacceptable, nothing unforgivable, but only that which may be seen as this or that distortion of love brought about by untamed free will. You can tame the wind for yourself, and you can be of service to others by mirroring to them as honestly as possible that these are actions that you choose to make, and you choose them because they are of spiritual aid in the service of the Creator to this beloved self, that is you, in other-self form. [Side one of tape ends.] (Carla channeling) ...the difference in your consciousness between seeing yourself as this physical vehicle, and seeing yourself as spirit, is the difference between being blown by the wind and being the good and kindly wind that blows love always, that is open and fearless and is vulnerable, unafraid. It is the catalyst caused by facing the unacceptable, and finding ways to offer love and to glean and harvest love in the situation as well, is the wisdom gained through this shift in identity from chemical plant which moves you about to the essential self which is humble, nonjudgmental, completely unafraid, completely free, and completely able and willing to listen, to

understand and to love the tormented hearts of those caught in this illusion which you now enjoy, caught painfully, caught unbearably. If someone is unacceptable to you, that entity is deafened by the wind of his own free will, and has an extraordinarily distorted expression of love to offer. When you find the love within in its pure state you are not confined, you are not finite. In this eternity the wind of the present moment offers all lessons, whether it is necessary for the illusion which causes judgment to seem appropriate to be very hard to penetrate, so that you, that beautiful and wondrous unique spark of love and free will, will make your choices to judge or to appreciate, to ask for service or to be an agent of infinite service. If you are able to let your love free to ride the wind of spirit, you are always following the blueprint you have laid out for your own growth. Do you wish your feet anchored to the earth by judgment and the need to get points across, or do you choose to soar in the wind of spirit, judging neither yourself nor others, but asking, and asking, and seeking and hoping to be love, to be a channel for truth, to share in the infinite that your light may be a catalyst that frees others from their own bondage.

1990/09/23: Who you are is not that which loved ones, friends and enemies recognize as you. Because the mind and body are so closely linked in many diseases, they are indeed responsive to love. You may name any emotional or mental complex distortion that has caused illness that you wish, and we say to you that that is love, poorly expressed. It is not only those who have come to this planet to help with the harvest that have, with the aid of the greater Self, which is Love, the one great original Thought, planned the difficulties and limitations, as subjectively perceived by the entity within the incarnation. Most of the entities upon this planet are capable of graduation from this density to the next—are capable, if they wish to make difficult choices of learning the last lessons of unconditional love that they can learn while in this illusion. When preincarnate choice has given to you a difficulty, have faith that you are a spirit advanced enough to participate in your own destiny, that occurrences do not happen simply by chance, that the seeming poverty, the seeming limitation, the seeming difficulty, the seeming illness, is also a forthright aid in setting up a circumstance in which a lesson of love can be learned under adverse conditions. But you are stretching yourself, because you wish to change, you wish to become even more polarized in love and service to the Creator and others than you are now. It loves you. Take them to heart and have courage and faith, and the will to learn that which you came here to learn; the will to love ever more purely; the will to allow the pettiness of humanity gradually to depart from you as water from a pitcher, that you are an empty vessel at last for the love and the light of the one infinite Creator as expressed through the gifts manifested by you in greater and greater understanding of the true goals of this life of choice. If I took an AIDS patient into my home and my heart, and gave that patient the love which I have in such abundance, could that love heal. Love, freely given, always helps to heal any wound. However, that entity which is in need of the healing is the one which must accept, seek and accept, love into its own life pattern, and that love which it seeks is the love given from self to self.

1990/09/30: (overview) The question this evening has to do with why is it so difficult when we have ideals that we believe in: that God is love, that all are One, and different interpretations of how we would treat people using these ideals. We bless each, send love to each, and thank each for calling us to share our fallible opinions with you. In truth, the Creator is Love Itself, which is father, and mother, and all. Now, each of you is created of this love. That which is of love does not change, go away, or run out. You were love when you were created, before all that you see of the cosmos. You are love now, in the midst of this heavy illusion, and you always shall be love, until at last you return to Love Itself, and become truly one once more with the source, the alpha and the omega of all that there is. It was impossible to create a manifestation out of love, for there is no motivation, ambition or curiosity in love. There is, however, in the first distortion of love, which is free will. By the use of free will the Creator chose to allow a small portion of its infinity, if this non-concept may suffice, to fly apart in sparks of love. Free will was bonded to each spark, free will being as absolute as love, and its antithesis; that is, free will is never the same, while love is always the same. To that animal, that body, that vehicle, all thanks and praise should be given always,

ing all concepts and all appearances to get at the true nature of things. I will try to attend the fear with compassion and allow that fear to dissolve so I may move back into love." This is the demonstration of faith, not the thinking about faith but the living in faith. When you follow that guidance, let go of all need to control and are simply present with whatever catalyst is there in that moment as lovingly as you can be, then the mind ceases thinking about, grasping at, planning, controlling. It means expressing your energy in a direction of love with no understanding of where you are going. I would like to use an example here, a being that Barbara has seen as a past life, one that she has agonized over and for whom she has finally found real forgiveness and great love. You can only clarify your own energy as much as you can and offer as much love as is possible in any situation and then surrender: "Truly, thy will be done. I have spoken very, very often with people about compassion and codependence, that it is hard to have faith in a situation and give loving energy to that other being whose energy is distorted into unskillful patterns, but to say no to those unskillful patterns, that you will not aid them. Can I trust the whole situation, come back to faith and to love, attend the fear in my own heart, seeing how my pain reflects their pain. Can I have faith that this friend or loved one is in a painful situation, that I am in a painful situation, because there is something to learn. Can I truly say, 'Thy will be done,' and stop trying to make anything special happen, just be present with whatever is with as much love as I can?" I said before, this does not mean no energy, no effort. But where is effort given: to fix, or to surrender and offer love. I offer my loving energy in whatever way it can best heal this situation, in whatever way learning may best happen. (There were no questions.) It is such joy to share the loving energy in this room.

1992/11/01: This is due to the preincarnate realization that each attainable goal or lesson of love to be brought into manifestation was adequate learning for one incarnation. When this moment occurs the choice is freely offered in silence, and the love of life of the entity, or the disdain of life, create the potential for greater health within incarnation and a new lesson to be learned, or the gentle or rough path to the passage into larger life. See yourselves in relation to the infinite Creator, sense the back-pressure of the Creator's love of you.

1992/11/08: Similarly, the more the female moves further into the intuition, and, shall we say, love for love or romance which marks the female energy, the less able the female will be to understand or experience the strengths of the archetypal male. The appropriate model for third-density illusion, however, may be seen not to matter in society nearly as much as in the individual, for it is the individual which is now choosing how to express love in relationship to others. Because, in the more extremely romantic relationships, it is quite often true that the dynamic betwixt the male and female has been so persuasive as to be seductive, turning the male ever more male, the female ever more female, and each being very archetypically splendid, yet each remaining distant from the other to the extent that the balancing strengths of the opposite polarity in sex are not loved, accepted, assimilated and used within the self. If the solutions subtly evade in a maddeningly long stream of half-learned lessons, do not let this apparent situation discourage or cut short the querying, the questing and the desiring, for it is in knowing your own desires and seeking clearly that the lessons of love shall find full way for the outworking of circumstance in a commendable teaching situation.

1992/11/15: That which each wishes is the experience of a loving, giving self. If, on the other hand, one who perceives a certain lack continuously decides to serve from a feeling of abundance of love within and finds a way to serve those who are alone or those who are very poor, the activity will be coming from a place of plenty where you have forsaken the thought of being alone, and instead asked, "How may I serve those who are alone?" In brief, we may say to control the attitudes is a poor idea.

1992/11/22: We come to you in the love and in the light of the one infinite source and ending of All. However, like deep melodies which surface again and again, those deeper energies excited and born from the entrance into the conscious mind, of fated or destined persons or events, cause the experience being overtaken by these deep desires which then move into a position of dominance in the mind and which then color for a period of time the passing experience

with the deep tapestries of emotions and desires which you have created for this incarnational experience in order to learn the lessons of love which can only be taught by moving through the catalyst of entities or events processing themselves through the day-to-day experience. However, the relationship is anything but over from the standpoint of learning the lessons of love, for which reason both entities within this relationship chose to meet, to exchange desires, and to part, thus only beginning and setting up the conditions under which the lesson may be learned in a way which creates a lasting bias in consciousness which will polarize the consciousness that is infinite within you towards the unity with the love and light which is the Source and Father of all that there is. In the second exchange the teacher viewing its own mother pointed with name to a beloved friend and in a brief sentence realigned relationship away from accidents, shall we say, of birth and adjusted this relationship for a loving and compassionate opportunity for both mother and friend, as each then might comfort the other. Let us move back onto the terra firma now, and gaze at the situation of lost love. Now the lover of the past is a memory. That it haunts one is a good indication that there is a deep and destined lesson of love to learn. You see, the sorrows of the lost love are not a negative quality but rather a praiseworthy, hollowing out and deepening of the capacity to love without expectation of any return. The reason that the lost love haunts the everyday experience is that there is still much work to do in praising and seeing the treasure in the learning of how to love so deeply in the first place. Only in the darkness of seemingly negative emotions of loss and limitation does the deep prayer, the soulful song of love take wing and sweep the incarnate being to a point of view where the breadth of love, once felt for one entity, may be turned at world dying and yearning for your deep love and compassion. The more intensive the desire has been to find love the more intensive the experience of love, the more the yearning for love, the more it will seem very, very difficult to so center the mind viewpoint that all these acceptances and forgivenesses and reorientations may have their just process. Birth them with your awareness of the beauty of love. You have desired truly, you have loved truly. It may now be separated from the constraint of belonging to one entity and the self and become that potential for love and for acceptance and compassion which may be universalized by being aware that this love is an energy unto itself. To offer thanks and praise in any moment is your way of moving quickly, instantaneously to the mind or consciousness of unity wherein you may see that there is no loss, there is no lack, there is no separation, even in the case of a loved one which has died or been permanently separated. This love is an entity unto itself, a vortex which may pull forth either a bitterness of a judged loss or a smooth vine of a judged treasure. And also, to accelerate the process whereby one is more observant of that merging process between deep emotions and day-to-day experience, it is well to move into silent communion with the one infinite Creator, listening to the silent voice of love unlimited and inexpressible. Destiny does not say, "You shall do this and this," it says "You shall be put in this situation wherein you may attempt to learn of love and to be of service." We encourage you to move ahead with the learning while being extremely alert for indications from spirit as to the finer and finer choices which determine the direction of learning and service so that you may find your own unique way of serving and of loving. It is a true pleasure, and we are full of love for you and for your devotion. Farewell in the Creator's love and light.

1992/12/13: One path is radiant, giving, loving and unifying, and is called service-to-others path or the positive path of seeking. Therefore, as you approach the choice of which path to follow, nothing can be known for sure, for it is all important that this choice be made in faith and not because of any proof or fact, for only in faith, only in the mid-air of that leap of faith is the choice truly made to love. Once the pilgrim's soul has made the choice to learn to love by attempting the positive path of service to others then there shall be the unfolding of the destiny which you co-created. In one of your holy works it is written that there are only two laws of being, to love the infinite Creator and to love all others as you love yourself. What entities often do not realize is that they are loving others more than they are loving themselves. My friends, you are loved so very much by the infinite One, you are so precious. This is not to be confused with the process of accepting the imperfect and universal self as a heart

to choose the love of that which is before you. To approach each decision from the aspect of seeking to serve and seeking to love is that suggestion which we find is most appropriate at this time. As you look to those whom you love and under whose care they are awaiting, shall we say, these choices is to place the welfare of these entities in the greatest position of responsibility. Seek at each opportunity that presents itself to choose that opportunity which is most filled with love and service. This we find you are already attempting with a whole heart and we would reiterate our previous suggestion that if it is possible for you to once again open your heart in even the smallest degree of love for the life that is yours to live, then it will be easier not only to feel the presence of the one known as R, but to feel the direction that is yours to take, for it is the symbiotic love of life relationship—your love of life and life's love for you—that will allow you to feel that your movement is guided and is appropriate. We may suggest the taking of time in the beginning or end of your day or at any time when you can sit in an uninterrupted fashion, meditating upon the feeling within your heart and visualizing a channel of love opening there and feeling the connection with your life and the opportunities and challenges before you, opening so that you are able to move not just from the intellectual assessment of possibility, but more importantly are able to feel and move from the flowing of sensitivity of love from your heart and to your heart. The one known as R spoke through your instrument in a manner which he felt would be of the greatest service to the one known as S, for the one known as R is of the awareness that the one known as S has great sorrow and suffering at this time and though he is well aware of those principles of love, light and unity which both shared during his incarnation, it was his opinion that the one known as S would be more comforted to know that he also felt a great splitting and loss when it came his time to depart the incarnation, for each of these entities had plans which did not include such an early departure, shall we say. The one known as R resides within the green-ray body this time, that body that is imbued with love and compassion and great passionate emotion. We find that the ones known as R and Don are members of a great grouping of entities of light that serve this planet at this time in a manner which is likened to a group consciousness, though each remains individualized in intention and ability to express love and to serve in a unique fashion. That is what this illusion is constructed to do and though it seems that it is a long and torturous journey it is in your larger span of life but an eye-blink in eternity and you shall be most grateful to have had the opportunity to experience this illusion when the opportunity has gone and you have found yourself on the other side of this illusion, shall we say, rejoicing for what you have gained, rejoicing even more for what you have given, for as the one known as R was well aware of, the love that you take with you is the love that you make.

1992/10/29: Our hearts are full of the loving energy that you send out, full of the joy of your meeting. The humans have reached a level of consciousness where, when there is some reactivity, it is noticed quickly and worked with, with love. The lightness, the openness, the loving-kindness, the generosity and patience, the energy, the courage. The body may be vulnerable, but I cannot be harmed if my heart is open and loving." This is the way of opening the door: remembering your connection. Small it is, if it is evaluated by intellectual standards; for the metaprogramming, shall we say, of Love that is the Logos, is that which enfolds and becomes one with the listener to this blessed, silent communion. It is, however, the more skillful use of the concern about dark-seeming situations to do something like that which we did to begin this session of working: We all sat and felt the spontaneous circulation of harmonizing and encouraging vibrations, each offering love to each, each feeling the love of each. Remembrance of an essential moment of flowing harmony moves the mind's eye to gaze and move toward that subconscious linkage into All-Mind, the spontaneous, essential feeling rather than intellectual thought processes which yields a true moment of the joy of Love itself, being placed like the light in the closet which gives you the courage to remain quietly observant, neither running away in the mind nor grasping the problem seen with such constrictive and fearing bonds. I am like a mouse on a treadmill and I cannot get off." The only way to reconnect yourself with reality is to notice the judgment that is arising and return love to the self, to have love for this being that is running around on a fear-created treadmill so that it

cannot hear the deeper wisdom, that small, still voice within. That does not bring in love. How determined?" But you are here to learn faith, not self-control; to learn love, not the expression of willpower. Compassion allows the light in, allows the remembering of the deeper reality of the metaprogram of love. We ask you to cast a warm and loving attention on yourself in the incarnational closet of flesh and limitation of viewpoint. So it is that many find sunshine in the midst of confusion and self-compassion in the midst of judgment by singing, as does this instrument, reading inspired writings, gazing at visual and tactile art created out of those moments of clear visionary sunlight shining through the artist to show what love is, and more, how terribly perfectly unified all is. Beyond all else you are loved. It takes the breath away to, for even an instant, ponder the totality of this love; and it is love of All-Self by All-Self. How miraculous the alphabet soup of shared life! Love one another and release that terrible need to find the sunshine while holding on to the limited point of view of the incarnational mind. One that I would suggest as a useful exercise for many people is to plant a garden in your mind, to think of all of those small sprouts: generosity, patience, loving-kindness, so many, many, many more ... Now, it is very hard to measure such a one as loving-kindness, so you might want to choose one that is more easily seen in its physical form, one such as patience or generosity. Breathing in this time, allow that light and loving energy to move to the heart center; and then, breathing out, direct it to that being who is suffering. Breathe in light and love ... Exhale to where it is most needed, just allowing that light and loving energy to channel through you ... May you be healed," allowing yourself to be a channel for that loving energy. Inhale love and light. Inhale love and light, and release it to the one who is suffering. As you practice this meditation, let it bring you back into your connection with all that is, let it remind you that you truly are a channel for love, for light, for healing, and that you are also a channel through which suffering may find its release, that those who are your brothers and sisters may not carry that weight unsupported. I thank you all for your joyous participation in this circle and for the light and love that each of you brings to your search. My love to you all.

1992/10/30: I once spoke to a group in another of your cities about the origins of the Earth as I had understood them and experienced them; that there were those on the immaterial planes who were stuck in some way and in need of greater catalyst for their learning; that it was understood that this must be a plane of love; that certainly negativity would enter, but that those who saw the need were willing and eager to give of themselves to lay the foundation of love. You understand that it is part of your catalyst for learning and that there is no duality, no difference between the positive and the negative in the long run and that, at the same time, negativity must be resisted with love because of the suffering that it creates. What has occurred on this earth plane that has seemed so wonderful is that those of you of third density who are learning these lessons of faith and love graduate with far more depth, also, into the fourth- and fifth-density lessons of compassion and wisdom. Love is a gift, but it also may become a distortion. One must learn how to balance that love with strength, with faith. And yet, great care must be taken that wisdom and compassion are not learned before faith and love, but simultaneously or after. Distorted compassion can lead to a distortion of wisdom which does not oppose negativity with love, but rather, feels need to hear it out; and in that way, negativity may play on that compassion and wisdom and manipulate the, as yet, immature faith and love. Do not neglect the deepening of love and faith. I only hope to remind you of the importance of tempering your wisdom with faith and with love so that you do not become imbalanced and more susceptible to negative influence through the distortion of love that is not yet firmly understood. My love to you all. By faith you suddenly experience sitting more lightly in your car, touching with love and reverence the steering wheel, the gears. We know you value each other and we encourage each to have a light and loving but utterly persistent devotion, each to each. Therefore, we encourage communication by your letters when there is distance between so that when all come together there is already the full and loving interplay of energies which potentiate each and, more than that, the growing Oversoul, if we may use that term, of the group by focusing upon the being as part of this or other groups. Love does not deal with concepts, but with penetrat-

for its sacrifice has been complete, its instinctual behavior bowing always to the will that has learned, and that accepts, allows and loves each characteristic of that physical vehicle. Thus, to the pilgrim we offer love, it is true, but discomfort, dustiness, feelings of aloneness, and all that goes with doing that which is seldom attempted within your society, and almost never understood. We encourage you to be truly self-conscious, to know the exact thing that was the catalyst for your moving away from the center of love and light. Have you loved yourself. As you worship the Creator, have you loved yourself enough to give the gift of yourself in complete surrender to the will of the infinite One, knowing that it is truly your will also. The reason that we are being so insistent in talking about being able to do that which you wish to do, in speaking of loving and forgiving yourself, is laid out very simply by the teacher known to you as Jesus the Christ, who said that the new covenant was to love the Creator with all one's faculties, with the uttermost passion possible, and to love the neighbor as the self. Loving the Creator is often difficult not to do, in our opinion. When one is familiar at last with the concept that the Creator loved us first, is it any wonder that our instinct is to love back and to wish to serve, as children always would their parent. But in order to love others, which is the service-to-others path, one must first love the self, for one can love others only insofar as one has learned to love the self. We are not speaking of a narcissistic love which demands an echo, a pat on the back, a recognition, a thank you, or a noticing of any kind for any other entity which walks your sphere. If you love others as you love yourself, and you love yourself, then your point of view shall be enough changed that you will surprise yourself, because you will find that you have, in the difficult times of following the self out to be a channel of this love, become able to shine with an infinite love that reaches and touches people. They do not need to know the rationales of love, they only need to know that they are loved. And as for each of you, you did not come here to be loved; you came here to love. We strongly suggest that love be conceived of as that which supports, that which puts the other before the self, that which is loyal, that which does its very best. And if that very best fails, then it fails, with the love intact. But in the inner sense, if you intended with love to do all that you could, absolutely all, holding nothing back, then metaphysically speaking you have acted as one who runs the straight race. Indeed, if one has found within the self, love, then one is full of love, love of God, love of others, and love of self. Love each other. This is the answer to so many questions, and remember to love yourself, to forgive yourself, and to live in the resonant, infinite presence whose love you wish to practice and be.

1990/10/07: Thus, many healing modes, such as Reiki, do indeed create a catalytic environment in which, through love alone, the protective field of the body is opened, and an opportunity given for the entity to allow itself to heal. The healer loves, and in the crystallized purity of its love it creates the opportunity and the catalyst for the person to decide to release the illness, the condition, the blockage, the overstimulation, the stress, whatever it is that is the difficulty. Healing is rather a feeling of wholeness, a feeling that one is free to love and be passionate, to care intensely, and to follow the heart. You know the nature of second density, and you know that you are, by your love of your pet, investing an instinctual animal with an awareness of itself. Let us use the word, which is not a word, "catness." There is that thought form that contains living material, and it produces, in love and joy and rhythm, its young, its life, its death, without ever being self-conscious, that being the nature of second density. If the pet is deeply devoted to its human, and its human is deeply devoted to the pet, there may well have been enough investment of love and consciousness within that second density entity that it becomes, through this investment, harvestable to become a person, as you call yourselves, a human, a spirit, with breath. Thusly, if you believe that by love you can aid a cat, a dog or any pet in its journey to third density, and you offer that catalyst, you may indeed find that you have woven into your own tapestry the stark thread of a beloved pet's demise at the hands of the metal machines that move along your roadways. If a pet dies thusly, it is to become a third density entity, and though the loss of that dear pet is great, you have given that pet the opportunity to feel love and to give it to such an extent that self-consciousness has taken place, and yours has been the catalyst which encouraged that graduation. We thank this instrument, and move

in love and light. However, that quality of compassion that is the hallmark of the beginning third-density lessons oftentimes will, for the third-density entity which loves the pet that is dying, express itself within the third-density entity in a desire to relieve that which is seen as suffering, that which is pain to the creature, and because of the great desire to aid the pet, then the action is taken to terminate the life within your illusion so that there might be a cessation of the pain for the second-density creature. We can suggest that this can be seen in a number of ways, depending upon one's sensitivities, and that there is good argument, as you would state it in your illusion, for proceeding along the path of terminating the life as well as proceeding along the path of spending time in shared love with the creature that begins its slow departure from the life experience. In either instance, the overriding principle is the intention to share love in as great a facility as possible. In the most successful cases of investment by a third-density entity of a second-density pet, this is indeed so, for the bond of love which has been awakened between the two entities, and oftentimes awakened for the first time within the second-density creature, is that bond which will often tie these entities together until the second-density entity has been invested to the degree necessary for graduation into the third density. Thus, the bond of love brings these entities together time and again in the same way that the bond of love will bring together third-density entities many times in order that the overall karmic patterns may run their full course, that is, allow biases of one kind to be developed and then balanced over a period of many lifetimes.

1990/10/14: Not worthy of the love of the parent, not worthy perhaps of the love of itself, for from whom shall it learn of this love if not from a parent. Had you faith that the Creator had placed this particular situation in front of you so that you might find the love in the unlovable and acceptance in the unacceptable and hence polarize in compassion and purity of emotions as is your heart's wish on the path. Language transmits that love that is between one. Not to love the self is to reduce by far the amount that you can love others. You can only love others insofar as you love and have compassion and forgiveness for yourself. Are you love. What relation could you have, if love created all there is.

1990/10/21: We have been upon your path, and perhaps we are more experienced that you, but we are completely equal, and completely full of knowledge, each equal to each, for all are one, and only one, creative thing, love, created into manifestation by the use of light. Thus, take all that we say, and toss away without a thought that which does not strike within your recognition, for you do not learn wisdom and love, you only encounter the catalyst to remember it. This intelligence, were it to have a name besides Creator, indicating One Original Thought, would be Love. However, a love of such a fiery, creative, disturbing and magnificent nature can never be confined by language, so we must make do with the pale shadow of the reality of this Logos, this Creator. Thus, a spark of love was given an infinite and equal spark of free will. Just as love is infinitely and ever the same, so is free will infinitely and ever various. More and more in second density do entities begin to become more than instinctual, more than creatures of love and service and instinct, to begin to be aware of themselves, usually, because third density entities have ministered unto them and loved them. Now, the lesson of this density and the choice you are to make is all about loving. One may love in one of two paths: loving the Creator by serving others, or loving the Creator by serving the self, and manipulating and controlling others that the self may be aggrandized, and as the self is aggrandized, so all glory is given to the Creator. Looking forward, we see in the next grade, or density of light, a density called the love or understanding density, in which the lessons of love are perfected, and there is study of the lessons of wisdom. Thusly, in your grade or density of light, your interest as a spiritual seeker is in tuning into love. Love, that much misunderstood word, in our definition, is unconditional. Does love do this because of what it has given the entity in third density. It is an absolute, just as love is an absolute; they are given to you equally. Were you taught the value of love by those who were your first teachers. Were the carefullest health lovers correct, the highest and most advanced beings would all be splendidly athletic. Somehow, that is not often the manifestation of love, for love is of the heart, and those who have learned to offer not their love, which is finite, and which is in short supply in any third density entity, but the love of the

Father that flows through the seeker who is open and has emptied itself out, then that love becomes the love that is available for the seeker to manifest. No matter what dramatic talents and gifts he may possess, no matter how well one may do anything that is manifest, the greatest service in this density of the search for the lessons of love is being itself. And it is against this backdrop of unknowing, of scenes occurring which begin to test the individual's ability to love, that the drama, which stars, you, which has as its chief critic, you, which has as designer of sets and costumes and props, you, which has as its author, you, begins its act upon the stage, which is this illusion. The discipline of the personality is the greatest tool for coming to understand and to forgive the 360 degree self, to acknowledge and love that self, that self that must be loved. You must love yourself; you must forgive yourself for the thoughts that you have thought, the errors that you have made, those things you wish you had done but did not. You could be anything about you that you choose not to like about yourself, and to that extent you fail to love the Creator, the creation, in all of its love, all of its Christ, all of its holiness. One of the great traits of the seeker is its persistence, for gathered persistence is absolutely necessary, for the failures self-perceived, not perceived by anyone but you, seem so many, and if you do not forgive yourself, how can you expect to forgive others, and how can you bless others if you do not forgive, if you do not feel healing love pouring from you. Whether this entity is known to you or unknown, whether this entity may be subjectively described as friend or enemy, the same love is needed by all. For the needs and the behavior caused by the variousness of free will, and the variousness of man's understanding of it, there is love, and only love, and it is always and ever the same creative Original Thought. Thus, in a dark time and in the shadow of death that you call life, you seek to forgive, and pardon, and love, and turn darkness into light wherever you see the way, and to serve, if not to please. You may all be judged because you do not please, but those who wish to serve often do not please, and if you are reviled for your love of the Creator, then you have done something right, and you are beginning to create the catalyst for fear among people that are already fearful, because they do not wish to change, because change is uncomfortable. One cannot say to another, "Come with me on this journey, it will be all rose petals and ambrosia, there will be nothing but good times, for the Creator is love." The best that you can say is, "Come suffer with me until we learn that there is no such thing as suffering, but only pain, and not my pain and not your pain. It is not until some time has been spent, on faith alone, attempting to live in faith, and by that we do not mean a belief, but simple faith, faith that the Creator is love, that we were created out of love and because we are loved, and because we were loved first it is natural to love in return, faith that anything that occurs is part of the lesson of love, and offers us opportunity. In a lifetime of choices you forged in yourself a life of faith, a gift for your Father, the gift of a poem, of a tapestry, rich, lovely, filled with high ideals and high hopes, against all odds, filled not with happiness, for only those things that turn to dust are happy things, but filled instead with joy, joy within sorrow, sorrow within joy, until you are blissful, and gentle, and willfulness had become willingness to love and serve the Creator and the Creator in every person. The spirit within must sense its own reality, and choose freely what seems to be the great sacrifice of taking up the cross, the carrying on of the endless journey that ends by the water, the water of life, crystalline love. The incarnation then becomes a process of discovery of seeking that which is mysterious, that which is hidden, that which has a price and that which, when discovered, also has the reward, the broadening of the perspective, the point of view, the ability to accept, to love.

1990/10/25: And when we feel a call go forth, that enables us to try to be of service, it is as so someone from our family would be calling us, someone we love and would want nothing in the world more to do than to go to them to share their sorrow, ease their pain and strengthen their walk upon the path of the search for truth. It is only necessary to remember all that comes through you, because you have tuned yourself to your innermost self, the self that loves (without sin). Often against its own will, but loves and loves and loves. The concepts which we offer are, as you have surmised, of a layered nature, as are all concepts within the creation, for all evolves from the one great original Thought of love. This one simple thought of a creation made of love, generated by

love, formed in that fashion is that from which all multiplicity (depends). Thus, when we speak through any instrument we offer that which is the instrument's comfortable level of ability to perceive and to transmit in a fashion which corresponds in clarity and precision to the crystallized nature of the instrument through whom we speak. However, what we wish most in these communications is to repeat, in whatever manner is helpful to a student, the simple nature of the creation and the strong and simple relationship that each has to each other and to the one Creator, to the creation, to all things, that this relationship is one which endures, that there will always be mystery, that there is always loving support for those who venture into the dark and mysterious night of the soul.

1990/10/28: The creation is the active portion, itself infinite, of the intelligent infinity which is called Love, or the Creator, or Christ consciousness, or whatever term most aptly describes each entity's own vision of the Creator. The Creator in its passive state, though the originator of love, and having created by love, should also be seen to be love—love creating love—and in this great love, offering to each entity the freedom of opportunity to choose that which we wish to do. This is, in fact, neither Creator nor creation, but rather love bonding with free will and deciding to build, create or manifest a series of illusions helpful to those sparks of the Creator which were before all worlds were, and which shall be after all worlds are not anymore. This is our witness to the Creator and its love in building this universe that its active sparks then kindle in their hearts the power to choose again and again to love where hate would be more normal, to console when you felt least like consoling, to remain forgiven, and especially self-forgiven. If we do aught else, we are criticizing our Creator, as well as ourselves; if we argue or are in contention with another, this not only expresses our views, it also separates us from love, and thereby, from the Creator. Because the creation is an infinity, it can only be one thing, for there are no numbers in infinity except one to build a mathematics upon one, or one over one, that being love over light creating manifestation, and light moving towards love, creating humankind's experience. At this time, we would wish to transfer this contact, and in order that each entity may practice the experience of receiving contact, we shall simply say, "We are now transferring this contact." We wish you love and light through this instrument. They are of interest to the Creator, but often the use of the gifts of the spirit create the beautiful bond of love and love itself, or love divine. As you love one another more and more, your own subjective universe becomes more and more lovely and spacious. In this particular density you are learning more and more how to love each other, an absolute necessity preceding the day when there shall be a new Heaven and a new Earth. One thing is for sure, all things are made of love, and free will acting on love to produce light which can create and manifest matter. May you love each other; then you shall learn more and more about the Creator, and you will prefer the mystery of the mathematics of one over the finity of ideas which humankind creates and the artifacts it produces, for like the clay of your physical vehicles, they also will become obsolete, not for any specific reason of age, but simply because it is the nature of things. But those who wish to work for the Creator are zealous, and loving and sharing. We wish to take the world of materialistic thought and implant within the hearts of those present the love and the sharing of bounty. Instead, you set off upon a great adventure, a prodigious adventure, with a fortune to spend and time and energy and talent, the time for polarizing by praying, loving, giving, sharing. May you always feel free to ask for help, for all those who love you, incarnate and discarnate, truly enjoy being of service, for by this they become freer and freer to roam the creation within one's head at will.

1990/11/04: The joy that we feel when we are called to your meeting to attempt to begin to examine the question that is at the heart of that which we come to share is a great privilege for us, in addition to the privilege of sharing in your selfhood, your meditation, your seeking, your tolerance of the illusion that is about you, your desire for harmony, and your single-minded desire to serve in love and faith and praise, thanksgiving and prayer. This is simply a distortion of that love which is so great that the desire to serve this Creator fills one with awe. Many have called devout love of many finite things various kinds of incorrect worship, that is, worship of those things which do not endure, and are therefore

in the love and light of the one infinite Creator to which you have access through this technique. And take comfort, not in your judgments of your own progress, but in your focus upon observing and paying the infinite gift of loving attention to that which seems to be occurring with you. The Creator infinitely loves you and feels enlarged in its infinity by the burden of information that comes to It through the receptor of your unique consciousness. From the close point of view, lean into the wind of catalyst when you can freely and lovingly. If so, again honor it by paying attention to it, loving it in you. As you allow love to flow, you may find the need for fear to be less. But we share this joy with you insofar as we can and welcome you to the tenuous, lovely dream of becoming. We are those of Q'uo, and we find ourselves simply wishing to close the circle of love. Merrily together, we move within stillness, we go forth within a circle, we exalt in illogical and infinite love of the fictional, yet all-important, road onward in our joint pilgrimage to light and love, and, ultimately, to the Source and Beginning of all that there is. May each of you be good, loving companions as you are at this moment. May you gird yourself in that love and light and go forth rejoicing.

1992/09/20: The communication is of several levels, and these begin with the level of introductory material having to do with the infinite love and light of the one Creator being all that there is and the author of all that there is, concluding with the need for daily, regular and persistent meditation, contemplation or prayer. The path of seeking moves each seeker through the trials of regularizing, crystallizing and clearing out the basic and central energies of self, self-love, love in relationships with others, and relationship with the society in groups and as a whole. If, for instance, this instrument asked us if we came in the name of Christ but did not love the universal Christ as well as the specific entity Jesus the Christ, we could not use this instrument. The spirit of universal love and service speaks in silence, yet its urgings are strong and the time inevitably comes when the seeker must choose between personal preference and doing the will of the infinite One. It is especially frustrating to those who seek a feeling of truly being of service that there is no one service more beneficial or high than any other service; the service is completely within in the total loving dedication of heart, mind, soul and strength to carrying into manifestation the Creator. I am Q'uo, and am again with this instrument in love and light. Full and loving action in the face of circumstance is your path of service.

1992/09/27: In our understanding, the deep bio-programming alterations necessary to enkindle and engage the pure love within are those things which are sensed as deeply threatening to the outer consciousness. However, the energy that creates the whim of manifestation is inadequately but best described as love. You may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities.

1992/09/27: Ah, you are ready to accept and allow the fullness of love. Feel that sweet wine filling your cup as the many workers in the spiritual realm that are concerned passionately with you bend to you lovingly, faithfully, continuously, freshening that living vine of love within. To love the highest truth is very, very well. To love the self as the perpetrator and controller of this unlimited truth is a judgment error. As each knows, so to speak, it is not the vision that fails, not the love, the compassion, the ideals, but that self which cannot empty itself of the dregs of used up experience. Now, thirdly, empty and cleansed, having released the fears of failures, accept the love and compassion of those mystical beings, essences and energies of spirit that wish to support you to aid in filling the pot with new, living compassion, its liquid crystalline, sparkling beauty, soothing, invigorating and enlivening the small human self so that this self may take its place in the full identity that you are, for you are all of these manifestations, concerns, and thought patterns, and you are pure consciousness as well. This love created, this love destroys. All that is within that which we must for lack of other words call love. This awesome and terrible love shall test and stretch each of you.

1992/10/03: you may embody that truth and then, through the quality of reflected love within the self, may open doors in service to one or a few or many entities. May we say that it is, in our humble opinion, the work of the inner discipline whose moment in your space/time and time/space has arrived and that these energies shall meet with representa-

tional mind capable of ethical usage of power; not at this juncture but in the fourth density or density of the love or compassion vibrations more harmoniously and predictably being in balance. Firstly, the creation of the Father, as this instrument calls the second-density sphere and biota upon which you enjoy incarnation, is full and replete in undistorted love, therefore the Earth and its creatures are helpful whether or not the individual entity is aware of this aid. Before, during and after all attempts to manifest truth lies a shining, loving, powerful and wise mind which is in each of you. We ask that more and more you learn to rejoice not because of any one thing but because the true nature of creative love is more nearly truly expressed in joy than in most other states of emotional mind. Each of you, how blessed we feel by you, and in return offer our love and like blessing. Truly you and we are loved and all that we do in return is only that which has rippled through from you to return. This is your love, our love, your, our, your, our...

1992/10/04: We encourage each to respect and love this gift of intense time, of intensive actions, of deeply difficult choices made perforce in the darkness of illusion. What can we then do, having exhausted the queries, but bid you every possible blessing of love and light in your journey towards the One. So solemn—haha! We got it!—when you are not so solemn anymore then bounce and jiggle and jump for joy and feel the waters of love that you so solemnly seek now.

1992/10/14: Into this chaos came one great creative Thought: love or the logos. How could this extreme discomfort be a part of the plan whereby love itself created an abode for those infinite parts of itself which it wished to offer experience to. How could such an unimaginably pure love create such pain and suffering. The answers are within and there is far more help than each here can imagine which is available to those who call upon loving positive discarnate energies. The invisible company of those who love is there just as close as the breathing or the thinking. This then places each, whether having loved truly or knowing no true love, in the position of wondering "Why?" May we remind each that it is well to seek the Creator's will and in that seeking there is guidance available. We would use this instrument's Christian bias to state that it is said that those whom the Creator loves best are those who are tested. Now that each is committed to love the source of all and to love the self and all other selves there now remains only acknowledgement of any emotional feelings, recognition and respect for the unique suffering of your own lives and the true peace which is not a comfortable peace, that peace which is the knowledge that the path of your destiny is true and its aim is straight towards infinity. In love and light I come to you to speak those words of comfort which we may offer. We are sorry we had to cut the one known as R short of expressing the immense love and unity he feels. (Side one of tape ends.) [Jim channeling] ...to approach you in the dream state and to communicate there his love and unity with you. If it is possible for you to again open a channel in your heart of the love of this life and experience there will be an easier means by which the one known as R may make himself known to you. We feel great sympathy for you, for the experience of love which you enjoyed with the one known as R seems at this time to have been cut short, when in the larger view of the lives which continue before and after this Earthly illusion there is but a moment's experience to complete within this life, though it may take what you call years to do so. We are aware that you have brought many of them into question as a result of the death of your beloved, but we would recommend that you look to that faith most especially that each of you shared, that lives do continue, that there is a purpose, however seemingly absurd in this life for this life, and that you, in general, begin to build again the foundation of attitude and ideals that were your foundation with the one known as R. We know that a great deal of anguish has been your lot for this past year in your time measure and we cannot express enough our sympathy, for few within your illusion have had the harmonious, loving, honest relationship which you have been privileged to experience and to lose such is to lose a great, great deal. It is only the shadow of death that haunts you, whether it be yours or your beloved's. You move not only with your beloved in your heart and in your mind but with a great company of lighted souls that rejoice at your every determination to continue and who offer support when your determination flags and seems to fail. To make decisions is the great experience of this illusion, to use each opportunity to choose the light,

of the self is well advised to look at the overall perspective of each incarnation, and the creation as a whole, as that which is made of love. Any deviation from that love is, in some form, a distortion of love which may be discovered by the persistent application of daily meditation and the review of the experiences of each day's round of activities. There is no fear buried so deeply that the love-inspired seeker of truth cannot uncover and balance this fear with love. We do not mean to seem to be naive in this regard, for our recommendation in many instances where seekers feel confusion and fear is to focus upon the fundamental quality of love. We continue to recommend this focusing upon love as the foundation stone of all creation and all incarnation, not only because this is so as we have experienced it, but because it is well for each seeker to look for that love within the life pattern in order that the desire to see and to seek this love may perform its part in attracting this love to the seeker. We recommend, therefore, that as you plumb those depths of mystery within that you remind yourself that you move within a creation of love, a creation which is in harmony with itself and with you. These fears that motivate from the depths of one's being have power only because they are distortions of the power of love. When you are able to untangle the distortion of love, then you shall see how this distortion was first caused.

1992/07/19: There are those who seek perfect realization, but within the illusion we have the opinion that the purpose of the illusion is to present you with difficulties and frustrations in order that you may test the wings of your love and desire to serve, and test also the structure of your belief system of ethics, how you put into action the tools and resources you have gathered about you as ideals, ethical points of view, and tenets of faith. This is important to your polarity in service to others for you have been told by the master known as Jesus to love others as you love yourself. Learning to love the self in the midst of perceived imperfection then is, we suggest, a key to going about the steady work of one who is of service-to-others polarity. Negative manipulations are carefully to be recognized, but the attempts towards harmony, if not carried beyond the first attempt, are certainly not negative, except that each entity has the responsibility to manipulate the world of illusion, to mold it in love and in light. As for the recalcitrant-seeming other self, we suggest the use of prayer; realize that one which runs from love and compassion is a sorrowing and hard-pressed entity. The root causes of this sorrow or misery are not necessarily known even to the other self, yet you may pray that light may bless this self, that love may touch the heart of this self that you have no way of understanding unless that self speaks clearly to you, yet always is there the strength of praise and thanksgiving for the opportunity to hold another in the heart and offer that held other self up to the love and the light that streams infinitely from the infinite One. When this is not possible you simply continue this dance by yourself, swirling and dipping in the rhythms of the eternal with a keen and loving ear to the music of love and light. One does not always know for what to pray for another's needs, yet one may, when in the flow of the eternal, pray those abiding prayers of love, praise and thanks for each and every experience which has been experienced with this entity, thereby offering this entity to the Creator in order that the Creator's love and light may be felt more and more in that other self's life to the end known best by the other self and its Creator. Those seekers who are conscious of the journey and who place themselves there in faith and in love utilize tools, methods and teachers which are drawn to them according to the manner in which they seek, some finding great comfort in the process which you have called the channeling and which we at this time partake in. The conscious seeker of truth will wish to give the effort that is of the highest quality, reflecting the essence of its deepest being and wishes, to know how to form the response that is loving, intelligent and flexible in any situation. We are always grateful for the opportunity to speak to this group and to any group which seeks so wholeheartedly for the love and light that will illuminate the journey yet one step further.

1992/08/16: Love in a manifestation built with light. Ours are those of wisdom, whereas yours are those of the student learning to love and be loved. The love or hunger for love in relationships is not seen. This process is guarded by the one who loves you very, very much. The protection of the seeker is grounded in love. You are loved infinitely, and you are channels for infinite love.

1992/08/30: Far more natural to one seeking is the

urge to move into a positive service and love-filled environment. Faced with a choice between loving behavior and self-serving, lying or other negative behavior, the student will either choose, usually, to do the positive thing or to fail to do the positive thing but to remember the preference in 20/20 hindsight, as this instrument would say, looking at the undone thing that would have been positive or the error that was not positive and saying, "I will remember to affect future decisions because this decision did not satisfy me." However, the query that you have asked is about those times when there is no obvious positive choice. The virtue of service, the joy of giving, the desire to make those you contact feel better—these are the choices made easily, lovingly and freely by those moving to open the center of heart energy. You know in your open hearts that you love very, very deeply, to the core of your being, the one Source of all that there is, the one great Thought that initiated and continues creation. You are all entities within your planetary sphere in that, as you evolve and are able reliably to be more of a clear, transparent channel for the infinite waters of love, so you shall be both less yourself and more yourself. To serve love is truly freedom; yet, to perfect that freedom, you move into and through the large choices involved in opening the heart in non-judgmental compassion to the realization that beyond all these choices there is a universal nature which includes all things, and as all-self there is forgiveness of the forever incomplete all-self being perceived as becoming. As you serve and create light and radiate love of the infinite One, you also cast an ever sharper shadow. My beloved ones, know that this query is one asked by those who already love and are already upon the path. This situation of loving, serving and trying to become the forgiving universal self, and, therefore, the forgiven universal self, is a sacred and a monumental task, and you are working in the all too dim light of inner work. And may you see always before you the love that surrounds you, the support of that infinite love, and the utter clarity that is possible to achieve when once you have freely forgiven, forgiven and forgiven. Look at yourself upon this rainbow journey and remember that that which is of value is the love which you create in each moment and all else shall fall away, having little of impact in your future. As time progresses, only the love remains. As you learn any skill, whether it be how to open the heart in unconditional love, how to juggle, or how to cook a certain meal, there will be those expressions of the skill which are better done, shall we say, than others. If an entity has the ability to do this, called "loving without condition," it is not important that the entity is not always able to express this loving without conditions, but it is important that the entity has the desire to do so and will examine its experience with that desire foremost in the mind.

1992/09/06: This is a central lesson of love. When love is given, it is given away. The love coming to you can be thought of as the light of stars. The gift of love and light radiates to you from elsewhere and from other selves. You, in turn, radiate in essential being and in your thoughts and actions to serve as a channel for that light and love that inspires, comforts and soothes others. There is no way to keep an account ledger to be sure that what is given out is again received—not because there is not balance, but because love and light do not contain in themselves quantity but only quality. We would reassure each that as each attempts to be of service, the attempt fosters and encourages the essence of each self so that even when efforts to serve and love seem to fail, yet that desire, that will, that love is effectual. Therefore, we shall move on to the second truth concerning inspiration, towards loving and serving in new and expanding, changing ways. However, the undertones and overtones or connotations of a lesson concerning how to love unreservedly are such that the layers of meaning are always capable of being added unto, and that original lesson seemingly learned moves into a challenging stance regarding the next seeming lesson. Look carefully, ask lovingly, for guidance. All are of the one infinite Creator and partake in Its nature, which is love. May you love one another and love the self just as much, for inspiration comes from both places and is still of one piece. How we have loved being with you, dear ones to us.

1992/09/13: Stop and reflect upon the particular essence of light and love that is the gift of your sun being. Why is this force within—which one finds access to in meditation or prayer—called "still," but that it is a descriptive term which applies to the source of aid and comfort which you find

only able to be worshipped within this local and provincial illusion, so soon over. And if the entity who wishes to worship does so for any motive other than love, awe, amazement, joy and a seeking after truth, one has chosen that to worship which shall surely not last as long as the consciousness which at present inhabits your physical vehicle will last. Thus, if one worships a religion, a person, a goal within the illusion, one is worshipping in a negative manner, blocking the natural flow which the spirit intends to be available to you at all times, that is, the spirit of Love Itself. Clues within the illusion that hint at one single Original Thought, which we call Love, or Christ, Christ consciousness, or the Creator, is a kind of firm ground upon which the self may stand as it gazes at, evaluates, discriminates and analyzes its own thoughts, feelings and emotions, until the self has concluded much about the nature of the self, the illusion and the program of lessons which was intended. Worship is that surrender to imperishable and perfect light and love which is the Creator. There is a great difference between love and worship. Those who seek to love will in the end find all that they desire because of a great steadiness and firmness of desire. And as no one within an illusion can know adequately how to serve any entity in the best way for that entity, the worshipful or faithful entity watches and waits and prays and does all that it does for the love of the object of that worship, the infinite One. In sum, worship is that gathering of purified emotion which kneels in surrender to the purity itself, the beauty itself, the truth itself, the love itself, that is the Creator. Nor it is it understandable to me personally why people lack the intensity of desire to attempt to learn and serve at the very limit of their ability with a complete passion, because of this instinctive identification with the Creator, which is faith, and love and surrender, and willingness to serve, all sort of mixed into one.

1990/11/08: Consequently, if there are those things which the mind has targeted for notice and prioritized heavily, and if those things do not redound to the strength, the love, the faith, the will in the path of seeking and service of the one infinite Creator, it is not the behavior which needs to change. My beloved, the journey that you take seldom requires a physical step, seldom necessitates a physical pilgrimage. And as you begin to know the self that is love, much of what is now programmed within you will change and you will seem to die a little at a time. The Creator is love. And love alone would take this risk. This is a multi-syllabic way of saying a very simple thing: "The road goes on forever." The road of seeking, the road of promise, the road that leads finally to self-knowledge of congruency with love itself, the great original Thought and Creator of all that there is.

1990/11/11: Within the boundaries of these limitations, we believe our opinion to be fair, but subject at all times to the personal considerations of each, for each has a personal path to truth, to love and to service. To those within a highly technological culture and society, worship without an object is much like loving without an object. This is, however, an excellent type of worship for those who have a predisposition to mysticism, or love of mystery. For instance, one who honestly questions may find it impossible to claim the love of an object as a pathway to the worship of mystery. Many there are among your peoples who do not move from the love of an object to the love of the mystery that sent the object as messenger. It is at this stage that many spiritualized entities capable of much more become quite stuck, for they have conceived a desire to seek, a desire to love and a desire to serve, but they defeat themselves by gaining access only to information within the deeper mind which is an artifact of the conscious mind. Consequently, without any knowing the seeker first makes its decision to love, to worship, to serve others in the name of the one infinite Creator, having no idea how to do this. You choose to have no fear; you choose to love. Thusly, we suggest that as we again transfer to end the meeting, that the one known as K allow herself to be vulnerable to the spirit of love.

1990/11/15: Now, each of you is wet-footed and ready to move at your own speed, into your own voice, your own channel, your unique gift to those who may be interested in that which you may have to offer, to yourself as you polarize by giving freely, and to the one Creator for all things are done for the love of the one Creator or not done well. The Creator has gone forth in each seeking to fathom the fullest extent of the love which it is and finds that the effort to fathom this love entails a pathway through the greatest separation

that is possible. For as love abides absolutely, so does the experience and joy at the touch of love's presence. Like the deeper loves, it is remembered rather than met for the first time, being each entity's birthright. These experiences of joy are your own gifts of grace from love itself and nothing can rob you, either of the memory or of the confident expectation of these immediate experiences. For all freedom is shallow and insignificant compared to the freedom to serve, to serve the Creator, to serve your other selves in the name of the Creator, and to see yourself as loved and forgiven—a blessed and beloved child, no matter in what condition or stage you may be, of the one infinite Creator. May you continue channels for light, young and old in experience, ever growing, ever mindful of love. For to most we must satisfy ourselves by making our presence known in the form of undifferentiated love which is sent into the energy web of those calling for inspiration and nurturing. Yet, when one is able to refine one's sending of love and support to the degree we have been able to do—by utilizing concepts and words through these instruments, there is the indescribable satisfaction that comes from knowing that one has moved in step with those who call.

1990/11/16: However, this instrument spent only the requisite, appropriate time removing itself from the world of delusion and reorienting itself to the world of love. Yes, it is necessary that each err and be mistaken as often as it takes in any present moment to affect a change in consciousness for those who polarize as we do towards service to others as an expression of their love for the infinite One. In the I AM there is only love. In love there is no room for fear. Although you identify yourselves with a house of flesh, yet you may dissect all portions of this clothing of flesh and find no consciousness, no evidence of life, or love, or passion, or thought. All beloved and unbeloved, through error, entities are in the end one. So rouse the self from its daze with a shout of joy and stand in glad acceptance that you shall do all for love and in that giving you may perhaps have one outcome or the other. Take these opportunities to polarize, to experience unconditional love, to experience a deep forgiveness of all concerned, and most of all of yourself for being dazed by the illusion once again. We are most happy to have been able to share in your vibrations and meditations and the love for love itself that we have shared this time.

1990/11/17: And who, therefore, has been shown to be preeminently fit for the role of comforter to those beginning the process of opening to become an instrument for the expression of the love which may pour forth from the realms that to your realm seem higher it may be subject, as always, to the free will self-determination of this entity, that we would be called in the future to the sessions which have begun upon a regular basis. Thus, we moved into the compassion of fourth density with relative ease, and were blessed with success upon the expression of unconditional love—both the offering and the receiving. Thus, our service most frequently takes the form of our sendings of undifferentiated light and love to those who call for such.

1990/11/18: (overview) The question this evening has to do with how individuals and groups, or any people that are in relationship with others, can work through the blockages that seem to get in the way of sharing as fully as possible the feeling of love, with ourselves, with each other, and with the group. How can we remove those patterns of thinking and behaving that tend to drain away, or even keep us from seeing the feeling of love and compassion for others. The most common legacy of the childhood in your culture is low levels of admiration and love, nurturing and forgiveness of the self. This begins to distance the self, that is, the consciousness, from that beloved animal of second density which sacrifices a great deal to carry you about. However, we believe that it is the will, passionate and joyful and complete, of the seeker to become an authentic being, that allows one to reach a state of mind in which the seeker may gently, sweetly and lovingly move into the deeper mind to find the seeds of the low self-esteem, the tendency to repeat patterns of addiction or abuse of various kinds given by parents which seemed godlike. Thus, it is quite important for the seeker of truth to identify those things which separate it from others, which cause distress to the self, and which limit love, and so speak to that necessity that effectual transformation results, more real, again and again, on ever deeper levels of bias, that may well be self-destructive in your own opinion, for you in your free will are anything but simple. Thus, your faith that all will be well, and your will to con-

tinue spiritual evolution are the strengths and resources that bring you to holy ground, whereon the Creator, that lies so deeply within, in the metaprogram of love and infinite peace, is made available. This is acceptable to us and we shall continue through this instrument in love and light. When one allows oneself, finally, to love the self very deeply and passionately, one is then ready to serve. You have by the grace of the one infinite Creator enlightenment, redemption and love of self alone, for the two requests that the one known as Jesus made to replace entirely the Ten Commandments were to love the Creator and to love other selves as the self. Yet this work in consciousness is by far the most effectual means of accelerating in any spiritual evolution, innovating, enlightening the consciousness of your sphere, when you have no solemnity, no love, that many enjoy and so shall you, each of you, as you find you truly are a person to be esteemed, a person who has gifts and whose only desire is to offer them to the one Creator. Moving from that point, more and more aware of love being all that there is, the courage slowly becomes gained to allow self-destructive portions of the self to die that a new and more harmonious state of mind may be the response when one is faced with the choices of what to perceive. May you create yours and recreate yours gradually, persistently and with great love for the self as a spark of the infinite One until at last you are hollow through and through with no blockage to keep infinite light and infinite compassion from flowing through you. It is often the case for many of your peoples as they look consciously and carefully at themselves that they will see those portions of behavior that they do not appreciate and consider to be less than worthy of study, those portions which may be seen as inability to love, the ability to give insult and injury, the less than honest expression of truth, and so forth. It is well to use those tools which one has been given in which one has found a certain degree of mastery in previous use in order that a form which is most effective might be utilized in giving the clear voice to this heart-generated desire for a closer approximation of love within the life pattern. And the symptoms, of course, you can elaborate on and can maybe give a clue to the path to tapping into that gateway that we can manifest greater love and light of the infinite Creator which I call Krishna. As this learning proceeds apace the entity is able to see the self, all other selves, and the creation and experiences about it as those expressions of love which have for some time been disguised as other than love. Therefore, the greatest indication or symptom of an entity able to move through deeper levels of mind is the ability of the entity to see love in all portions of the creation.

1990/11/25: This thought is what we call love, because we cannot find any more appropriate word in your vocabulary. But it is a love of charity, of positivity, of creativity and of transformation. In this lies the main and fundamental service each entity has to offer to the planet and to the Creator, which is Love Itself. The love that you have within you is finite due to the limitations of the heavy chemical illusion and your physical body whose sensing equipment is designed more to make choices than to understand. Therefore, a basic step, if you wish truly to accelerate the pace of spiritual evolution, is first of all to learn to honor, love and value yourself as an absolute whole and perfect being. We do not cavil at these people's messages, but only make note that where there is love there is not fear. However, if one relaxes, finds merriment to be freely bubbling forth, finds a place where the joy of loving and being loved is immediately experienced, then each may gaze at whatever one does as being done for the love of the infinite One. And as the emotions of devotion are turned towards the environment of the existing life and gazed at with an eye to being one who offers the positive point of view, then you may see that in any circumstance an entity with a positive, affirmative and hopeful point of view may well be foolish, which is acceptable in third density, indeed, almost necessary, for who but a fool would take the leap of faith that would say "I do not need to be concerned about my path of service, for I see in front of me a dish to wash, a compost heap to turn, a child or a friend to hug and share love with." Develop the listening ear, for you have nothing to sell. In all cases, if the presence of mind is yours at a time, ask yourself, if it is your catalyst, "Where is the lesson, where is the love in this catalyst?" If you have an analytical mind, it is helpful to think about it. What is remaining is for you to discover by whatever means native to your gifts are most excellent, how to perceive the urgings of

the guidance of the Christ-self or the love within. This is not an easy mentality for your culture, but in truth, having loved yourself completely, you are then free to love others with the same unconditional flowing of love. Firstly, to love the Creator and to share it forth in your very consciousness in whatever condition, this is the first and greatest service. Thusly, we urge each always to give the first thought to clearing the self, polishing up the brass, washing the windows of the soul, becoming able to be a conduit for an infinite love, a resonant and creative love. We thank this instrument for serving, and all instruments who serve, and we would thank all entities who may discover their paths of service by looking in front of their face, and seeing for the first time that in a universe created of love, no matter what the illusion, all is alive, all will return the love you give, tenfold, a hundredfold, and a thousandfold. It is quite correct that the planetary entity is greatly benefited by that which you call the passive sending of love, light and healing energy, which may be done in any number of ways, including the meditation, the imagination, contemplation, prayer and the simple attitude of right eye which each entity vibrates as a tone of the being, shall we say, as it accomplishes its daily round of activities.

1990/11/29: It has been my feeling for as long as I can remember that the physical act of making love is kind of a thanksgiving or Eucharist, a sacrament, and is as holy as the passion of the spirit and the passion of the open heart or service-oriented passions are.

1990/12/02: We are humble, and we are also humble before you, that all of you are to us the beloved self that holds that mystery, as do we for you. How great the difference between those who have the religion of fear and those who have the religion called love. I must be moving on for I have not found my path home." Let those who seek and yet feel a dedication to ministry move on blind faith, but not for any other reason but the feeling of vocation, the love of people one at a time, never humankind, but individuals such as yourself. My beloveds, there are many of us here, numbers you would not understand. It is not possible to see, but then, since one cannot see or sense in any way the truth of the mystery, one needs one's heart, one's strength and one's life, and a dedication to serving in the name of love. For only they can stop the full flow of love, energy, power, illumination, transformation and vitality to the heart, for the heart must bear the greater part of this incarnation for each of you. Each of you seeks to learn lessons concerned with love. There is an intellectual love, but it is a folly of the mind. The wisdom of the deep mind is an open heart, and love has never made any sense, nor can you make it make sense. Consequently, any ego blockage will cause a new instrument, or even one who has much experience, to wish that it had an answer for this question or that, or perhaps the channel itself wishes to speak a concept, and when it perceives a refusal from us, decides that it would do no harm, since it is such good advice, to offer it, while not in the flow, not being the servant of love. Those who do the best channeling make their requirements known as they make the connection, with fastidiousness and dedication, only to that which they call master, to that love of which they are the servant, and can be proud of being the servant. There is no energy except faith, call it hope, or love, or faith, or charity. We judge not, but only note the incredible shortness of the time you have here, the incredible amount of work there is to do within, and as witness to love in whatever way each person feels is appropriate. Where is love and service if all is wasted and spent upon vainglory, the feel-goods, position, power, ambition—what are these things but uses of ego, as you would call it, those to unbalance the self and to live through one's relationships and one's position. Each of you has every basic qualification to be a living saint, as this instrument would put it, to be a servant of love that is not swayed. Pain is always there for one who follows what this instrument calls the Christ, and what we feel comfortable in calling Christ consciousness, for we would not be a stumbling block before any, nor seem to blaspheme, for we are lovers of the mystery, and honor Jesus, this master who opened the doors of perception to eternity for any who choose to take up the cross of life and live it as if it were the last three hours of your life. You, light itself, love itself, carried about by an animal, a greatly sacrificial animal that has offered its pure, excellent, instinctual life of non-suffering and non-self-awareness and bliss, that it may serve that which it sees to be that which is closer to the infinite One. Love your body, bless your body, care for it, cherish it, but do not be

open and, therefore, a shuttle through which the love of the infinite One may flow freely. Let this and love be your guides. At this time we shall depart from this instrument, thanking it for its service, and leaving each through it in love and in light, and would transfer to the one known as Jim.

1992/06/14: The first defense, therefore, is to visualize this negative power and fearlessly to invite it to take up a loving absorption within the very heart, for positive power is power balanced by knowledge of the self. The need is only to do these things within the self, disciplining the self to a more and more balanced and clear acceptance of the universal nature of selfhood, and therefore choosing lucidly and clearly to serve others, to withhold judgment of or control over others, and to practice loving the self, accepting the self and allowing the errors perceived within the self to be self-forgiven. Many are the loving and positively oriented souls who yet are not able to do this. We simply ask entities who wish to live in faith not to be afraid of their fear, not to be ruled by their fear, but to accept this fear, to love this fear, as part of the universal self, and to move on, leaving foolishly into the next step in blindness and in faith. May each of you find each step to be one which is offered to the infinite One as a gift, a testimony of love, for if the Creator is love, then the choice of fearlessness is always correct. Take time to work through the balancing of that fear, overcome it never, but take it within the self, love it, accept it, and gently, strand by strand, part the curtain that keeps the self from progressing fearlessly.

1992/07/04: We ourselves are comforted by your dedication and would offer this our blessing to you in love and in light, a brief silent offering. There is, indeed, the wonderful mystery of paths of seeking that cross and intertwine and run together in a mutual love and compassion which gives great comfort. There are connections of energy that connect student to teacher, though we find in principle that these connections are not different than those connections of energy which prevail from one loved one to another, and just as the lover must be prepared also and equally to be the beloved, so must the teacher be prepared also and equally to be the student.

1992/07/05: (overview) The question today has to do with the concept of nurturing self-love. The service-to-others path through the fourth density of love asks the question in this manner, and by this way of asking, points directly to the core of confusion. You are those seeking in the school of love, therefore this query is central. The commandments were two: to love the Creator with all one's heart, all one's soul, all one's mind, and all one's strength; and to love the other selves within your environments as you love yourself. The second of the commandments was not to love yourself as you love others, but to love others as you love yourself! Thusly, this master of compassion suggested the turning of mercy inward upon the self, prior to asking the self to expand the manifestations of mercy outward. Gaze at this center which loves life, which breathes the air and has appetite for preservation and procreation. First, may we suggest that the self be visualized as being held in the arms of the infinite One, lovingly, firmly and comfortably, rocked in eternal rhythms and loved with infinite love. The entity finds it sparking at this time, and realizes the effect of those in a group which love one another, causing the heart energy to dance and shine. It is to be suggested by us that when one sees the heart fully open, one then may do well to suggest to the self the beauty of giving and receiving of love. The reception of love, it has been noted this day, is often very difficult. When the orange-ray center is blocked by self-judgment, then the shining love of others is blocked from entering the heart. Loving gestures, thoughts and words may batter against the heart closed to itself in vain. Thusly, service to others directly denotes the allowing of others to love the self. This is often the most difficult relationship lesson of all, for if one is not in love with the self, how can one believe or have trust and faith in the illuminating light and love pouring into one's heart from another. It is an irony of the third and fourth-density illusions that more and more energy is consumed in the desire to love, to open the self to more and more complete service to others, while there remains the grudge against the self. Until one forgives and accepts the self, one's service will be stunted; one's heart will be darkened, even in the fullness of the most loving service. It is not loving, however, to answer questions or address seen problems which have not been asked about or advice sought upon by the one to whom the entity is attempting to communicate. Remember that other selves and

the self come into the valley of the shadow of death that is third-density life, not to be comfortable or correct, but to make mistakes and thereby learn the lessons of how not to express love and how to express love; how not to accept love and how to accept love; and most of all, how not to conceive oneself that is as unloving, unlovely or unloved, or how to picture that same self loving, lived and love itself. Although, as in the material this instrument has recently read, it is recommended that meditations about the power aspect of the self not be accomplished more than once in a row, rather, if the power aspect needs work, then one works upon the love aspect and the wisdom aspect in two subsequent meditations before returning to the power aspect. Please see and honor the instrument that you are, no matter what outward way you treat yourself, you love yourself, you give to yourself. The first gift of the spiritual wayfarer is the time and the energy to move within, to work upon the discipline of the personality, that more and more of the personality may be imbued with the indigo ray of joyful accepting love of self. The polarity of service to others fills this pool, but it is simply rain falling into a conserving receptacle, a still pool within one, until it has been enlivened by the acceptance of love that is beyond the possible love when judgment remains. Then it becomes a truly potent force within the life, as though a fountain or spring came forth from that still pool, and sprayed and dropped like rain into each present moment; so that no key must be turned to start up the engine of self-acceptance which opens the door to unconditional channeling of infinite love through one. Thus, if you now feel that you are accepting yourself over and over and over, the secret may be that the gifts you give yourself do not include the appropriate concern for inner loving work. If the self cannot or is fearful to do this work now, return to the image of being held in the arms of the infinite One, and rocked and lulled and loved, for this is your true state at a deep, deep level. How you are loved! How you are loved! Feel that. When you feel how much you are already loved by the infinite One, how treasured you are, then you can gain courage to go ahead and walk the King's Highway, and do the work of falling in love with the self, even in its illusory rampant imperfection. May you be to each other the beacons that bespeak love for and to each other. We send our love and light to you through this instrument, and would at this time transfer this contact to the one known as Jim, that it may conclude this working. The means of clearing the centers or chakras of energy by the use of the polarization of the mind is that process whereby you take that desire and move through each chakra in turn, utilizing this desire to find those distortions or imperfections of manifestation within each center of energy, and seek for that moment to visualize or imagine the balanced expression of energy that is appropriate for you at that time in that center, assigning to each center those properties that are appropriate for each center, beginning as we said, with the first, or root center, and looking at this center as that which is the love of life, the expression of the desire to be, to move, to breathe, to do. Moving from this center to that of the heart, the green ray where your love of others extends beyond any group that you may have association with to all entities simply because they exist. Moving from this center to that of the throat and the blue ray of communication, where the love that you feel for all creation is expressed in a means of communication that is freely given, and which speaks in inspirational tones to those about you as a result of your feeling of the love of the green-ray center. By utilizing this desire to serve others in balancing and harmonizing each center of energy, you have cleared this path for the flow of the love and light, or the prana of the one Creator to move cleanly through your centers of energy, in order that you may be a smoothly functioning reflector and creator of the love and light of the one Creator.

1992/07/12: You can, and may well, take the uncomfortable self and visualize the giving of healing and love to this self. In this way, you are able to affirm your own desires, to comfort your own discomfort, and to position the heart open and lovingly addressing the confusion in tones of faith in the process and trust in the kindly nature of the Creator, which allowed you as co-creator to create this vortex of transformation and to go through it, powered by desire. Love it and see that it is perfectly normal to fear that which is painful. Accept and love the fear, the frustration, the anger. Love yourself through the anger. The seeker which moves upon the journey of illumination and which moves into the depths

ical levels the gift of your love, which will, in what you call time, so move both that entity and your own entity in the daily round of activities in a manner that will allow that love which has been found at the center of one's being to move to the more mundane and daily round of activities. This is to say, that in all transformations—or as they are often called amongst your peoples, in all initiations—there is the testing, the opportunity to express the quality of love and acceptance that are yours to express. When you become aware of any situation which is not as you would have it be, look carefully for the place that your love may be put so that that which is the highest and best of your offering may be that which you give freely. Look at those who seem separate from you, and see not only the Creator there, but see yourself there as well, and feel the compassion for that entity that you would feel for any honest and sincere seeker of truth that has for the moment closed its eyes to the heart of love.

1992/05/17: To many cultures, the eroticism of hidden genitalia and physical forms in general is considered a positive beauty, a pure truth, and were each biological male and female to value the body sacramentally it would become clear that human physical sexuality is an information resource which like any other speaks of the love and the light of the one infinite Creator. As each seeker moves along the highway of the Father's mystery seeking love and truth it is well to encourage the self to love and accept the self, beginning with the physical body, its sexuality, its every curve, dimple and seeming marred place or imperfect place. Loving the self within the skin is far more readily attempted when one has loved and accepted the skin, the shell of physicality which carries about the consciousness which you truly are and which manifests within this illusion your field of consciousness, desires, questions and often cryptic answers. Every cell of this body vibrates with the love and the light of the infinite One. Very well, if we have been able to encourage feelings of acceptance and respect and love for the gallant body, then it is time to move on to the seeking of that within which seems archetypically female. It is with this lover's delight in the right choice that the conscious mind reaches for the lovely, gentle and very powerful subconscious. The farmer cannot say how the seed germinates and grows, nor can the seeker say how inspiration has come, yet the farmer knows to collect seeds of the appropriate type when it is planting season, and so the intelligence of the conscious mind chooses its seeds in the fastidiousness of its courtly, loving and patient approach to the fertile subconscious. The desire of the conscious mind for truth, for information about how to love the Creator, how to know the Creator, how to serve the Creator, may be further and further purified as seeking proceeds. The questions do not change but the process of seeking the answers can be more and more refined so that the lover of truth has ever more abilities to penetrate in a gentle yet fruitful way the recesses of the unconscious. See that consciousness within which is the spirit of truth, the unconscious as that which is touched by fire, that which becomes the fire so that as the seeker seeks within itself it is aware that that which it seeks within is a miniature, holographic representation of that highest truth which is the infinite Creator, the intelligent infinity which moving through ethers and ethers, dimensions and dimensions, stays true to its spirit as octaves stay true to their tone so that the subconscious or unconscious is in a fruitfully thought of way the Creator, the Highest Self, and this Creator may create, and you as co-creator may co-create and invent and manifest so that as you seek within, the unconscious organizes itself according to the gentle, loving courtliness it has received from the conscious mind, and becomes attuned towards wishing to give the outer or conscious portion of itself more information so that the way in which you approach wisdom creates the precise kind of information you shall receive. Now, the other portion of this figure is that when information has been reached for lovingly and received with respect and molded to the self's person, or spirit, or character it may then have a strength which is not simply your own but which contains higher octaves of spiritual wisdom, so that as you are able to manifest the blossoms and fruits of the subconscious these retain a quality of infinity and are able to refresh and renew not simply the self but other selves as well, and this without tiring in any way the conscious self. The wisdom of the heart is not touched but absorbed, and it does not move in a linear fashion to inform, it is born and its DNA is coded by the purity, patience and lovingness of your desire.

1992/05/24: When a worry, anxiety or concern enters the mind, therefore, the first question to put to the self is, "Is this a concern which has come to the proximity wherein I must needs consider and choose a plan of action?" If the answer is "No, this situation is not proximal, but is further from the entrance into imminent illusion than that," then the persistent and gentle effort may well be made to downgrade concern until it becomes that which is the concern of one who prays in faith, holding all things up to the light and asking for light so that the possible situation dwells in thought in light, and the self possibly overly-concerned about this question dwells also in light in the beneficial rays of faith's connection with the spiritual riches of an inexhaustible Source of love. The movement of a personality through third density provides each entity with various lessons concerning loving. What love is, how it may manifest through one, how it may come to one, how it can be discerned, are all questions which the pilgrim of the king's highway must needs ask. Upon the other hand, many are the lessons of love wherein an entity moves foolishly and quickly, in blind and unreasoned faith, thereby abandoning tools and resources which have been given within the illusion in which each lives by the infinite Creator. However, I know and feel sure that it is the one I need to make." If this luxury may be yours in times of hard choices, then truly have you done all that one in your life experience can do, for you have used your resources and then opened the self to the greater compassion and wisdom which lies within in that portion of the self which is a portion of the one infinite Creator's love reflected in love, as this instrument would say. You are all entities of love reflecting the Creator to each other. We thank this instrument and would transfer at this time, leaving this instrument in love and in light.

1992/05/31: And so the faith, free in the individual urge, and free in the first communal urge and the moving together under the banner of a great principle such as love, soon becomes prey to the desire to nail down and put structure to a system of believing which can be built as a model airplane, and admired, painted, viewed and discussed. In the moving from the first rapturous experience of love for this principle to the desire to codify it, the entity or group has moved from the open heart to what must always in the end be the closed mind. Though this thought is called by many names, and has many faces, may we simply call it love. The Logos, the creative principle, is in our opinion, love. Not the dead love of fixed romance, nor the friendship, or any definition which lies within the parameters of your experience, but love as a fiery creative principle which has dynamically created and set free the universe, which moves endlessly from its source back to that same source, dwelling always in what has been called a cloud of unknowing. When the self has so far learned its own nature, and accepted that nature unconditionally that it can love the self, that self is then ready to become part of an unity of selves which shall remain unified; not in the deadened sense of agreement to a dry, creaking structure of words and creeds, but because of adherence to love. That love is diverse; each self which loves itself unconditionally is unique, yet each is love. When entities can rest comfortably within their own skins, shall we say, then shall the peoples come together; not to become clones, all reciting the same credo, but gloriously various, with all the colored strands of ribbon imaginable, to fly together as the rainbow, strengthened by love and blessed by a lack of judgment.

1992/06/07: When an entity has the discipline of the self and the personality is touched and quieted by the surrender to that great original Thought of love which is the nature of the infinite Creator then questions of control become far less necessary, for the more centered, self-knowing, and quiet-hearted an entity, the less fear this entity will have that entities seemingly different from him will in some way harm or hurt him or his sensibilities. The ways in which individuals with fear may see themselves controlling may well be that of love and concern for the other self. Leaning upon one word, love, one may learn a great deal about ethics. Each individual's consciousness, if it rest in love, is more and more a part of that infinite, eternal, constant creation of the Father. Yet, this manifestation of love, flowing through one in infinite measure, gives to those entities whose discipline has been towards maturity an authority that makes it unnecessary to attempt to control, in most cases. For, as one is more and more the authority over the vagaries of the human self, just so does the heart within that self find itself peaceful and

attached to it one way or the other. Those who do not buy love will buy fear. So make sure that you are standing upon a faith you can live with, and if necessary die for, because, and we do not say this lightly, there is the tendency of those who are fools for love to find their manner of living and their manner of dying unusual, so that it may be remarked that so and so gave one's life for love, for divine and sacred love. (Side one of tape ends.] (Carla channeling) I am Q'uo, and I speak again through this instrument in love and in light. We offer you the joy of communion in love, and in oneness, and we hope that you may go forth in joy, shining like the sun, ready to gaze with humor and a light touch, and always in winking merriment upon any occasion, as you wend your way through what would otherwise be rather jagged territory.

1990/12/16: However, we are not at all infallible, and wish to ask each to listen with great discrimination, and to accept only those thoughts that seem helpful and truthful and loving to each individual entity. The difference between the consciousness of all that is and the consciousness which you experience is that in order to experience itself, the Creator created entities which are self-aware and which made free choices so that there was nothing slavish about the possibility of loving the Creator—in the Creator's mind—but rather an infinite curiosity. It is within your ability to choose, in the first place, that which you wish to perceive, and in the second place, the reaction that you wish to create within yourself, a reaction that is loving and compassionate and does not fear being foolish. You are your own creation, and the more you accept responsibility for the creation of your life, the more lovely may that life seem as you find each delicious part to be a gift, and each difficult patch to be a challenge and an opportunity. Was there any soul with a 360 degree capability to love and to not rove that did not have, in the brightness of light, a shadow to cast. This is primary to your ability to move forward: that you are able to let judgment of yourself go, for only insofar as you love, accept and refuse to judge yourself can you be compassionate in such wise to others. And only in compassion, as you see the treasure within you and within all, can you truly serve in a love that is without condition and that demands no return. It is never known where love will come from, but it is a subjective truth of those who love and attempt to love without stint that the love that is received is overwhelming. We ask you simply to meditate, to feel free to desire to know love, to know the experience of tabernacled with the infinite One, in immediate presence, for you may be dust, but you are dust in the presence of the infinite One, and nothing can take that from you. Take those delicacies with thanks and praise, and, as you ask for daily bread, know that you do not ask simply for food for the body, but for the spirit as well, for there is a spirit of love which is always with you, which is of the nature of the one infinite Creator. Then you may be in the New Age, so called, in the Kingdom of Love, now. This may be your last incarnation in this particular opportunity to move into a new level of lessons and learning, loving, serving and giving, and dwelling in ever increasing harmony. Accept and allow the love within you. Accept that you are a channel through which an infinite amount of this love may flow and that you need only move the bits of yourself that dim that light to one side, choosing not to be those petty things which staunch and constrict that energetic and creative light and love which is the Original Thought. Yes, the Creator, as closely as we can say it, is in its active aspect a thought, and that thought, in the weak words of your language, is Love, unlimited, unstinting and all compassionate love. My friends, love one another. Few are our opportunities to give words to those sendings of love and light which we have for your planet and each entity upon it.

1990/12/30: Where can you go that is not built of love and light, that is not of the word, which is love, the thought that created all that there is. So we speak to each of you as beings of love and light, who create catalyst by misunderstanding love, because of the manifestations of light which have been biased by those co-creators which are each and every conscious entity among your peoples. You may see the new transformation, the new realizations, as being like the infant in the manger, endlessly beautiful, infinitely loving, and utterly vulnerable. Largely by coming to terms with your three so-called lower, but what we would call perhaps fundamental, energies, through which all living light must pass to flow into the heart to give it the power and the strength and the stability it needs in order that it may heal, or communicate, discern wisdom, discern spirits, or any other gift of the

open heart, all of which are concerned with loving the Creator and human kind. How can you do this if the heart is open, but the energy moving into it must move through far too small an opening because you have not come to terms with yourself, you have not accepted yourself, you have not accepted your relationships; you have not accepted the primacy of love, unconditional love, over any personal preference whatsoever; you have not done the work of forgiveness, perhaps, or self-forgiveness, acceptance, or more likely, self-acceptance. To love. Not to like, not to prefer, not intellectually to crave, but to love, simply that. In each entity's life there are these things which cannot be liked, but which can, through the grace of an infinite Creator which is love, be loved, and in the loving of them floats a continuous prayer like a bell tone that rings throughout space and time and eternity. It is a matter of faith not to rebel against the stringencies that open the heart and cleanse the more basic emotions of love for the self, for life itself, for the relationships that you have with entities and with social groups. But the first gift that one may give is presence, simply practicing the presence of the Creator within the self, and allowing the practice of that presence to shine forth so that those of any kind may sense that peace which is not the world's, that joy which the world only knows as happiness, the palest shadow of joy, of love, indescribable, but quite clearly observable among those who would gaze at the face of one who truly loves. This is your greatest witness, it is your greatest help to your beloved people and to your planet as a whole, for the planet itself responds to self-acceptance, self-forgiveness, and unconditional love. If there is love, it blossoms into passion, if there is friendship under adverse conditions, it blossoms into life-long kinship. If you are not always open to that which the spirit has to offer, this day only, then you shall be working with information which has grown stale, and the day that you do not attempt to act as you have learned is the correct way to act, is the day when you must stop any hope of moving further or bearing witness, that you may go into yourself and review that which you have learned, for there is nothing half-hearted about love, if we may make a poor pun. Love does not regard circumstance. So look to the loving and acceptance of the higher power which you may call as you wish. Look to your relationship with that love that created you. Protect this child as lovingly, and with as much feeling of honor. At that time it is neither an act of false humility or false pride to take upon the cross of humanity that Christ of the gifts that have been given each for each to be stewards, to multiply their gifts, and to maximize their ability to offer love to this dark planet. (Side one of tape ends.] (Carla channeling) I am Q'uo, we continue through this instrument in love and light. For the will of the spirit and the faith of the spirit are expressed in the fruits of intention, first of all, and only as the spirit grows stronger from intending, and intending, and intending to show love in difficult circumstances, does the spirit grow strong enough, hardy enough, and full enough of faith to manifest in any nearly accurate way the infinite beauty of spiritual intention. Let yourself remain infatuated, in love, and shield that passion from a world which has seemingly no positive passion, except in isolated instances at this time. Yet, you who are harvestable potentially have also the ability to hold light and love in manifestation, (which is) not able to be offered [by those] who have not worked toward graduation from this density. The topic of which you speak is one which would be well to reserve for a time during which it may be explored with the intensity and perseverance that it deserves, for this is a topic which has been little considered among those of your peoples, and it is one which is well to be considered by each entity who would seek the love and the light of the one Creator.

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1991/01/06: Fear moves all entities until they are delivered by that leap of blind faith into an awareness of love. This is always the basic choice: to fear, or to love. Choices made in fear separate; choices made in love unite. Until you have done the work of spirit involved in discovering the imperishable part of yourself, until you have made and dedicated the choice of how to love the infinite Creator, the self, and all other entities, polarization cannot begin in any settled form which may deliver one more reliably into a denser light, and

a more skillful use of that light in being and in manifestation, but most importantly in being. Thusly, each entity has its time of the first and fundamental realization that is appropriate for its rhythm of beingness, and when that time comes, the heart is opened, the body quiet, and the shuttle is suddenly full of an effulgent light, an all-embracing love, and the entity, struck, is never the same again. The entity which you are, which you may call the soul, is first, last and always to be understood as consciousness itself, and as love. Let us consider the phrase "I am, in love, with you." Consciousness is "I am." To define it beyond that is to distort it. The nature of this consciousness, this "I am," is love, and the nature of all other entities in your density, and in any density, is love, manifesting through rotations of light. Thusly, all may say at all times, in any relationship whatsoever, "I am, in love, with you." Let us pause and experience together the "I am" of us all. To analyze an unique entity is to do the impossible, for both that which we call love, or Logos, or the Creator, which is a portion of you, and the portion of you that is unique, are mysteries, now and forever. And how should we describe by words that which is the soul, except to say that the soul in manifestation is a bonding of love and free will, and process through the densities is choice, upon choice, upon choice, as free will is first paramount, and all other things but the individual will seen as threats, or potential threats, this moving on until the process of evolution of mind, body and spirit, brings each entity to the realization, hard won or won easily, depending upon the incarnation, that the will of the self, in its deepest sense, is the will of the one infinite Creator, and this will often does not make sense. May you love each other, and in loving and serving each other, learn the lessons of divinity, for as you love, without judgment, without let or stint, so shall you learn your nature. My brother, within the bounds of your subjective experience at this time, accuracy lies in the open and loving heart. We thank you, my brother, and we extend our love to you. It is when moving through experiences that are appropriately valued and respected that one may begin to transcend them, and to achieve an immediate awareness of the presence of love, that is, the one infinite Creator. When the experience of the one infinite Creator has been collected, reaped and gathered, blessed, thanked and honored, then a portion of the self is aware, in a way that it cannot express in words, of the nature of love, of the Creator, and of the self. Then, this immediate, ineffable experience, which is not learning, but the result of learning, may be broken, opened, as infinite as it is, and offered as love within the illusion, to the illusion itself, to those one meets within the illusion, and to the self.

1991/01/13: Love has chosen to move into being through the use of light. As you love others, you love yourself. As always, the daily meditation, perhaps at the beginning, perhaps at the end, perhaps both times, in the amount of time needed by the individual, is the daily bread that enables all of the spiritual work which you wish to do, for your energy to do this work comes not only as the gift of the infinite Creator in the very creation of the self, in the way the physical vehicle is able to internalize the infinite energy of the infinite One, it is also a matter of focusing that energy, of experiencing from intelligent infinity, by this calling for love and light, that immediate presence that is the fruit of faith. Just as legitimate is the opinion that there are three, the self, the mate and love itself, the one infinite Creator, Who has become the bridge between the self and the mate, enabling two singular entities to harmonize, strengthen the strong points, release the weaker points in terms of harmony, and create an entity, that together with a full heart and merry laughter, may continue long and without the burnout of being solitary which afflicts many of your peoples, in polarization of the service-to-others aspect which is so very profoundly the great mover and shaker spiritually for one who seeks the acceleration of the pace of spiritual evolution. Now, if an entity is unable to deal with the concept of being in a cocoon, and being crowded, then there is that within the self which may not have the most rapid growth in the ability to deal with the petty disagreements which excellent and truly loving entities still always seem to offer. As the entity known as Aaron has said, do not gaze at the situation, as it is a symptom (of fear); gaze instead at the fear until you grasp what you fear, and with what method you wish to welcome love and allow fear to go its way. But at heart, the only answer to fear is love itself, whether it is expressed in faith, in expressions of hope, or in a simple, inarticulate embrace, indeed, expressed in any way

whatsoever that is understandable by the two within the cocoon. It is very difficult for a well working spiritually oriented mated couple to be blind-sided and surprised by the difficulties of mundane life, for in that mated relationship which is sturdy, the structure has been built with love, with creative love. That cannot be defined, but we may say that romance is not a deep portion of the relationship that achieves oneness, but rather love itself, and the shared work of creating a stable and unified home of love. Two people seeking together, trusting themselves, trusting each other, and trusting in love. Hope, trust, charity, love; these are only words. Forgive it, love it, accept it, and you shall be prepared to work at your lessons of love as mates. We wish all mates strength and courage and persistence, for love is far more than you think it, and each mated entity is the beginning of love made visible, even in third density.

1991/01/20: Out of that wrongness, no matter what it is, a desirable and beneficial result will take place, for in the mistakes that are seen in men's eyes are the happenstances of spiritual evolution as seen in the eyes of a living spirit of love. If one is able eventually to claim and name all of the portions of the personality, one is then able simply to say, "I know not how these portions of myself fit together, and I lay that before love itself, for I know not what to do, yet love knows that which is the very best for me, and I will allow that love to lead me, and I shall follow." We are aware that this seems in some ways very glib, because the tearing and rending of the self, as one develops in maturity, is certainly most painful, and almost impossible to understand while it is going on. It is necessary only to understand that all things within the self, though contradictory, confused, and to whatever extent unenlightened, are acceptable, beloved, and supported by the one infinite Creator, and by that spirit of love that moves with you and is your companion at all times. There is no way that you can move away from love, except by ignoring it because of fear. To the Creator, you are always in a paradise, but each of you is in an illusion which decries the apparent inaccuracy of our previous statement, and it is only by faith that you may feel that love, that acceptance, that forgiveness, and that support. Within you is a spark of love that whether you wish it or not, unifies you, not within the illusion, for there you must struggle to learn, but within that underlying reality of your spiritual self. This is a useful exercise for learning how each entity within the illusion of third density distorts the love and the light that moves through the universe in a way unique to itself. Come to know the voices that speak within, not so that you may silence them, necessarily, but so that you may recreate a list of priorities in which those voices and the behaviors that they have caused are of a far lower priority than the self forgiven, accepted and loved in the present moment. You are unique, a child of love who has made choices. First of all, if the Creator loves and accepts and forgives, is there a significant rationale for refusing to accept to love and forgive either yourself or another entity for behaving or being in a certain way. Respect for consciousness suggests that you and others are equally worthy of respect, care, attention, service, and above all, love. In its persistence and depth there is a beauty not often seen among your people, and we are humble before third-density pilgrims such as you who struggle and weep and survive to hope and have faith and love tomorrow. And when you cannot do this, forgive yourself, accept yourself, and love yourself, for these are the tools with which you learn to love all that there is.

1991/01/24: However, we may suggest that you may end your prayerful moments and in those of meditation as well, (creating) a simple image or short prayer that sends love and light to all those who feel pain in the Middle Eastern nations and around the world at this time, and which sees this experience of pain as being a portion of the perfectly balanced mystery of the one Creator expressing upon your planet at this time in order that those who are concerned with this kind of transmutation of energies might be alerted to the growing opportunity to burn off that which is disharmonious in a vibratory nature by attending to the vibrations of disharmony with the sending of love and of light, to be utilized in whatever manner is most appropriate. I am Hatonn, and we would suggest, perhaps, one further possibility in that as you move through your daily round of activities, you may see those activities as being those opportunities to give love, to make the choice to give love and compassion that are analogous to the movements of energy now occurring in the Middle Eastern

haps the reason is a desire to express love, to express loyalty, or to express some one or other of the many strands and kinds of emotion one feels concerning those things which one's personal character structure inform one's conscience that it is just, rightful, dutiful and honorable for the self to do. The challenge is to love others as one loves the self. When one is becoming spiritually mature, one loves the self without reservation, seeing in full the iniquity, the foibles, the insecurities and fears which it as a third-density illusory entity carries. Better it is to gaze at one's duties, one's responsibilities, one's honors, and the ever present strangers in one's midst as perfect opportunities for service to the Creator Self so that service is not scattered among people and places and categories but, rather, service is a way of life expressing the spiritual principle of offering love to one's Creator and Preserver, offering the self to the Creator Self, and in return feeling the Creator Self pouring through the self in infinite energy so that there is always energy for more service, until this way of life becomes, may we say, self-perpetuating and the life flows with love reflected in love. When you see the manifestation of love given to you, hear that consolation, hear those energies being registered in the heart of the Creator Self, for all is one and as you serve one, those tender and merciful feelings, those gentle hands and soft, kind words, those strong supportive silences move out through whatever bafflement may seem to stop the service into the memory of your entire planetary sphere and become a part of that which is positive about your planet. But let it redouble your desire as you know that all your love has flown to the heart of the Creator Self of this planet and is immediately a portion of the light of the world. So, what I hear from Q'uo is if we can only find love, possibly through the red-orange ray—that being the chakra—so that our heart feels love, we can discern the difference. Within the illusion that is your life pattern that each of you share, there is a tangle of mental and emotional relationships that has as its purpose the untangling and balancing of all relationships so that love without condition may move freely between entities. Thus, the tangle has value, and we suggest to each seeker of truth which wishes to balance relationships and release this power of love that the effort to do so be continued in the fashion which is most accessible to the entity, realizing that your life pattern is much like your ladder, where each succeeding step moves one upward to another point of viewing that is more comprehensive than the one previous. This group has many friends that rejoice at each gathering and which send wishes of love, light and healing as a normal part of their relationship with each in this group. It is said that the uninformed desire to serve is, at its heart, foolish in nature, for it is not informed by what you would call wisdom, for wisdom is a lesson that is learned in a higher density after the lesson of compassion and love has been accomplished. It is necessary that the foundation of service be placed upon love, with wisdom refining it at a later time, in order that that quality which is strongest and most important in the seeking and serving of the Creator be emphasized and placed in its proper place. We would also take this opportunity to express, not only our gratitude for the invitation to join this circle of seeking, but to extend the great and joyous gratitude of those entities present who have offered their vibrations of love and light to this group as well.

1992/05/03: Others there are among you who do a great deal of work within, calling it prayer or meditation or worrying or concern, sending love and healing to those who watch and suffer and wait and perish. There is a lovely orison sounding, with millions of souls blending at all times; your planet prays without ceasing. In the heart lies that beingness which gazes at this experience of third-density illusion and chooses, in faith alone, to be a part of the love—the good, if you will—of the personal, societal, planetary mind. We ask each of you to touch yourselves with loving and forgiving hearts, to be healers of the self, and to allow that healing which is from eternity to eternity to move into the ever-wounded conscious self so that each may become a healing expression and manifestation to those about each, not by word, but merely by the point of view. Let your hearts be those open channels of love, and may you love each other, for the suffering is part of learning how, truly, to love and, eventually, how to be love. This vehicle is that which is associated with the fourth energy center or chakra, that having to do with the heart, so that the primary influence of this body and its experience is that of learning the lessons of love, compassion, mercy, understanding, forgiveness and acceptance

so that entities will have a greater opportunity to see the Creator in the creation about them, and to see and express that Creator within the self as well. These entities offer their light and love just as a portion of their very being glows more brightly with the honor of standing closer to the light of the one Creator. However, each entity in the heart of its being is aware that, though there is a home that may be located elsewhere, that the true home of all seekers of light and servants of the one Creator is within that service and within that light that comes from only one source, the one Creator, and each may take solace in knowing that the Creator resides within each entity and shines the light of love and service to all equally. I am Q'uo, and am aware of your query, my sister, and this is correct, that the home is truly, as your peoples say, located where the heart is able to love. As each entity moves through the various densities or dimensions of light, learning each lesson that is possible there, much experience of a various nature in intensity and in type, all having to do with the qualities of love and light, are gained. All experience within your third-density illusion has the purpose of teaching some facet of love and acceptance. The more difficult the challenge or test, the greater the possibility for learning love and acceptance. The traumatic conditions, such as that of your warfare, offer great immediate opportunity for entities to see the possibilities of love and service to others, such as when a soldier would jump upon that which you call the grenade to save the life of a friend. Each time an entity is able to increase the level of spontaneous, harmonious response to a difficult situation, there is a lightening of the vibrations of this planetary influence that aids the entity that is the planet itself as it also makes its transition into that density of love which now beckons.

1992/05/10: Still within your peoples' cultural minds there is an opinion that males learn love by learning to provide physical safety and comfort for those whom they love. Females learn the lesson of love which involves sacrifice of the self to the life path of the provider. In your density, lessons all have to do with learning to love in society. As you are able to fall in love with your, shall we say, human self, that is the persona or shell of personality through which your spirit expresses itself in this experience, just so will you be able to treat other selves. However, compassion and love do not grow from avoidance or neglect, and trouble avoided is the unlearned lesson of love which shall even more surely and more clearly be presented to you again. Not only speaking and conversing with infinite intelligence concerning this situation which you dearly hope and desire to find a way to manifest love in, but also to bring it into the silence, for words unheard have deep, deep effects upon the conscious ability to manifest as you desire. Whatever the level of self you are dealing with, it is a self to which you wish to connect with love. As you consider how to make a compassionate response, let the mind dwell on images of compassion; the wise old man in the desert who sits patiently aware that there is no escape from the merciless heat, and therefore composes himself in blissful meditation to await the change of consciousness from the life in the physical body to life in another body; the tears falling upon the body of the wounded as the nurse and medic attempt to save the life, tears of deep love, of frustration and of gratitude when a life is preserved, yet those tears bless those whose lives are not preserved. You are objects of love and mercy and infinite compassion because you are part of love—part of a Creator. But if you can open your heart and sweep aside the pretensions and blockages of self, of relationships, of all those things which would seem so important, and move to yourself as the object of love unlimited, free flowing and infinite, then you are merely that through which compassion moves, and you shine infinitely. To love the dirty dishes is worthy, just as to offer instruction for healing to many is worthy. We would at this time transfer this contact to the one known as Jim, thanking this instrument and this group and leaving this instrument in love and light. Is there any way that you can address an already, you know, in place feeling from somebody else—that he just flat doesn't like you, other simply than forgiving him that and loving him anyway. Could you write the person a love letter and then drop it down a well and expect it to do any good. The writing of the love letter, as you have put it, can be effective if that letter is written in the heart's true compassion, for, indeed, all are one, and as you search your heart for the foundation of your feelings, you open a pathway to the entity that is the focus of concern, and offer to that entity upon the metaphys-

sharing. Green ray is the heart chakra and has to do with loving unconditionally. Aaron is suggesting that one move from the use of the will and "should" in yellow ray to the use of love in green ray.(footnote end) .

1992/04/10: Service is a manifestation of love. I spoke last night of intention, of moving away from the limiting concept of service to self and service to others—which is quite disorienting because service to others is service to self and vice versa—and to begin to see with clarity the ways that service to others springs from a ground of love and service to self springs from a ground of fear.1 When you begin to see the intention to offer love or to react to fear, to allow fear to direct your choices, then you can move away from the concept of service to self or other-self and towards the pure experience of "being service" or the pure experience of reactivity to fear. As soon as you allow the reality of that experience to arise in you, something within you stops and pays attention and says, "No, this is not the way I choose to express my energy." You then allow yourself both to be aware of the fear and non-reactive to it, so that the aspect of "being love" and expressing service through the being of love can manifest itself. The most important point to remember here is that expressing service through being service in love is natural to you. There were no words, like "You should love your enemy." There was no verbal teaching. He was love. Yet how does the one desiring to serve enter this loop and become part of the infinite, upward, spiraling light and love of all serving all in love and for love's sake. The story of the one known as Jesus, told by the teacher, Aaron, shows an entity who has awakened to his own inner love. At this moment, do you love yourself without reservation. Then touch that home with your compassion, your love and your redeeming forgiveness of self by self. Therefore, we ask you to do this work with the same fervor, intensity and respect as with the work you do for others, those whom you call other-selves, for work upon the self and work upon the other-self is all work on behalf of the infinite One whose name is Love. To extend the beingness and consciousness of love to perceived otherselves is to be the clear and transparent extensions through which the Creator's hands may actually touch another human spirit in manifestation. You identify those who bring love to others as those who serve others. It is well to move past the duality of seeing them in such sharp contrast as good and evil; servants of love or ones against love. And the knowing that there is fear within you, in itself, becomes a path to clarify your energy so that your response to this being that is feeling fear, to this aspect of yourself, becomes even more loving, more clear and pure than it was before. To do this takes deep awareness, a constant awareness of the ways that patterns of connection and separation, love and fear, move through you; noticing the conditions that give rise to each; beginning to break it down into small parts to see that you do not just suddenly become afraid; you do not just suddenly become jealous; it is a process that you have moved through, conditioned by old mind-patterns. You can break into that process at any time you choose with awareness and love and make the choice to move into a new pattern. The being experiencing deep fear who watches the patterns of the arising of that fear and then makes a choice for love is acting with freedom from conditioned patterns and thus is able to make skillful choices. You are all beings who aspire to offer love and non-harm to all else, and yet you constantly find arising within you old patterns of conditioned mind leading to fear, self-hatred, negativity, greed, jealousy and anger. As you work with these patterns in yourself and are aware that some of the response has been prompted by the negative energy of others, it gives you a chance to transcend the duality of negativity and positivity, and to begin to see the gift even of that negative energy in others and the gift of negative energy in yourself as a catalyst to learning; to moving deeper into non-judgment, compassion and love. Even those emotions that you deem negative are not to be gotten rid of, but to be used as part of a transmutation process by which hatred and fear become the catalysts for love, greed becomes the catalyst for generosity and so on. I truly have loved myself, as my friend Carla is fond of saying, warts and all." I would like to pass the microphone to Q'uo if my brother/sister wishes to add anything here. May we say with the one known as Aaron how utterly delightful your company is and how very, very much we have been thrilled to blend our energies with yours as we all move from moment to moment in ceaseless and abiding love. And yet, each moment given with

mindful attention and love brings you closer to that beautiful ideal of "being service." And each moment of attention to the arising of fear in you brings you closer to the purity of non-judgmental acceptance of everything within the experience of mind and body, not mine or yours, but all of ours. It is this unconditional love that you are here to learn and practice and express in whatever ways you are able. My love to you all.

1992/04/12: And we bless you in return, and share the love of the infinite One with you from all our hearts. We are bathed in a sea of love and light, walking forever supported in a net made of love, a metaphysical net that caresses one in all directions and supports one in whatever modality and vector each desires. We see the way of love expressing radiantly without stint, often foolishly in the eyes of the world, as opposed to that which may seem to be very logical and civil in the same eyes of this same world, the ordering, the controlling of the self for the benefit of the self, and of circumstances and individuals, also for the benefit or convenience of the self. Questioner In all that was said I didn't hear anything about how one may aid a companion or a loved one in this quest for feeling the rhythms of life.

1992/04/19: Gaze upon a consciousness whose personality consists of one query—"What is Your will for me, beloved Creator, Father and teacher?" Immerse yourselves in the feeling of this consciousness. Why would the Logos, that Original Thought which created all that there is, that thought of Love, create an illusion in which people make serious choices, and create it in such a way that the choices must be made without sure and certain knowledge of any provable truth. From these roots grow a vine and as the roots are made of love, so the vine is love, and entities discover within themselves that root and nurture it until it springs forth into the conscious light of consciously lived, philosophical, ethical, moral or religious life. It may choose one way or another, and that which is now above the ground of conscious living begins to make a bend in that branch of vine that is rooted and grown in love, and still is love, but now is love veiled and unknown. Think of those pesticides that you have sprayed on yourselves because you felt a threat, other vines that do not seem to be lovely, other branches of that vine that threatened. Open inwardly if you would wish to open outwardly, for the straightest road to the roots of being is bathed in silence and in the listening in a focused and caring manner, full of desire, to that silence, that silence in which the creative principle of love ever speaks without sound and without words. The more grounded that a spirit becomes in this root system of love the more this grounding may inform the persona and the more transparent that persona may become to the love itself. This does not make an entity, now matter how spiritually aware, able to speak the truth on command, for, indeed, there is no such thing precisely, although one may live the truth of a straight branch, lifting itself to the sun of love and light that is eternal. But if one speaks that mistruth as carefully and lovingly and honestly as possible, then somehow every distortion is lit with the obvious good intentions. Love and care passionately, and burn for your highest ideals, but not for your own performances and behaviors. Enjoy the folly that allows you to care so much, too much, that you risk everything and leap into midair knowing nothing because of your love of mystery that you know only by faith and hope. We commend each of you as you courageously seek to know the nature of love, to know the mystery of faith and to find the gifts that you have that may serve the one infinite Creator and each other. May you love each other, may you love yourselves. That is, those answers to questions such as who each of you is, how you are related to the one Creator in a very fundamental sense, and how the power of love moves through each life to shape and form it in a way which is perfect, and yet which to each of you may seem confusing and out of kilter, shall we say, from time to time.

1992/04/26: The weight of the query at this working revolves about the consolation one might find when performing a service which one feels is a portion of one's duty, one's responsibility, indeed, as the one known as Ra would say, "one's honor." It is an honor, a responsibility and a duty to treat with perfect love those companions of family, and the informal family of deep friendships, with the dedication to being the mouth, the hands, and the lifting and carrying shoulders in manifestation of the one infinite Creator which is forever unmanifest. The very heart of service is the request of the one known as Jesus to love others as one loves the self. Per-

area. This would allow you to move the energy of these feelings of identity through you in a manner which is of a service-oriented nature, in congruency with that desire to express love that is portion of your nature as well. We walk with you upon your great journey and observe with you in awe and wonder as the planetary consciousness begins to look ever more clearly into the mirror of the self and begins to work upon that giving and receiving of love that is the healing of all wounds and disagreements.

1991/01/27: We have, of course, the concept of love, in which we feel and believe that love can overcome fear, can heal wounds, but how does one put love to work in one's life and make the balance again come into being. How do we work with fear, and how do we bring love to bear upon the situation. Whereas within the womb the infant has warmth and secure cradling, a constant supply of food and liquid, and the reassuring heartbeat and enfolding maternal love of the entity which carries it, it suddenly experiences exposure, wetness, coldness, pain, stricture, and vastness, enormous, unbelievable vastness. Against the cold, the damp, the vulnerability and the lack of easily perceived love, the infant has no power or control. During these same years perceptions of love have also been received. In some cases, either the young entity perceives all that the parents do as beautiful and loving, or the parents are actually creating a supportive, loving and helpful environment in which the child perceives again the heartbeat of love that moved from the mother so easily to the heartbeat of the child in the womb. To cause an entity to allow fear to evaporate and to turn instead and embrace love is acceptable. Consequently it is just as incorrect for an entity to cause itself intellectually to turn to love as it is for another to evangelize, and pull the unready or unripe entity away from the fear which it needs, that it may embrace a love which it as yet is not able to embrace. Light is created by one thing only—love. When one examines the object of the fear one will find that which is of love, made of light; a situation, a creature, a concept, whatever is feared, which has been created by the infinite One, by logoi, sub-logoi, and most probably largely solidified and made fearsome by the sub-sub-logos which is yourself. Where there is love, there is fear. Other terms for love and other terms for fear exist. When fear is felt, and after it is recognized that the self is not fixed, and it does not have to fix fear to any object, it then is aware that it may proceed further, and gaze at the object of fear to find a positivity or affirmative quality which may be seen to be that which love offers in that same object of attention. Or shall you relate to this in love, offering it the respect of compassion, and, in many cases, the appreciation of, and respect for, opportunities that may seem very, very challenging. When an entity chooses to dwell in love and to accept all that is given without fear, the degree or quality of love which it is possible to perceive is greatly enhanced. It must be seen that fear, like love, is not something one can own, but is an energy, or a quality, or a vibration, which is allowed by the entity to move through the being of the entity and to radiate a certain kind of vibration. The vibrations of negative emotion are most uncomfortable, especially to that portion of the self that is attempting to become more loving. But one cannot move from fear to love and expect love to overcome anything. This is a misunderstanding of the suggestion that love does cast out fear that is found in your holy works. Love is not aggressive. Love does not cast out. Anger may cast out, but that is not clear, openhearted love, but rather a blocked, and incorrectly or ineptly expressed love, even if the one to whom you refer is known to you as Jesus, as the entity is recorded to have thrown over tables upon which lay money made by priests, not for the glory of the Creator, but for the betterment of the priests' pockets. Fear, and the expression of fear, can be balanced by looking at the object of the fear, and then allowing love to teach, from within, in its own time, amidst confusion and darkness, how to see that same object affirmatively. Thusly, love casts out fear when love is invoked as a quality which will modify the noun of that object. The mind overcomes, the heart loves, and when the heart is actively loving an object, fear does not have room to modify that same object, unless the love is not complete.

1991/01/31: (overview) The question for our intensive meditation is: Discuss the male and female relationship—why each of us is born with a desire for a committed love relationship with another person, yet why it is so difficult to obtain.

1991/02/03: That which you may view is inevitably not

that which it seems, for the entire nature of your experience is one of learning in a special classroom which was created specifically to confuse and baffle the intellectual mind, and thereby force the consciousness of humankind, because of the desperate hunger that it has for spiritual grace, to move from the mind to the heart, from intellectualization to love, and the wisdom of love. Those who feel instinctively that the Creator is an unifying, loving and nurturing Creator are those which discover faith in one way, that is the positive path of polarization through service to the infinite One and to other selves, the images of the infinite One. Is the infinite intelligence which created the balance of the infinite universe, the planets in their courses, the stars in their long, slow expressions of love, the work of a capricious Creator. And there is an intuition that says to this intelligence, far or near, I place and give my faith to this kindly, loving, nurturing Creator; I offer my trust. If you wish any sort of knowledge, much that is supposed knowledge will be examined and ultimately abandoned until the spiritual and metaphysical quest centers upon all that is left when one strips away that which one has been told, and that is an instinct, a hunger, a yearning for something that is variously called love, or charity, or virtue, or beauty, or truth. Thus, each experiences a continuing and often repetitive scenario of events and situations in which faith can be informed as one attempts to behave and express and manifest the self in a faithful and loving manner, attempting to glorify by imitation that which is conceived to be the nature of the Creator, that is, love itself, the energetic, original and absolute thought which is love. One is content simply to live in faith a simple, wholehearted and single-minded faith that humankind expresses itself most truly when it expresses itself in fidelity to love and service. Perhaps the most difficult thing, and the central thing that a faithful entity does, is to lay aside the human self, that endearing and much beloved outer shell personality, in order that one may experience the treasure that lies within, the treasure that can only be approached with love and trust and faith, for doubt and mistrust are distancing emotions, and when entities think in that mode they remove themselves further and further from the shining sinure of grace. Those who loved and gave themselves for others, no matter in what circumstances in the outer world, those who acted according to an absolute and perfect love, are those whose shining memory inspires all seekers still. Have you forgiven yourself, accepted yourself and loved yourself this day.

1991/02/08: For these, all one who is attempting unification can do is to extend love and acceptance and acknowledgment of the ascendancy of free will within which these individuals have chosen to restrict their use of life. Therefore, we would remind each again not to attempt to judge any entity on the basis of what it sees, for you have no way of knowing what true processes are involved and the responsibility you are left with is simply to offer love and acceptance to each entity as the Creator. The love and acceptance offered from one entity to another on an individual basis is the cornerstone for such work on a global basis and is a vital necessity to any such unification process, or if unification of religion were attained structurally and openly, and yet love and acceptance were not offered on an individual basis, where is the true progress.

1991/02/22: They are manifested most initially in the concepts you know of as "love and light"; love being the primary state of beingness of the infinite Creator and light being manifestation thereof.

1991/02/24: But rather, it sees the realized human entity living a life that is an exemplar for all peoples who are able to respond to this particular narrative of a life lived and lost in joy, love and charity. Thusly, as the realization begins to dawn through immediate experience that the Creator is truly within, that all love and love flow through rather than from the self, the entity who wishes to channel is more and more able to invest in that tenuous quality called faith or trust. Yet, that is what each incarnated to do, that is, to find positive choices where none seem to exist, to love the unlovable, to console the inconsolable, to accept the unacceptable and to allow its grip upon the consciousness to loosen little by little, until finally one's heart does not find it necessary to hold the armor of the past and the future over the vulnerable and naked self. The more sensitive one is to the vast numbers of miracles which occur with regularity in blooming, in fruit and in harvest, the more one is able to perceive a love that created balance, harmony and rhythm. May clar-

ity light your path and may you never judge yourself as you strive to learn, to love and to bear the fruit of your gift's bounteous tree. I have thought to myself that it is possible that Jesus, the Christ, as well as many other entities, are part of a social memory complex which at the so-called time of the end of fourth density, beginning of fifth, have chosen to offer themselves when the need is found for a new telling of the story of Love. There are those who have chosen to remain hidden, and who seek to work upon the development of the planet itself and upon the development of the population of this planet as a whole by offering the love and healing vibrations in what you may call the magical means of visualization and the sending of love.

1991/02/28: However, the earth is never away from the heart of unity, love and concord. Each entity is all that is lovely and all that is not. Yet each entity can make many choices which bias him or her towards being a loving, giving source of love; for in surrendering the life to serving, the entity becomes a miracle, a wonder. Let the self come to know, respect and love this entity more and more. For when the self realizes its selfhood as a living testament to loving choices, the entity receives the greatest gift of all: true friendship, true companionship. In accepting this friendship, the pores of the spiritual skin open to drink in the elixir of felt, palpable love. Barbara We are eager to surrender to service, but we know how limited we are and have the fear that we cannot succeed, that we'll run out of the food of love and energy to serve. As an entity in third density, respect for the incarnated self suggests an overwhelming love for that sheep which must be fed so that it may sit in perfect fullness of being and allow the voice of spirit to flow through without diminishing or exhausting the third-density, manifested self. Barbara How can I learn to love and accept myself fully when I see in myself so many imperfections. We do not find it difficult to love your self. The imperfections of which you speak are your links to those to whom you wish to offer heart-felt love. There is one state in which perfection may be well realized, and that is the sitting in the presence of the infinite Creator, the great original Thought or logos that is love. When you are in tabernacle with the Infinite One, there you may be fed the infinite perfection that is love. Your self gambles that, in spite of all self-perceived failures, the self will not be afraid or bow to indecision but will choose to love—again, nothing more and nothing less. If you can find the courage to proceed in hope of expressing love, then you shall be as perfect as one may hope to be within the dust-laden confusion of perceptions of your illusion. Yes, my sister, we are those known by many names, but above all, (as) messengers of love. We thank you, my sister, for the pleasure of communicating with your beloved self. When you are being in the most pure way possible for you, you allow that universal energy to flow through you and out so that you become charged with the love of the universe, with the love of God. What more important thing can you do, what deeper way can you serve, than to magnify that love and light, simply to allow yourself to be a channel for that love and light by being. Do you imagine that you are more of a channel for that love when you are physically active than when you are physically quiet. In doing you are not always channeling that love and light so clearly; rather, you are using your energy, feeling that something must be done, that you in yourself are not sufficient. Do you look at the physical body and say, "This is gross and I don't want it," or do you attempt to love it. And it's much harder to learn to love the emotional part of the body complex. You cannot learn unconditional love, compassion, and forgiveness as easily while as a spirit, because there is not the same force of the emotions on the spiritual plane. Speaking again to you, Carla, can you see that it is not a choice of how to answer or whether to answer these readers' letters, but how to relate to that small "I should" more lovingly so that you can begin to relate from the full being, harmonizing all its four bodies. I ask you first to look very closely and see the places where the desire to serve another through giving them something to hold on to comes from a pure place of love within your heart, and where the desire to serve is to alleviate the sense of unworthiness. When you are feeling loving and allowing your own energy to be channeled to others without distortion, there is still minimal distortion, the distortion which is essential to the human form because as a human there could not be a complete absence of distortion. When there is a mixture of love and resentment, I see both. When you feel the presence of love, there need be no words.

The anger and love are tangible. Now visualize, if you will, what happens when those spikes of anger or fear hit these concentric circles of love. You are in a position, Carla, where people are writing to you, so it's very difficult to send that love out through the mail and feel assured that they will feel it. But a simple few words from you, "I love you. I am not suggesting that your letters are not loving and skillful, but you must really look carefully for that small "I should" I just spoke of, or any physical exhaustion, so that this letter is created with a loving desire to serve. You ask, is it unskillful to want to reach out in love to these souls that turn to you for help. First be sure that your response is purely that of love. If there is any resistance to replying, simply put it aside for later that day or for another day and then know that the response does come from that pure place of love within you—a desire to serve—and wears as minimal a distortion as you can manage. Am I speaking with a voice of love and reassurance. If I speak with love and they can't hear me, is that okay?" Remind yourself that you cannot learn for them. The sun is shining with a lovely warmth, as a warm cloak on your shoulders, and a cool breeze touches your face. Would I tell that child, 'Well, don't be angry,' or would I more skillfully hold that child in my arms and say, 'I see how angry you're feeling,' and reassure it that it's still loved despite the anger, that the anger has nothing to do with its lovability, with its soul's perfection?" It is so easy for all of you to have compassion for others but not for yourselves. So I ask you, can you begin to relate to this anger in a more open and loving way. Anger and love are not mutually exclusive. In purely practical terms, I would suggest that it would be useful to play a game with yourself to help you loosen up and relate more lovingly and openly to anger. (There were no questions at this time.) I thank you all for the opportunity to share your love and your light. Please know how much my love is with you, and that the love and courage that you bring to your work is truly a light and an inspiration to all beings on all planes.

1991/03/01: This is why history, especially personal history, is largely irrelevant to the great work of living and loving in this moment, just this one moment. We would speak of the saying of the one known as Jesus, that saying which he gave to his disciples: "Feed my sheep."1 Many are the loving servants of the one Creator who are eager to feed other sheep but who do not realize that first they also need food, not the food of the earthly vehicle alone, but far more importantly, the bread and wine of spiritual companionship. The very earth beneath your feet is alive and pulses with undiminished, infinite love. How this being loves you! The friendship of the elementals of earth, air, wind and fire; the devas of plants of all kinds; the ever-rising consciousness of animal forms, all wait to embrace the one who stops to pay attention and to take comfort in the cathedral of what you call nature. When an entity allows itself to admit the entrance of these divine and loving spirits, the air is filled with cherubim, the trees with the laughter of the seraphim, and angels ascend and descend in every fire, in every storm, in every calm, in all beams of living sunlight. Thus, palm to palm, heart to heart, love divine to love in manifestation—a companionship of infinite trust, infinite mercy, infinite kindness, and infinite love is born and forged anew every moment. The need for companions along the way seems to the third-density eye impossible to be met when one is alone in the way in which it has chosen to walk the path of love and service to others. Yet every zephyr of breeze, every silent bird, and all that the senses experience are your loving companions; and the fellowship of the Christ, however it is perceived, is nearer than your breathing, closer than your hands or feet, infinitely more intimate than any third-density companion. The love and caring is always there. It is the entity who must remember to open the door to that friendship, reach out the hand to that love which is so palpable one could almost imagine the incarnate form of the Christed One. How loved all entities are! Yet without the intention to reach out in trust for that love, an entity may walk forever in a fog of self-created solitude. Then that fear touches and distorts the honest places of loving and worshipful desire to serve. Yet when there's love and the full experience of God and of that love from Aaron that surrounds me, I know no doubt. In the open heart is stored the true mind which begets wisdom and compassion, which is as infinite and effortless as the love of an open heart. Thusly, in order to open the second heart—the heart of wisdom—one must first gaze at the erected barriers in acceptance and love for the self that needed those barriers, allow-

infinite Creator; and to know true love. It would be well upon this particular day to be more mindful, perhaps, than usual and more aware of the power of choices made and gestures of love extended and broken nets mended upon that day. The comfort that we have to offer is a comfort that is not of the mundane world, but that undergirding reality which supports all creation, that Thought of love of the one Creator that expresses itself in your illusion in a manner which is mysterious and elusive. And that sometimes there is the confusion that surpasses all efforts, and that this also is that which is to be treasured, accepted and worked with in the most loving and harmonious way possible.

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1992/03/07: As you become more aware, you begin to see that though they are experiencing difficulties in relating to others on the planet that they also become closer for they will begin to see that which makes them, and others, one in the love and the light of the infinite Creator. My friends, as you grow, as you sit within meditations, allow yourself to feel, experience, the light; allow love. You are already a being of perfect love and light. So, my friends, go within and trust that that which you are to be (or do) is least of all a function of that mind which analyzes and far more [truly] the function of your ability to feel comfortable being one who is loved totally by the Creator. If you are loved, you can then love, no matter what other function you may have in this illusion. Love, my friends, is the heart of your gift to those about you and to yourself. What you're saying is, for instance, instead of removing sex from one's life as do monks, you would instead request of yourself the most careful search for the Creator and the truest of love within this experience. Are there angels or beings who would help the choice that we've requested, that can help take care of us, or guard us, be with us to lend support and love if we request it. There are beings within the inner planes, shall we say, of this planetary influence which many of your peoples have described as being of an angelic nature, for their nature has been perceived of great and intense love and light. Each is an opportunity to share that which is the love and compassion for the self and each that the self will meet.

1992/03/29: You wish to know how to be better at relationships, at the important central relationship of mates, of dearest friends and companions, of lovers and those who hope together and despair together, and share the deep places of life together. Any—shall we generalize—any question concerning the lower energies—and by this we mean dealing with the self, dealing with any other self, or dealing with groups of other selves—has reference either to being energies that are blocked within the self, energies that are distorted by over-action within the self, or energies that in some way do not find it possible to move into the open and loving heart, that great energy center which is the first energy center capable of unconditional love. Love one another, my friends, for it is the outward expression of being in love with yourself. But you shall seek and you shall learn more and more about loving and allowing the being loved to occur as a reflection of an unjustified and utterly appropriate spiritual oneness with the Creator. Find the faith to seek without ever hoping to know and prove it, and in mid-air you shall find the relationships that are so central to your comfort and peace becoming more and more full of the love that is the special and exquisite freedom of a quiet and faithful mind and heart. As one entity finds the center of love and acceptance, then this energy of love and acceptance is radiated to the other entity and the possibility of calming the storm is increased. We are honored to have been invited to join you in seeking clarification for your journeys as you travel together that great road that leads into the mystery of unity and into the experience of the love and the light of the one infinite Creator.

1992/04/05: More than entities realize is communicated during this period in which the subjective evaluation of information transfer is that much has been lost because of the bedazzlement of infatuation, love or friendship. Do you fear a loss of love. In darkness and in light, in pain and in joy, love one another, my friends, and realize that you are never alone, that you always have the help of those friends who are

unseen, those energies which are those of grace and clarity, beyond all human understanding.

1992/04/09: The energy of spirit, not just disincarnate spirit but of all spirit in this room, is very lovely to behold. The thing I notice most frequently that people ask me is how to be of service to other people when they have not yet learned how to love themselves as human beings with faults, so that they can have compassion on themselves and therefore have compassion on other people. Is the heart not full to bursting with compassion and love and will. And that consciousness is that which is purified by a fire of desire which tempers consciousness, cleanses it of the confusing, self-deprecating, or arrogant emotion so that one is neither consumed with unworthiness nor battered by pride, but merely is, as is the Father of all things; merely is, as is the Nurturer of all things; merely and utterly is, as is the spirit of love that is the nature of all that there is. And if the purified consciousness has been purified towards love without any hindrance, let, or stint, then the service of such a one will be beyond description. Thus, you tend to become lost in that small percentage of the service that is guided by ego, rather than the much greater percentage that is guided by true aspiration to serve God and the deep love for all that to which the servant feels itself connected. Come in fear, I have been expecting you." Give yourself a hug and return to the act of loving, of worship of God, of extending your loving energy in whatever ways you can, not just to others but to yourself. For if you are of love, and if you have consciousness aware of itself, is this not the only undistorted transaction of which you are capable: the giving and the receiving of that great service which is loving. Only those selves who see that they are not only on holy ground, but they are holy ground, can move from being a "he"; a "she"; an "it"; a noun, into being a verb—a transitive, acting verb that connects love with love; that acts as catalyst between subject and object, because it knows that subject and object are one. Subject is love/object is love if the subject is self and the object, other self. One who is the path and one who knows itself as holy knows that self and other self and all that there is exist in a ground of love; and love speaks to love, serving and served, loving and loved. And as distortions are released; as fear becomes less necessary; as this process gradually takes place, the self becomes the path, the gift and that servant which is finally transparent to love flowing through it, never from it, flowing to it but never remaining, for love flows as endlessly as the sea. Are you love. Can you allow love to flow through you and allow the images that you show to others by reflection to be clear and lucid and shining with the light of a truth that is beyond you but can only flow through you. We ask you to ponder this second statement as a corollary of the first, for it does deepen and aid understanding and grasping of the nature of the self as a servant of love; and thus, in serving, served; and thus, when served, serving. It is all meditation because at that point, as she washes the dishes or holds her son, she is service; she is love. What could be better preparation for channeling than holding a child on your lap and giving him love. It is not a doing, but a being, an attitude, a way of approaching the world and yourself with love. And as you allow loving self-acceptance to replace that fear, then you become love again and you become service, service to all beings. The distinction, then, becomes intention to serve fear and the solidified self that grows out of fear versus intention to serve love and the deep connection that grows out of love. If you are a creature of the one infinite Creator, then the answer to that for those who feel that the Creator is love is that you are a creature made of love. You are love and you are becoming and you are creating. How beautiful you are and how inspiring is your steady and persistent gaze upon truth, beauty and love. Service is not just the big things, but the little smiling to another, washing a plate or glass, petting a cat who is seeking affection, being love. Watch for any arising of "I should." Begin to distinguish the movement of "I should" through the third chakra of will and determination and the "I Am" of love expressed through the open heart.4 The more deeply you can move into awareness of these patterns in yourselves, the less control habitual pattern has over you. As you bring increasing awareness to it, you find freedom from reactivity to it—simply noticing, moving back to "I should," moving back to separation and coming back to allow the heart to open again through loving acceptance and compassion for this being who moved momentarily into fear. I love you all and am filled with joy at the opportunity for this

have every reason to attempt always to move through that play so authentically that the play becomes a poem and the poem becomes a life, and the life becomes a presence of love to love.

1991/07/07: You may see yourself tall or short, fat or thin, strange or lovely; but all the mirrors of the self are flawed. It, of course, is a difficult task to learn anything, and doubly difficult when all the books are open but there is no illumination by which one may read the simple, generous and lovely answers from the textbook. You can only hold that Book of Truth that is your heart's wisdom in a trusting awareness, and so give up yourself to yourself by your self-compassion, that this beloved wisdom begins to soften that which is you, not that which you think or that which you feel or that which you do, but that which is. We wish to give you tools that you may use in order, more nearly, to love the Love that is you—that is all other things whatsoever that, indeed, is. This choice-making density is intended to move as quickly as the seeker wishes through the various lessons of learning to love the flower of consciousness, and to embrace consciousness... And in these choice-making lifetimes, you are shaping that gift to yourself that is the most beautiful receptacle for love that you may create. Vases crack, break, must be made again, must be scrapped and started over, must be retouched; but you are not working on love, you are working on how to honor love. Line it as you will, paint it, enamel it, fire it, stud it with jewels, or be unassuming, knowing that love needs no decoration. To conclude our remarks upon this query, we would suggest that your straightest and strongest course at this time is that course which you have followed faithfully, and that is the attempt to see and experience the love of each moment no matter what the challenge before you, to pursue the understanding of your beingness with faith, with will exercised by, as you call it, an happy heart. As an entity which seeks the fullest expression of love, you have little of the what we find have been called "boundaries of the self," which are utilized by most third-density entities in an automatic holding or confining of the personal energies that may flow to another at the request of the other for assistance.

1991/07/12: It may be possible for entities who work together in harmony to extend to the other the open heart, the understanding mind, the statement of loving intent that may facilitate such self-work in healing.

1991/07/21: The words to it are: Love is flowing like a river And you can say "Peace is flowing a river," etc. Anybody that wants to sing one is welcome to stick one in at the beginning, otherwise I may just keep hitting back on "love" from time to time. The sooner the seeker becomes aware that the truth will beckon ever onward, the sooner the seeker can set to rest the hunger for proof which so often leads to a debasing of the pure love of the truth. Nurture it; love it; pamper it. Feel the love that expresses itself as your consciousness. Ask your heart, "What is this love. Every iota of the infinite universe, of the One Infinite Thought of Love which creates all that there is... It will take you all the life that you are and that you will live in your subjective stream of consciousness to learn to focus upon your essence and not upon your activities, for activities may be done with or without love, with or without that great sense of I AM. Learn yourself, love yourself, for you are love. What other appropriate response is there to love but love. As circumstances befall you, see them as love, for all things are the I AM, that one great idea, Love. Others will look at the fruits of your incarnational experience and say that you were such and such a person," but the I AM gazes at the I AM in you, and is one with it, and fullness of love is added to fullness of love in a mystery that has no answer that is known to us. We would at this time thank the instrument known as Carla for offering itself in the service, and would at this time transfer in love and in light and in such delight in your company to the one known as Jim. What you are basically saying is we know by loving each other and supporting each other.

1991/09/22: Always each has his own ways to be of service to the infinite One, and for many that path of service suffices and more than suffices for it is a sacrifice of a life in love. Let the benediction of your love for each other, that you have had such difficulty in expressing, fill your heart. Pause in this moment and feel this great love that you share. Remember this feeling, and this love, and this moment. But beneath it all you have been three wounded soldiers in arms, soldiers for peace, soldiers for love. Each of you has had wounds and

the group has had its casualties [as] the war of love that is endemic to this illusion carries on. Look and see and rejoice that you have never stopped attempting to love and support and care, each for the other, and in the name of the Creator for service to others. But rejoice that you have had companionship and as you walk into your future, let the knowledge of a companionship that has been tried in the fire and has remained lovely be your strength and your armament. Let those deep feelings within guide you to each new day and each new field of battle in which love and fear strive. But remember always the great and sturdy team that you were and are in your honest and single-hearted desire for the truth, the desire to know the love of the infinite One, and to offer all that that you are and all that you ever will be to that service. Let all else fall away, and remember only this, that three entities loved the Creator and worked and prayed and gave of time and energy and will to the absolute limit of possibility in the attempt to serve. And as you each have moved closer to some idea of what love is to you, for it is to each entity a different lesson, know that no work that you have done has been in vain. For you have under adverse circumstances loved and been loved, and that is the lesson of this density. We bless each of you with our love and our admiration. But you may feel our love and our blessing and our support, just as you know the blessing and love and support of your friends in this room. As you feel yourselves move towards eternity, as time has less and less grasp upon you, we ask always, simply, that you meet your experiences, unafraid and with love. With love and with light. We are those of the principle of Q'uo, and with love of the morning when the sun shall shine upon all of our souls again. And that sun that is the kingdom of love and understanding.

1991/09/28: When the physical third-density animal which carries an entity's consciousness is not loved by the self or others, is not shown to be beautiful by the self or by others, there is a slowing down of the energies of the self. And as you gaze at that situation, and as each gazes at such situations, we ask each to ask forgiveness from the self, for within you there is that critic that will not give the self its rightful place as a wonderful instrument through which each is learning the laws and the ways of love. If this spirit child casts itself in vision in an inner plane to some distance from its own physical selfhood, its own womb, it is expressing a hunger and a thirst for love. And is there not in each of us not only the spiritual child but the human third-density child—or for us, various densities, but still children—that yearn for attention and love and respect and care. It is most often the case that the one who too quickly undertakes the higher spiritual, almost discarnate skills, of devotion, may well have been leaving behind a neglected body, an unloved body, and without the knowledge to do any other, the neglect of the spirit child within which was born in each entity when each entity first chose to seek the truth with all of his heart. And as long as this child remains within, the spiritual child has a great deal of difficulty growing because it is the child within that chooses not to love the self, not to love others, and not to love this that you call Earth. Now, when a baby is born it is most important to nurture it, to feed it, to hold and jiggle it on the lap, so gently cradling it in the arms, sending it love, letting it feel the beat of your heart. So, without saying a word do you love that little child, and in general we would, in our opinion, advise each to see and recognize first that the human child must be balanced before spiritual work can be done safely. And secondly that the spiritual child that is, in Christian terminology, born anew through love of the Creator equally deserves nurturing, this protection. For this child is more truly who you are than the entity which you see in the mirror, and it is in this density that this spiritual child makes its most important and its first choice, a choice for love or a choice for fear. Let the environment of your spiritual child be such that there is no fear, but only love and you shall have done your utmost to nurture your own spiritual evolution, not simply in this density but in the infinity of destinies that await the seeker. But simply move through your days honoring Christ consciousness, honoring love, and honoring that child within you which is the metaphysical being which is truly yourself. So, the first requirement of one who wishes to do higher work is to fall in love with the self. The Creator is already with you and loves you already and does not need you to be more beautiful, but needs only the beauty which you now are at this moment. The intention to help, the desire to help, the desire to be closer to the one

ing them to remain until they are no longer needed. This, too, is helpful in finding and allowing the release of fear; for in the first heart there is wisdom, but there is only the perceived awareness of the nurturing constancy that is love. The second heart is the womb, ever pregnant with love, ever giving birth out of fullness into that which is actually full. Thus, the second heart responds not because of the needs of others, but because it, like sunshine, must propagate its light and give birth ever and ever and ever to its own I Am, which—as the womb of this second heart is more and more maturely experienced—becomes more and more nearly the undistorted, uncreated logos, which is love. How boring to be patient, to wait and to watch, when the heart leaps like a deer and wishes to fly higher than the highest mountain in joy, in radiance, in awareness of perfect love! Yet the will of entities in incarnation is made perfect, not by its use, but by the surrender of its use to the will of the one infinite Creator. Yet it is in the darkness of midnight that the messenger of realization, illumination, and love comes ever so quietly, walking on feet of I Am, I Am, I Am... What comes to the mental body is a pure desire to love. I felt the mental body was the one blocking the true loving emotion, that when I enter that tabernacle it feels like the emotional body opens and any separation comes from the mind. It is a joy to be with you this morning, to feel the love and light that emerge from this group; and I thank the principle of Q'uo for that which has been shared. You understood this morning, as you thought that question, that you were asking partially in reference to Kabir's powerful poem4, where he makes the statement, "How hard it is to feel that love with all our four bodies. Then as fear or separation arise, you can gently lift that strand of anger from where it blocks the light, look at it, and ask yourself, "Do I still need this or am I able now to put it aside?" Always do this with gentleness and never with force, never asking the self to be what it is not ready to be, but accepting the self as it is so that the being will always be challenged, but always simultaneously accepted and loved. You experienced this morning the love of that spirit that was known in his last incarnation as Jesus, and you felt the strength of that loving energy flowing through with absolutely no distortion. Excuse me, Ra calls free will the first distortion—potentiation of an active Creator whose nature is Logos, or love.6 But in order to love, there must be that which is loved; and that takes self-awareness, so in a sense we're saying the same thing in a different way. Am I acceptable and loved?" Suddenly we have a whole load of stones thrown into this river, and now the water flows through in many ripples. All separating emotions, even love, create distortion and turbulence. Each of you is here to learn to love yourself and others more fully, to learn faith and love. It's very easy to love unconditionally in a situation where there is nothing that arises to provoke any feeling but love. But how do you love when you are provoked to defend yourself, when that separation arises. Can you continue to love when noticing the fears, when noticing the separation and how anger arises from that. As you become more skillful with doing that with each small resentment that arises in your present life, you will find the faith and love to go back (to loving in the moments of larger resentment). Allow yourself to be where you are, always reaching for the next step, but reaching out of a sense of love, not out of a sense of despising that which is. It is essential to treat all of this within you with love, because your contempt will only further enhance the sense of separation and further fragment the self into what's acceptable and what's unacceptable. It is not a fault, simply something of which you must be aware so that you can begin to notice the impatience and allow yourself to return to the joy of this incarnation, knowing that yes, you do come closer and closer to moving beyond the need for rebirth, to knowing your true Self in a deeper sense and connecting with the source of that love and light in a deeper sense. As there are no more questions, I wish to thank you all for sharing your loving presence with me. I cherish each and every one of you, and wish for each of you that you could grow to cherish yourselves as those loving spirits and friends that surround you cherish you.

1991/03/01: In other words, Ra speaks of love as the first distortion.1 That original energy that was flowing through this small spark of God cannot grow into a flaming sun without the distortion of love. One must continually love and reach out toward that love that is other, giving and receiving and clarifying the connection between the self and the source of that love until the self is absorbed into the

source and further separation ceases. The soul yearns for that but so does the love that draws one deeper back to love. It is love that overcomes the separation and yet love is the separation. Firstly, that one must always be striving to love more fully, to live more wisely. You are always in the space you need to be and that space truly needs not labels so much as your constantly being in that space, in that moment, and not striving to be anywhere else while still knowing the absolute desire to be fully merged with that love. Hold that fear lovingly in your arms and relate to it compassionately, as I believe there has been more warfare than love with this area of your body, in this lifetime. I do so purely out of love, and yet there is still this distortion of love, of the desire to serve this one whom I have loved through many lifetimes. But love or Logos is next! [footnote end] [footnote start] [Carla's mother toilet-trained her from before the age of one year old by explaining to her that she needed to move her bowels, then putting her on the potty.

1991/03/02: Fear cannot coexist with love. Along with love I also place those experiences of faith and trust. But you are capable of allowing it to flow through you only when there is love. Again, love and fear can't coexist. But you can notice it and reach out to it with love. Would you like me to walk outside with you?"—this is not pushing the child to pat the dog or do anything special, just reassuring it with your love. The child will feel that calmness and begin to touch its own fear with love. You know that love is the answer, and yet in a sense it becomes an intellectual mantra: "Love is always the answer." But what does it mean to say that love is the answer when the heart is feeling fear. How much more lovingly can you relate to the fear. Consciously the instrument feels no fear, yet there is enough respect for probable outcomes that the entity does indeed fear, and reacts in as loving and helpful a way as possible to the animal which honors it by serving as its manifestation in form. We come back here to the visualization I asked you to make yesterday morning of love as these concentric circles, of fear and anger as sharp points emerging. The self, the deepest Self, is love. The pure spirit body can feel nothing other than love. Here I am simply explaining more deeply what I introduced earlier in this evening's session—that separation from one's self creates a fragmentation, with the spirit body sending out love and the emotional and mental bodies feeling need. The feeling, then, is one of great distress to that self, because that of itself that knows oneness and knows love as the deepest truth is imprisoned in a way, torn out and separated. When you are separated from that sense of love, such strong doubt arises in you that it becomes very hard to get back to that love. As soon as fear is noted, the first step must be to unfold that frightened being with love, thus reducing fragmentation so that the being can come back into the center of itself and begin to feel again its connection with the Creator and with all things, and know that it cannot be harmed. Let me explain: While it is true that the being does move out of the way of the truck and that you would not want to stand there in the middle of the street and send love to that fear when the appropriate action is to move, the movement does not grow out of fear but out of love that respects the physical body enough to preserve it. Fear is paralyzing and love is enabling. But this does not need to be a matter of fear, simply a matter of wisdom; and here again, wisdom grows out of love. There is one more thing that I would add, which is that fear can be balanced by loving-kindness to oneself and others. You may acknowledge that delusion, and then send love not only to the self that is fearing but to that which is feared. When one is in a situation that is in some way threatening, often one responds with love to that situation. But it is a small, tender sprout, that of loving-kindness; and it must be nurtured. Can you begin to bring your attention to each time you respond in a loving way to a situation that might grow you toward separation. You do this not to pat yourself proudly on the back for that loving response but to nurture that sprout of love within you and encourage it to blossom. It would seem that a sense of terror is inbuilt into the human experience, and one must then ask, "Why?" If one cannot avoid the experience of fear as a human, then one must assume there is a reason why that is given; and perhaps looking deeper into that reason will help one to accept fear in a more loving way. Treat your fear with love and gratitude for its teaching. It can be a voice of fear or of love. But the self that holds that ideal in front of you is no different than the self that kneels down in prayer before an image of the Christ, understand-

ing the depth of that being's love and compassion and ability to forgive, and knowing that one has the potential in one-self and can achieve that potential as it works at it through many lifetimes, to reach eventually—not in this density but further along the way—that level of pure, unconditional love. We have spoken of the concept in the past few days that this desire can come from a voice of love or a voice of fear. It is the voice of love that opens the self, that inspires, leading the being to be all it can be and touching the deep sense of acceptance and compassion when that human can do no more because it is human. We dwell in love and light, and would sculpt the final thought of this extremely enjoyable session of working. A continual "meditation" of meditation in ceaseless remembrance, love and praise of the infinite One places one's conscious awareness in a state far more resonant with unity than an unprayerful state would be, in relation to its ability skillfully to perceive. Be gentle with this and patient, and remember to remember the one infinite Creator, whose nature is limitless love and whose every manifestation is light. May we of Q'uo speak for the one known as Aaron in thanking each for the passionate love of the Creator and of service to others that has called us here and given us an incredible opportunity to triangulate upon a central question. (We offer) our blessings and our love, our peace and our joy, our love, our light.

1991/03/03: It must be allowed by leaving it in the nurturing sunshine of one's love. You have heard me say many times that love and fear cannot coexist at the point where you understand fully that you have always been "that"—even though sometimes you act as if you were not—in that place there is total harmony with all that is. So, as you are able to turn around and relate more lovingly to that fear, you move yourself further on this path, reducing what I have called the specks or shadows from the self so that that self becomes more transparent and is more nearly ready to reach into higher levels of light. The voice of "should" is learned before the small entity has gained enough experience to count as irrelevant all suggestions that do not fall upon the heart with the feeling of truth and love. The psychology, if you will, of redemption is the choosing of a perfect symbol which then is able to forgive the self because its very nature is love, which always accepts any gift that is given. Then when "shoulds" and guilt arise, one may experience redemption, not only from an imagined other self but in a hearty, earthy and substantive way as part of the process of love, which includes love itself and therefore a lack of judgment. You perceive the fear that asks you to hold back and you miss the beautiful bravery and love exhibited each time you take a new step. The question, then, becomes how to make that sense of responsibility appear as it really is, a joy and a gift, so that even your unskillful choices can be met with love and not self-denigration. When you can come to that place with a prayer, opening yourself to all the love coming from within the self and coming to the self from without, then the voices of fear or anger or greed are heard as voiceless echoes. All of you, at one time or another, fail to notice the positivity within the self, the generosity, the patience and loving-kindness; all of those beautiful qualities which are part of this beautiful being that you are. One is to begin to notice more and more carefully all those times when you are loving and patient and kind, to begin to allow this beautiful self to move into the sunshine of its own love. Also, it is useful, when one perceives oneself as love and will not allow that this is so, to ask why you will not allow it. And although it feels itself to be unworthy, the force of its love is what gives it the courage to seek that connection. How can you allow the force of your love to come to the forefront of your awareness so that it can lead you into the full knowledge of all that you are and always have been, to lead you past that fear that calls the self unworthy. How much more lovingly can you begin to respond to all these forces within yourself. Such a visualization about the loving self might be such as this: Within you lies the small child which is attempting to do well, and (which) perceives the self constantly through the awkwardness of childhood as failing to be adequate to its own requests of the self. Picture, then, the loving self; and you are indeed all very loving entities as the nurturing parent. Would the parent within you turn to a child and scold it when it has acted in self-perceived error, or would the loving parent take the child into the cradle of its arms and place the child's head where it can again hear the heartbeat of the womb. But that is only a small portion of you, my child, my beloved one." As the parents rock and

nurture this baby child, the feelings of safety, of security, and of being loved slowly and gently allow the child to accept its own vampire and to find that it is not so scary after all; that vampires, too, fall under love and care of the nurturing parent. Thus, may your own lovingness be shined as the light that it is into the darkness of that child which is fearful. The loving parent is wise to advise the child to be silent, to let not the outer expression of new realizations become important. When the child is willful, the loving self gently reminds the child within that it may remember all the many times that willfulness has not been a skillful choice of attitude; for in willing from within the conscious mind, there is an ignoring of the greater will of the Higher Self which is lost in the Creator so that self and Creator are truly one. It is the work of faith to enable that small child that is nurtured by the loving parent within to present to that child's eyes a view of an whole and unified process. In surrendering a small volition, one is able to hear, at last, the volitions of love itself. Thus, if you see another's misunderstanding, you may gently and lovingly point out that misunderstanding while assuring the being that it has your full acceptance and love, whether it accepts that misunderstanding or not. The example, then, is not to be perfect but to accept the imperfections in the self and in other selves with love. Nearly perfect expression of a life lived in faith with no "buts" but only a loving awareness of the flowing of all that is necessary to learn, moving to each one, through each one, and sweeping into infinity—that is the true nature of consciousness as an Infinite Intelligence. The skillful help one may give the entity who does not ask questions, but is suffering, is simply to allow the overwhelming compassion within and send, out of fullness of Self, that loving and healing energy of acceptance of that other self just as it is, with all of its self-perceived imperfections. How beautiful is this service, and how grateful we both are to the dedication and love which allows this calling to come to us.

1991/03/03: You love your son and don't want to see him in pain. I am going to start here with something that you all know; but sometimes it is very hard to accept, especially when the one involved is one you love. You can create the learning situations and the loving and accepting environment that will allow that which is not angry in your son to flourish. Moving into yourself, then, are you totally loving and accepting when anger arises, not needing to get rid of it or do anything with it but just to watch it. "One of the things that all of you are here to learn is to approach—not to attain but to approach—non-judgmental and unconditional love for yourself and what you perceive as other selves. Then you can begin to accept his anger, so that when he is angry he still feels love from you. Sometimes one needs the catalyst of anger in order to be challenged to look at one's feelings more deeply, to uncover the love, and to nurture that. He was slovenly in his personal habits. Of course, one starts with the self, finding acceptance for that anger in the self so that one may not judge that in others, but may love that, and all aspects of all beings. How does one love another's anger. It is not the anger that one is loving, it is the spirit of the being itself, which is pure and holy and beautiful. You can do nothing with his anger but to love him and to love yourself. As you create that doorway through your own power of love, when he is ready he will walk through it. The best teacher of accepting the negative aspect of the self is the drawing of the attention, as the one known as Aaron has so rightly said, to those many times when one is experiencing, either in one's own mirror of self to self or in the mirror held up by another to the self, all the loving, compassionate, helpful and wise portions of the self. Always, infinity is at the behest of one which chooses to remember the infinite Creator and the love the entity has experienced from this great source of love. When the parent authentically establishes an healed awareness of self, when it is capable of saying, "Just as I am, just this much is perfect in a way I do not understand but perceive by faith alone," then compassion flows from that womb which is the true heart, which is ever pregnant with the fullness of love and ever propagating itself in seeds of fullness out of fullness that may rain upon those about it. What is concern but a kind of fear, fear lest that loved one not be happy. It brings its gifts, it holds in its embrace the self, it shares in rejoicing and love; and quickly, perhaps before the self has even grasped the source of this happiness, the weather of the emotions becomes cloudy and the happiness is gone, leaving the self, perhaps, to brood overmuch on loss of happiness. Once the element of fear is removed, the loving heart is content

you will gaze upon all circumstances without fear and simply plumb that situation as deeply as possible in search of options which are loving both to the self and to other selves. And the loving heart that will open to the infinite love and light of the one Creator is that entity which shall witness to a quality indescribable within your illusion: absolute and unconditional love. This entity is that which you may conveniently call Love or Logos, for it is with the one Creator a co-Creator of this portion of the one creation and, as a being of completeness, offers itself wholly, that life in all forms might be nurtured in the area of its care. There is great depth of awareness that may be awakened as you continue to offer your honest devotion or devotion to those principles of unity, of love and of light which are perfectly embodied within this sun body. Just so, this energy must also move in a balanced fashion from the red ray and proceed upwards to the orange ray, where the individual power of expression is manifested in the incarnation in a fashion which allows the uniqueness of the individual to express itself, using that same energy which has moved through the red ray and which continues, if unblocked, to the yellow, the green, and so forth, so that when an entity has been able to activate and balance each energy center the intelligent energy or prana of the one Creator moves through each center to be met at the indigo ray center or brow chakra, allowing the union with the indwelling love and light of the one Creator and the opening of the entity to the fully experienced presence of the one infinite Creator. It's been my personal experience in this life that lovemaking is a magical ritual, like Holy Communion in the Christian church. The intelligent energy of which we have been speaking is also known as that called prana, is also known as love/light, for it is the enabler—that which has created all that is and that which gives life to all the creation.

1991/05/26: To the open heart all things deserve compassion, all things deserve food, physical and spiritual, all things deserve love. However it makes no sense, it is important to realize that the way of the open heart may begin in clearing the way to the open heart, but it ends in accepting that the open heart is all-compassionate, all-loving, all-giving. The steady state of open heart is a state in which each flower, each blade of grass, each thing that is beautiful that is seen says to you, not only, "This is pretty, this is lovely, this is beautiful," but also "I praise the Creator for this beauty." It is a way of claiming that mystery which is the Creator, a way of relating to the Creator which is unseen, invisible, unheard, unknown, for we are aware that the Creator is not obvious to all, nor is His will seen to be very beneficent in many cases. Contrariwise, if the heart chakra be open, then it is likely that there will be more honest communication, because absolute love is something which fear cannot touch or bias. This is the primary and strong means by which your people may offer the most love, the most inspiration, the most clarity. Those who communicate well, those who communicate in love and without fear may find themselves often told that they are wrong in some way, but this will in no way disturb one with an open heart, for the compassion of the open heart is as much for the other self as it is for the self, and there is no fear that one is right, or not right, or definitely wrong, for whether one is right, or not right, or definitely wrong, the heart has compassion and all is well. There is no fear of reprisal, for the reprisal is coming from an entity that is loved with compassion of the open heart. In words of comfort and support from the self to the self, the open heart creates the opportunity for the entity to fall in love with itself, to love it dearly, not simply as a perfect expression of the perfect Creator. It falls in love with itself with all self-perceived imperfections thriving gloriously. And then hold the hands on high, and say, "Mother, take this for I know not how to heal it, and I know you do." Let these failures become impersonal, let compassion roll in, experimentally, put aside your disbelief in your own lowliness for a little while each day and feel the love rolling in. You act, then, as the Creator, not as your imperfect self, for as you forgive completely the imperfection of your self and toss those considerations aside in order to have more time for praise and thanksgiving, so you cleanse yourself of the need to deal intellectually with these difficulties of others which do not make sense but which are causing difficulty, whereas you listen and allow the love to flow through you to the other person in an accepting and loving way. There is more upon this topic, however, we are satisfied that we have done a good deal of what those of the density of love and compassion may do in regards to

this question, which is, in many ways, a question answerable only by those of fourth density, yet in other ways, far better answerable by those of fifth density, for there is a balance in true love which is achieved when compassion is balanced with wisdom. However, both portions—that is, love and compassion and wisdom and compassion—need to be addressed separately, and that is why we were called to your group. But meanwhile there is a service in acknowledging the presence of what is called evil, and acknowledging the agents of that path with respect and love and compassion. You cannot get rid of negative entities by loving them so that you can be rid of them. You must love them truly and have compassion upon their pain and their misunderstanding. You are that negativity just as you are positive, and to heal negativity is to take it into the open heart and love it. All that is not love will fall away.

1991/06/02: The question of finding the Creator's will is in a way self-defeating, and for most who wish to follow that will the skill lies in that which this instrument has always done, that is, to surrender the personal will, and then express the gift of faith, love and unconditional support when and in such manner as the opportunity appears to the lucid inner eye. The spirit of love speaks as the instantaneous, emotional, attention-getting fire. This reading was rejected by the instrument, serving as a perfect example of the situation in which the spirit speaks, but the message is rejected because of bias and the desire to use up all incarnational energy because of love of the One Creator. This is more common than it would seem to the observatory powers of an observer of your environment who sees most entities in somewhat profound degrees of unawareness of the Creator, Its love, their nature, or their opportunities to worship in service to others and to the Creator. Most who discover the love they have for the Creator, no matter what the individual experiences of the palpable presence of that Creator, choose again and again to give all possible energy and intensity to serving more and more, without judgment concerning its own state of vital energy. Those who feel that they have the experience of the presence of the one Creator, and those who have the experience of lack of perceptible union with the infinite One, appear to be in different situations as regards the choosing of how to manifest the love and the light of the Creator. Some have the experience of aloneness, of loving the Creator but feeling isolated; others feel the consolation of the spirit always. There is no true distinction between those who love the Creator. Rest in knowing that many who are distressed in the search for the infinite One are beyond the illusions of the consciousness mind quite directly where they wish they were, that is, in communion with the loved infinite original Thought.

1991/06/30: Cast about in your mind, in your heart, in the experiences that you have read and seen and heard and ask yourself, "Did this person live in the heaven of bliss and peace and joy which shines effulgently from the great heart of the creation, that great Sun which lies deeply within each of you?" To answer our own question, it is not to be hoped for or to be desired in a non-relative way for one who wishes to proceed along this beloved and dusty path, not with slowness nor with haste but with utter respect for the processes we know, each of us, that are taking place. Each of you who is on this trail finds the dust beloved, finds the hard rocks and the wood splinters a cause for joy, for that person has found that which is worth the various inconveniences and seeming muddled confusion of the third-density illusion. Each of you, though aiming for the same destination, have plotted carefully to ensure, no matter how many detours are mistakenly taken, that within this incarnational experience the seeker will have ample opportunity to learn each lesson of love. Gaze at them lovingly. If this is who you are and if you are of the Father that is love, then you as a seeker know in some deep way that the apparent challenges of the incarnation are much like the scenery of the play for which you are the star. Not that one would seek out difficulties or challenges, but that in a challenging situation one may see clearly that one's own previous biases, one's own prioritizing of consciousness and one's own sense impressions do a tremendous amount of distorting to what each would hope to be a life lived in full consciousness of love. This positive action of love is as a healing balm as the true nard1, the true salve, the true healing ointment of (Gilead). Let your selves be as lush meadows, welcoming and drinking in the feeling of love, loving and being loved, for in love we are without judgment. It is still your play and you

filed and pristine sense. When it becomes aware that these pure energies are being tapped for controlling and debilitating uses there is the simple instinct of a loving grandmother to arrange itself in order to prevent further misuse of its purity. Thusly, we urge each not to condemn the self for its inevitable humanity and lack of perspective, but rather to realize that many energies not desired need to be taken to the Earth itself and lain down upon it or within it as one would lay down any heavy burden, for this entity is a pure healer and there is no perceived ugliness that cannot be healed by this beautiful planetary entity which has never strayed from oneness with the Logos, or creative Love. We do not intend discomfort for any speaking, and would simply ask each to allow gentle contact that we may share in a more personal way the love and the light of the Infinite One. However, there are also many within the public cynosure which, with all of their hearts, also live the life of one who wishes to do the good deed, share the felt love, the subjectively perceived light which is within them. However, it is very slight damage, although it looks considerable to the citizens of its surface, compared to the damage done by those who have lost their hope and therefore their ability to exist as loving creatures aware of their power. Not in the illusion, but in the reality, relatively speaking, of the imperishable fields of consciousness that each of you is with relation to the imperishable spirit of unconditional and creative love that is the metaphysical planetary entity. However, outside of illusion both the Logos of the planetary entity and of yourselves lie in potential, mated, loving, faithful and hopeful relationship. And if there is judgment in the attempts to heal the physical Earth, then the judgment harms the metaphysical entity of your planet more than the attempts to teach the love of Earth in a judgmental way could ever help. I am assuming that it is never an infringement on anyone's free will just to love them. Indeed, change is truly said to be the one constant in all of creation, for all of this and all creation is made of the energetic, vibrant and ever-present love of the one Creator seeking and turning in order to know Itself.

1991/04/12: This was a question that was covered in the Law of One but I would love to hear Q'uo talk about time/space for I still do not understand it very well even from an abstract point of view. For to pray and to live the conscious life is to become aware of the central feature of all life and that is love. To live consciously in love is to see the Creator in all and this includes, of course, the self. To learn to pray is to learn to address the love within oneself and to speak to that love which resides in other individualized portions of the one Creator. And to ask that love (to) move and use its forming abilities to aid another self or system of selves or situation. As one becomes aware of the relationship between the Creator and the creation one sees that the power of love is that which moves all things and all entities in patterns or in rhythms, cycles and in seasons, that this enabling function of love may be hindered or blocked by thoughts and attitudes that express themselves in behaviors that stop up or block the free flow of love. This alteration of the power of love in any life pattern allows for a more varied experience, for it would not be thought of by any entity who lived in perfect harmony with love to stop its movement. However, as each entity within the creation desires to serve the Creator by providing experience that allows the Creator to know Itself so then does each entity alter to some degree this basic motivational power of love. Altering or distorting the flow of love causes the necessity for a balancing action that will once again allow the love to move freely. This process of blocking and unblocking the flow of love is that process which you call experience or evolution. Thus, as you pray and seek to intercede or call for another's intercession on behalf of one you feel is in need you ask that the power of love to move freely be restored in an area where it has been blocked. As you are more in touch or in tune with this power of love within your own life pattern you are able to appreciate and manifest this power in your own life pattern and to offer a catalyst or way by which love may be offered to others. Engaging in the process which you call prayer is one way which you may open a door or gateway for another entity by calling upon individualized portions of love to share their love with the one for whom you intercede or seek intercession. As you call upon entities such as Jesus the Christ, various saints or archangels, the mother of Jesus known as Mary, or any angelic presence to intercede for another you are providing the purity and intensity of your own love as a request, a call which is heard be-

cause of the purity and intensity by the presence whom you seek and this presence hears the call no matter how weak and responds according to its strength, purity and sincerity. The response is in a form which the one whom you wish to aid can accept, whether it be an immediate healing, as you would call it, which occurs in some few cases, or the sending of the general quality of healing, love and light energy that the entity may utilize in a less immediate or more diffused manner according to the entity's own ability to contact those qualities of will and of faith that may open the door to the healing power of love for it.

1991/04/21: This potential web of power or energy is available not only in third density, but a third-density entity may, by its own spiritual work in consciousness, become able to discern more and more the multiplicity of places of power if one is seeing from the standpoint of the love of fourth density, the ever-multiplying wisdom of fifth, and the immensely bright and universal pattern of energy grids of sixth density. There is no place that is closed off from the love of the one infinite Creator. It is a circular journey—or, rather, a spiral journey—of learning, awakening, manifesting and gaining the strength within each part of the field of consciousness that is your true self that in time, as you would call it, enables an entity to have the spiritual mass to be affected by spiritual gravity, which becomes more and more nearly irresistible until, ultimately, there is no interest whatsoever in manifestation, but only in becoming the unthinking, unsolidified, infinite and self-conscious Logos or Love, that is, the nature of the one infinite Creator. You may call them choices between darkness and light, hate and love, discord and unity, or any of the numberless theses and antitheses that bark your shins as you walk through the waters of experience. For what are you feeling—the illusory environment or the love and the light of the one infinite Creator. But the choice that you are making as a spiritual infinite being of light is the choice to express, first of all, a recognition of the infinite love of the one infinite Creator, that Creator which loves you personally, intimately and infinitely. The choice then seems to become easier: to give back that love, to allow oneself qualities and not quantities of love. And when one has realized itself as the servant of the Divine One, as the channel through which infinity, light and love may be channeled, one prepares oneself for the basic choice. Having experienced the immeasurable beauty of the Creator, having experienced those things that cannot be measured by any instrumentation, you prepare yourself for this choice: to love the Creator by serving other entities in the Creator's name, or by serving the Creator by controlling others in order that they will be able to move along the path which you have found to be helpful. There is every possibility in the beginning that it may not seem that you have made much of a choice, for the first job of those who seek to serve is to fall in love with themselves, not as creatures who are perfect, not as creatures who are elite or in any way better than anyone else, but as creatures who have, quite reliably, a dark side. All of this you must fall in love with, for it is written within this instrument's holy work that the one known as Jesus said, in eradicating the Ten Commandments, that there was a new covenant, a new agreement, that each entity was to love the Creator with every possible part of the self and to love others as one loves the self. So you see, when you have become aware of the Creator, you must then become aware of the beauty of the self, for only insofar as you love the self can you have true compassion for other selves. And while you are learning to love yourself with all of your imperfections, it seems somehow as though there were a selfishness to this process. You stand at the crossroads upon the greatest illusion that you shall ever experience, and you must allow yourself to love yourself, to forgive yourself, to accept yourself, so that you may go forth rejoicing and then gaze at the illusion with new eyes. If you have fallen so completely in love with the self that the self becomes the universe, then the path upon which you tread will be more and more negative as you attempt to show other entities just how wonderful it is to experience the Creator and the self as do you. The other choice, once one has learned to love the self, is to move beyond the self, not in judgment but in compassion, loving this way or that way, whichever way one can, accepting inevitable, seeming barriers as well as seeming successes because of the realization that you shall never know within this illusion how well you have done, how close you have come to the mark which you set for yourself before this incarnation. If you are a stewardship of the love of the one infinite Creator,

to offer itself without condition and without over-concern for the pain of a beloved other self. My question is, in my life I am looking for love, for someone to be with and share my life with. My question is, While I attempt to accept myself, am I being counterproductive in even attempting to find this love outside of myself. There is that part of you which finds itself to be lovable and loving, and wishes to share that love with another self. You see yourself as a loving being. You have work to do, yes, but (are) still a loving being, a spiritual seeker, and a good and caring person. One, that comes from the heart, is a voice of love, and one, that we would call the voice of the brain or of reason, is often a voice of fear. You have one voice within you that asks you to trust yourself and trust others, to allow yourself to open, to cherish that beautiful self within as a bud, bringing it into the sunlight of your love. What is this fear?"—not to track it down analytically as it grows out of this or that event of childhood, but to begin to see all the anger and lack of self-acceptance behind it and to relate to that with love and compassion. Each of you here would respond with great love if someone else had told you your own story. It is not that you need to become more lovable before someone will be interested in you enough to have a relationship with you. It is not that you need to become more lovable, to have enough to offer to another so that it seems right to offer yourself; rather, it is that you need to love yourself enough and to trust. At times, the trust will not be met with the same level of love and trust. Finding a deep and loving relationship with another will teach you something. How difficult to let go of the edge and proceed with faith and courage that one is always where one needs to be, and that the next learning offered, whether it is of loneliness or of love, is exactly what one needs. If one is able to accept that love that is offered and to move beyond the fears a bit, not getting rid of the fear but allowing it to fall away as it is no longer needed, then one finds that a world of love is offered. It is expected, rather, that in the darkness of unknowing and by faith alone, one may see that the incarnational experience is a process, first of choosing the way that the self wishes to be distilled, of what essence it wishes to smell; and then having made that fundamental choice of how to love, opening oneself to the very painful process (to the self, which does not like to change) of distillation or refining. Thusly, one is simply hoping in a relativistic way to approach nearer and nearer to a heartfelt dedication to begin the refining process in a conscious manner; not simply reacting to the stimuli in this thick darkness of unknowing but choosing rather to live a life in blind faith and to prosecute that first choice of service to others which does begin in love of self with every possible vehemence and passion. Yet we would suggest that loving-kindness and mercy be a portion of self-awareness, so that one is able to move into the refiner's fire only when it will not do violence to the young, precious spiritual self that was born immaculately within when the first decision was made of how to serve the infinite Creator. Aaron I am Aaron, and it is with love and joy that I share this process of responding to your questions with the principle known as Q'uo. You are picnicking with your loved ones in the sunshine and it begins to pour. Second, when you notice the suffering, you begin to treat yourself with much more love. Simply think of that being whose presence connotes love to one. Visualize that being literally sending out love and light to that part of the body where there is pain, not lessening the pain, perhaps, because that may not be in its power nor may it be desirable that the pain be lessened, as it is there for a reason, but touching the heart that fights against the pain, the place of fear that says, "Will this pain never end?" because there is so much fear in pain. How much more lovingly can you relate to it. Lying with your head upstream, allow that water to flow in through the crown chakra, not forcing its way past any obstruction, as that would be a violence to the self, but allowing that gentle water to touch the obstruction with loving coolness, to remind the self where the obstruction exists so that the self may gently allow it to dissolve, not feeling any brutality at all but just the loving pressure of water that over a time erodes even the largest boulder. Allow that same loving presence gently to touch this obstruction, one sandy grain at a time, until the energy flow is restored. One does not need to know the experience of the entire lifetime to have a brief glimpse that there was an injury there or violence to that area of the body, and that there is still holding or contraction there that needs your love and forgiveness to dissolve. Then one may guide one's breath ever deeper, breathing in mercy and

loving-kindness, allowing that rigid belly to be soft, literally soft. Thus, it is very, very healing to work continually with patience at the unending task of relaxing that creature of mind which is the body, and especially allowing the breath to flow into the heart-womb, bringing its gentleness and its healing to dissolve tension, and breathing out all that tension in deep, spontaneous breathing, not to attempt to breathe deeper than usual but simply to breathe in visualized love, nurturing light, and spaciousness in which the self may relax. May each respect its own striving to be more and more a channel for the love and the light of the infinite One, but may each also perceive the mercy and kindness of a Creator which is love, and allow that love to inform ever more deeply the conscious being which often feels unloved. So allow the love of the Creator which is channeled through us and through each other to rest upon you, now and in each moment.

1991/03/08: You realize we must speak in some terms of overgeneralization as each relationship is most individualistic and specific and there are indeed many mothers and fathers who are perceived by their children to be adequate and loving nurturers however there are many who may, while attempting from their own perspective, to be as loving and nurturing as they know how, they yet, in the non-acceptance of the child entity in various matters which may be more or less perceived by them to be so, instill the child entity with the voice of criticism of which you spoke and indeed there are those mothers and fathers who do not find it in themselves to be nurturing and loving and find that all they have to offer is this voice of criticism. Many of your entities seem to have the bias of opinion that states that the role of the mother and father is properly that role of the all accepting, all nourishing, all loving parent and that whenever the parent entities fall short of this goal, they are then responsible for the damage incurred by the children. This however, is not the case for as you are aware, the purpose for which third density entities have incarnated is in order that they might learn the lessons of love. If each entity were born into a family where the only thing experienced was total love and acceptance, the experience of the entity would be similar to those entities who incarnated before the advent of the veil between the conscious and unconscious minds or before the availability of the choice between the positive and the negative paths, the result being that with no stimulus which is perceived as negative, very little growth takes place. Thusly, for one who incarnates for the purposes of learning the lessons of love, the perceived absence of love is essential in order that such learning may take place. If the perception of love may be felt as total acceptance, then the perception of the absence of love may be felt by non-acceptance, which is manifested in the criticism of which you spoke. This relationship is by no means the only situation by which entities may learn these lessons of love, throughout the life, many other relationships and situations will be encountered in which again the non-acceptance or the criticism is experienced however, most entities will choose to set up these lessons early in the life pattern so that the patterns have got an attitude having been established at a very early age, have the opportunity to grow throughout the incarnation and interact with other situations that may be perceived similarly thus affording the entity multiplied, shall we say, opportunities for learning these lessons. The learning of the lessons, of these lessons, as always with the lesson of love focuses again and again on the acceptance of the self and the other selves in the light. This group has done much work in this area, and these matters have been spoken of before.

1991/03/10: It is indeed a privilege to be here, to enjoy each energy as it blends into unity, the energy moving in such a rhythmic and lovely way about the circle of seeking. Behind all of these objects of creations, or may we say more accurately, co-creation with the infinite love and light of the Creator, is the infinity of Oneness, the primal beingness of which your consciousness is at this time an individuated field. But each of you is created of Love, created with Love, created from Love, and within each of you is that which is pure, infinite, compassionate Love. Not the romantic love or a gentle sort of love, but a dynamic and creative love that burns away the dross within, that burns away the petty concerns so that you gently, quietly, allow that dross to be burned away, little by little, never judging the self, never allowing discouragement to last longer than is necessary to express it to the self. When one moves either in fear or in love to desire or to not desire, either is seen as a desiring. Shall you love the Creator by

serving others, or shall you love the Creator by keeping others at a safe distance while you make yourself more powerful and thus more able to control your environment. It is to those who dwell in the present moment in praise and thanksgiving regardless of the estate which they have within the illusion who are able to channel through themselves that infinite love that no humanity can ever engender. The love is embittered by disappointment. It is only when one seeks to live a life in resonant faith—and this can be done only blindly and courageously—that one is able to tap into that endless love that rains upon each and wishes only to move through each and manifest within your illusion as only you with your specialness can do. In this we encourage each to use its special gifts by allowing them to do their work without interference of will, for when one has been hollowed out by this consciousness of fiery and creative love one is then precisely such and such a vessel, and that vessel more and more, as you allow it to be so, has its own wisdom, its own ways, and will be able to communicate those ways to you. Love flowing through Love into Love, fullness through fullness into fullness, all perfect, all beautiful and all one. Born within as a self-aware, eternal light being, to aid the Earth that you so love, to aid the changes that must come. When one accepts the higher wisdom of this mysterious love one is a servant, yet one is for the first time entirely free of the prison of flesh and bone, life and death. Love that child within. If it is done in love and compassion and respect for this experience right now, it is the greatest service you could ever perform. For you are being an entity that approaches the illusion fearlessly and lovingly. We thank this instrument and in love and light transfer.

1991/03/20: Thus, although each is equally sensitive, equally loving and equally willing, as the incarnational vibrations begin to wear away at the very fabric of the physical vehicle, this erosion is mirrored more by one than the other of the entities in the mated pair. It may be seen, for instance, that in the work that was the life desire of the one known as Don, the one who now acts as instrument acted not as the one who sacrificed, but as the strong right arm that could enable this wanderer to move through that ministry, that witness that unspoken evidence of love which each of you is not only capable of showing, but indeed does show. The more that is hoped for by the spirit that each of you is, the more intense will be this polarization so that each of the mated pair may experience as much of an extreme of difficulty as is possible while retaining an unbiased observational viewpoint whose nature is love. It is a great privilege, greatly treasured by each before this incarnation, to be offered the opportunity to carry not only a personal suffering, but also a deep, pure sorrow that is the pain of the planetary sphere which you came to love and to serve. This is, in fact, illusory and is an artifact of the masks which each chose to wear during this particular portion of the incarnational experience in order that a situation where there was love evidenced amidst difficulty could occur. Without the balancing mate, the vibrations of healing for the planet could in no way be carried by the one who has offered to take this part of the experiential catalyst which is, as we said, as artifact of each entities own high hopes and love as each gazed at this very difficult birthing upon the planet which you call Earth. What we can offer you is a careful view of the situation which you are experiencing from the point of view of one who is not incarnate and not moving through the extreme physical experiences which are shaping and honing the faith and the will of those who came to aid planet Earth in the most direct and loving way possible. Listen.” Become aware of the love that is the I AM. Know because you feel it, because you can touch it, that whether the physical body lives, dies, or does something in between, this I AM within you has only one ambition and that is to carry as much sacrificial love as is possible. To add a voice of compassion and humor and love and to subtract from this illusion as much judgment, prejudice and narrowness of view as possible, by picking that up too and carrying it into the light that wanderers are so aware of and feel with such reality. This is the spiritual health, the wholeness, this relationship, for with it you stand, yoked and pulling together and the ordeal of pulling this wagon of love and concern and care and reassuring and nurturing is pulled uphill and the more that it becomes steep, the more is the spirit fed with ever more refined fire, until there is actually a burning away of physical substance, the desire to help, to sacrifice, and to love is so very strong. For your strength as wanderers is knowing, accepting and rejoicing in the opportunity for servanthood upon a

planet that is dark and much in need of the light and the love that you convey beyond all words and actions. When you came to this incarnation, each of you chose to fill the plate full with every problem and difficulty you could imagine, because you wished to be a witness to the light and to the love that is the true reality, that is the infinite creative Thought. When the incarnations of each are over, each will be so unbelievably pleased that the opportunity to express this kind of love and to communicate it in light and gentle ways has been taken and has been used. Not against anything, but for love, and the love that you offer in this incarnation is the love which this density needs to understand; that is, sacrificial love. May you express your love and faith for each other and in each other and may you bring each other ever more close to that awareness of the “I AM” that is the center of all that there is. Thus, it is well to be of a light and accepting frame of mind and to offer oneself as that entity which gives light and love in whatever form is available to it. Then the thing to do is to go ahead and accept whatever and to realize the healing is taking place simply because of our love of the planet. As you have correctly determined in your own query, a word, a touch, an expression of that love which is truly felt with the heart has a great transformative ability so that there need be no great display of gratitude other than the heartfelt offering of that love which truly resides within your heart. Love is the great healer and enabler in all illusion. Call upon that quality of love that wells up from within you. Thus, we would recommend that you share your love at each present moment when it is felt and allow the moment to be enough unto itself. We commend you, each of you, for your wholehearted giving and receiving of love. It is important not only to give the love which you feel, but to receive the love which is offered as well. We would make one general suggestion to each entity in this regard and that is that when the effort has been made, that the worry that attends intensive opportunities for learning be discarded and that whatever efforts are made, be made with as light a heart as is possible, for the worrying, as you call it, the overconcern for any situation, tends to debilitate the offering of service and to drag, as it were, the air speed, if we may utilize the terminology for flight, for each present is indeed an entity that attempts to soar ever higher in the realms of love and service, therefore, be of good cheer, looking at the moment as that opportunity to share the love that is within, freely and creatively.

1991/03/22: For this we once again extend our thanks, our gratitude, and our love. You experience the light and love that we offer through you and through this contact even when it is being voiced by another instrument as a kind of heating or radiance that expresses itself in an analogous fashion in your physical vehicle and produces that heating of which you speak.

1991/03/24: He studied because he was in love, in love with the Creator that gave the law. His heart was at times full of love, full of romance, and full of an ever-increasing force within which began to guide this entity into the ways of an ideal which he could not find in the world about him, or in the testimony of his forefathers. However, this entity had long loved his Lord. Day in and day out, year after year, beginning when he was but a child, he had turned every spare moment to the consideration of his own nature and the nature of the Lord he knew he loved, but wished very deeply to know how to serve. In order to transfigure the written history of the Lord which he loved, the Father of which he knew he was the son, he found he must recreate a covenant, a spiritual covenant betwixt the Lord God and the people of the Lord. The first commandment remained the same, to love the Creator with all of one’s energies and talents, gifts and abilities. The second commandment dispensed with all the “do nots,” and offered two things to do: to love the neighbor, be that neighbor a stranger, a friend, or an enemy, under all circumstances, just as an entity loved himself. He specifically said that these two commandments, love of God, and love of all other selves as the self, fulfilled and replaced all the law and the prophets. In the name of love, truth and life, he endured hate, lies and death itself. There are others to whom we speak who desire not only to experience oneness with the Father, but who wish to follow that second request of the one known as Jesus, to love other selves as the self is loved by the self. Whether or not they are ready to experience the wisdom and light, the love and compassion, of intercourse with the deity they must reckon with the falseness of their position in the light. It is in fact a breach of the love of self to use any

crutch whatsoever to gain knowledge of the most high, for it is an action of one who does not love or trust the self as much as it loves and trusts other selves. Entities, therefore, that have experienced difficulty because of using a crutch of any kind that alters the consciousness of the self, will find themselves in a difficult position, for they have attempted to serve others before they have learned to love themselves, and therefore to love others without stint. Even with meditating, focusing the self, learning to love all portions of the self, and wishing most intensely to serve others, to share with them the love and the light of the one infinite Creator, they will find that inevitably they have perhaps been too greedy for gain. One who wishes to gain for the kingdom of truth and love as many entities as possible also has a very human third-density ambition that pushes that entity, causes that entity’s orange and yellow rays often to become muddy with impatience, and the desire to save all of the planet’s people, if possible, within the next twenty-four hours. While this ambition has in many cases been the foundation of a beautiful spiritual life which is of great aid and comfort to other seekers along the path of truth, it is far more common that seekers who have piled their plates full of intended good works shall find themselves full in the middle of the meal of incarnational life, that there is more to be done, more to be digested, more to break and bless and give, and for many the heart wavers, the soul stands aghast at the job before it, and it asks itself, “Why have I been given this guidance and these desires, only to find them the rose with the thorn, the bed of nails, the crucifixion as well as the resurrection?” In the case of those who genuinely love themselves and wish to serve others, because of their understanding that they are of the light and love of the infinite One, they will be at some point within the lifetime in a position where there is seen what to do, and how to do it with the energy and joy of spiritual comfort, while the physical body, which has been inundated with the powerful experiences of spiritual transformation, begins to fail in one way or another because the energies that are being taken into the web of consciousness are those which are beautiful to the self which is infinite, but destructive as a fire would be to the physical animal which is the vehicle of each third-density field of consciousness. Some entities have a beautiful simplicity about them, and are happy with an humble life, a simple witness, an ever-prevailing spirit of love and peace. Always, such an entity continues to burn with desire to serve regardless of circumstance, and it is quite usual for such entities to lose their health, and their incarnational lives, as they press forward ever onward to a more perfect use of their talents, a more perfect expression of the love of the Creator. So, we ask those who are burning perhaps too quickly with the love of the Creator and of service to all to spend time, not asking what more they can do, but allowing the Creator to minister to them, for love from the Creator flows through them, why should it not include them. So many entities drive themselves as if their vehicles were used cars, unrespected and unloved. And when the physical vehicle, with its emotions, its thoughts, its fears and its plans, are crying out for rest, know that the one infinite Creator is guiding you to pay attention to that need to rest, for is not the primary service of those who love simply to be love. Those who have caught fire from the love of the one infinite Creator will do their utmost, and cannot be accused of laziness because the physical vehicle must rest. We suggest that respect and love and compassion are not those gifts that you give only to others, but primarily and firstly to the self, for you must honor your physical vehicle. And if you have piled your plate too high, and feel quite unaccomplished because you have not been able to do everything you intended, cannot the spirit within you see that if you attempt your utmost when you are strong, that you may also attempt a quiet love that knows no surrender, and needs no ambition, while you are still. If you see in that moment a high ambition, and ideas upon how to serve, and what gifts to use, which are bouncing forth from you before any consultation with the spirit within, then it is that you must have compassion on yourself, and love yourself by letting ambition and service go for the moment, for to serve, and to hope to serve, are steps which are taken after reckoning with the self. If there seems to be something that you wish to do that cannot be done, avoid frustration and judgment, and instead speak to yourself, this body that has carried you, in words of love and comfort and divine peace. Entities whom you love may no longer love you, and almost certainly will not understand you. And so the spiritual seeker

strives, struggles, loves, breaks itself, and dies to the world, entering larger life as a warrior of peace and love, in a field of consciousness much transformed by the rigors of manifestation. (Jim channeling) I am Q’uo, and great each of you again in love and in light.

1991/03/27: May we express our extreme gratitude that you have in your own love and your own life in the name of the infinite Creator called us who are messengers of love and light to you. Each of us in our memory blesses, thanks and offers you love. It is indeed a blessing to do this work as we very much enjoy and love each other’s social memory complexes. In closing out this question, we would add that no matter what the physical fruits of a life lived in faith are, the life itself is a far greater gift to the planet and to the Creator than any artifact of this love and wisdom imparted in things which can be measured and seen. We do not feel we have to talk about the doing except to express that in a metaphysical or spiritual sense the core of a realized action or doing is that expression of faith which is, “Not my will but (Thine).” So that as you do that which you do you are grounded in a dedication of that doing to the love of the infinite One. What beingness does for this field of consciousness is to amplify the positive polarity of the entity who is being in a way that attempts to express with more and more compassion the self that is loved and accepted and forgiven and therefore is able to experience all entities as loved, accepted and forgiven. The deep layers of being include purified emotion, worship, adoration, faithfulness and an unshakable and unquenchable love for the one infinite Creator. This offering that is directly to the infinite greatly aids the planetary consciousness for it has no object except simply to be, and by that being to channel love and light. Love and light to you. We say critical in that there is movement towards polarization in both the positive and in the negative sense, so that those entities which are able to welcome and enjoy the more intensive vibrations of love and light are doing so in the manner which is helpful to each entity as an individual in that its choice of polarity begins to be apparent. However, as with all transformations within the third density this is a process which must partake of the breaking or shedding of the older ways of perceiving, of thinking, and of doing so that there might be made a place for a new way of perceiving and of bringing forth that quality of compassion and understanding that has long been hidden within the hearts of many who have incarnated with the desire that they may show forth this energy of love that will aid, not only their own evolutionary growth, but will enhance the opportunity to be of service to others and will also lighten the planetary vibrations as a whole. Seeing the heart of love inspires each step however difficult the steps may become or however confused the process of thinking may become.

1991/03/29: In love and light, we are those of Q’uo. As each works with personal catalyst and clears the way towards feeling the love and the light of the one Creator, and being able then, through feeling it, to radiate it to others, then is your illusion lightened and inspirited with that light of the one Creator, which is available to all, utilized by all in the working through of catalyst, yet blocked in some degree, greater or lesser, by all as catalyst is used, reused and eventually harmonized and balanced to the degree that the light is able to pass further up through the energy centers and find its way toward that center within the heart and that center, more especially, within the throat, where there is the beginning of the radiance of this light to others. That you have some difficulty in feeling this infinite value and worth and, therefore, feeling as a result no difficulty in receiving the love offerings of others is, as you have ascertained, that upon which you now work. You work to appreciate their nature, to appreciate yourself for having them working within your being, and as you work with accepting those, what you would call shortcomings, then you begin to accept the final portion of yourself that has heretofore remained outside of the sphere of your love and appreciation.

1991/03/31: It is love that gives a vector to that movement. Most commonly the changes have to do with that portion of the learning of love which is connected to the self as it relates to the self. The spiritually led life is a life best led by those tough and hardy in spirit, strong warriors who can endure all for the love of the infinite One.

1991/04/07: Any governmental entity which misuses the instinctual energy of the Earth itself answers not to those cosmic influences of the changing density but to the planetary entity which is instinctually of the Logos, or Love, in an unde-

ural death, but not before he had carried with his love and with his faith an entire community of imprisoned souls into light and love simply because he kept talking, the only way he knew how, about the only thing that mattered to him, which was love. 1 Let your lives be about love and you shall make of your world the heaven it surely is. Thoughts of love build up inner peace. The choice of love is the choice to have life be about the one infinite Creator.

2006/04/18: This incarnation of yours, my brother, is not about acquiring information or wisdom, it is about opening your heart and becoming able to share and carry the maximum amount of light and love as it flows from the Creator to the Earth and through y our physical and metaphysical bodies. In order to achieve harvestability within third density, it is necessary only to intend to love and to allow the self to be loved in return. Loving and being loved are the activity that shall open your heart and create in you a cleanliness, a peace, and a power that expresses the love and the light of the one infinite Creator in its truth and its beauty.

2006/05/07: That ground of being is love. You don't carry a little love. You carry the love that creates and destroys. If you see the perfect body and wellness itself as a state of love, then you will see that fear is a choice which turns one away from the face of love. Therefore, the choice for healing is a choice to lose fear and choose love. What they do is to offer to the entity who seeks healing the opportunity in a neutral atmosphere to drop fear and choose love. For many of you in dual activated bodies there is a feeling of great and passionate desire to connect with the Earth and to love and be a good steward to the Earth. Bloody mindedness and sheer guts is sometimes part of what it takes to make the choice of love. You have to look beyond your own feelings and your own first responses and ask, as this instrument has heard often from us and from those of the Ra group, "Where is the love in this situation. Where is the light in this moment?" When you are prompted to ask this query of yourself, you may well find that you are the only source you can find in that situation of love and light. It is the consciousness of unconditional love. They love you with a love that we cannot describe to you. It is the love of the one Creator. The reason it is so approximated is that we do not know who shall inspire whom with love and with the daring to make courageous choices at difficult moments. Every choice that you make for love extends that transitional period. But you also see the organizing principle of love that drives the dance. This overarching love is the consciousness of which we were speaking earlier. It is a way of putting you in touch with the part of you that is in rhythm and dancing with all of the rest of the unified creation of which you are an integral and loving part. Rather than focusing on the illness and his fear of dying, he decided to focus on his wellness and his love of life.

2006/05/28: That agenda is in rebalancing love and wisdom in order to value them in such as way that they are able to interpenetrate each other in true sixth-density unity. In the Reiki energy exchange, infinite love comes into the physical and electrical body system of the practitioner of Reiki. Thereby, an impersonal, universal energy has been particularized and personalized by the genuine love and the open-hearted compassion of the practitioner. That was a move from worth by being chosen people to worth by a certain level of consciousness which was love. No matter how essential it is that you take care of your health, remember always that your health begins with thanksgiving, praise, joy and the open heart that embraces the Creator, the self, and all other selves as one beautiful, perfect, interrelated pattern of love and light. The Earth is dancing a dance of love and joy.

2006/07/07: Remember, this love was so powerful that it set into motion those forces that have created all that you see and all that is unseen as well in endless and amazing order. Find the springs of love within yourself that are not attached to any students or any personalities whatsoever, but are attached only to the Creator, so that you are seeing the Creator in these flowers of the field that have come to you. No matter what they are doing, their nature is love. Let the love within your soul respond always to that same love which lies within them. What were the characteristics that you loved about them. Take this opportunity to maximize that environment for freedom, for loving, for learning, and for exploration. It is so intense when one is within incarnation and cannot see the greater pattern clearly, but we encourage you to find the very center of self that exists most triumphantly through any pain and suffering and so focus on that center of self that you

are able to move into an environment that is free of anything, any sense input or intellectual input of any kind, and that simply contains the love and the light of the one infinite Creator. The phrase that she used over and over during this period was that which is found in the writings of the one known as Paul who said, "If I live, I live in Christ and if I die, I die in Christ, so whether I live or die, I am in Christ and Christ is in me." 4 Substitute the words "unconditional love" for "Christ" and know that this is the reality of your experience, in or out of incarnation, in or out of pain. You are unconditional love. You have poured that love into a package that carries you through this incarnation, but this is your nature. The second distortion is unconditional love or Logos.

2006/08/25: And we should say we talk about not one group of entities but groups of such groups that have all come together as planned to help to shift the consciousness of this beloved planet which you have so enjoyed, and which you so dearly, dearly wish to serve at this time. Those voices of love must be your voices and they must sing a new song. As more and more entities awaken, you and many others shall conspire, in the name of love, to create an increasingly powerful paradigm that is new. Love it! Appreciate it! You spent years coming to those opinions. You are nested into your soul group, which is nested into the entire societal clan which decided to come to planet Earth to be part of the light and the love of the one infinite Creator. At the bottom of that digging is a place in your heart where you are unconditional love. The cloak of love that is unconditional may be seen as a crown. It may be seen as the figure of the Christ washing the feet of his disciples and saying, "Follow me and be the servant of those you love." It is difficult to discuss being itself. Are you more wise and need to open your heart or is your heart too wide open and does that make you too naive to do the loving thing sometimes. Because the truly loving thing is Solomon-like and involves some wisdom. And all of it is in love with you. And all of it thanks you so much for loving it.

2006/09/03: However, in the rich coloring of the story of sacrifice and resurrection, the emotive qualities of the story create an atmosphere in which it is far easier to understand the nature of redemptive love. It is more difficult to achieve an iconic representation of unconditional love from studying the systems of Yoga. It is simply not as easy to choose that central icon and say, "This is unconditional love." The Yogic system is far more complex and far more accurate. What you do when you bring the passion of the heart and the desire of the mind into harmony is to yoke will and love into a working pair of creatures that can draw the cart of your seeking process forward and engage your will, the faculty of your purified desire. The work that one does upon the chakra system in order to raise the meeting point between the incoming love and light of the one infinite Creator and the downpourings that are called forth by questions and in prayers, creates the point at which work may be done. There may be flashes of great inspiration and clarity in anyone, because of special occurrences that catalyze a moment of clarity and an opening of that faculty wherein the guidance system of an entity may pour in love and inspiration. If your deepest desire is to learn how to love with wisdom and to know what it is to have compassion while invoking justice, then you move into those energies of acceptance and of justice that are invoked in blue ray. But you cannot simply desire to love the Creator and expect to have full energy into indigo. However we would advise you, in order to have a balanced invocation, to spend time daily focusing not on what you need but on your thanks, your gratitude, your joy, and your devotion to and love of the infinite Creator. For it is not the entity who waits to have a conversation with the Creator until there is a need to whom realization is given but rather it is to the one who goes to the Creator as to his lover because he cannot stay away, because he cannot stop thinking about the beloved One. Even a tiny rune of the great tablet of wisdom and love available to the seeking soul is often enough to recharge the inspiration that has gone lacking for lack of exposure to the process itself.

2006/09/17: The infinite love and light of the one Creator flows through your body system continuously. However, there is always a creative way to find the love, the thanksgiving, and the joy that are inherent in that pattern, however difficult it is. It may be that you see the love in that moment coming from the beauty surrounding the situation, whether it is physical or whether there is something about it emotionally which is touching. It also may be that you are the only love in that moment and that creates for you a tremendous opportu-

ty to love and becomes One again in that sweetness of unity in which all sense is lost. We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks and in love and light.

1995/04/21: And as one says goodbye to times in one's life, to things which one has loved, to relationships that have changed beyond recognition, we encourage each to find strength and courage to praise and give thanks for each and every experience that has created within perhaps much pain and suffering. Certain patterns were chosen by you in order to focus on certain lessons concerning love. Thusly, even though you cannot offer yourself enlightenment, you can become a channel which is transparent and through which love itself may shine for others to see and to be inspired by. And, likewise, there are times so lit with the golden essence of love that it seems that time and space stop, stunned by the wonder of the present moment. My service will come no matter what I do." Say it and know it, and then let your hearts be merry and full of praise and thanksgiving, and let your arms reach out to the pilgrims that come your way upon this highway of love. The movement of energies occurs most naturally in pulses or rhythms, harmonic blending of vibrations which in an upward-spiraling fashion match light and love emanations of the Logos of this portion of the creation. There is a support at the most basic level of love, shall we say, that continues between the times of incarnation as well as during the incarnation that ties each together in a manner which is most harmonious and which allows the offering of services which are not usual in that they are often intangible, of the emotions, of the intuition, of the subconscious mind. The mysterious nature of all the various kinds of lessons that aid in the overall increasing of the ability to give and receive love have mystery as their salient feature in order that there be an effort necessary to penetrate to the essence the main foundation of each lesson.

1995/05/14: Now, why would the Creator choose this illusion as a way to express the love that is the Creator. And therefore the Creator loves most greatly each pilgrim's spirit, regardless of its circumstances, whether they be physical, mental, emotional or spiritual, for each entity is authentic in itself. This paradox is one which can fascinate those which love riddles, for there is a deep riddle here: the riddle of manifestation itself. Yet love, that great original Thought, must use its free will, must create and so must love. When the dark side reveals itself, when there is behavior coming from mind or lips or actions that do not seem kind, that seem bitter and unlovely, the seeker naturally tends to condemn the self. The Creator loves to the point of no return. Entities within incarnation find that sort of love impossible to sustain. Loving yourself is a central and entirely difficult goal to reach, for you know those thoughts that crowd your heart, those impulses which somehow you do not act upon. And as the self becomes smaller, the inner power of the self shall grow, for with each name which you cease to call yourself, more love may move through that lighter being. This entity moves within a mythical system which is called Christianity and central to this system of thought is the concept that sacrifice is a sign of great love. For you do have enough of that infinite self at your disposal at all times in order to be able to process these feelings, these thoughts and these impulses which come to you, as you receive sensory input and process it and by your choices of priority distort that incoming stream of love in this way and in that, in a beautiful dance which is spontaneous and instinctive, so that when the seeker allows itself the time to learn the rhythms of the present dance, incarnational life begins to wake up within that illusion. And the life within pokes its little head out, like a tiny chick emerging from the shell and says, "Remember me, I am you and I have lived forever and I will forever live and I am everything, every emotion, every state of mind and all of these things are love." So we encourage each in forgiveness of self and at the same time in asking great things of the self, in asking that the self turn to the Creator and say, "Here am I, show me my destiny and I will say yes." For you planned this with the Creator before you came and it is a matter of trust and faith to take each thing as it comes and attempt to find within yourself that response which expresses love. Each of you is love. Each of you has a core vibration of absolute pure love. That which is consciousness is love. That which is love expresses itself in consciousness. And as you mix and mingle with yourself and your various roles and with each other in the delicious and bewildering array of humankind, the love that you can share

with those you meet, beginning with yourself, is the fruit and the blossom that is truth. So, love any way that you can and praise the love that you see, and know that in loving one is never foolish, one is never wrong, one is never too naive, for all things are beautiful and lovely in the core which is the truth. Yet, the illusion that you claim is indescribably more accurate in its representation of the actual truth than that expression which does not include love. Love is often seen by your people to be a pallid emotion that contrasts to earthly love, which is not romantic, and not possessive, and so forth. Yet, we say to you that love is a beautiful and terrible thing. Out of love the Creator manifested this illusion. And out of love this illusion must end. Out of love one of your young is conceived, and in great pain oftentimes is given the chance to breath and die. But within that theater of incarnational life lies the opportunity in every breath to know the truth and to be free to turn to the one infinite Creator and to become one with that love and that light which is divine. Love is not a nice or a pretty thing. Love is an anguished dream, a yearning, an expression that shall surely fade and fail as the rose dies, as each being has its season only to vanish. What wondrous love lies within each. Let yourself be imperfect and focus upon the loving and the seeking of how to love better. For all else will die, but love is infinite, for it is all that there is. When you are engaged in seeking, you are engaged in asking how to love. (Side one of tape ends.) (Carla channeling) So, know the treasure that you have within you when you love, and more know the treasure that you have when you do not love. Riddles are the very stuff of spirituality, for each is the enigma that love is. However, the experience is one which moves past the green-ray energy center from yellow to blue, then to indigo, in order that the negatively oriented entity, who sees compassion and love for all as folly, may experience a contact with the one Creator that is in accord with its chosen path, that which seeks the power, the control, and the setting in order of those about it as its duty and as that which is most desired.

1995/05/21: This moment of orgasm, this moment of delight, this is the closest we have come to a knowledge of reality—no time, no space, no judgment, but pure white light, a naked manifestation of love. Nor do we deny that there is value in seeing with the eyes of the world, but we ask you to consider whether or not that value is as fundamental as the turning to the present moment, to the one infinite Creator, to love, for love is the overarching truth. And if the emotional self can turn to that love and bask in it for one moment, that moment of truth shall cry, "Peace, peace," to the self-judgments of the one who wishes to run the straight race. That face is love. There are many other faces of that love. We encourage each to seek the face of that which most centrally symbolizes to the self that present love, that overarching compassion, that resounding cosmic "yes." The physical vehicle, the physical brain and much of the surface of all of the bodies which you possess within incarnation are tuned to give you a certain kind of data in such a way that you shall inevitably become unable to do that which you see as perfect. Open to the present moment and to the love that is all that there is. The deepest truth of your human nature is love. Release that fluttering bird that seeks the light and the love of the one infinite Creator, that bird within the heart that your poet, Emily Dickinson, saw as hope. Reach out the hand and it will be full of invisible but real love. You are loved, not because you have achieved but because you exist, a child of the infinite Creator. We are notes that dance in the sunlight, but we love you with our whole heart.

1995/05/28: And a macrocosm in relation to love, that still point that defies all emotion and into which all that moves yearns to go. Thusly, we transfer now to the one known as Jim, in love and light. For the case of most third-density plants, there is the graduation from second density of a group of entities that has learned to give and to receive love in sufficient degree to become enough individualized that the mind complex is able to take upon itself much of the weight of the responsibility for directing the continued evolution of this group of entities which shall become a race or a kind of being that inhabits the third-density experience.

1995/07/06: Thus we would speak to you about how love, and wisdom, to a lesser extent, function through illusion to facilitate and offer tools for the facilitation of individual spiritual growth. This is that with which you deal as lovingly, compassionately, and may we say, dispassionately with in this life experience in order to finish that which has

been begun, that all may be balanced with that particular relationship, or in regard to that particular point, that the entity has been attempting to learn and has yet not completely gotten, shall we say, under the belt. As each is familiar with the so-called karmic influence, we need not dwell upon this influence, but would note only that it is well to take such influences seriously in that each entity give such challenges careful and persistent consideration, but also that the entity employ the light touch, the laughter, the seeking of joy, the discovery of love within each difficulty and each challenge. Each of you will repeatedly during your incarnation have a new experience, (an) experience to which you come as a virgin comes to her first love. And while you are manifest, you are not only Creator and co-Creator, but also creation, and the Creator finds you lovely. The population of this planetary influence, being a third-density population, is one which attempts to learn the lessons of what may in general be called love. Those you have called wanderers, then, have incarnated in various periods of your planet's historical past in order to aid the overall growth of the tree of mind, or of your planet's population, as it has proceeded through those stages of growth which precede that aspect of love which may be seen as manifesting in the form of the ideals of liberty and freedom and equality. As the energies of the light move through the lower three energy centers and begin to approach the heart energy center or chakra, and that which is known as love or compassion begins to be activated within the individual and group consciousness, the ideals of liberty and equality then become paramount in a form which begins in a distorted fashion, for those who have long labored under the bonds of some form of slavery or have found themselves in a service to others (which) was not chosen but which was, shall we say, dictated to them, the desire for freedom and equality bursts forth in a fashion which first is quite gross and unreformed in its nature, thus the various tendencies towards retribution in the form of revolution begin to develop, and within this framework of transformational change that is somewhat of a chaotic nature, then those gardeners, or shepherds, shall we say, that you have called the wanderers move in order to lend their assistance in a fashion which does not infringe upon the free will of those whom they have come to serve. What is the nature of infatuation compared especially with love. When further contact reinforces the initial attraction, then the mind and the emotions begin the processing of this catalyst and the beginning of what may later develop into that which you recognize as love is at hand. Carla The portion of the question left unanswered, perhaps deliberately, was, "What is its relationship emotionally to the human emotion that we call love?" although I understand that the creative principle, love, is not what we mean by the kind of love that people have in their eyes on their fiftieth anniversary—that's the emotion that I'm talking about. I am Q'uo, and we see here a paradox, my sister, for in one way of looking upon infatuation, it is a pure form of love, for it accepts totally another without condition. Thus, in this sense, the period of infatuation is a pure form of love, pure, however, in the sense that it has not been tested. When the two who have become infatuated continue the relationship and begin the processing of the catalyst which is inevitable within any life pattern, the opportunities then arise for the love to gain in strength and depth and richness and purity, for there will be many, many times in the processing of catalyst that one or the other or both entities will feel less than acceptance for the other and will need to find within the self the ability to accept that which was previously not acceptable; to forgive that within self and other self that which was unforgivable; to have compassion for that which held little interest or perhaps even dislike. Thus, the lessons of love and acceptance make themselves known within the relationship born of infatuation and with the faith that the relationship will endure and that meaning may be found for both within it and the will to persevere in finding that meaning and growth. Thus does each entity grow in acceptance and in love, and thus does the relationship do likewise, and thus is love strengthened by testing through catalyst that each brings to the relationship. Thus, the love which results is a love which has greater strength and depth and variety of experience, shall we say. You've basically covered this, so please answer briefly, but you seemingly place more importance upon the broader definition of love which is compassion, as I understand that as acceptance of people and situations and self as they are, allowing them room to grow in their own way. So for an entity

who is attempting to develop love as we know it, probably the most expeditious way for them to do this would be for them to work on acceptance of others and themselves, and this is—I know this is something that I believe I know, but a simple yes or no would suffice. Yet, each in any portion of the experience may increase its evolutionary progress by finding the joy, the love and the light of the Creator within that person, that moment, that event, that thought. When this can be done in a relationship, then the relationship has served as the means by which the continuing ability to expand the point of view and the acceptance, the love and the compassion for that which falls within the point of view then is also increased and the entity has moved itself further along its chosen path of evolution. (Lovely vocal healing melody channeled by Carla from Nona.)

1995/09/10: That which you ask this day is a question of much substance, for in learning the lessons of love the development of the faculty of faith plays a central role. And such a child experiences great communion and unconditional love during this time so that an entity begins life perhaps already burdened with sorrow or with unreasoning optimism and joy. Similarly, the child will drink in joy and peace and love to the fullest extent, finding this gift as natural as the mother's blood which flows through its veins.

1995/09/17: If you seek to be spiritually wise then know that love and light, compassion and wisdom, are the substance and form of the Creator and the Creator's universe. Love is the only solitary quality that can fill that form and create out of emptiness all that there is in its rejoicing, exulting splendor. And beyond all seeking for light and knowledge there lies the golden, living, powerful and ever-penetrating fact of love. Your form is spun of light, your nature of love. The giving of love to this entity and the rejoicing in its presence is that which is always most helpful, whether the entity chooses to remain or to go further upon its path. I am Q'uo, and we are aware of your query, my sister, and may speak in the affirmative in that this entity has through its many years of devotion to those about it been able to gain that ability, to give and to receive love in a manner which will allow it to choose whether it shall go forward into the third-density experience or whether it shall return once again as a second-density being so that it might dwell with those with whom it now shares its incarnational experience.

1995/09/24: Many of the Confederation have said over the years that is a good idea to accept that which is, to accept those failings in ourselves and others and the world around us and to attempt to give love, compassion and forgiveness and mercy instead. So, we would like for Q'uo to comment about this entire range of dropping desire, reducing the dedication to an outcome, or loving, accepting and yet working for a change so that we continue to strive for an ideal, and to improve, to grow in mind, body and spirit... Nor would we suggest that any discourages the hunger and thirst for the life-giving presence of love. The skin, for example, is cleansed and the lotion placed on it to alleviate dryness; the desire for friends and companionship is refined and subjected to enough examination and to the journey towards finding the ways to refine that need for company so that the desire is not for the company that feeds the self but rather the desire becomes purely the hope to serve a beloved other self. Every tiny mote of consciousness in the infinite creation is loved, desired and manifested because of that desire. To desire love and light is an instinct in the human bloom just as it is instinct which turns flower to the sun. It feels so much love and yearning and wishes so much to be more comfortable, more light and spirit-filled. The Creator to be found is found here, within that sea of confusion and prideful desire that mask the rightful and pure emotion that is hunger and thirst for truth, love, and for beauty. Love and support that evolving self and look for ways to purify the emotions that drive and teach and give opportunity for learning within this life, this incarnational experience which you now so briefly enjoy. Seek to the best of your ability to give love and understanding to those who demonstrate the need for such in their own difficulties and wrangling. It is often the case that work of an important nature can be done in such situations where one who seeks to serve gives of the self without knowing any particular outcome, casts the self-bread upon the water, as it is stated in your holy works, knowing that the heart is full of love and gives this love freely... We would suggest that it is well not to plan or scheme in a manner in which one would hope would be successful in winning over the approval and support of

you could clarify how love is destructive. There is a dynamic between light and dark, creation and destruction, love and fear, and so forth. That is the sense in which we meant the destructive nature of love. (footnote start)[Alfred Tennyson, "In Memoriam": [lyrics start] Who trusted God was love indeed .

2006/03/21: Therefore, we would ask you to seek this information concerning the what and the when of the immigration from the Red Planet in the knowledge that our voice is a voice of love. The love that created the planets and their courses and all the mysteries in the universe has also created each of you, regardless of whence you come or whither you shall go in the worlds of illusion which abound in creation. Therefore, no matter how interesting the details, we ask you to reserve a part of (your thoughts) for love itself, that great Creator that has brought into manifestation all that is, including each of you, whether or not you might have at one time been a part of third density upon the Red Planet. Naturally, the Guardians were very fond of the incoming population and felt great love for them, as they were placing them carefully and gently upon planet Earth to take up again their search for love. As the population settled in and began their cycles of reincarnation to gain experience and learn the lessons of love, they spread out, becoming the populations that you now know as the Russian and Eastern Orthodox churches, the Christian church, and the Christian Protestant church as opposed to the Christian Roman Catholic church. The tendency of this energy of belief in one God, then, has its challenging aspects when it comes to using that religion as a springboard for the lessons of love. They are, as are all of those within third density at this time, striving to learn the lessons of love. They have achieved that shift in consciousness from fear to love, from war to peace, from doubt to faith, and from despair to hope. It should be honored, respected and loved, for it has given its life so that you and your consciousness may walk the planet and learn the lesson that you came to learn. We would ask each of you with a resonance with the history of those of Mars, "Do you wish to take a leap forward, to wake up from the dream of hostility?" If so, then you have every necessary capacity and have probably already made the choice to turn your back on violence and negativity and to choose love as your expression, your being, and your goal. The decision to choose love is a matter of a heartbeat. Each decision to choose love is a matter of a heartbeat.

2006/03/28: Rather than there being a conscious awareness of love and a desire to maintain that love by bleeding off negative emotion, the intention of the majority of entities who choose to play such aggressive games is to enjoy the process of being powerful and able to defend the self successfully. That way the relationship is clean and clear and the love of the one infinite Creator will find ways to enter into the conversation. It is the heart listening to another heart, the thoughts interested in another's thoughts, and the atmosphere created of love, encouragement and support that are important.

2006/04/01: The essence of that spirit that companions you throughout and incarnation is unconditional love, absolute support, unending compassion, and a clarity of understanding that takes in the full sweep of the octave of densities within which you now enjoy consciousness. It waits patiently, full of love, knowing you because it is you but you at your highest and best. As well, there are many entities in the inner realms who are drawn to you when you are conspicuously loving, patient or intent upon the truth. Passion for goodness, for fairness, for love, or for devotion to the one infinite Creator all draw to you entities that dwell within the inner realms in one capacity or another. And so you may have about you literally dozens of helpful, loving sources of inspiration and guidance. In infinite variety and color, the patterns of the dance swirl in sacred geometry, in joy, in thanks-giving, and in grace and symmetry that create a beauty that is never ending, ever flowing, and an expression of unconditional love in its every facet and coloration. Unconditional love is the essence of the Logos. Therefore the seed of every thought is love.

2006/04/02: Interestingly enough, the crystals, when magnetized by thoughts of thanksgiving, joy and love, developed beautiful, flower-like patterns of crystallization. Remember how powerful you really are and impress your own body with the fire of your love. Let that love do its healing and organizing work within your physical body. We know that the Creator's very nature is love. We know that the creation

which the Creator cobbled together out of this Thought of love and free will is a creation of love. We would develop an operating manual that would let people know that they were creatures of love; that their consciousness was love, but that they were carefully blocked from a direct apprehension of their nature so that they could use the school of third-density life in order to find that nature once again, by choice and by faith. Those are the dynamics between the light and the dark, love and fear, helpfulness and greediness, service to others and service to self. For all that there is, is love and its child, light.

2006/04/14: We would suggest that such entities experiencing this pattern of energy expenditure may profitably consider that they may well have chosen to incarnate in third density upon the Earth at this time in order to effect a more harmonious and full balancing of the energies which you may call love, light, power and peace. We offer these words to indicate the dimensions of love and wisdom, or the lessons of fourth density and fifth density, that are studied in sixth density in order to unify and solidify the point of awareness that contains all of the consciousness that is granted to all aspects of the creative principle. Those who have experienced a far more comprehensive course of study in wisdom than in compassion move into third density not only to be of service to the planet and to its people but also to tackle a kind of strenuous metaphysical boot camp, if you will, in which your preincarnate desire is that you shall effect, within the athanor of incarnation, a more equitable and just integration of the energies of love and the energies of light or wisdom. We do not wish to indicate that there is any conscious aspect to the structure involved in those who are wise at the expense of love. During this meal the one known as Jesus offered two mandates as suggestions for loving each other. We ask all of those who find themselves wise and who know themselves clever, has it helped you to love. We have perhaps made a modest beginning at suggesting the general strategy for working towards the full integration of wisdom and love. For wisdom uninformed by love is not stable or balanced, in terms of that lesson which entities such as yourself incarnated in order to balance. In third density, the path to graduation involves a simple choice followed by a series of congruent choices which progressively tune the spirit under such discipline to the point where that spirit is able to surrender to love. You seek to wend your way from the penumbra of articulated thought to the daylight of love. In our opinion—and we offer it for what it is worth—the pattern which you describe is that of a sixth-density wanderer whose fifth-density experiences were felt by the sixth-density entity to have too marked an effect upon the basic ground of being which is represented by the pallid word "love" and by the activity of the student of fourth density in realizing fully... It was pure, unconditional, love. That consciousness is a consciousness of love. Whether their intellects are great or modest, the solutions to the catalyst within their lives seem to involve the creative aspects of love. In truth, when power has been wedded to peace and light has been wedded to love, true power emerges. But the ground upon which you stand in order to do this work of reconciling and harmonizing those factors that blend into who you are is love. From observing such difficult passage of a planet to fourth density, how can we better understand the properties of the service-to-self vortex as it reflects to us a distorted image of unending love. When such hopes and desires are expressed, it is time to move to the bare beginnings and to take up with joy a condition of infancy, and then to surround that beloved, precious, infant spirit self with the greatest of faith that you as an entity may find within your self.

2006/04/16: He was interested in turning people's minds from the world to heaven, from fear to love. Those who do not make a choice of polarity and sustain that choice until polarity is built up to the point where you are able to bear the light of higher densities shall experience another cycle of third-density incarnations upon another planet and shall once again take up the lessons of love. We would encourage each of you to choose communication over aggression, patience over impatience, love over fear, and hope over exclusion. Begin this day, then, to live with care, patience and love, being consciously aware that you stand for Earth this day, not only for yourself. You can be in prison and you can still make your choices for love, service, devotion, joy and gratitude. He who approaches life from an attitude of love creates a heaven wherever he goes. He did die a nat-

forth on wings of love, my brother.

2006/03/05: There was, in the experience of this process of ritual and communion, every bit of comfort for those who loved this soul could pack into the ritualized remembrance of the viewing and the funeral. And the one known as E was a part of the funeral, curious as always, wanting to see what everyone was wearing, how everyone was speaking, what they were saying, and in general, enjoying the gathering and experiencing a great deal of love, affection and gratitude that so many good people had taken the time and effort to come together. We salute the tremendous love that went into these rituals for the one known as E. Caught up in the sadness of losing a beloved friend or a relative, it is easy to lose sight of the fact that death is not an ending of any kind but rather is an end point for those who remain dwelling on the terrestrial orb of Earth. We look now at the patterns involved in entities' being able to move through their grief process when there is the loss of a loved entity. And, indeed, it is truly said that a beloved entity becomes an angel on your shoulder. Where there has been devotion on the part of the parents, there will reliably be an energy that is left behind with the beloved child. If that child can remember to ask for the feeling of that beloved being, great comfort can come into the conscious mind. Do not force away memories of beloved people. This does not make it easy to say goodbye to a beloved person. It is helpful, in the midst of whatever discomfort the grieving person is, for that person to know and to feel that you are with them, that you hold them in prayer, and that your heart thinks of them and sends messengers of love and light. And those small times, those tiny seconds of remembrance that come to those who love, (are helpful.) Certainly, now that this instrument is aware of the one known as V and her loss, there will be a constant stream of thoughts going her way, for this instrument is one who has a cycle of remembrance that turns itself over perhaps three of four times in a day. Whenever that beloved friend who has had a loss is thought of, send a prayer her way. Once the self has been collected and all psychic ties have been completed and closure has been found there, that part of the self that wishes to stay with beloved entities left behind does so, and the entity itself rejoins the soul stream. You may choose to be a wanderer and to come immediately back into third density, as the one known as B2 did at a time when he graduated from the third density of this planet with a few friends only to find that his concern for his beloved tribe of humankind would not let him rest until he had done his best to call as many people to follow him to a larger life, wider vistas, and increased opportunities for service and learning as he could.

2006/03/18: There are many service-to-others oriented entities that flock around one throughout the incarnation, and as loving hearts are opened and choices are made to increase the polarity of a seeking individual, the crowd of those entities who wish to associate themselves with such a source of light and love becomes larger. He is aware of what he believes; what he loves; that for which he feels most passionate; that for which he lives and that for which he would gladly lose his life if it were necessary. Being a part of the good in a child's life begins with that which the ones known as R and A are already doing, which is simply to love the children involved with all of their hearts and to wish them well. The atmosphere of unconditional love is a tremendously powerful influence on a young child. Be assured that those whom you love are aware of your energy and feel the sunlight of that love as warmth and healing. Keep your heart open and allow the natural radiation of love and the light of the one infinite Creator to radiate through you. Bring yourself back to the awareness of that love. Allow that love and light to remain in your day even when it becomes a matter of routine, of fulfilling the (duties of the day.) Keep moving back into that space of remembrance where you connect with the core of your being which is wholly involved in the business of sacred living. We thank you for the love which informs this question and wish you every opportunity to offer love and light to those about you. In either case, it is well to be absolutely sure that there is energetic closure before one begins an intentional and conscious program of prayers or good wishes (for) a beloved entity. Again we salute the loving heart of the one known as R in asking this question. For in order to enter the open heart, every part of the self that has not yet been loved, accepted and blessed by the self must be brought before the self so that you can do the work of loving your entire self, including that part of your shadow side which does

not (seem so attractive.) Once the work has been done to sever any lingering energetic dynamic between two people, it is perfectly acceptable to offer prayers at any time for an entity. And that higher self, the spirit, will direct that loving energy where it needs to go or will lovingly shunt it aside if it is inappropriate.

2006/03/19: She asks for her to be with the one known as Carla during the day and to speak in her ear, to shed her wisdom, her love, and her compassion upon the situations that meet this instrument's eye. Fill the heart of your faithful and kindle in her the fire of your love. That nature is absolute, unconditional love. And we use that word reluctantly, for love is a feeble, flaccid, effete word, badly used, abused and drawn through the mud of a dozen different usages of that word to mask impure intents, imperfect emotions, and confusion betwixt the desires of the body, the desires of the mind, and the desires of the spirit. Indeed, those languages which contain many terms for the word love would be a blessing to us. However, this instrument speaks English and in your language love stands alone to indicate everything from lust to that unconditional love which causes a mother to give her life for her child or a soldier in combat to give his life to save his comrades. We speak of a love that is beyond all of the boundaries and limits of human feeling. We speak of love that creates and destroys. We speak of love that changes things. If you can imagine a Thought that has the power to create the universe, then in your imagination you have seen love in its full meaning. To call the Creator love, however, is to limit that entity, for the creative principle is a mystery beyond the plumbing of any including ourselves. That resource of the self speaking to the self, then, is the self at its wisest and most loving. We would not know where to start in order to untangle the love from the fear, the joy from the sorrow, and the good from the seemingly difficult and negative. This is because your very nature is love. Therefore, as you call out for your guidance, it is love calling to love. Certainly you are love that is confused at times, troubled and distorted in your perceptions, often fearing, often trembling, often discouraged and tempted greatly to be cynical and smart. You are asking the higher, better, wiser and more loving part of yourself or of the creative principle to come upon you, to fill you, to reveal to you your true nature, which is love, and to give you those marching orders that make love itself into a plan for the day. It is not that love will tell you what to do. It is that love will tell you how to do it with love. As you do ordinary, everyday things with this intense, overshadowing love, something magical occurs. As you seek to pull that enhanced vision of a life lived in love into yourself from the regions of the divine, you activate powers within you that are incredibly strong. You've turned the switch by turning your mind to love. And when the life is given over to that higher and better self that is love, when your consciousness has become that which carries the energy of the divine, then you have only to radiate, as you naturally will, as you move through your day and you shall make a difference in that day. For you are love. Therefore, we ask you to be aware of your thoughts, to patrol them with love and compassion, and when you find yourself being cynical, petty, judgmental or foolish—and we will allow that word to be what it means to each of you—we ask you to remember that one of the things you came here to do was vigorously and relentlessly to go after consciousness itself and find ever more fully that joy that comes from knowing who you are and why you are here. Unfortunately for planet Earth, the entities upon your planet have not come to the end of third density ready to embrace love, peace, freedom and justice. There has been within your culture a stubborn and persistent love of aggression and violence, where entities are moved by fear and therefore seek to protect and defend those things and people which are dear to them while rejecting the oneness of the planet as a whole. And there are many people among your tribes all over the globe who feel a tremendous love for the planet itself and a desire to heal it. As you move into the future, realize that part of your job has to do with radiating the love and light of the infinite Creator. How can you interact with it lovingly. See what you can do to elect officials whose hearts are stayed on love itself and whose vision is one which includes all entities in any plans that it may make, not just those who are wealthy or powerful. You mentioned we are beings of love and beings of consciousness. What's the difference between love and consciousness. Love is an essence. (Pause) P (Speaking through the internet from Nevada.) I was wondering if

those who you call your parents or friends but to speak that which is true for you and to speak it with a strength that is built upon love, to give freely of your thoughts and your self in a manner which speaks as close to the heart of this experience as you can. If you build upon truth and love then your foundation is strong and it will be apparent to those about you. (Pause) I am Q'uo, and we would take this opportunity to thank those present for allowing us to join with you on this day in which you seek the One within the beauty and joy and love in the One all about you, for we are aware that your seasons change now and that [the] light becomes bright and the days grow short. We walk with you as you meet each challenge and are happy to lend our conditioning vibration of love to you whether you are meditating or mediating, shall we say.

1995/10/01: And so in the life of a seeker there is always the pressure to remember, to focus, and to center the self upon that firm rock of deity, that mystery which we call the one great original Thought of Love. The closest perhaps we might come to expressing the nature of this craft is that of aesthetics, for in the philosophical tradition known as aesthetics the goal is to discover what true beauty is and what the seeker wishes to discover is what the deepest and truest beauty, truth and love is, for it wishes to clothe itself in that armor, and then it wishes to sally forth in service and in love. So we ask that you think of the earnest self as a lovable, respectable, acceptable self and to see that there is a stage in spiritual seeking where effort is made, and it seems heavy, lonely, and sometimes empty. And we say that this naturally will yield in time as the seeker himself begins to hear that which silence tells so well and begins to sense the shape of things, the form of that undergirding reality, the true nature of love, and once this occurs the universe changes. And it begins to spark into a life that was hitherto unseen, for the soul and the heart are expanding and the center is not only that place in the heart of the self where one has opened the door to love but also is expanded to make a center of the whole creation, with all included and nothing omitted, nothing irrelevant, nothing wrong, but all, all one shade or shadow or another of infinite love. We hope you can take the perpendicular route out of that little circle walked by the earnest soul and that you choose to take time out for a laugh or a smile, with all compassion for the self, for that earnest toiler who truly wishes to learn and to be better, wiser and more loving than before. So know that the human experience is driven by instinct and at the same time there are opportunities every instant to grow into a spiritual body and a spiritual instinct and when this begins to occur you shall find meditation and contemplation flowing easily and quietly in natural ways throughout the life pattern, and the muscles of spirit will have learned these notes so that now they can work subconsciously, naturally, so that one does not have to think about the process but can enjoy the music of spiritual consciousness and can turn that consciousness upon a world that is all too short on love and laughter. We listen to the sounds of the wind in the trees through this instrument's ears and this sound gives us a great feeling of peace, for the revolutions of your planet about the sun body move in a cyclical fashion and as your Earth revolves those entities upon its surface are subject to the movement of the planet, of the seasons, of the sun, and of the quality of compassion and love that is evident in the one Creator Who makes all move in this motion that is as a dance for those of us who are witnessing the experience of the one Creator moving in all.

1995/10/15: And it is within groups such as yours and many others that entities can come together and more surely seek, more lovingly find, more intensely knock at the door of further—we look for a word—further development, we shall say. As we gaze into each other's eyes, as we touch each other's hearts, whether we are in incarnation as are you or are speaking from other levels of manifestation as are we, we bloom together and that blossom is taken away by all, strength added to strength, weakness shared with weakness, and love in all things found and felt in ways that do not harm, but rather support. It is taken, shall we say, for granted that the basis of the living is the spirit and the basis for striving is to know that great truth that is the one great original Thought which is the Logos which is Love. So each comes to this group dwelling in love, seeking tools and resources that will help us learn how to love, how to accept love, and each wishes to learn these intangible and inexpressible skills: loving and being loved. We come to share one simple, basic

thought; that thought is love. We are not terribly clever, but we simply use instruments such as this one to find within each instrument's nexus of thoughts, experiences and emotions those things which we can use to say in a slightly different way that all is love. But you also each did come with a personal agenda, so we encourage each to relish the process of suffering and to know that it is this very seemingly difficult experience that you so wished beyond in order to make vivid to the self those lessons of love which you felt you could learn better. Person by person by person by person, a net of gold, that gold being love, faith, the desire for that which is higher and more lovely. We can only thank each individual whom we have the pleasure of meeting, as we have met each of you, for the love and care you give to the cause of love. We have passed the way of service many times, meeting others upon this path, finding that as the threads of this group have woven a beautiful and loving tapestry, just so is such a tapestry woven by all those who seek to serve the one Creator. However, we have also suggested previously that those who are most helpful in any regard or manifestation are those who seek first to love and to give in that attitude of love that which is theirs to give, seeing beyond the illusion of limits and the seeming prison that many upon your planet inhabit in systems of governing that do not allow certain freedoms.

1995/10/22: The second-density entity gradually becomes aware of love because of human energy invested in the second-density creatures such as your pets. As each density has its lessons, so the lesson of third density is that lesson of finding ways to love and to be loved, not only in relationships of one person to another but also in relationship of groups of people to other groups. However, it is the function of third density to complete work on that orange ray of personal relationships and to study and attempt to absorb ways of learning to love within the yellow-ray energy center, that ray which is involved when group-oriented energies are shared between individuals. You choose who shall play mother, father, spouse, lover, friend, enemy and so forth. Mostly to be remembered in this regard is one simple rule: you are here to learn to love. Find within the self at any time where the love is, where it can shine. The one known to you as Jesus said to you, "Love one another." As you love one another you are loving the one infinite Creator, for this spark is the basic essence of all conscious entities. You are love. There is just a very heavy coat of flesh upon that lightning spirit born of love that is you. Whenever this is not felt and you become aware that the heart is closed we ask that you touch in to your own faith, to the guidance that surrounds you, to the love that overshadows you, the mystery that made you and claims you for its own, and rise refreshed and peaceful. Forgive yourself, for in forgiving the self you become able to forgive all and the redemption in the eyes of a peaceful person is a blessing indeed to those who behold it, and to the planet in general, for love lightens the planetary vibrations. This love does not come from you. We would not ask you to attempt to develop such a thing as infinite love. We ask only that you open the self, allow pain to hollow you out and make you a beautiful and transparent instrument through which infinite love can flow. We feel it appropriate to speak in a general fashion about the entities of which you speak but are not able to give specific information about their particular development and the forces which have them as they are, for in truth, my brother, all peoples of this planet and indeed all entities within this creation, share the formative powers of love. These creative forces have made these entities individualized as they are, for these forces have included not only the love of the Creator and the light of the creation but the free will of entities working as races, as groups of entities that have for many incarnative episodes chosen to move along a certain path that would make them unique, that would give them identity, that would give them purpose, that would give them direction, that would give them inspiration to continue upon this infinite journey of seeking, of learning and of sharing that all portions of the Creator has chosen as means whereby each portion shall glorify the Creator by that which it is, by that which it becomes. The great healing power of love, then, is that which aids all in this process and those which are far-seeing in each grouping will become aware of that healing power, for all spring from it.

1995/10/29: As we gaze at the subject of the core being and how within incarnation to find access to it to know the self we ponder which tack to take in discussing this seminal and interesting question, for in one sense the core being of

all that exists is the one great original Thought, that unit vibration, shall we say, known as Love. Indeed, this love is your essential self. In third density, which you now enjoy, the lesson is in learning how to love and how to accept love. These lessons are two sides of the one coin of love. You have entered into this incarnative experience because you felt that there was room for improvement in your understanding of love. If you are in love with life, if you embrace the present moment, then your core vibration is expressing at its best, shall we say, at its most harmonious, at its clearest and most lucid. This nexus of vibratory patterns is that which you came to share with this planet so beloved to each of you. Let us square away and tackle that thought, for the self-judgment, while useful in Earthly pursuits, is peculiarly disadvantageous to one who seeks to give the self in love. But in judging one's own value it is very easy to spend time tearing the self down, which could better be spent in holding that dear human self in the arms of the love within and comforting and being with that dear child of Earth that tries so hard and fails so often. And so you seek by will and faith alone to make choices that place you to the best of your judgment and ability increasingly in mental and physical states where you are dwelling within the love of the moment and are able to serve others. Within this illusion, however, the choice to give, the choice to make expressions of love, especially in the face of a perceived not-love is precious, for choices made in the darkness, in the absence of knowledge, go very deep.

1995/11/05: Along the way in this continuing learn[ing] process the experiences of love and of fear have gone deep, penetrating the surface of the personality, penetrating eventually even the deeper character traits. Those experiences when one has experienced love have provided each with times of transcendent joy, and this is the gift of love, that when experienced purely it brings with it a freedom and a lightness that is ineffable and that is precious and to be trusted as a real experience. But you see, as you came into this incarnational experience you were looking forward to the opportunity to enter into the transforming of the self chemically with great enthusiasm and gusto, for the veil of forgetting was not yet in place and you saw the incredible opportunity to learn and to serve in the name of love. And this agenda (is) always to do with love, for you see this is not the density of wisdom. This is the density of love. So we encourage you to go on, day by day, and hour by hour, not asking yourself to be wise, but asking yourself to be loving to yourself, to the world around you, and to your other selves which (are) the very essence of your being. We ask you to put your arms around yourself within and to give love and support to that pilgrim soul which sails the seas of life, seeking hungrily, yearningly, constantly for that which beckons, that which calls. Today I am love made visible.

1995/11/12: That which is fundamental is the one original Thought which is Love. In a weakened state one has difficulty in reaching out to others in love, reaching to the self in love, and reaching to the Creator in love. Allow that essence that is the Creator, that is love itself, to minister unto you. The need is simply to remember love, for all things shall pass but love. Love remains. Give it your best effort and when you perceive yourself falling off of that evenness into rosy idealism or bleak despair allow those emotions and know that all states of mind alike have as their basis, love. And when the mouth is bitter with the taste of despair it is difficult to remember that the basic vine is love and that one needs only to travel back down to the roots to ground the self in the Creator. You can take that child and open the doors of your attention to love and let that love dwell, beaming, radiating that one great original Thought until that child within is permeated and completely saturated with that love that dwells so perfectly at the center of your being. As you learn to work with your own moods without judgment, without reproach, but with love and patience, so you shall begin to learn peace, for peace is not the removal of all that is not peaceful. Peace within is a fruit of regular, repeated, consistent and thoroughgoing willingness to experience the self as the self and to regard it with love, for all things in their time shall certainly occur within you. We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. I am Q'uo, and we are pleased to report that those of Hatonn are always with this group in spirit and lend their aid and love to each.

1995/11/17: Each has a burden that is carried at some cost, and each has a yearning that cries within and yet is

deeper than tears can express: to love, to be loved, and to be of true service. And the desire, the emotions of yearning and hope, are in themselves more highly to be regarded than any knowledge that can be expressed in words for the life of the seeker within your density's journey from the head to the heart, from knowing to loving; nevertheless, much in the way of tools and resources that may aid in seeking can be expressed. At this time we turn the microphone over to our beloved brother Aaron. You all wish to lead your life in love; and yet sometimes incomprehensibly to you, you end up living parts of it in fear. How do I get rid of my fear and living to love?" Others of you understand that both the love and the fear are expressions of devotion. But still your strong choice is to live your life in love, and there may or may not be subtle judgments about fear. It takes tremendous love and courage to move into incarnation. To live the devotional life is not to be rid of fear; but to even offer that fear is part of the devotion—to learn that everything is an expression of God so that the love is found within the fear, for fear is merely a distortion of love. I can only speak to you from my own perspective, which I offer to you lovingly. If any words that are offered to you do not help you to live your life with more faith, more skill, more love, you must always put them aside. I wish to turn the microphone over to my beloved brother/sister/friend Q'uo. And the siren may be equally, justly, seen as the aid, the tocsin which rings, to remind the heart of the love it bears for that portion of the self caught in pain, in fire, or in the ceaseless athanor of the alchemist's lore. Just so, love all of the self. We would at this time turn the microphone back to our beloved brother. This which we might call God is infinite love, infinite wisdom and intelligence, always thinking to expand itself and to express itself. I don't have to hate myself for experiencing it, only love and respect the experienter of it. To live the devotional life is to be willing not to attach to fixing the self, but rather, to aspire to loving the self. To live the devotional life is to love the Divine so much that you are willing to put holes in that armor, to give up your fear or at least your ownership of that fear. Can you love this small self that falls into mud puddles. It is easy to love God; but can you love this that quakes in fear, that sometimes lies, grasps or abuses as expression of that fear. ah, dear, dear pride, lovely vanity, elegant sloth ..." Do not fear these attributes. Tuck yourself in with love this night, and cast all your burdens into the powerful and compassionate arms of the Creator, whose nature is love and whose love is nearer than your breathing. It is such joy to rest here in this circle of sincere and loving seekers. I love you all and wish you a good night.

1995/11/18: Good morning and my love to you all. There is nothing "other than." In the moment when you symbolically pull the plug, you shift tracks from the fear track to the love track. And you can watch the parade from the sixtieth floor at the same time—a spaciousness which reaches out and ties each shoe as it passes by, but without any fixation on any of this passing parade as "self," without any self to protect, just love which comes up to the highest floor and watches the whole process. I thank you with loving and grateful heart for wanting to share with this circle in this way. To us it remains an inimitable and ineffable Mystery; and at the same time, as we become more ripened as spirits, we become ever more deeply in love with this Mystery. We might suggest as a tool to be used in moments of self-judgment, the visualizing of a scene upon the stage of consciousness in which the Creator's hand is downstretched, open, palm upward—that hand being as tall as you, you being just able to reach into the palm to give to this outstretched hand of love the gifts of your humanity; for we assure you that the Creator finds these gifts precious. Look now and see the beautiful colors of these shards of a life broken as they gleam and shine—blessed, accepted, and transfigured by the love of the infinite One. You are loved in every tiny iota of the fullness of your being. We would at this time turn the working over to our beloved cohort, that prince in monk's robes, our Aaron. Noting the contraction, you make the skillful and loving decision to move back into harmony, to observe the contraction with a certain spaciousness and kindness. Can I sit here with each light, on the ground floor with the human squirming, wanting the light to change, while from the top floor, awareness is observing how much tension this human is feeling and offering it love?" As you nurture that higher perspective, you begin to keep the door open so that you can come into painful catalyst, observe the painful contraction, and not fixate on doing anything about the contraction—not getting rid of it or flinging

commendable. That it has inadvertently placed you in a situation where your energy system is somewhat off-balance is simply part of that which you are taking in as catalyst and that which you will work out in time and with love as part of your spiritual journey upon planet Earth during this incarnation. However, your faculty of judgment, honed brilliantly as it is, is not that all-compassionate and all-loving faculty that waits for you in the open heart. There are times when a love of detail and the desire to find the bottom line and solve every problem do not serve you well. When you are attempting to love, forgive and come into a deeper understanding of yourself, such rationalization may well be a very blunt instrument to use in comparison to your faculties of faith and intuition. We would take a step back from gazing specifically at you, my sister, and simply talk about the way it feels to experience unconditional love. We would suggest that you find a face for unconditional love as it awaits you in your own heart. Personalizing that loving presence that awaits you with open arms and a full heart is often helpful in creating the environment for you to move forward through this period or place of resistance that is like a meniscus¹. Now, as we gaze at the thoughts within this instrument's mind at this time and within your mind at this time, we find ourselves drawn to speak concerning this intense feeling of being alone and the accompanying feelings that you have deficiency in your ability to create sound and loving relationships, either with yourself or with others. We believe that you will find in each area of your life that if you can forgive yourself, love yourself, support yourself, and encourage yourself, you will be creating for yourself a healthy, sound atmosphere in which you become relaxed and begin to have what this instrument would call "fun." It is well for this to occur, not because we encourage frivolity, but because we encourage balance. We salute you, my sister, as a warrior of love and light. The time will come when you will be able to look into your own eyes and love yourself dearly, unquestioningly and honestly. You will not love yourself because you have become perfect within third density and within incarnation; you will not become perfect. You will love yourself because you finally see yourself as you truly are, as a child of the one infinite Creator who is often confused, often mistaken, and often wildly off-kilter but who always and ever is perfect. Continue that process, my sister, but seat the examination in love, thanksgiving and appreciation. Where is the love in this transaction. If you do not feel it from the other entity, then you shall need to be the author of what love there is in the situation. You were chosen for an incarnational experience because you had a great deal of desire to come here, to be of service here, and to work on a very delicate balance between love and wisdom. Perhaps you have suspected that you have overbalanced into wisdom and now wish to see-saw back and forth until you find that exquisite sweet spot where love and wisdom flow through you as one thing so that you are your highest and best self and you have all of those gifts which you brought into incarnation available for offering to the Creator and to the global tribe of planet Earth.

2006/02/05: That question, as it is within this instrument's mind, is, "How can one love unconditionally and yet hold the sword of Michael?" We are those of Q'uo, and aware of this query. One either must love or one must tell the truth." And we agree that that is the dynamic that this question raises. If one is to be loving, how can one be wise. If one is to be wise, how can one be loving. Yet, we would call to you, for you know and have in your mind and in your heart, live examples and those examples in history that have embodied both love and wisdom. It is an energy that does not seem to bear a relationship with unconditional love and yet, the life of fire is light. Light represents that which was thought by that Thought which created all that there is, which is love. We cannot encourage you enough, if you are interested in this paradox, to go into a meditative space within your mind, within your consciousness, where you will allow the blazing fire of truth and the absolute blessedness of love to occupy you. But you are well able to approach that within yourself and to know that waiting for you is an entity who loves you with an energy that is indescribable and complete. The goal for those who move from a point of seeking devotion is to move the balance from wisdom more towards unconditional love.

2006/02/06: In general, those who work analytically and mentally will find the study of psychology and psychological types to be far more helpful than those who are what this in-

strument would call mystics or spiritual students of the kind that this instrument would call chelas, under the guidance of a guru or teacher.⁴ For those who are focused on a guru or a beloved teacher of some kind, the only truly helpful information involving personality is that information given by the very being or presence of the teacher.

2006/02/07: The situations that an entity enters are full of possibilities, and when an entity's response to those possibilities moves along a line that identifies feeling or emotion and allows that feeling or emotion to be filled with the information of love and light, by whatever means such an entity chooses to use, that entry into the archetype becomes a thing in itself, or as this instrument calls it, a ding an sich.¹ It is not dependent upon the personality or the situation of an entity, but rather it is dependent upon the choices and the attitudes of a moment.

2006/02/12: You are becoming more and more aware that you carry within you the consciousness of what this instrument calls the Christ or unconditional love. Do you seek a white-haired, ancient Lord of Lords, that Old Testament figure that judges as well as loves. Or do you seek that mystery which lies beyond all words but bears the name of unconditional love. However, other shards and splinters of the sunshine of the Creator are walking beside you, praying for guidance from the same Creator, being shined upon by that great and unending source of light and love, gaining inspiration from the same guidance. In a less formalized and much more everyday way, everyone at all times is receiving the love and the light of the one infinite Creator and is transducing it to a certain extent as it moves through the energy system of the chakras. It is a blessed work that you have accomplished in blending your energies, in loving each other without reserve and in seeking together.

2006/02/26: Therefore, this instrument was forgetful in squeezing the hand of the one known as Jim and we apologize for startling this instrument and disturbing the beginning of the session.¹ We would pause at this time for we wish simply to share the love of the infinite One that flows through us with you. (Pause of approximately one minute.) Ah, my brothers and my sister, this love transcends all the words that we can find to use. This love of the one infinite Creator is that which creates and destroys, that which causes changes. Each change, each aspect of the one infinite Creator, is beautiful and worthy of love and we share with you only that which we are given a hundred-fold, a thousand-fold, and a million-fold. Rest always in the knowledge that you are loved completely. There is no part of you that is not loved infinitely. Through eons of time, encompassing vast numbers of individual experiences, you have come to love the planet called Earth. Again this is true not only of this particular group but of each group that gathers to seek the truth and to offer honor, love and praise to the one infinite Creator. As you use your will to choose to open yourself to the light and the love that is in each moment, in each situation, and in each relationship, you will find that love itself will teach you what love is. We encourage the one known as B to realize that these experiences are safe for him because they are being experienced in the nest and family of a group whose energy is able to help move energy aside in certain cases within the energy body where there have been blockages so that the love and the light of the infinite Creator can flow through in an uninterrupted and balanced manner where previously there was a shortage of that infinite energy coming from the Earth. There is never any need to feel alone, abandoned, neglected or discouraged in a universe so replete with loving energies of every imaginable nature that cluster and gather around each soul that is attempting to seek the infinite Creator. Waiting in silence is the whole undistorted essence of unconditional love, that Thought, that Logos that created you and the creation in which you exist. You are love. As you seek to understand love, know that you already are love. Each entity within incarnation is love, a sacred being whose essence has come into flesh. With what shall your heart and your mind focus and choose to love or express love. Again, as we end this portion of our discussion, we would pause, for always the words end but the love flows on, ever-powerful beyond description and more real than anything else. And you will be in a place of tremendous unconditional love. Shall you, by faith alone, acknowledge the love and the light that is your essence and therefore become more and more deeply who you are. I understand the heart is based in love but maybe I just don't understand what the consciousness is. May you go

we said, by many groups such as yours who gather for reasons larger than themselves, and you have in common a great love for the Creator and a great desire to serve the Creator. T No, thank you, Q'uo, that was lovely.

2006/01/09: See what you can do, my friends, to use that power well, lovingly, compassionately and wisely. We would simply say that it is well to be aware, when you have so many kind, compassionate, honest and loving mirrors about you, of the gifts that you are given by those about you in this group as you interact. And that energy that each of you has put out in simple and unconditional love and support for the planet and its people has enabled the energies of fourth density to interpenetrate third density without kicking off the polar shift that at some point is inevitable. Instead, the shift has been occurring little by little by little, because of your love, because of your work. It seems to us a fair and lovely thing for each of you to use the tools which you know to craft that which is your very best effort at sharing the light and the awareness that lie within you. The message of the song can be taken better by people who do not enjoy working with the concept of a person named Jesus if they substitute "unconditional love" for "Jesus" and "lightworkers" for "Christians." I also apologize for the 19th-century, politically incorrect use of "brothers," where clearly the plea goes out to brethren and sistren both! This is the first verse: (lyrics start) O Jesus, thou art standing outside the fast-closed door, O shame, thrice shame, upon us who keep him standing there.

2006/01/15: The love of which we speak is that unconditional love that is the Logos. That light is that which the idea of unconditional love used to impress upon that light the distortions necessary to create the illusions that you see as all the densities, your creation, all your planetary bodies, and all of you—shafts of the sunlight of the infinite Creator, sparkles in the Creator's eye, and holographic portions of the creative principle. It could come from that which calls you from beyond, from the realms of love, from the realms of wisdom, or from the realms of unity. If you are excited and passionately energized by devotion to the one Creator and wish to sacrifice yourself and serve to the exclusion of all else, you are probably being called by love itself, that energy that this instrument knows as Jesus the Christ. There is much to learn from that energy of pure and unconditional love and, indeed, it is that central theme that calls everyone forward who wishes to graduate in service to others from third density to fourth density. If you are being called to examine the balance between love and wisdom, you are probably being called from sixth-density ideals. It is much more likely that there are energies within your plan for incarnation that are calling to you to focus on either pure love, pure wisdom, or achieving a better balance between love and wisdom in your decision-making. But also be aware, my friends, that if you have a love pattern, a wisdom pattern, or a unity pattern, you will have distortions which are offshoots of this basic bias in your studies and in your learning. Because a portion—and hopefully a growing portion—of who you are is the impersonal "I" that is the one infinite Creator's love and light flowing through you, not from you. The one known as R was speaking earlier of experiencing a moment when she was at a retreat weekend which was designed to help entities meet the Christ, meet unconditional love, fully. As we have said before, we say it again: we turn that image around and say to you that the Christ, unconditional love itself, is waiting for you in the heart of your heart, in the holy of holies that is your inner sanctum. But first rest in the unconditional love of your own heart. Allow love to be you and you will find that you are ever more healed and ever more balanced. All of you have had the experience of receiving disharmony from others and you have made that choice to give back love for discord. All of you have taken sacrificial choices to give instead of ask, to love instead of seeking to be loved, and so forth. If you can breathe in gratitude, your lungs begin to hold more air, more love, more light, more energy and more life. You are a creator and you have a creation that you can populate with the ideals and the beauties that you love.

2006/01/16: We can confirm to the one known as K that her energies, her agenda, and the structure that she has prepared for herself for what she and those present would call your future are on task, on target, and resting in the loving and compassionate hands that hold you, together with your guidance system, in an embrace of creative love, light and thought. We believe this shift in your frame of mind will, in and of itself, be very helpful in recreating the at-

mosphere and environment in which you live and move, in terms of your mental and emotional processes, and make it far more easy for you to rest, spiritually and metaphysically speaking, within the structure of safety and guidance that your open and loving heart offers to you. And, as is to be expected, at the same time there are threads of thoughts and ideas concerning possible directions which are new to you or somewhat novel to you, in terms of service to others, that are opening and coming into your life at this time for you to consider as possible ways for you to create and re-create your own unique and special brand of love and service to the Creator and to the people around you. Your criticism of yourself has been that you have too highly colored your soul nature through subtle biases which are extremely attractive and aesthetically lovely. You wished to find within yourself the very heart and center of these beautiful aspects, cleansing from them excessive coloration and instead welcoming into these aspects of yourself an increasing amount of transparency that is able to carry the full energy of the love and the light of the one infinite Creator. This is the opportunity to live the love and the light of the one infinite Creator in every breath, thought and action that shall never come again. K Q'uo, you often comment that a major lesson for many wanderers who are incarnated right now in third density is to balance love and wisdom. You have often referred to Jehoshua, the Christ, as demonstrating the highest expression of love but perhaps not (of) wisdom. Is there any example of someone known to us in third density who has balanced love and wisdom. The writings of this teacher were cryptic and brief and yet we would recommend them to one who wishes to look for the twin strains of love and wisdom appearing in a balanced manner.² The characteristic of such energy reflected into third density is that characteristic known as paradox or self-contradiction. In the balance between love and wisdom, there is always the quality of paradox. When you look for the commonality in such dynamics, you can begin to see the direction of thinking which is the special province of one who is working with the concept of the unifying principle undergirding both love and wisdom. The other character whose name we would mention at this time is that of Mahatma Gandhi.³ This entity was an entity which came into incarnation to work upon that balance between love and wisdom as a sixth-density wanderer. And in the third phase of this entity's life he worked to ground an entire nation of diverse people in that sweet spot or common area that is indwelt both by love and wisdom. He found ways to encourage fairness and justice while never releasing concerns for love itself. In the writings and actions of this entity also lie valuable lessons in the keys to combining love and wisdom in creative and sustainable ways. For instance, this instrument had the impression (during tuning for the session today) when she called forth her male and female guidance—those aspects of the Holy Spirit, in other words, that have to do with love and with wisdom—that both the male and the female figures were wearing white.

2006/01/20: There are a few fourth-density positively-oriented wanderers among you at this time, but, for the most part, if you are a wanderer you are probably from the density of wisdom or from the density of unity, that density in which wisdom and love are balanced. And your interest in coming to the Earth at this time was to improve the balance of love and wisdom in your active, conscious personality. They have in common a tremendous love for the planet, for its people and for the Creator and a serene and undisturbed belief and faith, in an unconscious and carefully protected part of the personality shell, that they are in the Creator's service and part of the godhead principle. Rather, there will be a time of between one and three hundred of your years, from the probability/possibility vortices at which we now look, where your peoples will be able to continue to incarnate in third density to continue to heal the planet and to harvest those entities who are ready now to choose light over darkness, love over fear, and the lessons of the compassionate heart over the lessons of self interest.

2006/01/23: Because I don't have a sense of purpose or even feel that I belong here—alive, living on Earth—I feel I've not learned key lessons properly in regards to right activity, right companionship, right home, knowing my true identity, and loving myself. We would wish to point out to you that the dedication, the love, and the courage that you have shown in being persistently and determinedly concerned to fulfill your mission and your purpose within this incarnation is quite

your anger about it on another, but just noting, "Here is contraction," and dancing with it. You learn to act skillfully from a place of love; to relate to the world in ways harmonious to the human's value system; to bring about change, but from a place of love and not from a place of fear. Recall how Peter leapt from the boat and walked to meet his beloved rabbi. Always your beloved's hand awaits your reach. Amongst those of you who place high value on offering your energy lovingly to others and who look with abhorrence on the possibility of offering your energy in ways that will hurt another, there is popular misconception that when you are abused, you must be doormat to that abuse. But also, there is a time to speak your own truth, not from a place of fear which would defend in the same pattern that the partner defends, but from a loving place to both of you which says, "This is enough." The statement is not offered in condemnation of the partner, but offered in the same way that a loving parent picks up the crying two-year-old who is having a temper tantrum and who has begun to pick up items, such as pots, and fling them. But it wraps it in its loving embrace and prevents it from doing further damage. It holds it lovingly until its energy has quieted. He also called this moving from a fear track and not a love track. Love is unlimited. If indeed there are infinite solutions, if in fact there has never been a problem, only a situation that needs loving attention, then you must begin to ask yourself why these "myriad solutions" elude you. What if G were to begin to visualize a loving and harmonious relationship with her husband. As Q'uo pointed out, you must be willing to take that hand which offers to you the strength, the courage, the love to follow in the path. At this time I would pass this microphone to my beloved friend Q'uo for final thoughts and the conclusion of this session. I thank you all deeply for allowing me into your circle; and also, on behalf of all who live for the greater opening of love in the universe, my thanks to you for the courage with which you continue to seek those openings of love in yourself. Love does abide—not your love, but the Creator's love. You cannot overspend the love that comes through you. The task lies in allowing the self to become transparent so that the love flowing through creates that glow that recreates the face of the earth.

1995/11/18: [This session was preceded by a period of tuning and meditation.] Aaron Good evening and my love to you all. To live the devotional life is to love the Divine enough to take that hand that is offered, to offer up those brown stones that Q'uo spoke of and allow the Divine to turn them into shining gems; to release fear, to observe and release attachment to fear. You may cut yourself loose from this illusion of fear and have the love and faith to come back and rest in that divine truth of your being, which is fearless. The love that ignited creation is also that which destroys. And yet if the surgeon has not a love within its touch, there will be curing but no healing. Whereas if the seeker who does the dishes has that remembrance of the holy nature of all life, it shall be lightening the consciousness of the planet as it lovingly cleanses, rinses, and appreciates each dish; and the very dishes themselves shall lift their tiny voices in praise. It is possible to touch into this energy simply by remembering that all things are alive and aware and loved by the infinite One. Intimate contact with Deity, or any grasping at spiritual enlightenment, lays a fatal crack in the foundation when such grasping at contact or enlightenment is grasping from a place of fear rather than opening from a place of love. When the foundation is strong, when the homework has been attended and the opening to the Deity is a natural opening of the loving heart from a place of no fear or grasping—then it is never fatal, but expanding and wondrous. When the intensity derives from a loving heart that so deeply aspires to purify its energy, so deeply aspires to move itself into harmony, then that intensity becomes a powerful lifting device, moving the seeker forward on its path. But that motivation comes both from the heart of love and from places of fear. You do not need to get rid of fear to speak and move from a place of love. But when we learn to relate lovingly even to our fear, then it no longer controls. For each action, each relationship, each detail and nicety of the day, is ripe with the blossoms of love, beauty, and truth. When you practice returning love to increasingly heavy catalyst, you strengthen the ability to love. And it is the strengthening of that ability to love which will offer the universe the ability to move into its potential of light. Therefore, your increasing ability to return love to negativity and not to heed it is one major force that will shift the balance. This truly is the core reason for

this harvest: to bring all of the mature, loving, and wise energy into as strong play as possible—saying no to negativity, not with fear, but with love. Please bring to your heart and mind the image or presence of one whom you love and who loves you. No matter how much love there may be between you, there are times when this one has hurt you and there are times when you have hurt this one. We begin by asking forgiveness, speaking with open heart to this loved one. I love you and do not wish to hurt you. You might wish to tell him or her, "Love has been there between us, but also pain. Please look at the self as you just looked at this loved one. I love you. "I love you. Say your own name to yourself, "I love you. As you become able to extend forgiveness to the loved one who has hurt you, to receive forgiveness from that loved one, and to extend forgiveness to the self for its seeming imperfections, can you then reach out even further into the icy water to one with whom there has been deep pain. You are touching the possibility of forgiveness as you open your heart to the immensity of your pain and the infinite nature of your love: May all beings everywhere love and be loved. I love you all and wish you a good night.

1995/11/19: It has been such a blessing to spend these few hours with you in seeking together a more lucid distortion of the one great original Thought, which is Love. It is the confidence and focus within that turns bare earth into holy ground, blazing with the incandescent light of love supernal, limitless, and whole. It is your challenge to find ways to open the heart to the present moment and the love therein. We ask you to know deeply and surely that each mistake, each error, each missed opportunity, is a gift to the infinite One just as much as each moment when you judge yourselves to be, as this instrument would say, "on the beam/in the groove." Clumsy or graceful, awkward or flowing, your spirit is utterly beloved. The one known as Aaron and we can never express adequately our love for your pilgrim souls. As our beloved Aaron says, simply express which of us you wish to respond, and we shall go from there. It is not just bringing you back to where you were; you are then Love. And there is no limit to the amount of love that you can express. So, you would rest in the astral planes, picking up those lessons of love easily as they came until you had reached that point where you could say, "I've learned it." As Q'uo just expressed, that shining light is always ahead. There is always more to learn about love. You have entered incarnation in faith that this is a tool that will help you to learn about love, not to a finished point, but to continually enhance the process of loving. We find that the wonder and beauty is that those that have graduated through the earth plane teach love and compassion to the rest of the universe. Truly, the masters of love in our universe are amongst those who have moved through Earth's catalyst. But the practice of forgiveness is also what allows the human to put back on its microscope glasses and work with the knots of incarnation in a much more skillful and loving way. How can the loving heart not open to the human who wants to feel safe and in control. K Is loving more deeply one way to move out of perfectionism. When I said love is the only way, I do not mean that you must find a love switch and flick it from off to on. The offer of love is a dimmer switch. The love that is inherent to you cannot help but manifest itself if you give it the opportunity to do so. Q'uo We are those of Q'uo, and we seem to linger on this issue with you my sister; but we simply have such a love of talking. [Pause] (Bell) May the love and light within this room shine itself out into the universe. There are no words for my boundless love and appreciation of you. As you walk this path and sometimes feel alone, please remember how deeply you are cherished and be aware of all the hands that extend themselves in love to accompany you on the path.

1995/12/10: There is also a spiritual difficulty as the days grow short, and that is that when one is less comfortable, huddled in upon the self and responding to the increased darkness, one is also apt to become hungry for the food of spirit, for the light that appears as love itself, warmth within the heart, secure openness to the being. You hoped to serve in the name of love. You hoped to learn those lessons of love which you felt were worth refining and emphasizing in your deep personality.

1995/12/17: This instrument is suggesting to us that we allow more time than usual for questions and answers, and so at this time we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. As the line of light continues to move upward, the spirit

complex is added to those individualized portions of the one Creator which have been able to give and receive the concept that you know of as love in sufficient degree to so individualize the entity that it is ready to add the spirit complex and thus have the completion of complexes available for the free will choice of third density as to the positive or negative—so-called—paths of continued evolution. Thus, the effort was put forth by those of the density of love and light in balance, that being six, working with those of the same vibratory level who had taken incarnation for the purpose of such a mission. The one known as Jesus replaced the many laws of Moses with but two: to love the Lord, the God, with all the heart, the mind and the soul, and to love one's neighbor as oneself. That is, do all that you do because you love. I am Q'uo, and am aware of your query, and would suggest that the analogy is a good analogy, for the mind in its intellectual capabilities is able to refine the great outpouring of love from the heart in a manner which may be more effective in serving others as it takes into account that which they ask.

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1996/01/14: Among those words we choose love. The love of the one infinite Creator is a vibration, a logos, if you will, and that pure love has generated that which you call light in order to create a manifested world. And into that sanctum sanctorum of the open heart, silent and listening, there resides the Creator whose name is Love. Rather, we suggest that it works little by little to open the heart and the awareness to the presence of love. There are other ways to find love. Even if you look within the mirror at your own eyes and look into them, you shall see that which you do not know or recognize as personal, for you carry within you a consciousness which is love. Those who are pleased with this present world scene shall continue to work on the lessons of love that your illusion provides so generously. This choice is the choice of how to manifest that love. The two paths of manifesting love we have often called "service to others" and "service to self," for if one looks into another's eyes and sees the Creator, if one can gaze in the mirror and see the Creator, then to serve the self is to serve the Creator and to serve others is to serve the Creator. This Creator loves each spark that It has flung from Itself. You are loved in a way far deeper than you can imagine, and whatever path you chose, the Creator abides with you. Thus, as you see the difficulty in motivating yourself to complete your meditations, this in itself is likened to a meditation where the focus falters and moves from the one point so that it must again be returned with patience and love to that one point. You are not alone, my friends, even when you may feel great isolation, for there are those such as ourselves and many, many others who walk with you and rejoice at your every step of seeking the light, the love, and the truth of the one Creator.

1996/01/21: We are wondering if this covenant made with the Jewish race and perhaps the Arabs too was why Jesus made a new covenant focusing on love rather than the eye-for-an-eye nature of the old covenant, and we are wondering what Q'uo might have to say about that subject. Each center which gathers for the purpose of seeking the truth and finding light and love is a kind of lamp that turns the darkness into dawn. In the testament of the one known as Jesus, the place of the law is simply turned upon its head as the one known as Jesus is quoted as saying, "Man was not made for the Sabbath, but the Sabbath for man." The direction to love the one infinite Creator and to love each other-self as the self is not a detailed, closed, or encapsulated direction. It is specifically open-ended, and the one known as Jesus goes to some pains in the body of teaching that survives to impress upon those whom He taught that there is never an end to love. Not that there is no structure, just that there is, beyond all structure, love. We only know how to be faithful to love. When it is accepted within the heart that nothing can be known and that a sea of confusion will always surround love, then the mind and the heart are better armed to take up the walk of the pilgrim who seeks truth, peace, and love. And we say to you, "Yes, love exists. Love is before, after, and around all that is." You do not seek an ephemeral. Through this speaking and intermingling, shall we say, the attempt was formed or fashioned in a way or in a philosophy that attempted to weave all experience, desires, and expenditures

of energy as portions of one great tapestry of energy, love and unity. We would take this opportunity to remind each entity present that though the details of such an interaction are quite interesting upon many levels, it is well to remember that the process of the evolution of the entities involved is one which is at its heart in accordance with the free will choices of the peoples of this time who, though laboring under dual influences, did have enough previous understanding of the heart of the evolutionary process, being love and compassion, that this positively oriented source of information was for the most part ignored by the majority of these entities who were evolving according to the energies set in motion... And we would answer by suggesting that the Law of One was the primary information given in the distortion of the ways of love and understanding, so that there were those philosophers within the Greek culture and experience which made this assumption the foundation of their philosophy and their view of the nature of creation, its purpose, direction, and ultimate conclusion. The phrase, "Son of God" or the phrase, "The Christed One" are means of expressing the kind of consciousness available to those who have been able to open the green-ray energy center in sufficient degree to feel and experience this creative force of Love that has made all that there is. This quality of consciousness or attitude of beingness is the goal or opportunity which is offered each third-density entity as a means of passing from this illusion to the fourth density where the study of; this creative power of Love is that which is the focus of all energy expenditure.

1996/02/04: (overview) The question this week has to do with the possibility that it might be as hard for service-to-others oriented people to accept the love offerings of others as it is to give love in service to others. Your peoples are capable of the greatest degree of love and kindness and we rejoice in seeing that in that season when those things are hoped for, they also occur. The opportunity to share our opinions with you is an enormously profitable one for us, for we are able to be of service to you and we truly do give that service with a whole heart and an unreserved love for each of you and for the light that each comes to and yet brings within him or her to this circle of seeking. This instrument is saying to us, "Hello, Laitos," and we say, "Hello, dear one." We also say from Hatonn, "Hello, dear ones." Now to your topic of the day, which is receiving the love offerings of others. We invoke the one known as Don's "180 degree rule." Receiving the love offerings of others is the greatest gift you can give and is won by giving in service to others. When you reach the point at which there is no difference between receiving and giving absolute and unreserved love, then shall you be ready to learn the ways of wisdom. When it is time to accept love, learn, my children, to say, "thank you" with an open heart and a clear mind. The reciprocity is in accepting love without reservation or any evasion that would create an invulnerability between you and the other self. That thought is love unreserved, complete, utter and whole. This love chose to manifest itself and created light. Yes, but always each iota carries the signature of the one original Thought, which is love. All you give is love. All you receive is love. And indeed this is so, yet some beginnings are larger than others, for as we spoke previously, each entity has cycles and seasons of growth, of harvest, of quiet time, of renewal, of beginning again this great cycle of experiencing the one Creator in many forms and yet seeing how all dissolves to one concept or quality called love. And yet all will dissolve into this quality of love. And it is this unifying energy of love which seeks to express itself at all times and in all guises. Thus, for one who begins a new journey, there is love. For one who ends a long journey, there is love. For one who feels confusion in the midst of what seems like a difficult journey, there is love. To be able to accept that which is in one's incarnation at the time of the experience is love revealed.

1996/02/11: However, as the one known as B made a decision to establish the residence in order to be a part of this group, week by week, there was a call for the compassion and loving attention which the ones of Hatonn so beautifully personify. That is, the lessons given for which the gifts are prepared are lessons in loving, in becoming more able to accept love, in the patience that is love's steely center, and so forth. So, one who has gained seniority by vibration is one who has taken those gifts that it was given and has attempted wholeheartedly to use them in order to work upon those inner lessons of love, patience, mercy and compassion. We are aware that this group is desirous of serving to the very, very

bration. But through time, through the loving perception of your own pain and through your working with that pain, you begin eventually to have sympathy for yourself. That which has the tendency to create that shaking-up, breaking-up action is love. Remember that your experiences within your birth family of what love is have not been those experiences which were very encouraging in terms of the safety of one being in the arms, the heart, and the words of another. You shall need to create that safe place where you may be true, vulnerable and loving.

2005/12/12: The principle of service to others is to love the neighbor as the self, as this instrument would put it from her Christian background. J I feel a deep and abiding love for the animal kingdom, especially the felines. And I wonder if you can share anything about the meaning or significance of that and particularly about the beautiful and most instructed relationship I had with my beloved cat, MaxCat. This instrument is also a lover and a keeper of cats and we find from gazing within her mind that it is her opinion that the cat owns her rather than the other way around. The waves of energy that are moving through the planet at this time are many and intense, as befits that time in which you are now living, where fourth density has completely interpenetrated third density and there is a strong energy of unconditional love that is flowing through the inner planes and effecting sharp shadows when energies within the third-density existence are experienced that are not in harmony with fourth-density values. We encourage you, therefore, to open your senses when you have the opportunity to share time with a pet and to have that awareness that the possibilities do not begin and end in simple affection and shared love but they penetrate that level of the subconscious where thoughts become things and where an object that is seemingly physical like a cat can become a spiritually wise and very aware messenger that brings to you information from deep within your own subconscious process, thereby acting as an archetypal force within your process. J I found love by seeking the truth and it's been my perception that truth and love are different experiences of the same energy—like two sides of an energy coin. This instrument was speaking yesterday about the relative uselessness of a word such as love. It has been robbed of its meaning by being overused and used for trivial emotions and those ephemeral feelings that run along the surface of life so that one is perfectly able to say that she loves a certain type of food or a certain type of activity using the same verb that you use to say that you love the Creator or that you love service to others or that you love a friend or a mate that has shared history with you throughout your lifetime. In such a trivialized landscape as that which your language offers, it is difficult to get a grip on words like love and truth. The vibration of love, in the sense of unconditional love or Logos, is a particular vibration that has created all that there is. Consequently, we cannot say that love and truth are absolutely equal. However, if one steps down from considering love as the Creator to considering expressions of love that are pure, then we find true evenness of equivalency of meaning. Then, such words as truth, love, beauty and faith become separate, shall we say, or recognizably different but equal in the purity of their vibration. When you come upon a moment within your process in which you sense the presence of absolute love or absolute beauty, absolute truth, or absolute faith, you know that you have found the guiding star by which you can set your rudder and steer the ship of the progress of your process. In higher densities and especially within the fifth density and the sixth density, the refinement of the personality shell and its discipline has moved through so many cycles of refinement that it is no longer the tremendous challenge that it is within third density to pull away from the details and the minutiae of a relationship with another entity to see into the deeper threads of commonality in love, in devotion, and in service to others that truly bring two people together. That energy with which you work to heal the shadow self, as you perceive it within yourself, becomes then that compassion which enables you to love that same energy as you see it in another, not condemning it in any way but holding it in honest affection and trust and waiting for that development which will enable you to move forward in commonality. I'm more comfortable praying for divine order or divine will, like, "Thy will be done," or that the individual see the truth about who they are in terms of the love and light they are. Consequently, it is very wise and very loving of the one known as J to be aware that divine order is not necessarily that which looks

like order to the physical eye. Some entities have dynamics which have to do with truth and justice, as opposed to love. Some entities have issues about the dynamic between wisdom and love. Some entities have dynamics with even more complicated structures such as truth, power and love. It is extremely helpful to consider such things and certainly this instrument has spent a good deal of time in the last five years or so gradually attempting to acquaint herself more and more with how she can most effectively nurture and love herself. So protecting that precious package of selfhood is protecting that which truly is sacred and that which came here for high and lovely reasons. So, consequently, realize that what you are attempting to do is not to perfect yourself but to work at loving yourself, accepting yourself, and respecting yourself. I loved the cat that I mentioned earlier, Max. I believe throughout our relationship, the message I kept getting back from him was to love myself equally. It is my conscious intent to give them the experience of being cherished, enjoyed and loved but I'm wondering if there is a better way that I could serve them than that. The sharing of love, when it is felt from an honest and open heart, is that which does not need to be planned or guided or angled in any way. We suggest that you simply let the love that you have for these precious beings radiate naturally from you to these entities, (knowing of) their ability to grasp emotions and unseen energy. Yet the underlying knowledge that they are loved and welcomed is that which they crave.

2005/12/18: Only when one moves into the open heart can one begin to share energy; to exchange energy with another; to give love and to receive love. Each of you within this circle and each to whom we speak in the extended family of internet and listener and reader-ship that is constantly growing contains a large, loving, extended family that awaits your focus and your request for help in order to become more active within your life. It is you who draws the infinite love and light of the one Creator up into that structure, up into that energy body. It is fed infinitely, in an unending supply, by the love and the light of the one Creator.

2005/12/19: This is to say that, by the energies of unconditional love which are generated by the prayers, meditations and visualizations of groups such as this one, the bridge or reconnection point has been maintained for those who would wish to awaken and make their choice of polarity by the date which has been set as the last possible date to keep this connection point open, which, as we have said before and still find to be true, is the date of the winter solstice of the year 2012. The desire to change this pattern is a key to the activation of the will to choose in many entities whose energies are unconsciously but deeply involved with connecting with restitution and the energies of stewardship and unconditional love, not so much to the people of the planet as to the planet itself. We ask you who wish to serve at this time to look to your own self-awareness and self-knowledge and to be aware and trust completely in the fact that you are part of a web of love. You are those who stand as guardians and anchors of light, holding that bridge open, and, by your vibrations and your thoughts, radiating the love and the light of the infinite Creator with your own coloration out into the ambient atmosphere. You are infecting people with the highest and the best of your love. Witness your opportunity to offer your love. In the ways of all energy, such errors shall and will be balanced and it is our intention to be part of the energy that loves, accepts and embraces all of those who are engaged in this experiment on all of the inner and outer planes connecting with this planet. The time lateral experiment, which is your planetary school of learning, was crafted by us with tremendous creativity, love and caring.

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2006/01/01: We thank each heart that beats, "love, love, love." Thank you for the unimaginable effort that it takes each of you to keep your mind, your thoughts, and your heart on the beam, as this instrument would say. Where in your energy do you see the desire to destroy rather than communicate, to blow something up rather than take the long and sometimes messy route of discussion and heartfelt reaction that results in creating light where there was darkness, love where there was bitterness, and so forth. The energies have been strengthened, especially in the last ten years or so, as

and second-density entities and essences have a full awareness of the love and the light of the one infinite Creator. Third density, however, is a density in which the inhabitants are veiled from that primal, instantaneous and instinctual awareness of this love and light. Your heart went out to the planet as it entered this period of transition and you hoped to be a steward and a lover of the planet itself in that you may help it to achieve a soft landing, shall we say, into fourth-density beingness. Fourth density is a density which has been called the density of love or the density of understanding. In fourth density the lessons of love will be explored. It is a density which explores the balance between love and wisdom. The reason is that the culture in which you are embedded is basically a service-to-self culture, thereby creating an outstanding and substantial bias which must be overcome by those who wish to vibrate in unconditional love, or service-to-others polarity. Every parent is an example of those who have chosen to love unconditionally at the expense of their own comfort, time and convenience. Certainly exemplars such as the Buddha, the one known as Jesus, and other gurus and masters of the spiritual path exist as obvious examples of those whose lives exemplify the choices of unconditional love. Whether one chooses service to others or service to self as the path, it is a choice in how to love. If you are offering service to others you are expressing the love that is at the heart of your being by offering that unconditional love as your vibratory gift. How do you wish to express the love that created you. Do you wish to follow entities such as Jesus the Christ, Gautama Buddha, or that guru that speaks to you of unconditional love.

2005/10/16: For the one known as C, dedication to the outcomes that she feels are important has resulted in her being an effective and loving manager of her family and her business. And for the one known as T, dedication to the outcome of those things which he feels are valuable in his life have resulted in a well tended, loving relationship with his mate and creative and effective work at accomplishing a long-term and substantial goal and in writing the thesis that this entity is now finishing up. And over-dedication of the self to specific outcomes can hinder those energies of spirit that would like to help you grow, change and become more loving, more wise, more powerful, and more self-aware. The one known as Carla has experienced it and we would say to this instrument that when she made the decision, nearly forty of her years ago, to allow that relationship with the one known as D to die a natural death, she made a wise and loving decision for herself and the one known as D. As you are able to purify the emotions of anger, love, discouragement, despair, grief, jealousy and so forth, you begin to enter archetypal rivers that flow deep within your mind, taking you to truer and truer places within your being and to places where power is gathered as water is gathered into a cistern. For as the entity in time and space which is the human being meets the self that is without limitation, it has literally no limit to how the tuning of that system can be affected by the appropriate placement of the will and the faith of the entity and its openness and hunger for the love and the light of the one infinite Creator. Pay attention to the wisdom and the love that your guidance offers you and take it seriously. If there is value and information in low self-worth, dig for it, not with an idea that you will find it to get rid of it, but with the idea that you will find it to treasure it, appreciate it, and love it.

2005/11/06: The Earth being that you call Gaia or Terra is a mother in love with her children and blissfully nurturing of them, always protective of them and yet, at the same time, in harmony with the desire for growth and transformation that exists within the heart and the soul of each one of her children. These are positive and loving perceptions of a situation that might otherwise seem to be very frustrating. You have journeyed to the world of finity in order to do work in consciousness that must be done without recourse to that point of view that is full of love, wisdom and knowledge. And the way that this is done is by bringing up all these lost sheep of self, all these parts of self that are not redeemed, loved and accepted.

2005/11/20: You know that as you learn the ways of unconditional love, you shall prepare yourself for graduation into an environment in which unconditional love is manifest, obvious, overt and apparent. Can you live in a private universe: the universe inside your own being and inside your own heart where unconditional love has become the order of the day. Can you love without expectation of return. Nor is she overly concerned that ridicule or scorn of her would

make any difference in her ability to love the entity who is scorning her. She dares much in attempting to express, awkwardly and in this shadow world, an atmosphere of unconditional acceptance and love. There are many within your age group who are ready to awaken to this common and shared vision of living the ways of love. Therefore, we encourage you to use the simple, ordinary and everyday aspects of your life to create ways of communicating via the internet with those entities which you are faithfully and peacefully sure exist, sharing in the ever imperfect ways of words the love that is held in your vision. Each moment that you are able to live there fills with you the love and the light of ten thousand years spent in the hurly burly of normal living. Love them all. We are aware through this instrument's mind that you gather together to give thanks at this time and to feast together.3 May you feast not only on food of the physical (kind) but on the food of your laughter, your love, and your shared energy, for you are blessings to each other, dear brothers and sisters, and together you truly are beautiful to us.

2005/11/21: Indeed, in time/space you are already solidly and completely within fourth density.2 You dwell in a third-density energy that is now completely interpenetrated with unconditional love and complete understanding of your true nature. You cannot know that that one thing is love. Thanks to the many loving efforts of lightworkers such as this group all over your globe, working in relatively unconscious unity, but nevertheless being very effective in increasing the light on planet Earth by their loving affection for it, it is as though this change in magnetic polarity is being accomplished step, by step, by step, rather than all at once. That energy is the infinite love and light of the one Creator, which streams in infinite supply from the heart of the planet itself into the energy bodies of each of you and out through the crowns of your head, where you function just as does a pyramid. The energy that you create, bless and give to the Creator by keeping your heart open and your love and faith strong winds itself into a golden net that surrounds the planet with love. Angels guard this work and join you in weaving this net of love. We ask that you become more and more aware that you have the opportunity, at this time, within this incarnation, to turn that energy within yourself around and to become stewards, loving and wise, of whatever little acre or square foot that you may have of planet Earth. Love yourself. We ask you to plant the seeds of love and faith with a happy heart and a peaceful mind. In the face of fear, remember love.

2005/12/11: Firstly, the basics of language—or as the one known as R pointed out, the basics of its synonym, communication—are two: love and light. That thought translates into your language as love. This instrument was speaking recently of the hopelessness of using language and especially of using the word, “love.” We would agree. We can attempt to throw up a hedge of adjectives and qualifiers to indicate the kind of love of which we speak when we speak of the one great original Thought. It is a Thought of unconditional, absolute love. In and of itself, love is pure being and being is pure love. There is no vector implicit in love itself or in you as a being, purely considered. The vector is provided by that thought that you are, with all of its distortions, as you exist in incarnation in third density acting upon that love that you are. It is light molded in the ways of energy as it is received from the infinite energy of the one Creator that the love which is you molds into your distorted pattern of energy expenditures. You are love using light to experience the incarnation you now experience, to process the catalyst that you are now receiving, and to explore those regions of feeling and concept which are sparked into awakening within you. Now, this being said, it is helpful to realize that the first communication that you give, in terms of metaphysical—not physical—discussion, is being or love. The precise distortion of love at which you are vibrating or expressing at this moment is the beginning of all communications from you. The qualities of self and feeling are ever blended, just as love and light are blended constantly throughout your incarnation, playing and dancing back and forth so that you have an ever new opportunity to explore the present moment as if it were a brand new thing, and, indeed, every moment is a brand new thing. B Then would you equate the music to love and the words to light. In the relationship you indicated earlier we're love moving toward the realm of light. From the standpoint of you as a collector of information, both words and music to some extent have elements of both the love and the light vi-

best of its capacity and we feel that this is the intention to be encouraged, that the attempt personally and the attempt as a group to share in love and service is the heart of that which shall indeed speed the processes of the spiritual evolution of each. Love lies within each and every moment of this infinite creation. If the seeking soul can keep its eyes upon that love, if the fainting heart and the overtired brain can remember that love, then the work which will encourage seniority is being done to the best of your capacity. We encourage each to love, respect and enjoy the dream life that is the incarnation in the shadow world of Earthly life, yet not to expect it necessarily to make sense. We encourage instead that living desire to seek, to love, to serve. Rest in the fullness of faith, and keep the eyes upon the goal, and that goal is the realization of love. It is the case, my brother, that when entities who seek the ability to give and receive that quality of love that is most closely aligned with compassion that the entities of Hatonn respond, for it is their hallmark that is able to meet most sufficiently the desire of a new member to feel the inspiration and the compassion together in the kind and quality of messages offered by Confederation contacts in this group, this call which was indeed offered by your presence in this circle some time previously and which those of Hatonn were happy to offer.

1996/02/18: We have only one reason to be here, and you are allowing us to further that hope of ours to lend what aid we can to those upon your sphere at this time who seek those lessons of love which lie beyond the present Earth world. Perhaps the most skillful expression of strong red-ray energy is the allowing of the self to rejoice in the feeling of health and life, to feel the vivid energy of the blood moving through the physical body, of the organs doing their balanced working, and of the nervous system opening and relaxing and turning towards the light of the physical world or that world of entities in which the expression of light, perhaps the lamp in the window or the smile that lights up the face, can express, for the red ray is in its pure form the energy that created all things, moving in its first expression into the individual splinter of the love and the light of the one infinite Creator that is each of you. For light is a manifested thing, yet that which lies closer than your breathing, nearer than your hands, is that which you are: the great original Thought of Love. We encourage each of you, while loving the body, to see it as the shadow of the true self, that true self that took this second-density physical vehicle to be its home within the Earth world, that consciousness that shall drop the garment of the body, lovingly, gently and with thanks when it is time to move on through the door of death. You are love, and you have chosen to come into the builded universe, that land of light and dark, and to enter into a vast round of experience, from the primeval blackness through the dim forms of earth and fire, through all the ways of the life stream moving through vegetable and animal and now you stand at the threshold of self-knowledge, self-awareness, self-consciousness. And it is your precious task to take these gifts that you have been given and to offer them back up to the infinite Creator with as much increase of love and service, compassion and caring, as you can. The third-density red-ray energy adds to that the energies of self-conscious love which opens this energy up to embrace all, male and female, which takes that red ray and chooses to allow it to flow naturally, not only in the act of sex but in the act of living. The energy which enters the feet and base of the spine is an intelligent kind of energy that is most likened to what you would call love, that creative energy which enlivens all creation. K Does this love energy come from the sun as a Logos or from the one infinite Creator as Logos. For each energy focus, be it planetary, be it that of the Logos or any entity which exists as an individualized portion of the one Creator, will move in a spiraling fashion towards the light and the love of the one Creator. Within this illusion the lessons of love and the ability to open the green-ray energy center to the experience about one and the identity, indeed, of oneself is the kind of energy expression that will find the opportunity to be harvested at regular intervals that are determined, as we stated, in a general fashion by this planet's own progress and position and will be offered as well as each entity is able to become more consciously aware of the evolutionary process. For the second density to express the beginning grasp of yellow ray is to become enough individualized that the entity can give and receive that quality known as love. A primary example of such would be the pets which many within this culture enjoy,

each pet becoming more individualized with the loving care of the third-density entity.

1996/03/03: Far more high, if you will, or exalted are the puzzled, confusing thoughts of one who loves with the whole heart than those words, however wonderful, which build an intellectual house for truth or have a central place for the heart. Picture, then, that color and texture which is the shape of love, of joy, of healing, of grief, and so forth. We thank you once again that of all the places upon your Earth you chose to come together to share with us hope and love and the desire to know the truth.

1996/03/10: How can that blackness within which expresses within the self in ways of hurt and pain ever be a part of the love and light of the one infinite Creator. This will animate, informs and vivifies those ideals, hopes and dreams which the light portion of being so loves to dream. May we suggest the taming of the wolf, the learning of discipline for the dog, and the love of master for a faithful companion and servant. We are asking each seeker, then, to take into the heart the full spectrum of self and to love each and every aspect and yet to find ways to express only those things which are intended. My brother, the sending of love to this instrument is already being done and there is no greater gift or help for this instrument than that. Light and dark alike find their source and ending in love. Know that you are loved, and allow that truth to sink deep within. Share love.

1996/03/17: The only thing that does not fail is love itself. Love remains, passes each test, and waits for the weary to finish the current round of tests and questions, wonderings and murmurings, waits patiently, waits with all the love, literally, in the world. Love awaits. Love will find you there and will hover about you with living water, waiting for you to open the door to the present moment. Then love is everywhere. Then it is easy to forget that the feelings, the emotions that run high are not those deep emotions that are the tide of the heart, for when times are good it is easy to be lazy and to move away from that holy of holies again, for all is so beautiful and so lovely and so pleasant. Yet, the love that awaits is not that full sunshine of noon, is not that fountain of water that satisfies physical thirst, is not even those emotional structures, if you will, that accompany that blessed state of contentment. Love gives life and yet also it is a call for more remembrance. Love calls to itself from within the good times and bad as experienced by you. The remembrance shall be of love. That love, in its power and strength, in its grace and beauty, has created the harmony of all the illusions that there are, an infinite and infinitely complex system of fields of energy, an illusion created by a Self that wishes to know itself. It loves each field of energy that it has born within its mind. We call you to remembrance of love. We ask this, knowing that it is nearly impossible in the midst of the illusion to have a constant and faithful memory, yet if a desire is honed and sharpened day by day that faculty will create a rhythm of evolution that is accelerated, for that within you which is deep enough to remember moment by moment is that self towards which you yearn, that slightly more aware and then slightly more aware self that is opening its consciousness up to the infinite depths of the love of the one infinite Creator. When this love is realized in memory within it is as always when one is in love, the outer illusion becomes extraordinary and each and every trick of the weather and happenstance of the day can be seen to shine with excellence and beauty. Over the years of your time during which this group's efforts have been offered in the form of service to others in the channeling there has indeed been a great array of topics covered, for there are many, many ways by which love may be approached and it is our great privilege to assist any who wishes to know more of this power of love and the one great original Thought that produced love in all its infinite forms. Though the sharing of this information in many forms so that the mind may consider and the heart embrace more fully the concept of love is a great service to offer, it is not the heart, for the heart of this blending of our vibrations with yours at each working is the seeking of love and the sharing of love, the birthing of love that did not exist before the blending occurred. Each time that we are able to utilize instruments such as these present we are able to give and receive not only information and inspiration but the essence of love, the seeking to know, the seeking to share. Thus, at each working we, with you, are able to create another form, if you will, which love may take in the attempt of entities to apprehend it. Yet it is a blessing that each is made of love. Carla Would you, from

your standpoint, rank both silent meditation and channeled meditations as equal as ways of sharing the presence of love. And it is a difficult distinction to make as to whether there is more or better love created through one form of meditation or another, for each is potentially full of that quality that we call love. (Pause) I am Q'uo, and we are aware that we have exhausted those queries which have been offered to us so carefully and lovingly and [which move] to the center of our being for we feel that they come from the center of your being.

1996/03/24: And we congratulate each when each has treated an entity with compassion and kindness in excess of what one may be feeling internally, for it is well to treat others kindly and with love. Now, the largest perspective is that of love. In love the opposites are reconciled. This love is the seed of each of you, the truth at the center of you. Let us pause to allow each present to open the heart to that center which is the Creator: love. Love abides within each. The hopes for tomorrow, the regrets or memories of yesterday, aid in many things but do not aid in bearing witness to the love and the light within. These are the expressions of love that the Creator appreciates. Just as you are, you are loved, and this is the thing of the moment, for each moment, each instant is as that point from which a universe of possibility depends.

1996/03/31: This image of the so-called naked ape carrying truth, love and infinite values is a useful model because it offers a way in which to think about the human experience of the self that is in the world but not of the world. The entry into individual expression of love that is each questing itself is that which can be trusted. It is secure, and it represents a vast foray of awareness that is not thought-driven, but is rather driven by love, with love, to love, for love's sake. Unlike the mind of second density which accretes knowledge and holds it against further need, the self's infinite mind simply moves between the various—the closest word you have is “emotions.” There are true states of emotions that have purity and clarity and the self that is the citizen of the stars swims within this infinite sea of feeling and that which is felt is automatically seen with thanksgiving for this is the way of love itself. And yet, because they move from love itself, when invited they come into the interior conscious life with healing in their hands. When you open to the presence of the one infinite Creator, wonderful life-enhancing energies can flow into the sore and aching cracks and crevices of the conscious life, offering that strength that is love, offering that higher and deeper truth that is love, offering a larger and yet again larger perspective, for that is the way of love. Firstly, your ability to give and to receive the energy-filled love is that which you have begun to discover in your own experience. The second suggestion follows closely upon the first, that being that any action be built upon the foundation of heart-felt love, for this is not only the greatest protection for any entity, but is also the greatest healing effect that one can provide for the self or another. It is helpful in all third-density experiences to attempt to grasp the parameters of the experience and to contemplate and consider carefully the experience which you share, and this we also suggest, but in a role which is subservient to both the meditation and the imbuing with love of all actions considered. It is rather our estimation of the effort which you have put forth that it has been put forth with a great deal of love and attention to the desire to be of service. Thus, the one known as Jesus wished to offer itself as one who provided a pattern or model of beingness that delineated the nature of sacrifice and transformation, that there was indeed no death which would end the experience of consciousness in this illusion, that there was the possibility of using the illusion about one as a means by which one could give and receive love from all other entities according to the desire or choice made within one's own being, no matter the circumstances without the self. This entity offered a means through the illusion and beyond the illusion as it explored and shared the love of the one Creator in a pure and undistorted fashion.

1996/04/07: Thinking upon the concept of sacrifice, concept of a love that would give itself and spent itself to the point of death. It is the way of the spiritual sojourner to live that uncomfortable life that is aware of these matters, that is aware of the great wheel of evolution working through time and space to bring consciousness to that infinite present moment, where that great love that created all that there is suddenly explodes into light infinite and indivisible. Each seeker

in the process of seeking will find those resources that are of assistance in the revealing of the heart of love and the nature of truth to the seeker. Thus, the Law of Responsibility simply asks each seeker to use that which is learned to the best of its ability in the life pattern, in revealing love to self, love for self, love to others, love for others. (Pause) I am Q'uo, and we are most grateful to each for the offering of those questions which have been given to us in love and in true desire to know the truth, and we again thank each for the being which each brings into this circle of working, for it is your being which is of inestimable value, though most are unaware of the value or the being, for it is that which is at one's center of heart, and this is the journey my friends, to move to the center of the heart, which would seem to be a quick and easy journey. So when you seek the heart of love, you seek the heart of self and you contain and express the heart of self in ways which even you do not begin to understand.

1996/04/14: The journey across perilous waters is an illusion necessary because all within third density dwell within a heavy illusion and the way to grasp the nature of that illusion and to use it is also illusion, for is not all the shadow of one great original Truth: Love—that which is ever unmanifest, invisible, ungraspable, unprovable. How can seekers learn to bear the intensity and fullness of the light that illumines fourth-density illusion, for you see all within our grasp is illusion, yet each harvest delivers the seeker into an illusion that is fuller of light, that light which is the first manifestation of love. Each entity is loved by the Creator. Every iota of flesh, every thought, every emotion is loved, accepted and forgiven by Love Itself. Consciousness is, in truth, consciousness of love, for love and the distortions of love is all that there is. This was a trip you planned for, setting up for yourself relationships that would help to focus your own heart and mind upon those lessons of love you yourself deemed to be the most telling and critical for you at this point. And so the basic vibration of each is love itself, distorted, contracted, controlled, shall we say, by the various ways which, by free will, the entity has chosen to limit or shape consciousness. Now, the third density lessons are lessons in love, lessons in connecting with other entities in loving ways. Gaze into that interest and you will find that the human heart has suffered there too, and in this suffering all are one, just as all are one in the perfect joy and peace of love. And so each seeker dances amid distortions, choosing whenever possible to find the love that is there. It is simple in that simply by being who you are you are expressing love, for that is all that [can] be expressed. The question is always, “How shall I give love?” And we say to you that if you attempt to give love of yourself with your own energies you shall quickly run out of love, for it is in short supply within your illusion. However, it is not necessary for any to give love from the self. It is only necessary that the one who seeks to serve move the self out of the way of that love which comes in infinite supply from the one Creator. That love can be poured through the instrument that is open and empty, and the world shall feel that light and shall not know whence it comes. Yet the one who is able to be a witness of light, the one who is able, if you will, to be a channel of love, that effort and that desire to serve has reached its greatest apex. If one wishes then to accelerate the speed or rate at which one evolves spiritually then one simply attempts to spend time and attention on love in daily meditation, listening to the silence within. And when one wishes to serve that entity then one asks the self, “How can I express love in serving this entity?” There are many times when the only way to express love is to be silent, and in that situation that is the most loving thing to do. This willingness to take time to listen to another is in itself a service and we encourage each to open those inward ears that hear what that consciousness is saying upon the level of depth at which the self and the other are most truly expressing, for some request those things which seem fair but which, within the self, are found to be wanting and in those situations one serves best by turning to prayer to find acceptance and love. Each so beloved. Breathe out and feel that love pour through. We would recommend that all who feel concern and love for the one known as P send this love upon the wings of thought which binds all things together as one being to this entity that she might be inspired by this support. Within this sacred room there is protection, there is love, there is light, there is unity, and there is direction through the maze of choices that this illusion offers that both confuses and illuminates, that opens doors and shuts doors. We cannot speak more specif-

so that you are basically instruments that are allowing the love and the light of the one Creator to move through your vehicles, to be blessed by your conscious awareness of this process and then to be released as radiation when you are completely filled up with this love and light for yourself, so that the two are full of energy and have everything that you need. (Side one of tape ends.) (Carla channeling) But it does suggest that when such an error is perceived within the self, it be viewed with an eye not only to understanding this error but also to accepting it, loving it, balancing it, becoming friends with it, telling it your story, allying it to yourself and thereby integrating it into your being. But in terms of getting to the heart of your being, getting to the “I” of you, it is central to see all that comes before your face, which you would judge, as that which is to be accepted, forgiven, redeemed and at last, loved. Yet, you have in this system of illusion hands with which to offer help, a mouth with which to speak, and a heart that is willing to love and understand. And you may choose to offer words or to reach out a hand as part of the good, part of love, that in this moment. And in your transformation, your light and your love will bless all those lives you touch.

2005/09/05: Before incarnation, it was your judgment that the love, the wisdom, and the power or will within you may not be completely in balance, according to the highest and best vision that your infinite and eternal spirit would judge. Having only your faculty of faith at your side, you wished within this fiery furnace of life on Earth to take an incarnationally long look at this balance that you have within your self, largely (the balance) between love and wisdom. For many entities coming into incarnation and already qualified for graduation to fourth density—which is your case, my sister—the balance between love and wisdom [is], by your own judgment, that is, to be long on love and short on wisdom. And so we speak to you both when we say that many of the changes in both of your lives have to do with reigning in this tremendously large heart that you have and this enormous desire to serve and finding a slightly enhanced balance between love and wisdom in which you have granted to wisdom a larger portion of the value that you place upon your thoughts. Wisdom does not seem to be as important as the open heart (to you both) and the absolute love that you both so value. Yet love without wisdom creates a sense of martyrdom and often an abbreviated end to an incarnation as an entity keeps giving beyond [that] which she can give, until she literally breaks her health and is therefore taken out of the incarnation by illness. For instance, when this instrument first considered moving her letter of membership from one Episcopal parish to another, her warm and loving heart which passionately adores her present church, simply shut off the conversation. You are having the opportunity to love all of them and accept all of them as parts of yourself. And then you are able to examine those emotions to see if you are judging or loving yourself. Angels are all around you and all they wish to do is love and support you. You are loved and you are most worthy to do this work. I've never felt so full of love like this before, I feel really tearful, because it was just perfect.

2005/09/18: You chose to enter third-density existence and create this point of potential because you realized, in gazing upon the Earth plane, that you wished to express the love and the light of the one infinite Creator within this precise environment. You came to offer a local habitation to the ineffable and illimitable values of compassion, wisdom and unconditional love. It could be said in a way that you came to save the world, and yet you did not in any way say to yourself, “I have to come to save the world.” What you said to yourself was, “I come to bear witness to the light and the love of the One whom I follow, that Logos that is the Creator.” What is it to bear witness to the light. What is it to follow the embodiment of love. This instrument, as part of her tuning process, prays, “Fill the heart of your faithful and kindle in her the fire of your love.

2005/10/09: In every cell of your body you carry the imprint of the one great original Thought of unconditional love. Every cell of your body is fully aware of the love and the light of the one infinite Creator at a level far beyond conscious thought. It is inherent in every cell of your body, every cell of your brain, every iota of your consciousness, on whatever level and in whatever universe is, replete, teeming, and overflowing with love and light. As the one known as T was saying earlier, his dislike of religiosity and dogma had been a stum-

bling block that had kept him from thinking deeply about the nature of true Christhood or that thought that encompasses unconditional love within this meeting place of flesh and spirit that each of you is. He could not think of the nature of unconditional love as embodied in the one known as Jesus the Christ because he had been so punished by a childhood within which Jesus, Mary, the Saints, the Pope and other mythical figures were woven into a seamless prison where ideas could not flourish and where love died, gasping for validation. They may well reflect back into your momentary, everyday, ordinary experience and in turn, as you become more facile at toggling between the two worlds, your ordinary experience may give you inspiration to create your next prayer rug, a concept, question or love. To follow up on your explanations at the beginning when you were speaking of the love of the Creator being in every cell of the body and that being a resource that is close to us and yet often unused, when I look at it, I see no entry into that subject or suggestion, at least with my intellectual mind. Could you speak on that love of the Creator vibrating in every cell in some way that we could work with. Each of these atoms is the outworking of the impression of the one great original Thought of unconditional love upon space and time in its progression. This concatenation or combination of love, space and time creates light acting in ways that are impressed upon it by love which then creates the particular kind of atom, molecule and so forth that constitutes the field of the self. Your body is made of love and light.

2005/10/11: So she will say, “Come Holy Spirit! Fill the heart of your faithful and kindle in her the fire of your love. There is what this instrument would call a yin or feminine side to guidance having to do with nurturing and the immediacy of unconditional love. It is more important by far that you see the dynamic between love and wisdom, and so forth. But it is well to invoke spirit, if so you do, in a way which specifically honors and respects the dynamic of love and wisdom in your guidance system. It also may be a connection that you pick up because of work that you have done in consciousness or in service in which you have created for yourself the characteristics of what this instrument would call a “lighthouse,” where you are consciously and with dedication and persistence standing very close, as close as you can, to the light and the love of the one infinite Creator. Any shadow that you cast, or to say it another way, any nicks in your armor of light that offer erroneous thinking or an immature understanding of love, light, wisdom, truth and so forth, can constitute such a point of weakness which makes it possible for entities to enter the energy system. We would suggest simply that you realize that whether an entity is involved or not, the reason for your having attracted this energy is your very loving and light-filled nature. Therefore, even if it is an entity with a name, a background, and so forth, yet still, in its essence, it is yourself and, more specifically, it is mirroring to you a part of yourself that is unredeemed by your own acceptance, forgiveness and love. A man whom I love very much seems to be oriented to service to self and to be fairly polarized in that direction. Find out, firstly, precisely what the nature of this shadow image is and then ask yourself if you can love, accept, forgive and transmute these energies. In terms of your own work, use this and every relational dynamic as information concerning yourself and look always with eyes of the deepest and most sacred love and compassion upon the issues raised by this imaging process. And I also thank the one known as Carla and Vara and all the guides and other assistants that I feel have been present today, and I send you light and love.

2005/10/14: And each time that the inconsistency occurs and the choice to love without condition, or whatever choice of an ethical nature that you have made, is then rescinded, this changes your vibratory level. However, the need for all of those who live and who dwell on planet Earth as natives, which includes all wanderers, continues to be that of being loving stewards of the planet itself. It is, however, an absolute imperative of your very nature that you serve, love and give and that you allow entities to serve you, love you, and give to you.

2005/10/15: The heart chakra or the green-ray chakra is the first chakra at which there is the possibility of energy transfer and it contains that energy which this instrument calls Christed or that energy of unconditional love. Neither first nor second density is at all or in any way separate from the love that created it and so all aspects and each iota of first

as wanderers offering, at great risk to yourselves, your very self in the hope that by your very being living in flesh and bone, strangers in a strange land indeed, you would be able to offer that energy of unconditional love that would help to anchor the fourth-density energies that now are being seated within the planet that is being born as we speak, that Gaia that is a fourth-density, positively-oriented planet. There is a time upon your planet that is ongoing wherein all of your energies have been called to bear witness to the light and the love of the one infinite Creator. The second of three harvest-times upon your planet, 25,000 of your years ago approximately, had come and gone, with only approximately 150 of your planetary beings achieving the right to move through the harvesting procedure and enter fourth density for the lessons of love. These entities have been called by this instrument the Elder Race and it is to be noted that there are those within this circle that are also representatives of this group as well, Earth's first graduates, who have immediately and unhesitatingly sacrificed any future lessons of love that may be in their future in order that they may spend not one incarnation or two or three, but 25,000 years' worth of constant and unremitting reincarnation into the planetary miasma and confusion as the third harvesting cycle has proceeded. It is due to the increasing heartfelt suffering and woe experienced by those who have attempted repeatedly, over and over, to awaken within the dream of incarnation, to remember who they are and why they are here, and to take hold of their intention to become fully conscious and awakened creatures of love. It cries out in its yearning to be a part of the awakening to love that the very planet under your feet is experiencing. Yet again and again there has been the seduction from love to fear, from unity to disharmony, and from that incredible experience of working truly together for common goals to the voices of division and hostility. Again and again those entities within your population who are inspired by the one infinite Creator have called the people of this planet to the reality of your unity as humankind to their planetary responsibility, each for the other, in love. They have loved in ways that are as individual points of light that have begun to anchor, in a very real way, fourth-density values even in the apparently hostile fields of your civilizations. The balancing energy that is critical at this time in anchoring the love and the light of the one Creator for this passage for Gaia is the Goddess energy, shall we say. The one known as Jesus, the one known as Mary, the one known as Quan Yin, and many others have expressed that yin creator-energy which is all-compassionate, all-loving, and all-understanding, all-inclusive and without the faculty of adhering judgment. Our hope, as a Confederation, then, is to rest in the love and in the light of the one infinite Creator within the inner planes of this planet, which this instrument has often laughingly called the parking garage. But they are on the verge of being able to firm into crystals that choose to vibrate, as one, the love and the light of the one infinite Creator. These non-local points of love call in a way we cannot describe rationally to the awakening processes within those who have not yet made their choice, acting as what this instrument would call "snooze alarms" to bring them to some point of increased wakefulness where they are more close to being able to see what this instrument would call the bigger picture of who they are and why they wish to wake up and what they wish to do when they wake up. The consciousness of third density is, by its very nature, not only aware of the self but its instincts are to seek love, to seek to be loved, and to seek to become one. You must realize how close many, many of your people are, not only to awakening, but also to embracing their creator-selves, that heart of love that they feel lies within them without really knowing what it is for which they yearn. So you represent, knowingly, one person and one process and one offering of love to the infinite Creator; yet you also are the candle that the wind cannot snuff out, that the darkness cannot overcome, and that no amount of denial by those who would embrace the dark can deny. You exist, a point of light and love. Simply know that as you do your work, as you breath in love and breath it out again, consciously blessing that energy as it moves through you, you are affecting your group, your tribe, and the Creator Itself. As you penetrate the illusion, your eyes seeing clearly the light and love of the one infinite Creator, those who look into your eyes know what they cannot express and see what they cannot describe, and, for the first time, they believe in the possibility of faith.

2005/08/21: We assure you that the love and the light

that you have created in this temple that you have made of your hopes and your dreams in your coming together has been most helpful. At the same time, there has been great work done in open communication, springing from open hearts, so that each of you has been teacher to each and each of you has absorbed love, wisdom and power from each other like thirsty sponges. We assure you that the energy of your voices, far more than the words that you said, has done the work that you had hoped to do and carried, in the breath of your life shared with this group, the golden energy of loving communication. Your wisdom, love and beauty are also that which opens our hearts. Many of your relationships agreed upon before incarnation were chosen specifically for the woe and the suffering they would cause because you wished with all your heart not only to be a light unto the nations and a priestly people but also to work upon the balance between love, wisdom and power within your soul or soul stream, as this instrument often calls the entire experiential nexus that is your individual soul in its totality. You are an instrument that allows the love and the light of the infinite Creator to flow through you and out into a dark world. You are simply joining angelic forces that have already been weaving golden threads into a net of love and light about your planet at this time. This instrument has often seen the angels with their golden threads blending more and more substance as they ply their needles to intensify and strengthen the web of love. There are many ways to visualize turning your attention and your love to the cause of Gaia. You may visualize color and many have seen a violet color as the best way to strengthen the web of love. Others have seen golden light itself as a means of focusing your own love and pointing your attention.² Whatever image or icon serves you, that is what we encourage you to use. This group has become a clan built of love and dedicated to service. We would ask, as this instrument asked before this particular session of working began, that each of you spend time pondering what you would like to learn to investigate and to discover at this reunion what you hope will take place next time, so that as you enter again the clan atmosphere and come home to each other for more work together, you will have the feeling of a progressive investigation of love and light and living the Law of One. After you have heard a few thoughts from these very dedicated lovers and stewards of Gaia, you shall perhaps feel an inspiration that has a vector that points you in a direction that you may understand. We believe in you and love you for that which you are hoping with all your heart to do, to serve. In truth, all things done with love are sacred. And when you are dwelling in the universe that you create of the actions and thoughts of love to the best of your ability, you are creating for yourself an optimal environment in which, in a stable and conscious manner, to deepen your psychic abilities. For this instrument, with her great love of ritual, the time that she gives to herself is time dedicated to what she calls her morning offering and her Gaia meditations. And we thank each of you, for we see this determination and dedication and the love that you have for the Creator, for the work, and for each other. But we would also encourage you to remember that you came here with the desire to love and to serve, not to judge. So in pursuit of ethical and moral action, we would encourage a dispassionate, compassionate and systematically passionate attempt to be an agent of love. We thank each of you in the circle for lending your love and light to the circle.

2005/08/24: We love you.

2005/09/04: The sea spreads out from the land, normally content to keep its boundary and to act like the favored pet coming up to the chair of a beloved human, saying, "Pat me. You are seeing Gaia, your beloved mother, through the birth of her child, fourth-density Earth; indeed, the birth of both the heaven and the earth of fourth density. Please realize that although you and your individual hearts love your mother and have great respect and admiration for Planet Earth, as a culture you have, for some of your time, been hard-appearing where she is concerned. Each of you is a lovely rainbow to us. Each of you has an energy body and we see some of the colors of that energy body, as if each of you were a prism and we had held you to the sunlight so that all of your colors splayed out in a lovely progression from the red to the violet. Your energy moves downward into the very roots of the Earth as well and each of you is bringing out the infinite love and light of the one Creator into your body systems and allowing it to move through that hole, shall we say for simplicity's sake, that runs right through the energy body

ically but can send our love to this entity as well, and this we do. To forgive is, shall we say, to give love for whatever has been given to you. T How may I best be of service to my son in raising him so that I do not interfere in his spiritual path and yet teach him what I know in the spirit of love and guidance for whatever is best for him.

1996/04/21: As light increases so does remembrance of love/cause. That essence is, in all cases, the perfect vibration of love which is the great original Thought distorted in a way chosen by the individual into patterns which are unique to that one individual so that each entity is congruent with each other entity and at the same time, and antithetically, each individual is entirely separate and different from any other, for truly, as with the snowflakes, there are no two entities just alike. It is often a snafu and complex path, but all variations of your path lead you to the infinite love of the one infinite Creator. When we do this blending of vibrations we tend to work from the violet ray or crown chakra down to the heart chakra and work with the reservoir of accumulated love that is the essence of your being by blending our love vibrations with yours and aiding the opening of the meditative state or the reduction of the conscious state. Whatever essence or kernel of love you may feel and connections you may make in your own understanding is a fruit, shall we say, that may be of service to others as you put it to work in your own life pattern. This is the very stuff of your density, my brother, for whether the interactions are long or short, intense or not, there is always the opportunity to give love for whatever is received from another, each instance offering a certain degree of difficulty, yours being more challenging than most for you at this time. Yet we can assure each entity that each personality and opportunity to interact with them is given in a way that is possible to achieve, to give love rather than conflict. When one is wishing to give love and acceptance in place of any conflict offered to the self, one is placing oneself in a vulnerable position, for there is not the attempt made to protect. However, we are somewhat more accomplished at feeling the opportunities and answering in a manner which is appropriate, for it is always possible for us to simply send the vibrations of love, light and healing to those who are in pain and who call for such healing with their anguish. To wish to assist is to lighten the vibrations of this planet by the simple desire to serve another in love rather than to bring difficulty and grief to another through machinations of the mind and the random thoughts that accompany such random desire.

1996/04/28: We are aware that each has a good understanding of the various energies that lie on the path or pole line from the entering energy at the root or red-ray energy center and that move upward through the body's (energy centers) to exit finally at the violet-ray center, moving, as does each of you move, from the basic to the more advanced lessons of love which you have come to learn anew as if you had never known them before. In all ways find the way to give the most respect and love to this fragile, hard put, physical vehicle. Hold it and tell it, "I love you. I love you. Rest easy, for I love you." You are that body's only human connection. Know that you can nurture this body and that it needs your love. It is as though each of you had within the self a port upon the ocean of eternity, for through the physical vehicle of woman flows the ocean of life and to its shores come each male energy to enter and know infinite love, infinite energy and the miracle of birth from the forever into the now. It would be possible to work through the lessons of love without other entities but it would not be probable. It is the mirrors that touch your life that give you the information you need to turn within, and, little by little, find ways to deepen the love that you have for yourself. Now, each would say, "Of course I love myself." And yet there is the self that criticizes self, that asks the self for more, that is never satisfied with what has been done. Beloved ones, know that your physical vehicles will always be challenged. Let your witness with this strong energy be that of the loving and the merciful. And within each group there is the more balanced and loving and compassionate path. This is the crucible of your lessons in love. The remembrance of a loving, supportive and steady family. The remembrance of men and women and children that are not only connected by names and by association but also by commonly held beliefs in service make the wanderer's plight very, very lonely within what this instrument would call the nuclear families of your Earth, for within these families there does not seem to be a constant and steady atmosphere

of love, for when faced with challenges of yellow-ray energies many entities, wanderers and natives alike, move back into orange-ray energies and remove themselves from groups insofar as possible, or, alternatively, entities can choose to immolate themselves within a certain group or "ism" that there is no longer the necessity for making personal choices. The disciplines of the personality—learning to communicate, learning to find the sacredness of all things—these lessons of love are not well undertaken by those who have not come to some degree of balance within the lower energy centers, and this situation is perhaps the most typically devastating to the wanderer of all situations we could explore, for wanderers yearn so for the vibrations, the feelings and associations of home that they do not have the spirit and the energy to clear those blockages to allow confusion to reign as it will without becoming enmeshed in that sea of confusion. Know hope and faith as you know your fingers and toes, and dwell in love. As the one known as Jesus has said, "Love the Creator. Love each other." Dear ones, if you can but remember these simple things each day will [be] doable, each night a cause for thanks and praise. Whether one is a wanderer on a distant sphere or an entity of third-density illusion which has grown from roots on its home sphere, to love is to serve. Thus, look into your own pattern of beingness to see those opportunities presented that tempt you away from love and service to each entity that you meet. Then the wanderer who is like unto a light is tempted to dim that light of love and service. The wanderer, as with any other third-density entity, must meet the same standards of giving love, of offering compassion, of opening the heart to the unconditional kind of love and compassion that are the fourth-density hallmark. We are always delighted and filled with the love and light of this group as it meets in workings such as this one. And as you disperse from this circle and share your light and love with each other in meal and conversation we are able to partake by experiencing this light and this love in its movement between you.

1996/05/12: We are most privileged to be asked to offer our opinions and to join your meditation for this session on this lovely springtime day. The lessons of love seem to be more uplifting in the higher energy centers. Each entity has within the heart center all the expressions of love from the most refined to the most inchoate, unorganized and distorted. The word passion, like the word love, has far too many connotations to be a pure word, and yet we say to you that the passion-pure heart is the greatest power within the universe.

1996/08/25: There is the expectation of enough supply to be able to amass a dwelling, vehicles within which to drive to various far-flung locations, numerous responsibilities having to do with duty to family, to loved ones, to friends. Sit with this "why" and know that only one answer will suffice, and that answer is love, for love is the beginning and the end and all things in between. Love it was, that one great original Thought of Love, infinite love, creative, powerful love that bore light. Each photon, each particle, if you will, of light is a pure manifestation of love and of this light are builded all the vibrations and nexuses of energy that form the universe and all that is within it. Each of you powerful and able to serve, for you are love. Yes, within this veil of flesh each has distorted these structures and ideas and thoughts of love so that they do not shine like the diamond but are rough. This treasure is so precious because within this illusion, this seeming imperfection, entities have the greatest chance of choosing to live in love by faith alone, for there will never be any proof that there is a spiritual reality beyond that which can be seen, felt, heard and tasted. Each of you comes as a messenger of light, a vessel full of love. You are not responsible for loving the world but only for allowing space within yourself so that a channel of life through you may be made from the infinite Creator. Through your smile, through your eyes, through your outstretched hand to the world flows the infinite love of the one Creator. This very suffering, this crown of thorns that the too short days are, is the destiny you have hoped to achieve, for it is in this very place, this very time that you can both learn the most about service and love and offer the most powerful service and love. When all seems confusion and energy seems gone we encourage each to take a moment to say to the self perhaps just one word: love. Whatever this love, this principle that has created all that there is named. It is an infinite source of energy and calling upon love you shall be strengthened. Beyond the attitude of love and service and faith that all is well the tool most likely

to be useful when energy is low is the sense of proportion that enables each to see that they are tiny creatures standing upon a ball in the far reaches of an unimpressive galaxy in the midst of an infinite creation in which ten thousand years is an eye blink. Feel that heart within you open as you think of love and know that the most important thing you will ever do is find that place and live there. J Would you speak a little about the dynamic of love and faith. I think of love as active and of faith as being passive. Love is in our way of thinking and being an activity which when experienced in its fullest is shone about much as your sun shines the light throughout the system of planets which is in its provenance. When one loves one is engaged in an activity that is the heart of being itself. Yet, one loves with the faith that to love is that which is most appropriate, most helpful, and is at the center of one's being, that this is the reason for which incarnation was taken; that throughout all of the experiences that one may accumulate within an incarnation that there is the distillation of how well one has loved that is the measure of the success of the incarnation. Yet, as we have said, there is the faith that also permeates this experience of love. Faith in the self to love, faith in those about one that are loved, faith in love itself to be able to transform one's own being and often the life pattern of those about one. Thus, we see love and faith much as the tresses of a maiden, plaited up together and inseparable, if one is to be fully aware of the ramifications of love. There is the faith to continue when it seems that any response but love would be appropriate. The faith that to make oneself seem foolish and love when other, less harmonious, responses would seem to be called for is the situation in which the seeker of truth will find itself frequently as one loves in the face of all that comes one's way. Thus, we can recommend to the seeker of truth no qualities higher or more difficult to achieve than having the faith to love and loving in spite of all obstacles that would seem to hinder or obliterate the possibility of love. (Pause) We feel a great joy at the opportunity to blend our vibrations with those of this circle, for it is in such serving that we are able to share that of our love with you and to feel with you the journeys that you travel, the steps that you take, the missteps that seem far too frequent and the lessons hard-won from all steps that are taken.

1996/09/08: We too seek that which is truth and we too continue to seek, for that which is truth ever recedes before us as we approach it, so there seems no end to the seeking or to knowing in love, for we find that this mystery and all metaphysical mysteries come at last to that by which we know no other better name than love itself. We do not limit you to even the most extravagant measure of power, for each of you recapitulates that great original Thought of Love which created all that there is. The issues are always about love. Some must work more on how to love. Others must work more on how to accept love. Some must learn how to love without possessing. Others must work on how to love with commitment and possession. Rather, the goal is to be familiar enough with the self that you exhibit at this point of space and time that you become transparent to that infinite love which flows through you which brings you the energy to live and which flows through you to the world as undiluted, infinite love. The bushel that you are hiding your light under to some extent is that consolidated sense of self that is opaque to love and to the changes that spirit always brings. Love moves without end. There is nothing static about that great original Logos that is Love. But for the one who waits in faith in the tabernacle shared with love itself there shall come a feeling of peace.

1996/09/15: It is as though the Creator took the Logos, which is Love, and paired that great original creative Force with the means to make it into a perceived illusion. The means of this impregnation of love to create a kinetic universe is light, the basic unit of light. The photon, we feel, is combined with one unit of love to create space and time. The Creator hopes that each unit of Itself, each being that is love, which each of you are, will experience those things which add to the knowledge the Creator has of Its nature, for it has generously given Its complete nature to each co-Creator of the universe. To us, to you, to the highest, and to the seemingly lowest of creatures that has an awareness of the self is given one nature and that nature is love. Each unit of love finds itself progressing, finds itself offered any number of actions and thoughts and avenues and directions. The Creator loves so completely, so utterly, so purely that It

loves each and every tiny thought or kind or state of being whatever, including all of those facets of the self which this instrument often calls the dark side of the personality. Loved as you are there is nowhere to go, nothing to accomplish that can create between you and the Creator any greater approval or any more vehement or intense love. Before any thought of you was visible to the most metaphysical eye, you were already created and loved, for the units that have been sent out to experience and to come back into unity have gone out and come back many, many times and as far as we are aware this is an infinite universe. There is much spiritual encouragement along the lines of "by their fruits you shall know them," which entities almost always take to mean the fruits of time and attention which are money or projects completed or services offered in love, and surely all of these achievements are excellent and show that stewardship of talents and gifts that is, as far as we know, the right use of those gifts. However, what this point of view misses is the far deeper importance of the way your consciousness is aligned with respect to the vibration of the one original Thought which is Love. To our mind, we cannot conceive of running out of time to do one's main job because one's main job is to experience in as clear and undistorted way all of those catalysts which come before you with that vibration which is most essentially yours which is closest to the tuning of love. This tuning, which one may think of as a constant such as the speed of light—let us say, the speed of love—is the same for all entities. However, we encourage each when thinking about the right use of time to remember to consider before all else whether the self is tuned to match the vibration of love. Here is the seat of love coming into the created body. Here is that holy of holies where love dwells fully, undistorted and pure. Moving into this sacred place within, open the heart and feel the love of the one infinite Creator. And this habit of turning within, of centering first upon the Creator which is love, shall stand each in very good stead as each attempts to seek the truth of its own being and its own journey. Moving from that place within which contains truth, which contains love, one may begin to feel an energy—which has nothing to do with how much sleep one has gotten, or how healthy the physical body seems—beginning to enhance and energize not the body but the spirit which moves the body about. You represent and give meaning to love by your service to the Creator within those with whom you share your fragile island in space. It is love. Through the illusion of time love is articulated and mirrored back to its source, and this is deeply, deeply satisfying to the infinite Creator. So when you think of how you spend your time release yourself from the judgments of those who have strictures of what constitutes service and love, for by the way your being meets the world that it perceives through its senses each of you is giving the greatest gift of all to the Creator, to each other, and to the planetary vibration, and we feel this is worthy of being emphasized. That light will grow dim or grow bright as you allow the infinite love that comes from the Creator to all to move freely through the ever-opening heart and out into the world. You cannot love, for your human love will be very limited. There comes a time when the effort must cease and no matter how firm the intention, love cannot any longer be expressed in a human sense. It is only when one quits trying to be love and allows love to come through the self from infinity that one becomes able to withstand that great force and to be able to offer it on a continuing basis. So, each is encouraged to think of the self as a kind of light house or radio station with the light being brighter or the tuning being higher the more one's heart is stayed in love, and is open to love, and is open for loving. However, when one gazes at whether one who does great things in the world is superior to one who does nothing greater than re-diaper the baby or take care of a pussy cat or simply get through a difficult day without complaint, (one finds they) are doing completely congruent acts because what is important with any act is the love with which it is done. The one known to you as Khalil Gibran, in one of this instrument's favorite quotations said that work is love made visible. Whether your love is invisible, except when you smile, or whether your love is incredibly visible with a thousand accomplishments, that love is that love and it is that vibration, not the acts which accompany it, that are your true gift to the infinite One. And worry not about whether you are centered if you are worrying, for truly we say to you that if you are a loving person worrying, then your vibration is very little affected by worrying or by anything else that does not

loving, the giving. The other spiral is the accepting of love and the receiving. Let yourself become that entity who does not know if it is loving or being loved, but only knows that is a creature of love. One may serve at all times by radiating the love and the light of the one infinite Creator. Unless asked concerning either your experience or that type of experience of which your experience is an example, we would suggest that you serve by loving, by resting as an instrument rests in the hands of the musician that plays it. There is a tremendous focusing of love and light from all of those who respond to this calling from your peoples. Yet if there is the necessity for that emblem, let us remember with you, for we too admire and follow unconditional love and its servants, the teaching of the one known as Jesus the Christ, who said, "This is my body; this is my blood; it is given for you: take this in remembrance of me." Take your own blood, symbolically speaking. Therefore, we would ask that you, after you tend to this instrument, with equal love and appreciation tend to the one known as Vara.

2005/06/17: We share in them with the light and return our infinite love to you. It is not that this entity wished to go away, nor does it still, it is that you have achieved the ability to love it, to accept it, to embrace it, and to know it as part of yourself. It is very frustrating to this entity to be so loved. I love you, I accept you, and I embrace you." And it shall react as it will. There are some kinds of light that come into your being which you dearly love. And as you integrate them and begin to see the commonalities throughout the circle of being, for the first time in your incarnation you become able to love yourself. Why is this important when the whole point of a service-to-others incarnation is to love and serve others. My brother, we say to you, the point is that you cannot love another beyond your capacity to love yourself. You become, in your very being, a nurturer and a lover of souls, and this you have craved and sought. This instrument has often talked, in the context of her life in community in the last several months and years, of the experiencing of community as a hall of mirrors and she has often said, "The most you can hope from the hall of mirrors is that the mirrors speak to you gently, lovingly and honestly." Everyone that you meet is a mirror to you. It is time for you to see no mountain but only the love and the light of the mystery of the one infinite Creator. To say this another way, at a certain point you enter that nexus of self between the balance of love and the balance of light and you move from light to love, from wisdom to love, from articulated understanding to essential understanding. You have created for yourself a very friendly dragon who still loves the fire but will make you toast. As you rest in the mid-air of faith, know that you are a creature of unconditional love and that as you achieved the cross of suffering, so now you have achieved the redemption, the understanding of yourself. The group is known as the Allman Brothers and this instrument greatly loves that song. Nothing is finished, it merely spirals upward, ever seeking the love and the light that lies not without you, for you call it down into yourself by your seeking and seat it in the depths of your heart.

2005/06/18: And there are some tapes of my beloved companion and research partner, Don Elkins, called The Spiritual Significance of UFOs. If you have children and you're looking for something that's spiritual, there's a coloring book called, What is Love. Is there a song that you all love to sing that we could sing together or would you like to do the Lord's Prayer. We would say to you that it is as if your highest and best self, that has already gone through the lessons of love and the lessons of wisdom and the lessons of the balance between love and wisdom, was available to you from the future. She was breathing in the love and the light of the one infinite Creator because she had forgotten to be herself and she was beginning to enter into fear. There are very many different ways to hear the message of love. And as you ask again and again, "In each day, create me to see who I am, help me to realize my true nature," you are opening the way, little by little, to begin to feel that essence, that "I" that is the consciousness of love. May you know how deeply you are loved.

2005/06/19: After my beloved companion, Don Elkins, died in 1984 I stopped doing the trance channeling because I had been told by those of Ra that it would be very deleterious to my health, not to say my life, to continue doing the trance channeling without both Don and Jim there as my batteries. The colors of your energy are quite lovely. That kind is love. We would say to you that all of us and all of creation are one thing, and that one thing is love. Can you come into

some sense of identity with the quality of unconditional love. You have invited the cooperation of a very powerful source of love and wisdom. We find that although we would love to serve you, we are not able to address this question for you. N I'd like to ask you, if the truth of love becomes more obvious in the higher vibration now coming through on our planet, is the experience of love amplified with the higher frequencies. N I have a question around the heart and love. What does love look like. So what else can you tell me about what love looks like. Color, like everything else, is alive in the creation of love. May we thank you for the love for which you have brought to the creation of this instrument of teaching, sharing and learning! It is a blessing for us to share with you at this time. You are attempting to catch the spiraling upswEEP of the light/love vibration as it moves from what we can only offer through this instrument as the final point of the indigo-ray center, where it spirals into fire and becomes the time/space continuum of the dimension or density of love.

2005/06/24: When, as this instrument said earlier, you move from a point of saying, "Where is the love in this moment?" and you take the time, whether it is an instant or a real minute, to look for that love, to look for that point of infinite intelligence that informs the situation from the standpoint of spirit, then you have begun to see into the deeper levels of the present moment. And when your heart opens and you say, "Oh, I really see how I can be a part of that love in this moment. You are blooming in the sunshine of the Creator's love, and for this tiny speck of time, yours is the choice of how you shall spend that time of blooming. There is love in this moment. Where is that love. We wonder if you could speak to the nature of suffering, the purpose of suffering, and, perhaps, the attitudes in how we see the love in suffering. Do I have too much love and too little power. Do I have too much love and not enough wisdom. You chose for yourself your major relationships, your birth family or those who brought you up, your spouse or mate and those lovers and friends that have been important to you. Her choice was to learn to love without expectation of return and she carefully chose for herself entities throughout her life (for this lesson.) [She chose] not just her parents, for parents die; their gift has been given. Some have to do with love, and sometimes that moves into questions of worthiness and unworthiness. This is who I am and I am still ready to explore the possibility that love is the answer to all suffering." Lift up off the cross of thinking it is necessary. She wanted to express, in one incarnation, the power of love, and in order to focus her very active mind, she chose ways of limiting herself so that she would continue her internal process without a let-up or a rest for the incarnation. We've been talking this evening about learning to love and to see the love in the moment and, with regard to the exercise of looking in the mirror, the faces I have seen often appear dark and gnarled or as if they are earthy, or nature-like, in appearance, even decomposed. We would suggest that you gaze, first, at the nature of your interest in yourself, at this moment, whether it is in life or death, in power or in peace, in love or in fear, in sadness or in joy, and as you sense into the environment which you have created in your path of seeking at this point, and you see whether you're in the noontime of joy or whether you are in the darkness of the dark night of the soul, then you may begin to sense into the reason for your seeing those faces of some darkness and roughness as you look into the mirror that opens your subconscious process to you. So, through this instrument's memories, we are very well aware of the pain that ensues when a beloved entity, who wishes only for your best interests to be observed, seems to turn into an enemy of your process and your truth. She loves the spiritual community. She loves singing in her choir. She loves praising and worshipping and giving the Creator thanks in the distortions of her church. For many people, the only way that they have found to approach their love of the one infinite Creator is to buy, as this instrument would say, hook, line and sinker, the dogma of a particular sect of a particular religion. We would point out, however, that it is trammelled and slowed by the dogma which it carries and by those entities which are excluded from the love and the light of their Creator, in their story of the Creator, by judgment. When you see judgment, you know that you have, somehow, lost the way to a true understanding of unconditional love.

2005/07/16: More than one entity within this group is not only an individual but also a family member of the community which is represented in fifth density and in sixth density families from which you came to serve upon planet Earth

embrace those things about yourself that are the least attractive so that you can cuddle them, lull them into sleep when necessary, and create a structure for them within yourself in which they are given useful work to do for the light, realizing that you have only to love those portions of self in order to place them where they belong in the balance of your energies. You, my brother, long ago began to do so and through the years you have penetrated the first heart, that outer temple, shall we say, and moved into the inner temple of unconditional love. It is the parts of yourself that are as yet unredeemed by your love, your compassion, and your full acceptance, that are creating for you at once an under-energizing and an over-activation of the blue-ray chakra. Go and get it, bring it home, and love it, forgive it, accept it, and know yourself to be fully there and fully worthy. For all of those who are able to graduate, that is the first destination, that being the larger life of unconditional love. We would encourage you in the context of being still within third density to focus upon living from the open heart so that you are already living in unconditional love and are harvestable. We do realize that you, like many wanderers, have no great affection for the environment of third density and so we would greatly encourage you to look to the wholeness and integrity of your heart energy and attempt more and more to live very genuinely and naturally in those sacred precincts of unconditional love which are so dear to you. We cannot tell you how much we admire and love you and at any time you would wish us to be a part of your meditations, you have only to ask for our presence.

2005/05/20: It is a courageous decision to make and we congratulate the one known as C on having plunged into incarnation in third density for such a loving and service-to-others reason. You have come among the people of Earth to be, to breath the air, to open your heart, and to gaze with love and compassion upon the world that you see before you in this moment. It was your hope that, by giving yourself these awarenesses of the subconscious material involved in the entities with whom you came in contact, you would be able to see into these patterns in a way that was filled with compassion and unconditional love. You have, in past incarnations and between incarnations, done a good deal of work in loving entities and whole cultures and societies. This is an activity which involves a great deal of concentration and focus for in doing this work you are not accomplishing anything but the radiation of absolute love as a coherent stream, rather like what this instrument would call the stream of a laser, so that the entity or civilization upon which you bent your loving gaze would feel there was absolutely no doubt that they were loved. This stream of love, through time, regardless of all obstacles, is an activity at which you have in the past been extremely good. It was your hope that during this incarnation as well and in spite of every obstacle thrown up by the many distractions offered by the physical body and the stray emotions of the personality shell of that body, you would, when prompted by being around entities which were in need of this kind of reassurance, be able to love, not simply in general but very specifically, according to the subtleties and nuances of the patterns of personality and the dynamics of that personality's interaction with what you could call the forces of polarity; (that you would) be able to envelop and embrace them in the light of your living and consciously sent love. Many are the entities which are not vulnerable to love offered in open communication because of damage that is done to them in their past within (this) incarnation. The gift that you are able to give to these entities, without any obstacle or resistance on their part, is this unspoken, unannounced, silent radiation of unconditional love. We are simply suggesting that the service which you created for yourself before incarnation having to do with this ability to perceive patterns within other entities was simply to be there for them as a loving presence. It would not be surprising to us if entities which had found their icy hearts thawing in the presence of your loving heart began to find it possible to enter into communication with you. And certainly, my sister, you are free to offer any information and inspiration that comes to you if such communication is undertaken by the other self whom you are loving. It is wonderful if you are able to share helpful thoughts and opinions with such entities but your true service is accomplished when that entity is loved by you. To the one known as C we would say that, indeed, she has done a great deal of useful and helpful work in perceiving that incarnational lesson of loving through perceived negative responses such as abandonment, rejection

and betrayal. When such a lesson is chosen, it is chosen, at least by those wanderers who are from sixth density, almost surely with the intention of striking a finer or more refined balance between the energies of love and wisdom. The energies of love, by themselves, do not have the balance, nor do the energies of wisdom by themselves have the balance. In other words, my sister, you chose this theme of the apparent perception of being abandoned or betrayed in order to give yourself experience in responding to this perceived catalyst not simply with love and not simply with wisdom but with an ever increasing awareness of the balance between those two energies. If you are abandoned and you respond completely with love, you have very successfully balanced the negative emotion that was handed to you with a responsive, positive answer. Your hope in this practice is not simply to love, embrace and accept the entity who has seemingly offered you negative catalyst and not simply to remain uncrushed and unflattened by the experience, but so to combine these elements that you are lifted up and free of the flattening effect and at the same time your continued and abiding love of the one who has seemingly wronged you has lifted up that person also. In this way, your hope, then, is to have balanced the forces of love and wisdom within you while remaining highly positively polarized in service to others. And there is the experience, in a very small way, as the one known as Jesus the Christ (had), of the suffering having been redeemed by great and unconditional love, so that you have the experience of the cross and the experience of resurrection as well. Thusly, it is not so much that you are learning lessons but that you are learning how to give yourself as a gift in every thought and in every action to the Creator whom you love so unconditionally and who loves you so unconditionally. My sister, you are not the first entity to ask us concerning service to these infants and we may assure you that you are being a very real and genuine service to them by the love with which you nurse and embrace them and the care which you take of them. The theme of your service within incarnation at this time, as you can see, is little understood among the people of Earth, for you have come here to love. You are as the light-house and you shine over stormy waters, giving your love and your light that is as a beacon. Your fidelity to unconditional love, by its very nature, is able to create (awareness) within entities which may be being tempted to join what you would call the darker side of the left-hand path of service to self in such a way that such entities cannot deny the truth of that light which they see before them. (Side one of tape ends.) (Carla channeling) ...but they choose it in [a] full awareness that only your loving presence can give them of what their situation actually is.

2005/06/14: Know and depend upon the strength, the power, the love and the dedication of such entities as these trees to sustain and to encourage the balance of your power and your peace within you, for trees act as a kind of sieve, straining away the useless, the transitory, and the incorrect. We would encourage you instead to ask each day to remember that faith that you had in yourself, in your power and in your peace, for all entities of whatever density of origin are magical, crystalline beings of tremendous power and at the very heart of that beingness lies the utter simplicity and peace of unconditional love. You have purchased the opportunity of your lifetime because you wished to become the light upon the hill that radiates the love and the light of the one infinite Creator. This instrument recently heard the words, "Lift up your heads, ye gates, and be ye lifted up, ye everlasting doors, for the King of glory shall come in." I say to the world each day, "Lift up your heads, oh ye gates, for I carry in my heart the identity of unconditional love and that unconditional love lives in me, unworthy and error-prone as I am, and the King of glory shall come into this world only through the likes of myself." Then pray, my brother, for transparency. It is the innermost part of the heart of your true self, which as you have said this day is a citizen of eternity, and to capitulate further things that were said earlier in a non-sacred environment, we would say within this sacred space that you live and move and have your being in the unity and in the love of your open heart. This entity remembers why she is here and she is greedy: she wants to fill her life, every moment and every breath, with love. Her problem is to remember to allow herself to be loved, and, my brother, we would ask you to remember also that being of service to others is at least as much a matter of allowing people to love you as it is remembering to love people. One spiral is the

close the heart. Seek always, then, to center in love to revel and enjoy being loved by the infinite One. And that which your love is to do, those places where your love is to shine, will come too and you will know them. It is always your free choice to love and serve the infinite Creator and to do it in this way or that. Make your discipline that which is both loving and firm that the young entity be made aware that it is indeed surrounded by those who care. We would say to the one known as R that the surgery and transplantation which has been effected is that which is designed to lengthen the span of life in this incarnation, for this entity is yet full of that which is the desire to serve, to know the Creator, and to learn that known as love.

1996/10/06: And we share a royal road together, for there is a kingdom whose head is Love itself, and on that highway to Love we are comrades. However, generally we would say that love, that original Thought that created all that there is, is of a nature that is purely expansive, moving outward and radiating in all directions from every point. When that love pours through the vehicle—physical, emotional and mental of the entity within incarnation—that love moves into the field of the body at the base or red-ray chakra, that survival chakra, and if it is blocked there by contraction, by fear, not much energy can come through to move into higher energy centers. That which is not love is illusion, yet that which is love is also illusion within your density. So when you as a seeker find yourself radiating within in hostility, aggression, anger, rage or resentment your first duty is to yourself and it is to validate and support that dark side, for that dark side is very concerned with your health and welfare and it needs to be reassured, comforted and held as gently and lovingly as the baby at the breast. It is as though your fear, your blockage, as you experience the catalyst that creates anger, contracts you into a crowded, small space and you feel that you would explode if you could to make that place larger, yet the skillful way to work with this anger once it has been identified, accepted and forgiven in the self is to see that there is a real concern which can only be addressed by love itself. So, we encourage each to gaze unafraid at those dark emotions within, to love and accept them, and gently and persistently and with humor to work with them, putting them in perspective, seeing them for the vampires that they are and allowing compassion to flow as you enfold your dark side in your heart. There is in one sense no safety, for one is vulnerable at all times when one opens the heart in love to another.

1996/10/20: It is the work of much compassion and hard-won wisdom to fall in love with the self, to be a support to that self in all of its uniqueness, with all of the quirks that signal and trumpet the imperfection of self. For those who are born in the body of a male, the lessons in love frequently revolve about being one who can fulfill responsibilities and duties without recrimination or ill feeling. When you choose to disengage the machinery of mind from the ephemeral business of the passing hour to the point where you become aware of the nature of the creation and of the self, when you can know that all is love at the same time you are expressing distorted views, you have indeed become wise.

1996/10/27: And suddenly, all too soon, your time of learning and growing within the Earth plane and its school of learning lessons of love is all done. They then cling to that knowledge and often in such a way that it precludes loving all of those with whom you might be in relationship, for some might not agree that the way that you know is right is for them also right. Knowledge—may we say that which will help you in your quest for the balanced, the loving, the simple, the pure in relationship, and we know that is what you crave, the truth which lies behind that which binds any two entities together—knowledge will fail you. However, we ask you to step back to the beginning, to that impulse which brought each of you to this point, that great overwhelming of being awake for the first time, and feeling for the first time the craving for truth, the hunger and the thirst for love, for that which is true and that which is love are congruent and identical. And the truth which cannot be got at by knowledge can be attained through love, for each of you is love. Each of you is created as love, in love, for love. That which is you, that which is most deeply yourself, is that portion of self that is love. And you hoped when you came to this illusion to become more able to stand firmly upon the ground of your person, upon that being that is at the bottom of it all and be able to love and be loved with the least possible distortion.

What you have in common is love. Yet, you cannot relate to another by saying to yourself "I am love. She is love. We are love." You simply have conjugated the sentence. You have not got to love yet. But when you realize that the ground of your being is love, you can turn to love itself and know not the being but the love. The love is that which holds you and another together. You can depend upon the love. You can know that that love is true, that this is the truth of any relationship. It comes to you through love, or it comes not to stay. We feel that entities who face each other without the awareness that what is between them is love find it of varying efficacy to relate, and because of the nature of illusion even the most earnest attempts to connect with another shall often fail in any human sense. However, if you can remain aware that the connection is not between one and one but between one and one with another one so that there is the go-between, there is the middle man, and that middle man is love. That entity between is the truth, distortions move into that, shall we say, globe of metaphysical light and love that speaks as the entity that is the two is relationship. When you can envision that which is between you and the other as standing not between you and you but between each and that us which is in love, which is in the Creator, then you give yourself and the other the space, the time, the patience, the permission to relate imperfectly, to misunderstand and work things through very slowly. This does not change the truth of love. And love will express through distortion. It is simply a matter of your being able to keep a constant awareness of love, for there lies truth. It is about loving. When those entities to which we have referred to before within your religions have judged all others because of whether they believe as you do or not, have they loved all entities. When you choose to separate yourself from someone behaving poorly, are you still acting in love. You see it may be that to love most clearly and most purely it is the time to sustain a painful relationship, giving yourself the opportunity to remember love as the true bond betwixt, or it may be exactly the opposite and it is not in knowledge, it is not in thinking, it is not in planning that one can come into a sense of whether it is time to stay or time to go. It will be that feeling within that feels just right, that feels loving, that feels peaceful.

1996/11/03: We were speaking of those text books that you are to each other, learning those lessons of love that you have come here to learn, for, indeed, each of you has come here not only to serve others. You see, each goes through this school of love in third density without learning everything, without achieving perfection, but merely tending toward the direction of service to others and unconditional love to the point where you may enjoy and bask in that fuller light that characterizes each succeeding density. So each of you has been through the school of love before, some upon this planet, others upon other planets. And as the densities succeed and as you progress upon your path you find yourself feeling the lack of one or another of those inner strengths, those cores of steel that constitute a real experience of realization of one or another aspect of those lessons of love. In higher densities the veil is lifted and you are able to remember all that you have done, all incarnations that you have enjoyed and experienced, and so you do seek to refine that choice of service and love that you made in third density. And so each of you has a real hope at the unconscious level that you will undergo the ordeals which set up the situation for learning about loving and about being loved, about possessing and about being possessed, about caring and not caring. There is the human desire, perfectly natural to an entity imprisoned in flesh, to wish to control the processes that have to do with survival and comfort, and certainly there is tremendous discomfort in the processes of learning those lessons of love which you have come to learn. We speak from experience, for we had in our third-density an unusually easy time of it because the ethos of our people was more loving. And the answer to these pains and difficulties is simply to accept them, to embrace them, to walk through them by faith, working in each case to see the love that is in the moment and to be a part of that which is good for all those whom you meet. It sees the pain and the confusion and at the same time rests in peace and in faith in the knowledge, that knowledge that comes to the open heart without proof that beyond all of the appearances the one thing to focus upon is love. This is at its most important when the entity faces itself, for only when an entity has learned to love and forgive its own self can the entity turn open-heartedly to embrace another in intimacy of

spirit, of mind, and of body. Still and always you are loved. You are held in infinite care in the tender arms of the Creator whose nature is unbounded love. And to see the hope of the incarnation being that process of dismantling the armament, of taking off one mask and then another, one layer and then another until the self is transparent and empty, and is a vessel through which love may flow. The deeper that you are able to take this process of becoming naked the more intimacy you shall be able to endure, the more of love that you shall be able to channel through yourself. The controlling, fearful seeker wishes to give love and receive love. The entity whose pride is dust simply is and in that bare being lies infinite unbounded love. So when the striving is over and the heart has room and time to open, there is love itself and in that love there is all the awareness and understanding that is needed. So, indeed, the next time the seeker feels itself reaching and grasping or pushing away and defending we ask that seeker to remember that nothing is as it seems but all things are full of love, even those which seem the darkest. There are many distortions, but beneath and above and around and penetrating all distortion is perfect love and there is within that holy of holies, within that open heart that each of you has in potential, that perfect instinct for love. Beyond this basic aid which is the greatest part of being the battery there is simply that loving attention which suggests rest when it seems appropriate. We would encourage each to go forth rejoicing, for love is all about you, and you can walk by faith with a merry heart.

1996/11/10: Within that thought of infinite love there lies no shadow. An old hymn this instrument knows is, "The Body They May Kill, His Love Endureth Still." When the darker side roars within and the self feels the power of that darkness there is the opportunity to exercise that muscle that you call faith, for in faith there is the sure and certain awareness of the light. One's relation to one's dark side should be one of gratitude and love, for the dark side is that which strengthens and enables the light side. It is well when one sees that side of self which has those vices and sins, if you will, in abundance not to turn away but rather to embrace, to love, to accept, and to forgive that part of the self for being. But we have, indeed, found a tremendous strength in coming to know, to love, and to discipline all portions of self, be they considered light or dark. Therefore, the hope of each seeker is to balance and allow a clarity to move over these tangles of self-judgment and self-criticism and to smooth them away with love and tenderness. Then with a light heart allow that energy of desire and love to work its way through you at the appropriate moments, giving little care or worry about outcomes, for there there is that entirety that is the group that shall gather of which you are a part.

1996/11/22: Your deep concern as humans is always, "How do I do it with more purity, with more clarity?" The question might be better phrased, "How do I do it with more love?" More love will probably bring that greater clarity and purity, but not necessarily. If there is fear which is creating distortion and you bring love to that fear, in the long run it will help to resolve the distortion. What bringing love in will do is not to guarantee absolute purity but to enhance your compassion. You are here to learn faith and love. Can you see that it is only fear that drives the desire for perfection and not love. That Thought is love, and each of you is love. Consider yourself within the earth plane as one who is upon a journey, sent forth from the beginning of time and space to gather experience—and always, always returning, circling back to the source, to love. When you as a seeker, then, begin to desire to clear the channel for more clear channeling of the love and the light of the infinite One, there is the tendency to think in terms of working from the viewpoint of the one who wishes to take from work in consciousness that which does not belong. The clearing of channels continues in the progress made in joining the self with the lower energies in a loving and non-judgmental way, through gazing with care upon the arrangement of what this instrument would call the dark side of personality—that side wherein reside those instincts for survival, sexuality, human relationships with self and other selves. We turn over the microphone to our friend, our beloved brother Aaron, with great delight. Any can manifest its energy with great love and clarity as an angel. It is through this balance—taking the constant catalysts of the earth plane and drawing them into the heart of love—that you not only learn for yourselves, but that you manifest your energy into the world with increasing purity and love and

thus offer that energy to all beings. When is it love. This is only ego." If you strike out in anger against that ego's voice, then you cannot hear love's voice. Your work is to draw it into the heart of love. The challenge is to bring love where there is fear. The work is to cease to fixate on getting rid of anything—fear, jealousy, greed, anger—but instead to draw all of these emotions and the causes for them into the loving heart. Then you can watch these patterns come and go in yourself; and a loving heart knows what to do. And as the energy gathers, that energy becomes more crystalline and transparent to that love/light that is expressing into manifestation from unmoved love. But come with us into the heart, just for a moment, where we feel that there is the need to experience love; and we wish to tell you that you can do this at any time. And you bow to the lions and you do not say, "I deserve to be here"; you say, "Have mercy on me, for I seek love." And the lions bow to you and the door opens and you walk into this room, this holy of holies. You are loved with a passion that creates and destroys worlds. Oh, how you are loved. We turn the microphone back to our beloved friend Aaron. Where is that place of most brilliant light and love. These movements do not prevent you from resting in that light nor manifesting from that brilliant and loving heart. You stop and acknowledge, "I've lost the path and don't know where I am." Fear may come up very strongly for those of you who aspire to live your lives with love. The loving heart was also there. Coming back to the loving heart, you simply pick yourself up—trail or no trail—and begin moving slowly down the mountain. Love is also a distortion of the divine. Only love will dissolve negativity. Only love will dissolve confusion and distortion. Whatever distortion expresses itself, you must bring it into the heart of love. Offer it loving-kindness. When you are reacting from a place of fear, which is creating increasing distortion in the outpouring of the energy that flows through you, that is not a statement that absolute clarity and love are not available.

1996/11/23: With deeds of loving-kindness, I purify my body. And rest in that space, open and attentive, heart unbounded, ready to listen with that loving heart. My love to you all. From a loving heart, we offer the deepest affirmation of our being. Please join me silently in offering that affirmation if it feels appropriate to you: Today may I offer my energy in a loving-kindness to all beings, including myself. As much as possible, I offer my energy in that spirit and my whole being in service of God, of love, of light. I ask for whatever help may be offered to me by all loving beings on every plane to help me express and nurture this resolve. Please read it with me if you would like: "By the power and truth of this practice, may all beings have happiness and the cause of happiness, which is loving-kindness. My love to you all. He was not really able to hear them and their suggestions that he bring love rather than hatred to these places of perceived harm. The deepest sorrow and the greatest pain are as fallow fields within which is sown the kingdom of love. There is the parable within the holy work known as the Bible, of the kingdom of love being one precious pearl buried in a field. The urge to be better is answered within your earth world by a list of preferred adjectives: worthy, generous, loving ... Each of you has two main goals: You wished to move through the intense incarnative experience, repeating for yourself your lesson of loving, which you felt could use more polarity; and you wished—for you, too, are brothers and sisters of sorrow—to lighten the planetary consciousness of this sphere you call Earth. We would at this time transfer the microphone to our beloved brother Aaron. One is consciously to deepen your intention to offer your energy with love. This response may be the statement, "No, you cannot attack me like that." The no is offered from a place of love, not from a place of need to defend, not from a place of fear. It is the kindest thing you can say at the moment for yourself and for the assailant, who is creating a great deal of negative karma for himself: "No, you may not speak like that to me; and I will not stay here and hear it." To be loving does not mean to be a doormat to negativity. Deep mindfulness will reduce that distortion; and a sense of loving responsibility will mop up and read-just the flow, will clean up whatever distortion has been created. Would it just be possible that you teach more when what flows through you does become distorted, and then you very lovingly attend to that distortion, thus helping others also to learn that they do not need to be perfect—they need to be conscious, loving and responsible. You can never excuse great intentional harm to another by saying, "Well, it's their

of Q'uo, and are aware of your query, my brother. When one is heart to heart, when at last (one) is exposed and the humanness of the self is undefended, not simply from the other self, for the other self is ready to love unconditionally, that other self becomes a mirror which then reflects back to you for the first time, so that you can see it yourself, the picture of your own shadow. Once you have faced yourself squarely in the mirror of the other, sitting together in the lap of the Creator, surrounded with arms of love, tickled by the beard of the Almighty, blessed upon the breast of the Mother, loved at last for all that you are, then at last you are free to begin what is sometimes a lengthy process but a joyful one. And what but the forces of great love can give you permission within third-density beingness to explore that essence of self. And yet there is the possibility for enormous love. Namely, what cultures and sociological constructions did they move through on their way towards living in love?" We are those of Q'uo, and are aware of your query, my sister. Oh, she is in love with suffering; she is ready to give up her life! Yet, when she can do that, then she is free within incarnation. And so we say to each of you, "Awake to love and joy and allow the dead self to bury itself, dust to dust, and ashes to ashes." We speak now not of the dust of the body, which is easily seen, but the dust and the ashes of old emotion held in their imbalance as if they were treasures. We are happy to let them be and to express to those with issues upon their hearts at this time our absolute and unwavering love for you and our gladness at any time to respond to any questions that you do have. (footnote start)[This phrase is a quote from an answer to a previous question to Q'uo in the March 20, 2005 session about finding a loving companion.

2005/05/01: Whatever the reasons for an inability to fully come back into the original home within the memory, within the consciousness, and accept it fully with trust and love, the lack of that original goodness of home bears on the rest of the incarnation in terms of creating an environment in which the personality shell carries those original wounds from early childhood without being able to process them. Each of you has a suitcase full, shall we say, of real gems of pain and suffering that are neatly packed away, waiting for you to return to them, and, with love, to lift them to the light and to work with them. In terms of consciousness—which is that which you carry within you at a deep level in incarnation and out of incarnation—it is simply that constant radiation of unconditional love which is like an infinitely rich experience of the most joyful and light-filled sense of self that can be imagined. And when you begin to see a pattern, think about it, follow it, pursue it as if you were a lover and that pattern of remembered pain was your sweetheart. Your safe place has these treasures stashed away, safely stored until you get back to them and take them and look at them fully and lovingly. You must let the sunshine of your love and the rain of your faith cleanse that wound. We hope that as you find these engrams, as you love them and look at them straight and embrace them as the wolf that bites, you will find that deep humor and that reaction of laughter coming to you. The one known as Ra said many years ago that it was helpful to think this thought, to ask oneself this question, "Where is the love in this moment?" When you ask that question, you open your heart (Side one of tape ends.) (Carla channeling) When you open your heart, the Creator embraces you and shares Its heart with you and when you and the Creator are one and abide in each other [then] all things are one and filled with love. Where are the triggers involved in this situation and how does my highest and best self see into this situation, given that love and that wisdom that have come to me in this day?" For you truly have grown today. Wonderful is that moment when you blow it all away with the true wine of unconditional love and acceptance so that you are in full body contact with yourself, your essence, and who you really are. By faith, even if you are stuck in a job where you do not see how you are truly helping, you can know that you are helping (because) you are you and the love with which you do that job is the greatest gift in the world and one worthy to be given.

2005/05/15: The other bursts of energy which have hit this planet, and indeed your entire solar system, are those coming from what this instrument has sometimes called the great central Sun and are informed by the combined love and concern of various of the larger groups of entities who wish this planet and indeed this solar system well. In many cases, this person was chosen specifically so that you could work

on loving yourself. It is often very difficult to approach in a direct way the central challenge of loving the self and so you are given mirrors. Sometimes the mirrors are loving and honest and you get a pretty fair image of yourself, one that you can look upon with some feelings of stability and trust in that image that you are seeing. Perhaps you put that entity in your life simply to learn to love without expectation of return. Now, we have spoken of the heart chakra and about how that, although it seems that it is a wonderful place, always open, always loving and so forth, actually the heart chakra is a real challenge to negotiate. They do not include the energies of loving. You see crowds of entities associated with all the work that you have done in the lower three chakras, entities and situations which you have not entirely digested, entities and situations which are unloved by you, unforgiven, unaccepted and not seen as a worthy part of the self. It is enough that you love and accept yourself as you are. You are immediately and without any more hesitation in that place within the heart that is sacred and in which the Creator sits waiting for you with infinite patience and love. We do encourage each of you who seeks to let go of old pain to meet the lions at that gate squarely, daily, to walk in and sit down and let yourself be loved, understood and totally accepted. Some of you are healers, some of you are communicators, and some of you are those who love. Yet we assure you that no loving acceptance that you are able to achieve of yourself stops with yourself. We encourage you to embrace every seeming obstacle, resistance and difficulty, asking it what its gift is for you, embracing it, accepting it, and loving it. Consult your guidance system, root down into your earth, your environment, your relationships, and especially your relationship with yourself, and then sail on, fearless and full of love for the moment, for the test, for the Creator, and for your part in it all as a cell of the creative principle. The reasons for these closures are very involved in third-density political and economic agendas which do not, shall we say, have that stamp of unconditional love at all. We would also offer our humble suggestion that, in terms of metaphysical progress among your people, the goal of understanding such machinations may helpfully be described as knowing what (it) is in order to love it and forgive it unconditionally. Love them. We are always with you if you ask us to to deepen your meditation and to love you.

2005/05/17: In this instrument's case, for example, this instrument agreed with both parents to come into an environment which required that one of her incarnational lessons, that is, one of those lessons that would loom large for the entire incarnation, would be given a good start by them in that they would require her to love them without any expectation of return. This instrument's parents have passed through the gates into larger life over a decade ago in this instrument's life and yet she does not find any lack of those who would help her to practice this incarnational lesson of loving without expectation of return. It could be called love. Love is that word which is so overused by your culture that it virtually means nothing and so we would ask you to take a fresh look at what loves is and how it acts to grow the elements of your personality into a cohesive, rich and fragrant offering to the one infinite Creator. In your Bible are the words, "In the beginning was the Word." That creative Word is love. You are a creature of love, you are a child of the Father Whose name is love.

2005/05/18: For, although your main reason for incarnating was that which you wished to offer and give, you also chose certain balances on which to work, most notably the balance between love and wisdom. Like many entities, you chose lessons such as learning to love without expectation of return, and learning to listen with compassion to those entities who do not think as do you and whose logic does not run as does yours. Your hope was to blossom and to yield the harvest of that blossoming to the one infinite Creator, to the planet into which you incarnated in order to serve, and to all of those upon the planet, that race of humankind which you love so dearly and wish so keenly to help. We do not encourage you to develop that darkness by loving the darkness and encouraging within yourself the energies of selfishness and service to self. Rather, we ask you to realize that these darker energies within you are a part of you that you can redeem and balance by your loving of them within you. Loving and accepting these darker images of self does not mean encouraging illicit or immoral behavior. Rather, it encourages you to integrate the darkness into your whole self, to accept the wolf within, as this instrument would call it, to

ers, love for others, love of honor and duty and faithfulness to the cause that they choose to undertake. For what the natural world and the extended natural world, leaving out third density, have in common is a full knowledge of the love and the light of the one infinite Creator. The cross can be seen to be that upon which hangs a Redeemer which dies on this cross in order to purify and refine the consciousness of the world as it, itself, as the Christ, was refined and purified by the sacrifice of self for love of other-self. And that is the idea that there is a larger life and that it is here today, alive, and promised in the greatest of love and the absolute certainty of the one known as Jesus the Christ's knowledge that such a thing as sacrifice, such a thing as utter, unconditional love, was that engine which would launch not only himself but all of creation and create a flowing stream that would reconfigure and free humankind from those corners of limitation that are suggested by every aspect of your human experience. Every attempt to become worthy of the love and the light of the infinite Creator has failed before it has begun. And we wish further to suggest that the mythical representations such as (are found within) this instrument's deeply felt and beloved Christianity are fruitful ground for digging into and uncovering relationships that may enrich and enliven and create resonances for the basic ideas that create the icon. In terms of the Law of One, this instrument's mind would develop a simple answer: that the three sides would be basically love, wisdom, and power. What is love. What does it evoke within one to think of love. We use this example because, within the Law of One material, at one point the three of the research group at that time—the one known as Carla, the one known as Don, and the one known as Jim—were described by the one known as Ra as being well-balanced because the one known as Carla had a great deal of unconditional love in her makeup, enough to spill over and inspire others, whereas the one known as Don had a tremendous connection with wisdom, and the one known as Jim had an overwhelming degree of power.

2005/03/30: This experience has taught me a lot, but now I feel that the time has come to reintegrate my path with my beloved Christian faith and walk again in Christ, but on a different level. It is a vibration of unconditional love, and further it is an unconditional love that is willing to lift away from all concerns of self or the cost to the self of service to others, with the only goal being that of sharing in a wholehearted and complete way, insofar as we are able, the love and the light of the one infinite Creator as expressed through the unconditional love of Jesus the Christ. Our basic energy is that of unconditional love but we, any preacher to whom you would speak, and, indeed, this instrument as counselor, all have significant biases and distortions. Each attempts to be the voice of unconditional love, and yet that unconditional love is as something that is more than and deeper than any words can say. Mary wept, for she was distraught, thinking that someone had stolen the body of her beloved Jesus. He has indeed completed his journey within your planetary third-density life, and he has, for all time and for all space, given himself to practicing the presence of unconditional love. The pure gift of unconditional love, however, which he embodied remains as a perfect jewel, just as it is, and there is tremendous power in simply praying, "Jesus." There need be no content to that call. This group consciousness combines that self which you have created in the fullness of your journey through what this instrument would call mid-sixth density with the pure consciousness of unconditional love. By your love you have prepared and made ready this place within yourself. We say this in order to encourage you to rest from any concern that you can be separated from the love of the one known as Jesus the Christ and to reassure you that there is no need to reach for the counsel and wisdom of the Holy Spirit. The smaller idea of unconditional love cannot be sustained. There is nothing dogmatic about unconditional love. As you seek this transformative path that spirals into the energies of unconditional love ever more fully, we hope that you are able more and more to release any fears that you might be making a wrong step, thinking an incorrect thought, or exploring in areas that may not be appropriate. For the energy of unconditional love is a part of your nature. This is why we began by saying that the consciousness of unconditional love cannot be bound by concepts and words. Those who attempt to teach how Jesus thought tend to attempt to bind words onto the true vine of unconditional love, as though explanation and explication will somehow create a better Jesus. He

actively desired for his consciousness to become that consciousness that is caught up in unconditional love. He had penetrated to the truth of himself, and when he found his true nature he found that it was caught up entirely in the "I" that is unconditional love itself. The one known as Jesus said, "I am the way, I am the truth, I am the life." 5 Please remember that the Creator had a name to the one known as Jesus, and that name was "I AM THAT I AM." Within incarnation this entity had opened up his personality shell, allowed it to fall away, and what was left was the pure consciousness of the Creator as this entity perceived it, and to this entity was given a perception of the Creator that was pure love. The consciousness of Jesus the Christ is pure love. This is a good distinction to remember, for that which is facing each entity at this time within incarnation is the challenge of learning enough about unconditional love to begin to follow the ways of love and thusly to walk through the transformation from third density to fourth density; from the struggles of good and evil into the sunshine of pure love. The choice of love over fear can be seen to be quite brutal at times. Turning the other cheek, loving when one is reviled, bowing the head to those who would harm, and remaining meek in situations where those without the awareness of unconditional love would spring to defend themselves is harsh. We can only say that the rewards of keeping it simple and hewing to the ways of love are infinite. It is love and not cleverness that will clear the sight of those who feel that they may be blind on the inner planes. Indeed, your very heart pumps love... love... love... Insofar as it is necessary for you to do, love him as a human being, but remember always that he wished to express the truth of the Father. But that Word of love, which is the consciousness of the Christ, is all in all. For all time, and for all space, unconditional love is the essence of the Creator, and our path as well as yours winds ever closer to an awareness of that unity. Together may we be that love.

2005/04/03: Love that is beyond words flows from every fiber of your being as you listen to each other. Even if you cannot say one word, your heart is radiating the infinite love and light that lies within you. And yet if you think of the wind chime that makes beautiful music in the wind and then you think of the effect of the sounds of the buoys that float upon the ocean and warn of peril and sing of home, perhaps you can begin to see how much of a blessing it is to create the harmony of all of each of your very personal and unique sounds coming together in the harmony of the expressions of love in one sacred space. Feel, in this moment, how beautiful, how profound, is the quality of your love. The other aspect that we would point out, in terms of the commonality of these movements, is that they have in common being much more native to and obvious to the nature of those who are awakening as wanderers or as those who are ready to be wanderers; that is, who are ready to graduate from third density into fourth; who are ready to drop the flesh and live in love. Love and fear cannot co-exist and the expression of love is the release of fear. Another entity may hear the call of a certain kind of expression of devotion and become a guardian of truth, an upholder of justice, or an agent of the healing power of human love.

2005/04/17: First of all, this instrument was concerned earlier because the one known as Hatonn, which is part of our group, had expressed itself in that she had caught the quality of the word, "Hatonn" (when challenging), and we would express that there is within this group the calling for unconditional love in its purity and that is the service which the one known as Hatonn so joyfully provides. This instrument often prays, "Be present, be present." And yet, love is always present. That presence is the heart of who you are and we hope that you will stoke up on those energies as you rest in unconditional love. Others of the waves of energy are those which are shrinking from the light and the love of the one infinite Creator; energies that are fleeing from the lucidity and the clarity of these times that are among you now. You are becoming creatures of love involved in a loving environment, and from the earth to the sky, from the East to the West, and the North to the South, your planet is coming alive with love. Know then that this which is unseen has a power and that you are part of the web of love. Open yourself, therefore, to those energies of love that are awakening within you, more and more. The first of them is: "What is the nature of that pairing between two beings who find in each other that love and wisdom that connects them 'not for a day, a week, or even a year, but for all eternity'?" 1 We are those

karma," or, "I'm working on a different level." When you are working to the best of your intention, noting the arising of fear within you and attending to that fear with skill, cleaning up after yourself for the bits of fear that have sent themselves out into the world, then you have got to have faith that, while some of this fear did escape and created a pollution, out of that situation can come some good because of the heart's great desire to offer its energy with love. You know that the highest purpose is to offer the energy with love. Remember, you are in third density largely to learn faith and love. There is no clear-cut answer, except for one: Pay attention and act with love. Whatever flows through you when your primary intention is to offer your whole being in loving service to all beings, the divine will take and use for holy purpose. Let the loving heart offer its intention for service. The loving energy that is you is impossible to dissect. In working with the self in this regard, we find it helpful to ask that which the one known as Ra first offered to this instrument: "Where is the love in this moment?" By turning to this universal question, by asking, by desiring that quality, that question, you open doors within your deeper Self—that self which abides in the awareness you do not have access to in your conscious mind. This deeper Self knows where the love is. The thousand and one specific details of everyday occurrences are taken from that world of manifestation and handed up as a noble and holy offering to the Creator: "Here is my confusion; here is my pain; here are all my emotions; here is my confusion; here is my mental anguish." And that great Being which lies within embraces the self, the concern, the anguish of unknowing, and responds in silence with love. The skill of the seeker is to trust that process and to keep the mind upon the question, "Where is the love?" and to keep the mind upon the moment wherein the question is asked. If, when you come to that present moment, your question is, "Where is the love?"—in that moment you have entered love. Thusly, abide in love and look in all things for love—even with rage, with fury, with the strongest and heaviest of emotions. Thank you beyond our ability to express through this instrument for this wonderful chance to share love with love. When you ask, as Q'uo suggested, "Where is love to be found?" can you see that the love is to be found in both the idea of brokenness and in wholeness. The love is always there in the wholeness—that is easy to see. The sense of brokenness is catalyst which sets you looking for the love. Therefore, the love must also be in that sense of brokenness. The love is in the inspiration which inspires you to seek the love, and that inspiration is often the negative and painful distortion. Within the shadow is found the sunshine! When you begin to experience with more clarity that love is in everything—not just in the ultimate perfection of you but in every expression of that perfection—then you do not need to worry so much over distortions nor to enhance judgment and shame about them, but simply to attend to them. It is simply a distorted expression of that wholeness." When you work conscientiously in this way, instead of each distorted expression becoming something that grabs at your energy so you must frantically go and fix it, each distorted expression just becomes a reminder to ask, as Q'uo suggested, "Where is the love. When you ask, 'Where is love to be found?' especially when involved in a painful experience, it is a way of reminding yourself, 'Even right here is God.'" With that reminder, your energy field opens. Then love announces itself. All I can do is offer love." It is this way that you offer it. Smile to it! If it is a difficult experience, do as Q'uo suggested: Ask, "Where is the love?" with a truly open heart and mind. This sounds to me like what Aaron mentioned earlier when he asked us to consider the possibility that the distortions provide us with opportunities to learn and to enhance our abilities to offer learning experiences that help others, through our loving attendance to those distortions. Q'uo The entity who loves self, who loves self as it is in all its dirt, is an entity with mercy to offer to others in all their dirt. To ignore is not to allow; but to see, to love, to accept, to forgive and to move on, knowing the whole—that is helpful. It is what we came to share, and we say to you that it is your radiance within all the suffering of every day that expresses this polarity of love. Thus, the very time of difficulty where you see that the love energy is sacrificial and painful—that is time to rejoice; for in loving the unlovable, you are truly choosing to polarize in service to others.

1996/11/24: The balance is between this human expression and the ultimate essence of love that you are. This is

just as it needs to be, because through this human come the greatest expressions of compassion, generosity and love. Will my needs be met?" Through that fear, the voice of love must speak with resounding clarity in order for the apple to be offered. It is the force of this voice of love that I define as true generosity. There is a deep joyfulness because you have moved through the fear with love. That is also a fear which love can transform. It is a different practice of generosity, responding lovingly to the fear by kindness to the self. Fear is the catalyst offered to the human, which prompts it to learn how to transform that fear into loving-kindness or generosity. This is the love which the earth plane offers you the opportunity to manifest and express out into the world. I do not want to talk about degrees of love here, but love which is manifest in the face of fear is a far more transformative love, transformative because it touches that fear with kindness and teaches you the ultimate lesson that there is nothing to fear. That purpose is not to have incarnate experience—not even continuous incarnate clarity—but to be incarnate and to work with the catalyst of your incarnation with love. Here I would like to turn the microphone over to my beloved brother/sister/friend Q'uo. It is clear on the astral plane that there is nothing that needs to be ordered or controlled, but that disorder has its own delicate and lovely order, and you can just let it flow. Of course some of that desire is from a place of love, which wishes to release disorder to alleviate suffering. These were all very loving donations in support of many beings. Her previous process was slow because she would read the words and feel happy about how Mary Smith in Seattle offered this cataract operation with great joy to help another, and how much love Mary had for her mother to honor her and offer this gift in her name. The cards were done more slowly but with love. You are here to find equanimity and love. When you feel in this way, in connection with all that is, then the loving heart can respond with an intuitive awareness: "If I offer love here, it will shift that current so beings are not drowning in it. If I offer kindness there, it will gentle the push of that wind so beings are not blown off their feet." Then that movement comes from a place of deep love, which trusts the ways of the universe, which does not need to fight a war with the universe but offers its deepest love as co-Creator of the universe. Offering that loving force, which the universe may draw into itself and use in the best ways, you are no longer saying, "This has got to be fixed." You are saying, "Here is love, which can apply itself as it is needed." This is the greatest skill you can master. It is a dance of love, not fear. The heart of love opens! You will cease to need to attack the voice of fear in yourself, but instead will offer compassion to it. And you will become a force in the world which is centered and offers love. To all of this you offer love, both to that which wants to fight back and to the catalyst itself. Take love with profoundest dedication. The one known to you as Jesus offered two rules of life: to love the infinite Creator and to love the other self as the self. At one time she took a walk in the woods, in a lovely wooded park. Perhaps as you become more wise and experienced, you cease so strongly to be reactive to the voice of fear and begin to hear the voice of love earlier. Again, you practice the same thing: It is very easy to hear love when fear is not shouting. When fear is shouting, you must quiet yourself enough to hear the whisper of love beyond the shout of fear. This is the lesson of love. Fear is nothing but a distortion of love. Think of it as love in one of its many guises. Yes, your learning can be less painful and more in accord with the paths of love. Learning, growth and the expansion of the path of love are equal goals integrated into the whole tapestry. It is to state your highest purpose, which is to enhance love and harmony. Noting all the motivations and that love is primary, you may enter into the situation with an attitude of surrender of control, without expectation that something special is going to happen for you or anybody. You take these multiple motivations and with loving and earnest heart offer the entire confusion to God while reaffirming the primary motivation. No fear, just love. The world of spirit greatly desires to support and strengthen each beloved spark of the infinite One. It is indeed a skillful and loving thing to ask for guidance. At that time when the seeker feels most alone, when guidance seems gone, the act of love is simply to persist in faith in that memory of how it is to live with guidance. Primarily you are here to develop an attitude, a core vibration of being, shall we say, that is as close as possible to the original vibration of love. As you live through confusion, the way to

maximize the proximity of your vibration to that of love itself is to surrender any holding on to the web of support and in allowing it to seem to fail without becoming upset. Guides that work with us provide a short cut, and part of their gift is quiet—letting us learn patience and love at a deep level. I would also thank you for the great gifts that your seeking brings to all beings, and the gifts of your sincerity and loving hearts. And when you do, you will find love there, I assure you. My blessings and love to each of you.

1996/12/15: We have this in common with many positive entities who surround your peoples at this time, ready to offer the love that lies within them to those upon your planet who in their heart are crying out. The vibration of perfect love, the vibration of the great original Thought is that perfection of which each of you are possessors. That is, the great thought of Love lies perfected within you, not outside in a book, in a teacher, or in any experience, but, rather within awaiting the patient and persistent seeker who is able to wade through distortion supported only by faith. The desire upon your part to be guided in the seeking of love and the service to others and the growth of the self is all that is required for such guidance to be received.

1996/12/22: All that is unknown in spiritual discernment does indeed lie safely, most deeply within the heart, within that great center within which you may visualize as a tent of meeting, the tabernacle, the holy of holies in which resides the Creator, that great original Thought, unconditional Love. When there is that golden moment and the self somehow moves into that space where one is tabernacled with the infinite One, one is in the light, and one becomes the love. Memory of the self is a blessed gift of the moment, and another and another, and as the years of your incarnation roll by there is a growing collection of precious, precious gems of moments in the light, moments when love and the self were not bounded or separate. There are no two sparks of love, no two souls, shall we say, that have the same path, though many may say, “Oh, I have a Christian path,” or, “I have a Buddhist path,” or whatever path is named. Perhaps you love what you see. We feel the sorrow and the desire for the higher way, for the loving way, for the truthful way, for that quality of life which turns the everyday into an object of beauty and truth. There is perhaps nothing greater that we could say than to love one another as you have come to love yourself, and if you have not learned to love yourself, that task is your first one. So we ask you to love, to find ways to love the self, and to nurture that self and appreciate and respect the sacrifice of that second-density great ape being which has given you the opportunity to walk upon the earth and to make a dent in it and to live and to choose.

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1997/01/05: It is not an intellectual process but rather a sensing or feeling or intuitive process to find the heart of emotion, and we would simply suggest that each of you, as it feels right to do so, begin to sense into the emotions that spontaneously arise, loving, supporting and respecting them as they come to you and, at the same time, allowing the heart within to search for the heart within that particular emotion, for the purification of emotion is very central to the process of working with your consciousness to achieve the discipline of the personality. Carla I was kind of surprised that I didn't receive anything concerning love or faith or meditation. The entity which seeks to discipline the personality, to become a metaphysical being, to exercise the way of the magician in attempting to arrive at changes in consciousness, these things are done primarily through those qualities which you have spoken of when you spoke of faith and love. The entity which seeks to become a metaphysical being and to exercise the expression of its personality finds in the positive polarity that the ability to love comes forth from the primary faith that the entity has been able to nourish and to cause to grow within the self. All of these elements of the personality and the ingredients that make up the multifaceted being that each is find the necessity to give and receive love the primary building block and energy of all creation with each portion of the life experience. Thus, the entity who wishes to be a metaphysical personality stokes its internal furnace with faith, and the energy which is output is likened unto love, the means by which it is done, the many facets of the personality

that has been disciplined and is available as a resource, that one may (write the tone poem) of life with an unique and distinctive flourish, that gives a glorification to the one Creator in that it is a means by which a metaphysical entity begins to express its nature as the Creator. To state this in another way, the entity with the lack of compassion for the self would do well to look upon that self as a child within one's care and attempt to give it that love and support that any child would need when learning new lessons, realizing failures will occur and are most valuable, for they teach much about what is workable and what is not, what is helpful and what is not. Thus, if one would take under one's wing that semblance of self that has such small value, such lack of worth and love from self, there could begin to be...

1997/01/12: Going a little deeper, we find the roles that each has played: student, teacher, brother or sister, mate, friend, lover of this or that hobby or interest, the froth upon the waves of being. And as naturally as waves beat upon the shore the truth comes—love, love. That is your truth, your deepest truth of being is that you are a creature of love called into being by love, chosen by love to manifest that the Creator Itself may experience the illusion of a dream. And that which calls light into being is the love that you are. All that there is is love. You are love. And because you are a spark of manifested love you have the opportunity to become one who deals lovingly. Each of you hungers and thirsts for the truth of your being, and yet the end of all your journeys of seeking shall be your own heart, and you will learn to warm yourself at the fire of creative love which dwells within you. A tremendous hearth, a blazing fire of being rests in that holy place within where love resides. Continue, my friends, for one never knows when that moment will come that will offer the turning point of the incarnation, the opening of new vistas, the filling of a heart that felt empty, and the movement of a point of view to a wider perspective that sees and experiences more and more compassion, love and acceptance from and for others, from and for the self, especially the self, my friends. I am Q'uo, and we would take this opportunity to suggest that each of you is like the small creature that calls for love and protection. Speak kindly and lovingly to each Creator that you see, including the one in the mirror.

1997/01/19: What you hoped to do as you attempt to work with you own consciousness in order to accelerate the rate of evolution of your own spirit is to be enough consistent in opening and radiating love that the pendulum begins to move more and more towards the extreme. “These things are of the world and do not need my attention but only my activity.” And yet we say to you that all things are full of the Creator and by this we mean every stone, every bit of earth, every iota of the wind that blows, and the rains that fall, every diaper changed, every dish washed, every chore, every onerous task, all of these things are instinct with the magical, utter life and that life is love. And the life within you is love also. There will be other lessons to learn in fourth density, but this lesson that you now work upon, of opening the self without fear, this one you will work upon until you are able to feel that contact with other selves as an identity of one to one, heart to heart, and love to love. You see, it is the love with which you do things that radiates; it is not the things that you do. And you wished to stand among them as a witness and as one who was a channel for love. Who have wisdom but without love. You are hoping through your life to bear witness to a love that loved you first. You are hoping to be as the keepers of lighthouses, that your love, that love that flows through you, not from you, may shine upon that sea of confusion in which all are swimming and might warn entities of those rocks of despair, and anguish, and hopelessness. And these stories touch deeply within your being and let you know of the depth and profundity of love that you have within you and (that) resonates and exalts and expresses the light and joy for knowing the beauty of those spirits and their great gifts. But we say to you that there are many, many millions more whose sacrifices and suffering you never see, for they suffer emotionally, and mentally, and spiritually, bearing witness to love, being givers of light regardless of the circumstances that would fell a lesser being. Love, care for, and nurse this physical vehicle of yours. This is your moment of holiness, and all moments are potentially sanctified, and what sanctifies but the recognition of love in all things. This we do with an open and loving heart, and we assure you that we shall not tire of speaking about love. (I am Q'uo.) That which is love within your density may be described also as

universe that could be denying to you the love and the light of the one infinite Creator.

2005/02/24: And again, although all of these entities, energies and essences are fully aware of your thoughts, yet still, in order to smooth and make more flowing the relationships involved in this web of love that surrounds you and helps you, it is well within yourself to be clear as to your intention as you enter into your tuning process, as you enter into what challenging that you may do in the process of your work and as you, in brief, attend to the various details of your inner processes. You see, my sister, the work that you are doing attracts entities that are not lovely and that hunger not to enjoy or support your light but rather to remove you from the light, or, if that is found impossible to do, to dim that light by the forces of doubt and fear. When such energies seem to enter into a transaction that you experience within consciousness it is enough simply to say, “You may listen but you may not join the circle; you may hear, but you may not cross the line and enter into this sacred space.” It is enough to bless and to send love and to release any fear. You take on the energies of unconditional love and in this configuration you represent a point which spreads to enclose your self and, if you are working with another, the entity with whom you are doing energy work. The point is to access systems that have been worked upon by pure and loving spirits over long periods of time so that in working with these figures or tropes or structures, you are allying yourself with or following in the path of those who have done work in consciousness before you, smoothing the way, moving stones out of your way, and creating a sustaining and underlying energy that helps you keep your balance in finding your own very personal way. It is receiving the infinite love and light of the one infinite Creator and it is transmitting that signal onward. You cannot help transmitting the love and the light of the one Creator. You are already, in terms of time/space, combining the greater “I” and the mundane “I.” However, as we said before, the challenge involved in living this truth is in evaluating your energies so that when you are weary, you rest; when you are ragged emotionally, you lay down the burden of your knowledge of who you are, and you allow yourself to crawl into the lap of the one infinite Creator, to curl up in that lap, and to go to sleep being rocked by one who loves you more than you could ever know. Rather, we sense within you a love that is human and that wishes to embrace and heal. And consequently, that great love and embrace that you feel is that which is unwelcome on levels beyond the possibility of others to address. We would simply say to you that we would encourage you to move serenely, to listen well, and to know that these energies too are those that are guarded by those who love you and who wish to help you to serve humankind and the Creator.

2005/03/04: She would also like some information on how she could balance love and wisdom in her own life. You also asked about the relationship between love and wisdom and how that dynamic works and how it can be balanced, which we feel will probably take care of itself as we address the first two questions, but we shall revisit that before we open the meeting to further questions. Some choices seem very obvious: whether to respond in anger to anger or whether to respond in love. But 95Let us look at the figure of the redemptive Jesus, for the one known as Jesus, as you have told this instrument previously, is very dear to you. You are following an entity that was described by the one known as Jesus over and over again in ways that would indicate that this entity wished, when you said the name “Jesus,” not to think of a personal consciousness but to think of unconditional love. And this entity put itself on a cross to express what unconditional love is. So the one known as Jesus as a teacher was saying to you, “Love is the way; love is the truth and love is the life.” 3 Thusly we say to you, as you focus yourself into work in consciousness, “Know who you are.” And in a way you are your pain. And as you collect it into yourself, you are collecting all the darkness within you so that no shadow remains of which you would say, “That is not part of me.” You wish to collect all of yourself into the sacred space and then you wish to follow the ways of unconditional love in that sacred space. And how do you follow love but to trust it and to know that it is the truth of you. It is your larger consciousness and if you cannot yet feel every iota of that unconditional love then you should be patient and you should ask and you should await, in utter faith, the realization that is to come. This instrument is instructing us that

we must wind up our main question, and so we would simply once again touch upon your question concerning the balance between love and wisdom. And here, my sister, we would say to you that you have challenged yourself within this incarnation with this balance between love and wisdom. It is not because you do not have enough of either, but because you may have an overbalance towards love. Therefore, examine the love you have for yourself and the redemption that you know that you possess. This is a difficult time right now and I cannot express how much it means, the love and the care and the help that you give us.

2005/03/06: Whom can I love. And in this instrument's case, this instrument asks for the energy of Jesus the Christ, or what many would call Christ Consciousness, and what this instrument prefers at times to call unconditional love. She asks for the highest and best contact that she can carry in a stable manner of unconditional love. Gradually you will become able to move deeper because you have begun clearing your energy body and those blockages and distortions that were most troubling you, that were most constricting the energy on its way to your open heart, will have been released, balanced, loved and accepted by you. Allow them to rise, and begin to look at those ghosts and the shadows that they represent as worthy, honored, loved, accepted and embraced. And, in many cases, by the simple discipline of beginning to record one's dreams or one's thoughts after meditation, one is able to gain access to that web of love and support that is all around you and waiting with the greatest of eagerness and joy for the opportunity to be heard. They are looking to feed upon your love and to turn it into fear. And they will look throughout your armor of light, shall we say, throughout your energy body, to see where there is a hidden pocket of pain that is unknown or unaccepted by the conscious mind and unloved by the conscious heart. If you reject yourself and judge yourself for having come into this configuration of thought, then you are increasing those divisive energies and moving further from the love that you understand is positive. You are still engaged in loving but that love has been distorted into fear and into those negative emotions which attack, defend and create barriers. Shall you love what you see or shall you reject it. All of polarity and all of your access to guidance rests on your decision, in this moment, to embrace, include and love; or to reject, exclude and fear. Know that you are in the company of those that love you and wish only to support you. It is not that we have anything to add but our love. That love is as a carrier wave that enables you to meditate a little more smoothly and deeply. You rest in a web of love. The train of planet Earth's people has sort of gone off on a side track until it can bring itself together in love. Love has transformed your possibilities and now you gaze at the genuine possibility of bringing the planetary sphere together in a web of true love. But the hearts of the people of planet Earth are beginning to come alive with a great desire to love each other; and this is your calling at this time. And we say to you, love one another. Every ghost that you did not ever want to see again will come directly face-to-face with you and if you are very lucky that ghost will be shown to you in an honest and loving mirror. For in order for you to become a truly loving person, you shall need to embrace these energies, accept these ghosts as part of yourself, and integrate your personality more and more into that part of yourself that is the consciousness of living Godhead.

2005/03/20: Therefore, there is an infinitely broad and rich panoply of choices when it comes to how to create the iconography and the notational system of a symbol for a group such as the name and the icon which was chosen by the ones known as Don and Carla in creating the name of L/L Research or Love and Light Research and the icon which was a symbol painted by the artist known as Pablo of the mythical character from literary culture known as Don Quixote. 1 This entity, Don Quixote, tilted at windmills and the ones known as Don and Carla were attracted to this dreaming of the impossible dream and seeking the highest and best in a world which seemed not to be capable of the highest and best but only capable of a landscape of tattered windmills swinging in the sun. By choosing to localize their hopes and their dreams of enlarging and serving love and light and by choosing a symbol that was meaningful to both of the entities in this group, they were able to focus for themselves a certain stream of energy that helped both of them to become the dreamers of the impossible dream. It is a kind of knighthood whose values are concerned with service to oth-

difficult to see how love and fear are two sides of the same coin. We began speaking of love and fear as entities, qualities in the Platonic sense, the world of ideas.¹ And this is a very valid and real world where love and fear do indeed have infinite and ever-ongoing lives, as long as they are reflected in the hearts and the minds of those moving through the illusion of incarnation. However, it is easier to see the relationship between love and fear if we move from contemplating love and fear as pure entities and look at them as applied in the lives of each of you, so that they are not entities upon their own but they are rather a dynamic of choices between which you may choose as you encounter catalyst and find yourself making a choice. The coin itself, with love on one side and fear on the other, is you yourself and what you think is important. You are a thing of infinite value and when you have a concern, if you reach, with hope and trust and faith, you are reaching into the qualities of love. In the world of love, one begins with the knowledge that all is well. In truth, as we said earlier, it almost seems negligent or criminal within the society in which you find yourself to approach issues from a standpoint of love. On one side is love, on the other side is fear. For it is just in these tiny moments that the opportunities to make the choice between love and fear appear. The spirit is with you at all times and in all places, nearer to you than your breathing, closer to you than your eyes or your hands.² You are truly cherished and loved... The answer to what love is lies within you, now. For your nature is love. Love created you and you are a spark of that infinite love. But the truth is speaking within you now; love is powerful within you now. So turn your ears inward to the silence of that heart within and listen for the footsteps of the One Who comes in love. However, both those of Hatonn and those of Latwii had previously enjoyed sharing the thoughts of those of Ra in a teach/learning circle and the three groups decided that they would blend into one principle, with the ones known as Hatonn being responsible simply for projecting a vibration of love, of which I feel sure that each of you is aware as we speak. There is a true hope among your peoples that is growing daily for the energies of love and trust and peace to come swelling up like buds opening into flowers in spring. When each of you chooses love over fear, you start something happening in the unseen worlds. Each time you choose to trust, to love, to have forbearance and compassion, to see the other person's point of view and truly walk in his shoes instead of your own, you are expanding the kingdom of fourth density right where you are. We feel very hopeful that this grass roots upswelling from the soul level, of yearning for a world of love and peace, is powerful enough to continue to create the atmosphere in which the Earth may continue its final process of labor by venting these incompatible energies. This is the very essence of being a secret agent for love. The ones known as Ra long ago channeled through this instrument, "When faced with a situation, ask yourself the question, "Where is the love in this moment?" And we say to you, be an agent of that love, and be an instrument of peace. In all situations, there is at least a tiny peephole, a tiny window that lets in the light and the love of the one infinite Creator. And let your light shine, let your love embrace.

2004/12/12: It is the doorway through which the Creator moves on an everyday, continuing basis, because it is the seat of unconditional love. It is moving into a place where you are loved and where you love. What is your image of unconditional love. The intention is to move into the mind and the heart of Jesus, to move into unconditional love itself. So, in seeing the name of this icon, this instrument pulls a vibration from memory into use and that vibration is every experience that she has had wherein she was able to rest in unconditional love, having prayed that prayer. Prayer is an intensely intimate, personal activity and we cannot suggest to you what your icon for unconditional love should be.

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2005/01/02: We have said to you repeatedly that there is a groundswell of unconditional love that is struggling to come through, not from the top down or from the societal level down, but from the grass-roots individual upwards. I choose rather to lift myself away from the old and stale habits of a tired and weary people and to stand on new ground in a new world, a world that I, myself, envision, a world about which

I, myself, can be compassionate and can come to honor and love." You have asked, concerning this particular disaster, whether it presages a series of such disasters or whether it completes the energy expenditure that is necessary in order to heal the Earth to a certain extent. There is ample tragedy, day by day, to touch your heart, to awaken you to the needs of a suffering people and to engage your passion for being part of a loving energy that stands without fear, ready to reach hand and voice in the cause of love. All is well and all is love." May we answer you further, my brother.

2005/01/16: The deep and true tones of your identity and your right process come clearly, plangently, sometimes plaintively and sometimes triumphantly, but unmistakably, from time to time there will come a moment—this instrument loves to call them "crystalline moments"—that ping like a bell with a very clear indication of meaning and resonance and in that moment, whatever the realization is, it is easy, it is effortless; and you realize that you have reaped the harvest that has been in process for a long time. If you can identify some of those items that can be seen as distractions, perhaps you could sit down and contemplate whether there is a way you might invest these chores with the sacred character that comes from service, from love, and from an awareness of who the self is in the spiritual sense. Loving good, seeking the light, you have more and more been able to place yourself in situations and in environments where you were able to live in the sunny side of self, enjoying service and learning and devotion.

2005/01/20: Indeed, all of our recommendations have to do with investing this process with polarity or with the energy of love, so that the entity J, doing this work, is engaged and fixed into the process in a specifically spiritual or sacred way. It is helpful to realize that the goals that are blessed by the forces of spiritual guidance are those goals in which the intention has been carefully crafted and focused towards helpfulness, compassion, kindness and other ways of describing the attributes of unconditional love. The key to that door is a question or a hunger and we cannot give the one known as J this question or develop within him this hunger, yet it is within him and it is strong within him at this time and thusly we would suggest to the one known as J the value of love. But the very nature of each entity in creation is love. The very nature of the Creator is love. All the energy, no matter what it looks like in creation, is some form of love. And it is from that place that life and love open up. We do not mean to be cryptic but if one's nature is love and if the question has to do with love and if the place inside the heart is described as unconditional love than perhaps we have offered you the help that we can offer you here.

2005/02/06: And also, as a second part of that, what is the most loving way to deal with any member of a group which is seen to fall short of the group ideals. The sense that this instrument has had is that the main need is to keep the focus pure, to keep the love unconditional, and we could not argue with such simple intentions. But how difficult it is to keep all things loving and all things pure when one is dealing with entities within third density who are necessarily imperfect and unaware of many of the ramifications of the things that they do and say! This is where the question that the one known as V had becomes very important and that is, what is the best way within such a group to communicate. You also asked what is the appropriate way, when one entity in the group has failed to meet the criteria of the group, to deal lovingly with that entity. For, indeed, as this entity was saying earlier, it has attempted to be impeccable in openheartedness, in the loving quality of communication, and yet it realizes that it has failed to serve, in a pure and full way, the forces of love in this moment. We feel the tremendous love each of you has for yourself, for each other, for the one infinite Creator, and for your planet. He asks, "If a wanderer kills another during his third-density incarnation but also spiritually awakens to be of service to others and strives to love all from the heart, will he still be able to make the harvest?" We are those of Q'uo, and are aware of your query, my brother. We do not gaze upon other crosses and say, "This day, you shall be with me in Paradise." We can tell the one known as B that the forces of unconditional love would indeed speak from the cross of suffering and redemption and say, "Yes, you shall be with me in Paradise." And we can offer that hope and that truth to the one known as B. In this present moment, choose and dedicate that moment to the service of the one infinite Creator, and we do not feel that there is a single force in this

desire. The desire that brings each to this circle of seeking is the desire to know and to share love. So in order to get at the heart that lies beneath the often uneven surface of ordinary happenings one simply looks with eyes of love. And each time that you find yourself looking upon a world with eyes of love you will know it, for a world seen with love is a place of surpassing beauty. Therefore, we commend you for your faithfulness and note that it is the big flashy beginning that looks so wonderful, but in truth it is the quiet, persevering heart that continues quietly but persistently to love that is the true star, the true flash, the true victory.

1997/02/02: And that center and that heart is love. Love is a pale and useless word, almost, because your peoples have used it in so many, many ways. We use it in the sense of unconditional and freely given love, the loving that persists when there is no return, when there is no obvious reason to continue to love. This is the love in whose vibration we come and in whose vibration you each have also come into incarnation because all that there is, is love. The raw material of your universe is love interacting with light in order to produce energy fields. The Creator, wishing to aid in developing each spark of love in each unique way, is delighted to offer each entity those confusions and difficulties and losses and limitations which shall involve the seeker in learning those lessons to do with love and loving for which you took incarnation, for each of you here has personal work to do. So as you ask the question about dealing with those entities which come into the experience with seeming negative service to offer, our first comment, shall we say, is to move back to that beginning (of) all things which is love, the one original Thought, that Logos that is Love Itself, that Love that is the All-Self, the Creator. Starting with unconditional love is always correct and accurate as a mental or logical beginning. Now, as sparks of that original love, each of you has, through many incarnations, distorted in various ways this original vibration. And each of you basically yearns to more and more closely approach the original vibration which is unconditional love. So in that sense each of you is seeking to become the Creator, seeking to be lost completely in unconditional love. All those who go through incarnation in third density distort the vibration of infinite love. The one you know as Jesus distorted this love. And so, from that soul level, the question of what to do with this entity becomes less than difficult in that from that level each entity is to be loved as you love yourself. To love the Creator, to love the self, and to love others as the self; these are very simple suggestions, and from that soul level they are fairly comprehensive instructions. The terrain can be very puzzling, and so if one does not wish simply to express love or to feel love for another, or to move lovingly without disturbing another, one then has to take some responsibility to look at the self, to look at the gifts of the self, to look at the lessons that you feel that you are working on as a seeking entity, to see, as this instrument would say, to see where you are coming from. But rather you are here to experience and to learn and to share the essence of yourself with the planet that you came to love and serve. So, again and again, one comes back to the fact that in the illusion you must follow your gifts, know yourself as well as possible, and then share the self as honestly, as lovingly, and as much in accordance with those gifts that you have as possible. What does this image of myself tell me that I need to know?" For you are that self and the appropriate emotion is always love. Knowing them to be temporary does not make one less fond and appreciative of the opportunity to live and love and seek in a world in which by faith alone can one find one's way. May you love as you are loved. May you love each other, care for each other, pray for each other, carry each other's burdens, tell the truth to each other, and bring each other home. It is well for the one serving as instrument to find that quality for which it lives and for which it would die if necessary, and in the name of that quality, or entity, or concept, challenge those contacts which wish to speak through it; that they ask if they come in the name of—for this instrument in particular—the Christ consciousness, for others, perhaps, Jesus the Christ, for others, perhaps, the quality of love, of service to others, and so forth. Carla I would bet that P would love to have a message from you. Feel the love and light of this one Creator coursing through one's being. Feel the quiet and peace of the meditative state moving with you and ever available as a resource within as one moves in this daily round of activities that brings the challenges, the catalyst, the opportunity to use that which one knows in the heart, the opportunities

to love where it does not seem that love would go, to bring light to those who move in darkness, to become as a beacon, one who gives the love and light of the one Creator to all those about one. There is love in each fear-filled heart that can erase the fear and remove the doubt. It is not an easy journey, nor would you wish it so, for there is much to be gained by bringing love and light where there is darkness and doubt. But there is always love and light from the one Creator available to each within one's own heart.

1997/02/09: The wonderful dance of harmonization is beautiful to us, and as we move through the group energies and the individual fields of consciousness the love that is offered to us and the love that is very deep in our hearts for you becomes that truth that is greater than any words, and, indeed, we suspect that in the end we shall find that one cannot know the truth ever, but one can become the truth. "Love," "truth," "beauty," these words reflect an awareness of the divine. For as the one known as R said, "Is not everything made of this perfect love?" Therefore, is not the Creator literally in everything. If we could but share with you our perceptions of our environment and its amazing beauty we would love to set you awash in awe and wonder. The only thing that is without illusion is unpotentiated Love, which has no awareness of Itself. By the play of free will the Creator is able to seek to know Itself, but the act of manifesting love is in itself an illusion, a distortion, certainly a primal distortion, but distortion nevertheless, so that no matter what density of experience or length of study that describes one's situation, one is experiencing an illusion and one is distorting the truth. The physical vehicle loves that feeling of sun, responds as does a flower to the warmth of life. Breathe in that love which fills the air. The trees so love the water. Know that that sun is love, both as it shines upon you within the illusion and as it flows and warms you within your heart. Fear is the antithesis of love. As love radiates, fear contracts.

1997/02/23: We are seekers of the One, pilgrims of the mystery that is love. And we follow that love, which we find to be our very essence, in the hope of rejoining all that there is. Each ritual aid that opens those passageways, especially within the emotional body, is helpful in regularizing and enlarging that ability to channel light and love through the deep mind into the roots of mind, securing the self, rooting the self again and again in the deepest truth possible, the deepest truth that is seen, or felt, or sensed by that individual. The sharing between all of love and the gifts that each brings to this circle are what feed this instrument and, indeed, what feed all within the circle. But, in general, the greatest gift is the comfortable and natural flow of love through the group. If that entity finds it has become able to graduate from the density now experienced then the guide takes it to what may be seen as a stairway of light, each stair being fuller of that one great original Thought of Love than the one before. One may pray that the loved entity may be set free from limiting confusion. And again, prayer is a kind of ritual, and when prayer is given from the heart it does alert what this instrument would call the angelic host so that when this entity moves through the veil of death there is more angelic light or love around the entity and more opportunity to sense a fuller truth during this transition. Each has such a power of love within.

1997/03/16: Each of you shall serve effectively that light and that love that you so adore. You are Love. And those who are joined with us on this particular day all have native homes in densities that are sweeter and more open and closer to the original vibration of unconditional love. As you breathe in and as you breathe out, you breathe the world, you breathe illusion, and you are love. There is a spring inside each in that sanctum of the heart, and it bubbles forever with the clear water of light and love. The Creator has placed His tent within this inner sanctum and patiently, lovingly and personally waits for your touch upon the door, for your step upon the stairs, hoping that you shall come in and sit with It. The Creator has enormous infinite love for you. There is a personality, a personhood to that quality of love. The Creator finds each vibratory complex beautiful and loves each just as it is. For those in third density and within incarnation such unconditional love is not particularly easy to find access to. It is just that it all begins with loving yourself. We cannot overemphasize this step, nor can we say that it is an easy or simple thing, for the self must first be plumbed and seen, not in great detail, perhaps, but in the sense of facing that ravaging wild beast that dwells within each and that has the power of the vampire, pulling on the energy of self when

it is not loved. This teaching was tempered by much mysticism, but when this entity began to teach others it suggested that all of the law and all that the prophets had said could be replaced by loving the Creator and loving others as one loved oneself. One cannot become able to love others unconditionally until one has forgiven the self. The great original Thought is a vibration known as love, that insipid word for which we cannot find a substitute for. All that is created is created of light which is the product of free will acting upon love. Feel that light as you move into the place of love within self. All you can do is prepare the channel for the infinite love and light of the one Creator to flow through you into the world of manifestation. For those upon the service-to-others path, those to whom we wish to speak, what is being received is infinite love and as it flows through you into a channel that you have cleared it radiates into all of your Earth world. So we simply urge you to love. Love the Creator. Love yourself. Love each other any way you know how to. This is not lovable behavior, and yet this too is part of self. We would suggest that when an entity is faced with a new part of self the solution is, as always, love. When the feared is finally seen with love then shall phenomena make little difference. We love milkshakes. Love each other. Love each other.

1997/03/23: This is the point the spirit of Love wishes each of its sparks to attain, that point where it is realized that faith is a way that lives upon itself without any scientific support. And in this confusion each has set the stage for the choice between reasoning based upon fear and reasoning, if you would call it that, based upon love. For faith is the active application of love to situations that astound, confuse or befuddle you. The spirit of Love hopes that such times of crisis will trigger within the seeker the realization that this is another crux at which faith may be invoked. Many are the miracles of healing, prayer and love. They did not hold their burdens, you see, but made a point of giving them to the Creator, of taking every burden, worry and care and placing all as if giving a present in the capable hands of love. For truly the Creator broods over each of you, so in love with each of you. We cannot express the intensity of that love that we have perceived coming to us and to all from the infinite One. When this has begun to become a part of who the seeker is, when this feeling of being so loved and so precious has sunk in and taken root in a subtle and ever-changing way, the life begins to be transformed because the self finally accepts the Creator's opinion of self and can begin to see by faith alone that whatever is upon the surface, the self is the Creator's own from its very origins upwards. This is the safety of each, not the power, security or any manifested part of how the world thinks about itself, but, rather, the safety and security lie in remembering whose child you truly are, whose service you truly wish to join, whose love you truly wish to channel through yourself and into the world. We are here to speak of love because love is truly all that there is. The energy of love, when touched by free will, has created the manifested world, but all things that are in this world still vibrate with the one great original Thought, and you are those on their first voyage as self-aware entities that are citizens not just of time and space but of eternity, and within incarnation you are attempting to sail the ship of flesh and at the same time realize that there is a deeper ocean of spirit, and that the deeper identity is the one launched upon a shakedown cruise upon a metaphysical sea which cannot be seen or felt or heard or touched but which is dearer in the heart than any manifested things to the seeker. We encourage each in two ways: firstly, we encourage [you] to, as this instrument would say, validate the self, to stand up for the self, to feel good about the self, to take care mentally, spiritually, physically to love the self. All experiences are those of love and the distortions of love. Faith is, shall we say, a code word suggesting a vibration that is more like the vibration of love itself. Yet with all the confusion and all the distortion surrounding reactions to the confusion not withstanding, living moment by moment with the heart open to love is enough purpose and mission to cram a lifetime so full that it radiates life. The actual direct and common career of each seeker first of all is to live and be an entity of loving and being loved, an entity of the open heart.

1997/03/30: We find in this instrument's mind choruses and violins and tunes and harmonies of a feast day that is much beloved and blessed to this instrument, that day wherein that love that came into the world and was slain by the world was freed from the grasp of death. When it is this time that you call Easter we tend to suggest to the seeker

that she see herself both in the sacrifice of love for the world and in that resurrection from the death of the body that is the birthright of every seeker who has become aware of his spiritual identity. It is a measure, a clumsy one, but a yardstick of sorts, when looking at the self and its travail and difficulty in walking the spiritual path to reflect upon the amount of love, the amount of, shall we say, even surrender that is brought by the self to the chances and changes of mortal existence. For, truly, it is not so much a question of what one does to be of service as it is a question of how much love was brought to offering the service. Therefore, as each seeks to be of service and to know what is next, what is the pattern, what is the rhythm, no matter how many tools and resources the seeker finds in other people in the way they live, in what they teach, in what they have written, and so forth, yet within the self, in those caverns and labyrinths of self within the mind the help that is hungered for lies waiting to be touched by the spirit willing to plunge ever deeper into that system of roots of mind that bring one from the present moment through all of time and space and all the ways of humankind, shall we say, to that ocean of oneness within which each of the sparks of love that you are is swimming in, as the dolphins swim in the waters of your planet. Within you is the creature that knows and loves the ocean of consciousness within. For it is that which inspires and draws on which is to be greatly loved and greatly taken seriously, whereas the self with its many distortions and illusions indeed often plays the Fool. So the seeker is in the position either of attempting to rationalize foolishness or simply recognize, accept and love that Fool that truly desires the highest and best of truth and beauty. When this is necessary we encourage it, but whenever possible we do encourage that continuing willingness to offer the sacrifice of time and attention and feeling to that Creator that has created all things in love and given each iota in creation one request and that is to love.

1997/04/06: Almost always it is envisioned as a circular journey and we might even suggest that it is the journey of no movement whatsoever; for if all things are one where is there to go, for one is always within the creation, and the creation is kept like a precious gem within the heart of each which seeks the ways of love. The sending of love, whether by phone or by heart, is felt and does its work, for there is nothing in your illusion but love. The one known as P could at this time testify that this love has many disguises and there are a multitude of the forms of love that offer the challenge to the spiritual seeker. We hear through this instrument the wind that moves pollen through the air, the sound of the cutting of your new spring grass, the movement of entities to and fro in your world, and we are also aware that the seasons of your world greatly affect each entity upon your planet, and we hope that with this new season of growth that each will find within its heart a new spring bursting forth with love and joy in full bloom, for in your springtime there is much of joy that can be rekindled in every heart that feels any opening at all—just a crack will do. It is the seed of love, the seed of hope and faith, the seed of unity, the seed of whatever quality you feel is highest and best in your experience at this time.

1997/04/13: Each of you dwells in a very heavy illusion, but each has penetrated that illusion to the extent that each has seen the illusion as illusion and love itself as a truth that is higher than the seeming truth of fact, figure and measurement. The very first syllable of that word means "with." Further, we have the prejudice or bias that the spiritual community is the preferable form of dwelling within vehicles of light, whatever they may be, for entities come together for many, many reasons and yet in that all groups consist of the one infinite Creator and in that all entities are made of the very stuff of love, all community is, if healthy, possessed of a spiritual aspect. The reason for the nature of the illusion as each sees it is that this configuration of awareness and perception offers the richest potential for entities to learn about love and about polarity. Now, love itself is infinite and without polarity. It is the unlimited infinite and eternal light that is the manifestation of the love of the one infinite Creator. If that entity stops on the third-density side of this division of quanta we call density, then that entity shall enjoy more of the third-density light, and work for another period upon those lessons of love and polarity which he came to ponder. When this instrument says the words, "spiritual community," she immediately thinks of her church, that Christian edifice of stone into which she pours, and has poured for many years, great devotion and love. That service brings Christ consciousness

be loved and accepted as part of you before it can be released. The one known as Jesus walked the path of the martyr and while the path of the martyr is to be seen, in the case of the one known as Jesus, as an appropriate and a loving path, yet still it is not obvious, from the surface of the story of the one known as Jesus, that this entity was at all responsible or conservative in walking that path that eventually led towards a cross on a hilltop near Jerusalem. S No, I appreciate that thought and for what it's worth, for all that I've been and am becoming, I do want to express my love and gratitude because you are and have been a part of that and I just give you my love and appreciation. R In dealing with this catalyst, when one is able to bring love and acceptance to the process, is it part of the lessening of the over-activity of the antennas that you have mentioned.

2004/10/03: It is a great privilege and pleasure to be with you and to share the beauty of your meditation and we offer you our gratitude for creating this moment and this experience of a circle of seeking that is expressing light and love as it sits together in query and in devotion. He could not have succeeded nor could his ideas have taken hold were he not coming from a place of genuine love. His working to aid his people, therefore, never took on the shades of violence or terrorism but retained the goodly hue of faith, love and hope. It calls for those who are able to understand the techniques for service to self but whose purity of focus and whose open hearts are such as to avail them of the techniques of unconditional love. Yet is spoken by one who has never been in the position of defending those he loves from someone who would surely do them harm. What shall you do to grow your world into that loving, unified, peaceful world which each of you can envision. Keep that ground of thankfulness and that awareness of the self as just the beginning that opens to you the Creator that you are and see every door that is shut as a temporary thing, lifting away from anger, disappointment and hostility to embrace hope, faith and love. If this entity had been more subtle and clever, it might have found ways to stay alive while expressing unconditional love and therefore gained for itself the opportunity to interact further through time as the agent of the creative principle. Nietzsche refers to this higher mode of being as 'superhuman' (übermenschlich), and associates the doctrine of eternal recurrence—a doctrine for only the healthiest who can love life in its entirety—with this spiritual standpoint, in relation to which all-too-often downhearted, all-too-commonly-human attitudes stand as a mere bridge to be crossed and overcome." (From <http://plato.stanford.edu/entries/nietzsche/>)[footnote end][footnote start]perquisites: something claimed as an exclusive right.[footnote end][footnote start]The Road Not Taken, by Robert Frost: [lyrics start] Two roads diverged in a yellow wood .

2004/10/10: If every human to whom you have given your heart seems to have abused you, it is understandable that, over time, there would come to be within you a determination not to be caught again in the snare and trap of love. Each is completely free to love and serve the other without regard for previous lessons, previous incarnations, or previous hopes and fears. For, within third density, there is a very specific, basic game plan, shall we say, for the school of life in third density and that game plan has to do with becoming able to open the heart and to love unconditionally. Now in this opening of the heart and becoming able to love unconditionally there is a choice to be made and that is the choice that the one known as G was speaking of earlier as between STO and STS—an abbreviation that many entities within this group use for service to self and service to others. Loving well is not done briefly. And we do not believe that any love more deeply than the ones known as A and B and so we say to you that you have already achieved a great deal in your choice of each other. One of the archetypes with which this instrument is familiar is the archetype called The Lovers. Being appreciated, courted, cherished and loved, the feminine principle can at last relax, release the veiling, and allow herself to bloom. If there comes to be desire between two such loving people, we rejoice with you. If there does not come to be desire between two such loving people, we do mourn with you for we do see the value and the beauty of the sexual relationship. We are aware that the one known as Carla has suggested to you a way in which you may learn all over again to touch each other with love. There is as much virtue in one choice as another as long as each choice is made with a full and loving heart. The ways of love are a mystery.

On the other hand, when an entity embraces thoughtlessly and becomes, as you have said, entangled with another entity without that benefit of utter faith and full choice, yet still, in many instances, the carrot having been offered and the stick having been applied, the entity learns after the fact how to love because he has been forced into the situation of learning. Others are more gentle and sensitive and must feel that they are loved and that they can love in return. You once suggested to me that the way that you go about setting up a ritual of the mind as used to its fullest potential is to take responsibility for every thought and you asked me to query further if I required more clarification and if you'd be so kind I'd love to hear more thoughts on this and how to discipline the mind. Our love and support are constant.

2004/10/11: This is the balance between wisdom and love, for those who have come back into this incarnation from higher densities. It is easy to see the great benefit of unconditional love and it is easy to see the great benefit of true wisdom. In this instrument, for instance, it was heavily overbalanced into love when it first began its incarnation and found it very easy to contemplate, for instance, the giving of the life for others or martyrdom short of giving the life, feeling that anything that could be done for others was worth any and all efforts from the instrument. The exercise of going deeper, looking for the love, looking for the unity beneath the separation or disharmony is cumulative in its effect upon widening and deepening one's instinctual default point of view. Please know that at any time that you would appreciate our vibration underlining your own and our love embracing you, you have only to mention our name mentally and we will be with you.

2004/11/14: How do you work within your heart to open it and to become more fully the loving entity that you are by your very nature. For there the Creator awaits you, full of love, full of Its own nature, which is your nature as well, waiting to enfold you in the embrace of absolute and unconditional adoration and devotion. The one known as D often says at the end of a reading, "You are loved more than you can ever possibly imagine." And this is true. Can you feel, as we speak about it, the quality and the abundance of that love. As you interact with those loving presences that are in your midst, you will find ever new ways to enhance the experience of the group of which you are a part.

2004/11/28: (overview) The question today has to do with the relationship between love and fear. We are told that there is a relationship and that if we can learn how to (find the) balance in this relationship, that we can help love to overcome fear. Could Q'uo tell us the relationship between love and fear. It is a privilege and a blessing for us to be called to your circle of seeking to offer our thoughts on the relationship between love and fear. The query that you ask this day is at the heart of the movement from your present third-density world and experience to the fourth-density world of love. You dwell at this time in a density that is attempting to learn what it is to love unconditionally. In the next density, the density of love and understanding, the atmosphere is one of unconditional love. It may seem to be paradise, standing in third density and thinking about living in unconditional love. However, the interplay between love and fear continues in fourth density as the shadows, those shadows that you now experience in third density, are penetrated. It is a question that will deepen and intensify, for there is no end to the mystery of this dynamic between love and fear. In the world of ideas, qualities like love and fear are entities. To put a face and a body to love is perhaps to imagine a feminine figure, loving and maternal, with open arms and an open heart and a willingness to embrace. We describe them in this way for two reasons: firstly we wish to spark your own imagination, for it is instructive to think upon what love looks like to you and what fear looks like. But also we describe them in this fashion because there is a natural dynamic between the feminine and the male principles and in the yin, or feminine, aspect, there is the expansiveness, the generosity, and that quality of unconditional love that is personified, say, in the image of Mother Mary, the Madonna, or Quan Yin, or Mother Earth, or mother nature. There is little or no precedent within your leaders or within your role models for gazing at a situation in terms of trust, faith or love but rather an almost inevitable bias towards gazing at a situation from the standpoint of concern, worry, projection into the future, and contraction around these concerns and worries and projections. The one known as R was saying earlier that it is

brations between the fourth-density concepts of love and the fifth-density concepts of wisdom. Many sixth-density entities are here attempting, as is this instrument, to rebalance in favor of the true middle between wisdom and love. In this case, you came in as a member of a Peace Corps, a Peace, Love and Light Corps, shall we say, your aim being to make a difference even though you were only one being. In terms of how they came into the incarnation, there are no hopeless souls here, all are able to make a difference, all have what it takes to love in a powerful and real way, to love beyond judgment, beyond limit, beyond holding back something for special people. You do remember better times; you do know how to love. It is just so dangerous in the way it feels to be so vulnerable and so open to criticism as to love without expectation of return in a world which is very cruel to those who love in such a way. Be proud when you are reviled because you are an idealist, because you love when one could so easily judge, when one could so easily move into a separate and safe mental configuration where all is judgment and all is cynicism. If you can ask yourself as those of Ra suggested, "Where is the love in this moment?" that is a start. How blessed it is when one simply feels understood and loved, encouraged and supported. No entity who is consciously attempting to stand close to the love and the light of the one infinite Creator shall ever be without a tremendous body of helpers. Work upon that love of self. Work upon truly being able to be in love with the self, to see the self in all of its flaws as a wonderful, brave and quirky oddity that is a treasure and that will always be the only one of its kind. You are already clean because of the Word (from the Greek, Logos, or unconditional love) which I have spoken to you. Just as the Father has loved Me, I have also loved you. Abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments, and abide in His love. This is My commandment, that you love one another, just as I have loved you."(footnote end)

2004/08/18: Are you creating enough lack of tension, enough balance between motion and stillness, seeking and resting, wisdom and love, attention paid to the self and attention paid to the milieu about one. Most general is the case that you experience, where other selves that are dearly beloved to you and are part of your family are not able to take this voyage with you but must remain upon the shore which you have left. So much is veiled, so much is unknown, and yet you can always love, you can always console, you can always lift up and support and encourage and offer hope. What is the purpose for such a sharp edge when the desire is to love and to bring love to the planet? And we say to this one, to this instrument and to the one known as T that the continued tempering is that which brings one into the present moment. Your only control is the choice to love and that choice of loving is endlessly subtle and always in the present moment. If you would like them to respect the rights of others, be sure that your converse and your comments constantly express the deepest love that you can find for every entity and every situation. As you live a loving, radiant life, you are basically living in the fourth-density energy for which they so hunger since they are prepared to take it in and since your surface environment is so lacking in fuller light. We simply say, make those limits loving, understandable, simple and then be willing to explain them, to stand by them, and to take insults and disagreement when it is inconvenient for other selves to observe those boundaries. There is no discussion of dogma or the lack of same, but only the expression in everyday life at the smallest level of thoughtfulness, desire to help the family system, and those other values that feed into a harmonious and loving family life. When entities are not afraid of cleaning a toilet with great love and great thoroughness and a delight in the result, then the entities around him can begin to see that all things are holy and that there is no unjust labor, or work to be scorned.

2004/08/22: There is no end to consciousness, there is no end to love, there is no end to that into which you are plugged. It is a delicate thing to change the point of view from third-density consensus reality to fourth-density perceived reality; to switch from living by fear into living by love; to move from a point of view in which one defends and guards into a point of view in which one sees oneself as a crystal being that is able to receive the love and the light of the one infinite Creator, bless it and allow it to go forth from the open heart without distortion. As you are able to express the unconditional love that fuels your light and that is the source

of your light, you become the light of the world. When one considers the next step, either personally or spiritually, the question becomes, "Where is the love in this moment?" Your past has planted seeds in the work you have done, in the suffering you have undergone, the lessons you have learned. As you ask, "Where is the love?" you can begin to see into the relationships that you bring to this moment and the issues which you are pondering. Yet you are all called by spirit to be witnesses to light and love. Perhaps that is what we would say to you: each of you is a carrier of unconditional love. As one person becomes enlightened, awakened, and energized by the spirit, unconditional love pours through.

2004/08/30: Indeed, those who are parents to the one known as G are, as is he, beautiful, loving souls seeking to learn and to serve. We thank the one known as G for his work, his love, and his calling upon us. We commend each of you for your courage, your persistence, and your love.

2004/09/05: I feel this is the right place for me to be and I am content to sit here with this for the rest of my life, if that is what it takes for this pattern to resolve." There is tremendous love and faith in that surrender and there is courage in the ability to persevere, in the waiting, in the asking, and in the knowing, by faith alone, that meanwhile, despite all apparent difficulties, all truly is well. It is not a new thing for groups to come together in order to generate unconditional love. The energies of elitism and exclusion and divisions have crept into the unconditional love and compromised the light coming from these groups. Yet, somehow, in spite of all the resistance of an increasingly unloving surface culture, from the very heart and soul of each human there stems its divine nature. The very nature of each of you is love. That Earth energy is, mechanically speaking, that medium through which the love and the light of the one infinite Creator moves through the soles of your feet up into your body. Full energy is moving through into the heart, and that heart is staying open no matter what hits it, so that the output, no matter how difficult your catalyst may be, is an output of love, joy and peace. That birth family may well have been chosen partially because of the disharmony within its system, for this sets up the arena for a lesson of incarnational level, whether it be patience, the learning to love without expectation of return, or any of the other incarnational lessons with which each of you may be working this time around, shall we say. Such reactions can be loving under the most brutal circumstances, whether they be Holocaust, imprisonment, or any other oppressiveness or adversity. But it is going much better than expected because, at what this instrument would call the "grass roots" level, person by person, household by household, community by community, a choice is being made to embrace love and to practice a life that shines that love forth as best as those people, families and groups can muster the wisdom and the strength to allow. Thank you for seeking ways to love and to serve the one infinite Creator, that wonderful entity which you call the Earth or Gaia, and each other as souls who have embarked together upon this journey around the sun in the spaceship of Earth, shall we say. For it shall come through you as light and beauty and love. Let those things roll through and bless them as they go, knowing that you shall make many mistakes but that you can never make a mistake if you are attempting to allow the love and the light of the one infinite Creator to flow through you unhindered by fear and blessed by your intention. We are with you in attempting to share our love and our light and you give us great joy as we are able to offer our service to you, which is to share our very humble and imperfect thoughts. Such is the experience of one who opens herself to many lovers. Each gem is lovely and beautiful of its own kind and the variety is dazzling and certainly most invigorating when one has been constricted by the moral fear and torpor of an unthinking, unquestioning and blind obedience to some moral code, these restraints and constraints that are placed from without have no value to the spiritual growth of an individual. And you enjoy this particular piece of jewelry that you have chosen as a way in which you honor and love the one infinite Creator. Those things will often challenge and puzzle any entity attempting to love.

2004/09/19: Perhaps you felt that you had an overbalance of love and needed to learn wisdom; perhaps you felt that you had an overbalance of wisdom and needed to bring that balance between wisdom and love back more towards the true center in which love is informed by wisdom and wisdom is informed by love. It must be appreciated, and it must

not simply to that place but to each member of that place, and then it sends each into the world to love and serve. It is that ideal that is worshipped and loved and believed in by those who gather to remember the one infinite Creator; to spend time and attention in community with and in worship of the divine that is so hungered and thirsted for. It is as though there were a net being made of golden thread, and each time one awakened wanderer links up with another and establishes a spiritual community another piece of the net is woven, and eventually that net will cover your orb like a golden seine and the Earth shall be completely surrounded in unified love. It is completely up to each seeker as to how she wishes to express the self and the love of the infinite One in each person of the daily round.

1997/04/20: It is not for the human to know beyond doubt, beyond awareness, that all is perfection and that there is nothing but love and the rhythmic echoes of love answering to love. Efforts to characterize love inevitably fail, for no matter how fulsome the praise of love or how painstakingly accurate of the observation of its passing, love itself remains that creator and destroyer that is beyond all telling and cloaked forever in mystery. And so before you, as a spirit, undertook to enter into that great ordeal known as incarnation and that self that is the heart of your self, your higher self, thought long in choosing from the full Self that exists beyond space and time those characteristics of the self so far explored that you felt would be useful in bringing you as a self-aware entity into certain configurations of mind and ability and energy that seems to you promising in that these gifts and blockages and characteristics of all kinds would color and characterize and particularize that limitless light of love so that manifestation and learning might take place. Rather, you hoped for the self to be able to confront, examine and process those learnings about love and loving and being loved that you felt still needed more work. And in this regard and to this end you artistically and creatively crafted the combination of strong points and weak points that would bring you again and again into face-to-face meetings with the self that hopes to choose ever more purely and deeply the love of the one infinite Creator. We were speaking with that phrase and the thought about it that the entities that exist within the third-density illusion, the human beings that live upon your planetary sphere, are not those who are able to appreciate the fullness, in some cases even the existence, that has created all, the love that is the energizing force within each entity's incarnation, for within this heavy chemical illusion there is the covering and hiding of almost all of the jewels, shall we say, that the Creator has bestowed upon each of the entities that inhabit this sphere. The love that is so magnificently formed into each portion of this illusion is, though ever present, ever hidden from the entities that move in their daily round of activities and pursue the myriad of goals, some having to do with this love, others not. Yet always is this love available for inspiration, support and the connection of all things one to another.

1997/04/26: We may say the same thing any number of times, and each time there is a novelty in the approach that cannot be gotten at in any of the preceding ways of stating that simple truth which, in fact, we do come to offer; and that is that all that there is is love. And all that is manifest is love, quantized and rotated and turned into light. But to all these sparks of love sent forth upon the winds of free will there is given the knowledge of home and the desire to be moving in the direction that home lies. We encourage each to dream the highest dreams, love the deepest beauty, and know the deepest truth, and embrace, as this instrument said earlier, the deepest and most authentic passion.

1997/05/18: In choosing to know Itself the Creator flung from itself innumerable and infinite sparks of love which coalesced into each awareness that dwells within the infinite awareness. Thus, the choice that birthed each of you was a choice to know the truth, to know the self, and as the Creator is love, so is each entity love. Further, before one can be free to serve another, one must come into relationship with the self, and the process of arriving at a love and acceptance of the self may seem very selfish and egotistical. In the parables of the one known as Jesus this entity frequently said at the end of a story, "Let him who has ears to hear, hear." And this is the quest of each seeker, to develop ears that hear ever more accurately the song of love that rushes through each moment of experience. Thusly, as each experiences himself, the Creator experiences Itself in an unspoiled and untouched

way, totally spontaneous and totally free, and if that entity that is you finds that heart of love that is the deepest truth, that finding is completely real for it is not at the surface of things that this truth is obvious. It is not clear at all that each entity is a creature and a child of love. Indeed, it is only by blind faith that we can begin to apprehend that which we do not know and yet that which we do know, love itself. The second-density world embraces itself without self-knowledge but with full knowledge of love. Although we cannot speak precisely, although the choice is always veiled in mystery, we would point in the direction of the will which is as the verb in a sentence in which the nouns are made of faith, hope, love and charity. You cannot go away from the right path, for those lessons that you came to explore, those lessons of how to love and how to allow being loved, are fluid and living and they can move with you wherever you go. We would at this time transfer this contact to the one known as Jim, thanking this instrument for its service and leaving it in love and in light.

1997/05/25: And yet perhaps it is best to move back to a place within the mind, within the heart, within those halls of eternity where your citizenship truly exists, to sound once again the glad bell of union and love, for beneath all of the illusions that tease and delight and frustrate mind, all—with no exceptions—are deceiving, and beyond all of the illusion and chimera there lies the One, that Thought which is love in its creative and fiery sense. Not the love of mates or friends or family, not the affection, or the agape, or any of the myriad of words which exist in your language, but a love that is beyond any word, a love with the power to create and to destroy. It is the mating of this thought of love with light that has builded the entire universe. It is that love of which each of you is made. And if love can be said to have the body then that body is that spark that is without weight, without form, but most specifically is within the heart of each, in its perfection, undistorted, undilute, a perfect spark of that love which created and sent each forth to gather experience, to ripen, to become heavy with the fruit of learning and loving and being loved. How loved each of you is by this love that made you and that awaits your return. Yet at the same time you are already home, for there is that spark of perfect love within, for there is a secret tabernacle within each, that soul's shrine wherein one may lay down the sorry candles, burned to guttering, of the day's efforts, the day's emptiness, and all the concerns within the sea of confusion within which your illusion dwells. One waits there whose love is beyond all telling. However, the one known as Jesus would be happy for us to call this energy perfect love. But this perfect love is for you, unique to you, awaiting no one but you. This energy, this essence of love, waits for you to put your hand upon the door, to turn the knob, and walk through, from that outer heart that sees the light of day to the inner place that only you can go. There is nothing in this holy of holies except you and the Creator and the perfection of that shared vibration that is love itself. Whatever trouble, whatever the illness of mind, emotion, body or spirit, this love wants to share, wants to embrace, desires nothing more than to tabernacle with you. There is only absolute love. When your center of self dwells within that shrine the sea of confusion continues all about you and you swim and do many things and go many places and see many people, and yet as long as there is that awareness of perfect love you do not drown in the sea. We know each spirit within this circle not by the name but by the music that each heart is singing, that complex of tones and harmonies that is each person, each spark, and each is uniquely lovely. And at this time would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. Healing, then, is that balancing of distortions so that that which is perceived more closely approaches love, compassion, understanding, tolerance and so forth rather than the distorted perceptions that come when love is not seen.

1997/08/03: As you dance through these illusions, we simply ask you to remember that each is love, each is a creature of that love which creates and destroys. If a seeker attempts to offer love from the self, that seeker shall soon run dry of love and be left in the emotional (precincts) of exhaustion and irritation. However, each has the ability to so clear away the daily clutter that the interior can become calm and silent, and, within this hollowed out space within, there can flow through the seeker an infinite love. The vehicles have been given to those whose vibrations more nearly accommodate the fourth-density love and light of the one infinite Cre-

ator. So we suggest and encourage each to take the time daily to center the self within the heart, to spend that moment of knowing that you are loved and that you can channel infinite love to a world that is starving for that vibration that is unconditional love; for this you came into this incarnation. Whatever your manifested excellences and achievements, they shall always fall far short of the service that you are doing by being who you are and by meeting the moment with the maximum amount of love which you may find yourself able to open to within your heart. The goal of the entity throughout all incarnations remains singular, that being the effort to more and more approximate the vibratory complex of love itself, for each of you has within you that perfect and unconditional love that created all that there is. So each of you gazes at the self before incarnation, ripples the pages of previous incarnative experiences and comes to conclusions concerning what facet of love, loving and being loved needs the most study, for each entity is unique, each entity has its own path. Thusly, each of you in the present incarnation has a plan, has made sure that there are ways for you to be presented with the circumstances in which you may choose to enlarge your ability to give and to receive unconditional love. There are many angles to coming to this realization of love itself and so each of you will find at times that there are few to talk to about your particular task. This is, as this instrument has said previously, the opportunity to offer love by faith alone, knowing nothing, sensing everything. As one takes on the curtain of flesh, one shuts out the knowledge of unconditional love and (unity). Once we attain and realize our inner unconditional love, what then should we seek. The great quest for this “pearl of great price” is that quest which, for most, encompasses the entire life, for to open the heart in unconditional love to those about one is a task difficult enough that it eludes and confuses most. However, when one has been privileged to taste that unconditional love moving to and from one’s own heart, then the blessings of this experience tend to open for one the next step and the next and the next so that the opportunity to share this love is ever present. This love has a power unto itself that is like no other. It draws to one who expresses it those experiences and those entities which are in need of the service of unconditional love. Thus, the consciousness that each possesses is the dynamic rules by which each may co-create the illusion in which you move, that each may co-create the experience of giving and receiving love. We would look first at the term, “victim,” and suggest that each entity in every situation has chosen at some level of his being to participate in the experience whatever its nature, for all experience is of the one Creator, and all experience teaches some portion of love, light or power that is in relation to the one Creator. However, all shall learn the lessons of love, for there is as much time as is needed for each entity to proceed through this illusion at whatever pace is comfortable to that entity, for indeed each entity partakes within an infinite creation and will find those lessons most pertinent to it at its own pace. Are there any techniques, physical or spiritual techniques, that we can use to help stimulate our awareness of reality and the truth and help us to grow in our quest toward the goal that we should be directed in and assurance of which way we should, what our ultimate goal of becoming loving beings is, things that we can use, tools that we can use to help ourselves. We always recommend one great tool for each seeker of truth, for it has shown its value to us throughout our experience in the processing of experience and the learning of the ways of love and wisdom, and this tool is that of meditation. Resolve in this place and at that time to take whatever steps you can to do these things that will restore love to your heart and to the heart of any others about you. There needs be a balance, a time during which all of this activity and the possibility of learning that depends therefrom needs be seated within your being that it might be used for further learning or growth into love and into the unity with those about you. Look there, my brother, for love and share this love then with those about you.

1997/11/16: And so we thank you as each teaches each in the infinite mirroring of Love reflecting love. We might suggest to each of you that you do exist at this time as a harvester to the extent that you embrace and attempt to live that inner focus of self as a vessel and a channel for that Love that is the One Great Original Thought. For the great service which the spiritual warrior offers is that emptiness of self which allows love to flow freely through the heart chakra and out into the world to bless, to heal, and to awaken deep

memories within those whose time has come. The concept of incarnation by seniority by vibration is very helpful when it comes to grasping just how precious the opportunity to be incarnate at this particular time is, for as the one known as Jim was saying, there is a waiting list, shall we say, of entities who wish to enter the Earth plane at this time to be of service and to learn spiritual lessons having to do with faith and love which can only be worked upon within the illusion which completely hides the unity and truth of oneness that underlies your illusion. There must be no way to understand spiritual choice, but rather there must be that growing awakening within to the voice of spirit that tells in concepts greater than words within the silence of the heart the story of love, free will, and the Creator’s world. Infinite and everlasting intelligence broods upon itself in unending love and again and again It chooses a dance that tells of self to self, and again and again the Creator sends forth those sparks of self that were created before any world was and will be created after all have gone. That entities are willing to make rooms in their hearts and in their minds for the teachings of the one known as Jesus is an helpful thing, for it is the heart of this entity’s teachings that each seeker seeks and that is love. The one known as Jesus was steeped in the great energy of the One Creator, the creative energy which has made all things and which each entity instinctually seeks out within this third-density illusion, for even at the level of each cell in each body there is the knowledge of love. There is the desire for love. There is the pull towards love. Whether or not a channel is channeling the one known as Jesus each entity which claims to be channeling this entity is helping in one respect seekers to come into a greater relationship with love. For it is well known that the one known as Jesus replaced all the laws of Moses with the two great commandments which revolved about the concept of love: to love the Creator with every fiber of the being and to love the neighbor as the self. Thus this entity has its influence to this day in a most harmonious way upon each seeker and we would encourage each seeker who reveres the one known as Jesus to seek within the life pattern where love rests, where love remains, where love may be found.

1997/11/19: Far beyond the apparent nature of the self, with its temptations and duties and positive and negative thoughts about many things, there is a deeper self, a self that may ultimately be identified as the great original Thought, which is love. This Logos is complete and utterly within and it, love itself, is the nature which you may come to know in the most trustworthy way. For love is love. Love created all that there is. There is no sham, no falsity to divine Logic love. You came here to be yourself, to offer yourself sacrificially to a world greatly in need, a relatively unbiased vibration of love. And you are flying and wishing for home—and you shall return—only to be sent out again by an ever inquisitive Creator to see just what love can be, what it can do. If you can be and allow the harmony and the love and the light of the one Creator to shine through your being in your words, in your thoughts, in your actions, then you have offered that is which most helpful to offer.

1997/12/29: We share the mystery to which we are called, for which we hunger, and upon whose end we all gaze with awe and worship, for each entity is as a spark of love that is precisely like love itself, that great original Thought for which there is no better word than love. Yet each mask that you see is the Creator and you yourself are also that love divine, which is the Creator. And we would encourage each when faced with thoughts of difficulty or disaster to consciously and eagerly to move into that tabernacle within, for the Creator Itself sits in light and in perfect love. How can meditation or prayer or the centering within the self upon love affect a deadening ocean, a deadening land, a deadening atmosphere, and all the numerous other difficulties your culture is aware of. And yet, it is at being at peace within, and thusly being free to open the heart and allow the love and light of the infinite One to move through the self and out into the world, this is, by far, the most effective answer that you can give to the world of concerns everyday. All these so-called evils of the world are but love distorted. We encourage you to find ways to choose love over fear, light over darkness, surrender over control, for the attempt to control is a hard service to self. But the greatest work of all, and the work that will harvest this planet in safety, is being who you most deeply are, a child of the Creator, a miniature of the love that is so powerful that It has created all that there is. However,

redeemed. Only you as a self, falling in love with the self and going through a full circuit of forgiving, accepting, redeeming of self, can do the work that enables one not to have the chinks in the armor, as this instrument would say, of light. And so we do offer you farewell, reminding you always that we are with you whenever you should mentally request it, to strengthen and support you, without words but with love and energy.

2004/03/07: It might also and equally be suggested to invoke the principle of unconditional love. Where is the love in a decision. Indeed, it has been remarked often within the last few weeks, as disaster after disaster has been narrowly averted and repaired, that the angels that have stationed themselves as part of the loving system of guidance that surrounds this group have been working overtime! And each time that the one known as B has identified an electrical fault or found a gas leak or the one known as D has seen a fire start and put it out, that the house itself is expressing the desire to heal. You cannot simply begin by saying, “This is who I am and therefore these are my duties and these are my responsibilities.” First and foremost you must come into a relationship with yourself that is loving, unified and compassionate. In that centered position, then, you may ask yourself, truly, “Where is the love. However, when one moves into the new definition of self that is the conscious self, that self that is aware of itself as a soul, the word that is added is “ethical.” An ethical biological unit is one who does look to the honors, to the duties, and to the love that is theirs to judge and deem appropriate and choose. So it is well to take hold of the decision-making process, especially in such deep matters as right livelihood and self-healing, and to move through the most conscious effort possible of gazing within the self, moving the self to the best-judged center of self that can be found, and from that point, asking the self, “What do I love and where is the love pulling me.” “Where do I need to focus my redeeming love. You are surrounded by a great web of love and we cannot tell you how strong and how bright that web is and how far it goes. We offer each of you blessings and love.

2004/03/11: Implicit in that flash of light that you are able to see into, in the eye in that mirror, is the gaze of The Lovers3 which has been given flesh and is fascinated to find what it may find. There are many ways of giving messages and leaving one’s opinion to mix into the thinking process and those who are in that web of love about you are actively attempting to find ways to send a symbol, a hint, an inkling or even something very obvious to let you know that they are supporting, encouraging and attempting in all ways to help bring you into alignment with those things which are most deeply within your heart and within your incarnational plan.

2004/03/21: What this instrument would say about the relationship between the I and the I AM is that she hopes, in each day, to allow the I that is I AM, to become her, so that the I of her is what she would call the Christ or Christ Consciousness or unconditional love. So the more interior that you are able to make your seeking, the more quiet, private and special, the more opportunity you will have to move into that deep rest that lifts you in a hammock just where you wish to be and allows you to rock, waiting in total comfort, resting in the cradle of the love of the infinite Creator. I just want to send my thanks and love to you and also to those of Hatonn.

2004/04/04: The world about you, being first and second density, has never been separated from the love of the one Creator and it constitutes a powerful resource for those who are contemplating change. You are love.

2004/04/18: In between that second-density experience of the animal kingdom and the vegetable and mineral worlds, and the experience of the density of love or understanding or compassion, lies the density of choice. The choices made by entities striving as this group is striving become more intense and more capable of making powerful changes in consciousness in the process of their being made because of the purity of the desire to stand in the light of love and be unified with the higher forces of love. There is a tremendous collaboration in service and in learning that comes into being as fourth-density ways are taken over from third density and at this time within your planet’s experience, these possibilities for fourth-density structures and interactions become more and more viable as, as the one known as Bob Dylan said, “The times (they) are a changin’.” The energy is changing, the vibration is changing, and fuller love is possible. D The general purpose of my question was more towards the deceased

friends and loved ones. G Reading your highest words I feel that opening the heart to another, accepting another unconditionally, and learning how to love is the crux of this density. What in their being (experiential learning) makes this a balanced and loving service.

2004/05/02: Although it is very helpful when you may achieve that same compassion for others, in the case of the identification and the working with catalyst, the primary player in the drama is the self and therefore the entity to be forgiven, accepted and loved unconditionally is the self. Now, we speak repeatedly of balance and usually it is a balance that is between love and wisdom; between the green ray and the blue/indigo/violet trinity of rays. To put it another way, they are here to radiate light and love, as are all entities. G Perhaps might that sudden change not only reflect through the outer physical in synchronicity but might that look or feel or give one the space, the freedom, to love that which was before was unlovable. At any time that you wish to have our company during meditation, you have only to ask, for we are those who love each of you.

2004/05/16: The ideal mirror, in fact, is a plate of glass that has lost its backing completely so that no matter what an entity gazing at the mirror of you looks at, all it sees is the sunlight shining through—the love and the light of the one infinite Creator that is able to pour right through that transparency of spirit and that openness of heart. Perhaps each within this circle has met an entity whose love and light were such that in their presence you could see yourself in a different way.

2004/05/17: This entity is a principle and by that we mean are made up of three distinct social memory complexes: one from the level of love, one from the level of wisdom, and one from the level of unity. And the one known as Hatonn is most often with this group as well, not in order to express the self but in order to love and express that unconditional vibration that is so much needed within the Earth plane at this time. And we express love and blessing at this time.

2004/08/04: Indeed, we believe that it is true that, for this entity as for many wanderers, the ability to insert the self into a place which has begun to awaken to the partnership possible between nature and humankind is the more desired location in order to be able to reap the harvest that has been sown by the unconditional love and the good work of those who went before. This entity, because of his attitude of service to others and his determination to make a difference with his open heart and his loving energy, has fulfilled the requirement of right livelihood, which is to serve the one infinite Creator with, as this instrument would say, singleness of heart. However, the companion you seek is named P (himself) and he is hungering for your true dedication, commitment and love. This entity that is you is that first entity with whom you need to fall in love. The value of an other-self who is loved and who is able to love you as you truly are is inestimable. And yet, until you, yourself, are able to be unconditional about your love of your self and able to embrace even the darkest shadow side of your personality, you shall not be able to nurture and cherish another soul. First you must learn to be your own best friend, your own lover, and, indeed, as this instrument has often said to many, to fall in love with yourself. This does not mean that you become blind to your warts and your immaturities; indeed, for this instrument, loving oneself is an ever-expanding adventure in learning more about those insecurities, those follies of self, those many, many warts and freckles, shall we say, of personality and point of view. We would encourage the one known as P to lift up from considerations of the details of an incarnation, as important as those details are, for a time each day long enough to enter the silence as an infinitely aware, completely unhindered and unlimited citizen of eternity, resting in the essence of you, loving that, trusting that, knowing that it is part of what this instrument would call the true vine. And if you think of it as this instrument does, as a tapestry that she is weaving as she goes, not only with words but with the fragrance of her love and the touch of her heart and with all of those senses that each entity possesses that move far beyond the descriptions of words. As you work with this concept of your life as a beautiful gift for the Creator, perhaps you shall begin to see what we mean by saying, work systemically, not always upon the details but at least a bit, daily, move into the truth of yourself as a whole being and see that the truth that lies there will endlessly deepen as you allow yourself to fall in love with yourself. It has to do with the balance of the vi-

is known, all is good, and all is loved. This instrument has done a great deal of work in the past few years learning how to make boundaries so that it is able, as a person, to take care of itself and also to have the ability to love others as the self; as opposed to thinking that all feelings were her own and all needed to be addressed equally. May you walk with faith, may you walk with joy and may you know that you are never alone, and as the one known as D so often says, that you are loved more than you can imagine. (footnote start)jihad: "a campaign for or against an idea; a crusade" as well as the more usual meaning of "a Moslem holy war." The Q'uo intend the first of the two meanings, the campaign in question being for love and against fear.[footnote end][footnote start]This phrase "to become acquainted with," is a typical way of defining the word "gnosis" in Gnostic literature.

2003/11/02: The one known as D was speaking earlier concerning love and light and saying that the fundamental energy was love, that wisdom was important, yet love in the end was more important. In actuality the love that is the one great original Thought, the Logos; is that which is completely beyond that which the word "love" can express and completely beyond that which the word "wisdom" can express. However, from this Thought, which was love, there came into being that material which the Creator used to build its universe, and that is light. Consequently, if, by the disciplining of the personality, an entity is able to begin to tune the heart to living in an open, loving, and vulnerable state, such as that state fourth-density entities (experience), the perceptions that come into the mind and that tell the body what is occurring are those perceptions which will automatically hook up that which is not hooked up within the DNA strands. Rather, see the self as lovingly and as compassionately as a father would see his son or as a mother would see her baby. And rock that baby all night if that baby is upset, because sometimes only human touch, only the human love of a parent can get a child through a cranky night. Realize, whenever you can, that there is a tremendous amount of love around you, not simply from friends such as these within this circle or from family but from a very extended family of those who are with you as guidance and simply those who are with you because they have been attracted to your goodness and to your seeking.

2003/11/13: In the yearning for purity, oftentimes that shadow side of self has this tendency to be separated in thought from the so-called "light" side of self, shall we say, that side which seeks purity, which loves the light, which is a creature of love, a creature of eternity, and which truly wishes to experience only that which is beautiful, true and honest. And, in one way or another, you see an entity that is loving and you catch it, you pick it up as if it were a communicable disease, which indeed it is. Like any other state of mind, the state of mind that is unconditional love communicates from one entity to another and it is through contact that most entities within incarnation begin to form their ideas about what it would be like to be a creature of soul, a creature of the spirit, an angel that is here on Earth, but is not of the Earth. Perhaps you have someone in mind that has been to you such a loving presence, that has given you that blessed aura in which the consciousness of your heart can come alive and communicate freely. When there is no fear, and there is only love, then the energy body is flowing completely.

2003/11/16: And in order to know Itself, It created, with love and with light, a creation in which entities could examine whatever of the material of their essence or I-sness that they wished to examine, against a backdrop that seemed plausible and solid so that there would be a believable, self-correcting, consensus-reality dream in which all of those within a planetary system, such as yours, could take part and help each other to learn more about that entity which all of you are or which each of you is. V if you are so inclined, I would love for you to answer further but I don't have a further query so I'll pass it to T1. My question is: how does one go about, as you say, "wooing" that lover, and courting the subconscious in order to retrieve that needed information and to create that authentic contact with love and with light and with the Creator. Each lover must woo in its own way. Let us consider the object of love here. The ways of courtship are slow and sweet, they are full of passion and yet full of restraint, for the object of love is sensitive, young, inexperienced. It is not seeking as a man seeks a woman and yet it is, in that there is passion, there is true love, and there is the hope of serving. Perhaps that undiscovered country within you is a place that

you may love and that you may dance with and in.

2003/12/06: But certainly this entity was not without those men and women that he loved. S I've had some insights, intuitions, of work that I would be doing and though it may be much the labor of love, there is a certain lump of fear in me. Consequently, if there is a presence, especially an annoying repetitive presence, that calls itself by our name, we suggest that you challenge it in the name of Jesus the Christ, for that will scatter any forces that do not come in unconditional love and service to others.

2003/12/21: As you bring this infant that is you as a soul into conscious awareness and begin to nurture that part of yourself as if it were an infant that needed love and tending, you begin to pull that structure within you that is the witness to all that you undergo in incarnation into more clarity. For the thief, the coveter, the lazy one, all of those dark voices within, can be charmed into becoming the bedrock of will that puts grit into the expression of love that the "light" part of self has no trouble expressing. So we take this opportunity to praise the dark as well as the light and to ask each of you to work on embracing all parts of the self, loving, honoring and respecting each and finding ways each day to come into more conscious harmony of being.

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2004/01/04: By opening all parts of the known self to being known by others, this instrument's hope has been to become that personality shell which may be seen through, so that the love and the light of the infinite Creator are able to penetrate the personality shell and become that selfhood that is chosen as the truth of the self. Keep the intention pure and the heart open so that all has the benefit of that great sun which is unconditional love. Resting in love, letting unconditional love flow through the being and out into the world, is the best start one could have at seeking the truth of another self. Each of you is most beloved to us and we appreciate the beauty of each.

2004/01/12: I see these places and burn to live an identity from those spiritual altitudes; I yearn to be a representative of what true life is to the people of this planet who only know of it in myth, religion, story and dreams; and desire with all my heart, in moments when I actually feel "all my heart," to serve as a channel for a higher will, a higher love, a higher light and a higher way to a world that chose to forget their rightful and divine place in the kingdom of the Creator. And as is natural with those whose hearts are full of love, there is a sadness and sorrow for a fellow being in pain. It is helpful in working with one's deeper fears to realize that fear is a state of contraction away from love. When the feelings of contraction occur, the emotional body is moving away from love and towards fear. I was going to ask you a question about referring me, if you couldn't answer, and you referred me to those that I live with and love. Can you bring any light into these processes and offer me things to mull over so that I might come to a more balanced point of view about this deep and heartfelt love I feel for a girl who can't and/or won't reciprocate it as I feel and give it. There is no lack of love or the ability to love. Indeed, the one known as T is fully and completely loving towards the one known as G. The love story, shall we say, of G and T, is a true one, regardless of the outcome upon the level of the physical illusion. The love has been healing, energizing and reinvigorating for both entities. There is no limit or end to love. Love has been given and received and it has remained as pure as both know how to make it. There is only the expansion of two lives because of the love that each can feel in the other. There is one love, one hope, one vision, one truth.

2004/02/15: Rest and know all is love. All is one; all is love. So, when you are touching entities, you are touching the groups with which they are involved, and you are binding yourself and others in streams of love and mutual hope and ideals. The energy of this formation enhances and intensifies the purity and the clarity of the individual's ability to open into unconditional love, or, in other words, to become a part of the social memory complex. The harder and more fervent the desire to be of the light and to serve at one's highest and best, the more sharply delineated are those portions of the shadow side of yourself that have not come into full harmony and acceptance within the self as loved, forgiven and

each of these potential sources may, as we have said, be affected by the love that emanates from the open heart of each seeker within your illusion. The illusion of separation exists so that each portion of the one Creator, the personalities who each of you are, may have the opportunity to explore within the one Creator's boundless field, the opportunities for discovering love and service for each other, though these may not seem to be the primary reasons for which each was incarnated. All of these are but means by which each entity may find the heart of love and unity within itself. This is the illusion so finely created by each portion of the one Creator for the purpose of finding the one Creator's love and light in each heart and also providing that one Creator within the opportunity to know Itself in ways that would not be possible were this illusion and your choices within it not creative. There are a variety of ways that explanation is offered, and yet, none satisfy completely unless one sees the entire creation of many-mess as a unified concept of the one Creator's expression of love and light. I'd love to be able to answer better. To love and to find love is an easy thing when there is no barrier to perceiving love. So that it carries far more weight (int the) mind/body/spirit totality that you call the spirit or soul to find love and light in an incarnation in which there is great difficulty, great darkness, great challenge. Each entity which incarnates within this illusion enters into the undertaking of this challenge and will gain in the spiritual awareness and power, shall we say, by being able to accomplish the discovery of love where it is most difficult to find.

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1998/01/11: (overview) We would like to ask about the two ways that we experience ourselves: being caught up in the illusion, wandering about from thing to thing without being in the flow, of being there, and of enjoying the love and the light of the harmony of the moment. These moments, however discovered or achieved, are wonderful, true and lovely. Do your best to live consciously, aware of the issues of free will, love and service. However, as we spoke earlier, the meat of this incarnation is to find love and light in the confusion of the daily round of existence. All of these are bits of information, opportunities to learn, to learn the power of the love of the one Creator to transform, for instance, when one is able to tap into this resource. In this moment one may learn how to give love in a way that is much quicker, intense and efficient than this learning could be accomplished where harmony, oneness and the power of love and light are obvious and the proper response is given without thought, without effort, and the entire mind/body/spirit of the entity is affected but little. Whereas in the intense moment of third-density confusion the love and light that you find there carries a great deal more value and weight in your total beingness and moves your mind/body/spirit further along the line of evolution than is possible in the same amount of experience within the higher realms of harmony and oneness. As one has gathered about one all the various confusions, experiences, communications and so forth one draws certain tentative conclusions about how best to respond within the incarnation in order to determine how to find and share those qualities of love, of light, of harmony, of service, and so forth.

1998/01/18: The heart that dwells in this opened love, or the heart that is open to this love and willing to allow it to run through that heart and into the world of manifestation, has done healing work for the planetary energy, the local energy, and the energy of self. I feel some love flowing that generates the response and oftentimes I have no questions but just feel like I want to say, "Thank you for speaking to us." I am Q'uo, and we are aware of the experience of which you speak, my brother.

1998/02/15: The first vibration is that infinite Love of the one Creator, and each of you is a system of distortions of that vibration. Very simply put, the goal of the seeker is to become more and more congruent with the undistorted vibration of Love, infinite, universal Love. The Love that creates. The Love that destroys. The Love that is the "I" of you. This Love is not a manifested vibration. Within your Western philosophy, although many spiritual teachers are greatly revered, esteemed, and loved, they are not worshipped as incarnations of the Creator. It is energy relating to energy, love reflected in love. That is what guidance truly is, love reflected

in love. One is not supposed to see into this mind for the reason that it is this density's lesson to learn to live by faith, by those qualities of love, faith, patience and trust that defy the limitations of personality and confusion. If you choose to be a simple and unintellectual seeker you may simply sit in the inner silence expecting nothing, desiring nothing but communion with love, and that desire you may encourage and feed with the fodder of your thoughts, the branches and the trunks of your emotions. Be aware when questions are asked of you, for that which is love may speak through you if you are empty enough and clear enough. Thusly, if with patience you attend to the present moment and desire as purely as possible to know the love of the one Creator, that which is yours to do and that which is yours to be shall rhythmically come to you and express to you. May Love always be reflected in love for each of you, and may all of those difficulties that are such good teachers find their ways into your heart as blessings indeed.

1998/03/01: There are journeys to take in this seeking of truth, ways of going that develop and lead to other levels, other facets of that infinite mystery that is Love. And we would respond in general that the only catalyst dealt with in third density is fear and love. The entity begins its babyhood wrapped in love, love known throughout its system, and it learns to close itself, to become apart, and to become defended because it seems fairly obvious that there are things to fear. So the spiritual life within third density may be described as either a learning how to love or a learning how to release fear, for fear is that distortion of love that posits a separation betwixt beings and things, thus occasioning the necessity of having some sort of response to these persons or things that will tend to increase safety and comfort. Indeed, when one is working with one's fears, attempting to see the love behind the apparent separation, the most nearly correct attitude is simply the slowing down of self, quieting the mind, stilling the emotion, until you are able to sit with whatever fear that is, not removing it harshly, but perhaps moving away strands from that tapestry in front of you, gradually making an opening through which you can see the light beyond. And yet we say to you that as far as we know, at base there is only the one great Self, that Love which is reflected in each of the Creator's children, which each of you is. This is your subject matter: fear and love. Where there is hatred, let me sow love. Oh, divine Master, teach us to seek not so much to be loved, as to love. The love that unites. In truth, all is love. And yet unique and wonderful beings, beloved of the Creator and persisting through octaves and octaves of creation to infinity, as those very sparks that learn again and again more and more as the creation's heartbeat pulses and universes live and die and other universes are born. You cannot do anything that will turn the Creator against you, for the Creator loves all that It has made with an unimaginable fervor and absolute tenacity and embraces each spark with a love so profound and so great that it cannot be expressed. But, ah, when you come out of the theater into the light and you look back on that black and white movie and you see the hope and the faith and the caring and the love and the compassion that you truly have had, with no reason for it but just that constant desire for love, to know love, to know the truth, to express that love.

1998/03/15: The one known as S has expressed a love of the concept of the holographic universe, and, indeed, we also feel that each of you is as the hologram of the creation and of the Creator. And, therefore, it is to the heart that the seeker may reliably and trustfully come; sometimes for comfort, sometimes for encouragement, and sometimes simply for a place to be held and comforted and loved. Whereas the mind must think itself sacred, the innermost heart is already holy ground, and awaiting there is the Creator, that intelligent infinity that so curiously loves every spark from which It is learning about Itself. By releasing and yielding to your suffering, by welcoming that which must be suffered as a brother and as a sister, by offering the hospitality of your life, your body, your mind, your strength, and your will to this process, the heart is opened as if by magic, and you find that no matter how intensely you hurt, it does not kill but, rather, cleanses, empties, renews and readies that instrument to be an ever clearer, purer and brighter channel for the light that must come through into the world or the love that must come through into the world, not from you but through you. And that sun is a glory beyond all space and time signifying a Love that created all that there is. The one thing that remains,

whether it is perceived or not, is that intelligent infinity that we can only call Love in your language, this vibration which is the one great original Thought or Logos is what you are, with no past or future but simply a moment of being that is infinite. Move back into this awareness when you have done your work with the mind, with the emotions, always you are the branches reaching down to the roots of the vine, for your roots are those of perfect Love. As love is able to touch those difficulties that have crystallized within, they are subtracted from the already whole, already perfect being that is your reality. We realize that what we have offered may be slim comfort to those to whom this present moment is a vale of tears, and we would remind each of you that the Creator's love can only be expressed, that support can only be given, by the hands that are of flesh. We encourage each of you to see that heaven, even if it is from afar, to know that the angels and ministers that have always loved you, love you now and are here to help you, though unseen they hover, waiting to comfort, looking for ways to confirm any glimmer of hope within.

1998/04/04: When we come to you in the love and in the light of the infinite Creator we are coming to you in those distortions, for were we to come to you as undistorted Creator we would have no being in a manifested universe. We gaze upon systems of energy, all of which are distortions of the one great original Thought which is Love. And most of all to breathe the odor of a beloved personality, for even though the personality shell is chosen out of a vast self that is the true self for incarnation, that personality shell is turned into art, turned into beauty by the creative spirit. Why would I not react to food which I so love to see growing and that I so love to cook for other people.

1998/04/19: It is in no way different from or lesser than the Creator Itself, for it, as all things, is infinite and divine love. The clay from which you have been formed expresses that love but is not that love. You are love. When one can realize, even momentarily, that deep identity within, that congruency with the Logos Itself, the seeker then has his feet on solid ground and may say to the self, and in response to the world however it comes to him, "I am love. But I am love. I did these things," or "These and these things have been done unto me," then one has become willing to begin, not from that place of love, but, rather, from a place where masks have been put on and a stage play is being acted. Once one has moved into that level of interaction and the various responses to each other's catalyst that characterize relationships one no longer has a quick or short route to that positive place of rest within which knows, "I am love, and the I am that is me is the I am that is you." Without this feeling of self as love, one simply begins to see oneself as positioned in such and such a way and aiming to get positioned in such and such a way. There is a hunger for heavenly things, as this instrument would call it, a thirst for that meat and drink that feeds the soul, and yet in so many ways the restless heart cannot find quiet enough to connect with that great heart of Love Itself, which is the source and ending of each and every spark of light within the infinite creation. The father grateful because he has regained the son whom he loves. And look at the hard heart, the pain of the older brother who does not feel his father's love since he has never done anything wrong for which his father has had to forgive him. Each of you greatly and humbly seeks to return to the house of the Father, to that place of love that is undefiled and pure. For in that state gratitude is natural and flows effortlessly and this is a great truth (for) each of you, that you are loved deeply, that you are welcomed in spite of any and all failures, and that the Creator does give great thanks for you. May you learn to express this faith by an increasing stubbornness in holding to that attitude that has its source in the spark of love itself. For the attitude which you bring to your experience shall make a great deal of difference in that experience, and every moment that you spend attempting to center the self and balance the self, turning always again to that center of love within, each moment is an experience of truth. It is always a great privilege for us to be invited to your meditation gathering, for we, in these experiences, are able to have our being within your illusion and are able to see the Creator in each and every entity and activity, observing the effect of illusion upon love.

1998/05/03: In your Earth plane's development as a planetary spiritual being those who have made it are those who are very close to having learned those primary lessons of

love which involve making that choice to follow only the good, only the true, only the beautiful and to attempt to allow the love and the light of the Creator a place to flow through into the Earth plane. For you cannot give love to the world. And as you are part of this universe of love so that love incarnate dwells within you. However, in the spiritual sense the only control is in how to surrender the small will and the small self to an infinite One whose wish for all is to give and to receive love. Stop and remember that you are a child of the Creator, a child of eternity, and a child of love itself. Each of you came into this incarnation wishing to sacrifice the self for love, wishing to brave the forgetting of all the spiritual principles that were known and held so dear, daring to come into a world most illusory and seemingly far from the Garden of Eden, as this instrument would call it. Yet in faith and in hope you took on this lifetime, for you wished to love the Earth and its people. In truth, it matters not what is occurring upon the surface of your life as long as you are attempting to be an instrument of love, a harbinger of peace. May you see all things with the eyes of love. Each seeker that moves along the path of seeking the truth, of seeking the love and the light and the unity of the one Creator has a unique way of moving upon this journey. For though one seeker may find fruits upon the journey and wish to share the nourishment of them with others it is difficult to do unless those others with whom one wishes to share have the similar desire, for each has the lessons of love to learn.

1998/05/24: It is as servants of Love that we hope to offer our service to those such as yourselves who are seeking the truth. And so it is a blessing to us that each of you has come with your desires and your seeking, for we hope to serve the Creator whom we love. It is in learning how to love a mate, a companion or friend, family member, or lover, that we learn by reflection how to love ourselves and how to love the creation of the Father. In second density the learning turns towards that of movement, of being drawn towards the light and the love of the one infinite Creator. There is the instinctual sharing of environment, the instinctual harmonizing of each thing finding its place as all things reach towards light and love. For although plants and animals experience harmony and love and a feeling of rightness, they are not conscious of so doing. And yet small decisions create evolution of spirit, and there is no matter that is too small to become filled with the love which you as a person of faith put into the response that you offer to that which is in the moment before you. The other choice is service to others, and the one who chooses this way of expressing love is intending to, at the expense of the self, put others first. These seemingly small and everyday decisions are those in which one either decides to attract to the self that which is needed or to give away the love that is within one for the benefit of others. These are not small choices when viewed in the context of the basic purpose of third density, for in a nutshell, the way you graduate from this third density to the density of love and understanding is by making decision after decision after decision based, not upon evidence, but upon faith. Faith that the love and the hope and the charity and the good feelings that you experience within your heart are real and are not foolish or naive. So when we say that this sea of confusion is given on purpose and not in a cruel or unthinking way we are simply referring to our feeling that it is only when there is no way to prove belief, hope and love that the choosing of those values and the manifesting of those values in a life experience has metaphysical weight. For the fourth density, the one to which you hope to graduate at the end of this incarnation, is the density of love. The density after that is the density of wisdom, and the sixth density is the density in which love and wisdom are balanced. Naturally, each entity is drawn to the birds of a feather, as this instrument would say, those of like mind, those of like nature with whom they feel more comfortable, and the mating of men and women is a constant force towards the activation of catalyst that will teach the seeking soul to love. And as we learn, we begin to realize that in each case we are looking not just at a situation but at an opportunity to find the love in that situation and to express that love. You asked what do entities fear when they are working on relationships, and perhaps we would say that the greatest fear is the loss of love or trust and the betrayal of security in whatever distorted way that security is felt by the self and by the other self. The one known as Ra has offered the question, "Where is the love in this moment?" and it is this instrument's favorite way of centering the self in times

their ways to harmonize the various energies of the various chakras the infinite love and light of the one Creator moves through those chakras that are colored with your special blockages and over-energizings and other distortions from a totally balanced energy center. To narrow the focus a bit is to discover, in great profusion, the complexities of these connections [between] that which lives and dies and that which is just visiting the experience of living and dying while it is picking up the lessons that were prepared for this time of incarnation, and attempting to use this particular vibration that you experience for finding the self, finding ways to love, finding the grace to allow the self to be loved. Therefore, the first work, when gazing upon the mated relationship, is the work of coming into a fuller and fuller awareness of the self, of falling in love with the self, of becoming able to see the self without pride or humility but rather as that which is, that which has met the day, that which will express in honesty and sincerity for that day. The one known as G has not asked about relationship in a vacuum but rather within a situation in which the heart is leaping like a stag, happy and joyful in the rushing energies of honest and deeply felt, unconditional love. Into this ark of mating each may pour their ideals, their hopes, their dreams, their desires, their intentions, and every precious truth and spark of beauty that they have found and loved and made their own. And always with the realization that the Creator and the Creator's love is a huge part of the relationship. So mated relationships, and indeed close partnerships of all kinds, if based within spiritual parameters, have a wonderful, flexible ability to have two seemingly imperfect and confused people become to each other the knight in shining armor and the lady in shining armor, those who are wiser than they know because love has entered into them and that guidance system that is not working for the other self is able to work through the love within the heart of that entity for the other in ways of creating the opportunity to find a novel and creative way to witness to the truth and the love that is seen in the other self. The value, however, within the spiritual or metaphysical universe, that universe that does partake of infinity and eternity, is that metaphysical values are specifically brought into the relationship to enhance the pairing so that it becomes a much stronger three-legged entity that can stand on its own and be that house in which two entities may live, the walls of which are made of hopes and dreams and love, but the floor of which is made of real effort, substantial work, and deep sacrifices between each to each. The essence of love in the sense of the love of the infinite Creator is open-hearted giving and open-hearted receiving of energy which passes freely between two people. Yet, it may be perceived when one is at the top of the wheel, upside down and serving by giving, that one is being badly used, that one is sacrificing and not simply able, because of that position on the wheel, to offer a certain kind of love and support to the whole. It is only possible for those upon the ark that they have made by their mutual love, to shine the wood of it, to polish the brass, to clean the head, to trim the sail, to keep the keel even and steady and to gaze at the stars with sextant in hand, remembering your hopes and dreams and renewing, daily, that pride in being that makes the chores of living as one joyful. We encourage, in the daillness of a mated relationship, the continual return to the place of marriage where two souls united with the Creator to create the temple of a lifetime of dedicated and committed loving. Let love be that which it is but allow a love which you know not to undergird and support that which you know now as love. For love has infinite lessons to offer and the more one is able to open the heart to the infinite consciousness that is love, the more one is able to open even further and even further. These energies, however, are positive, loving and very articulated. When the self is perceived as self-inconsistent, then whatever is perceived as the "bad self" is to be taken into the arms of that self which you experience as yourself so that you can rock that unloved portion of self in the arms of true compassion; so that you can say, "I fell in love with you a long time ago." Then there is the joy of telling that shadow the story that will charm it and will allow it to find its freedom within the interior portions of self where it can begin to be transformed into that power and grit of self, that, purified of the baser darkness, uses the power of darkness to assist the will of the daylight self. We are those of Q'uo, and we thank you again for the lovely experience of sharing in your meditation.

2003/10/05: This instrument said earlier, speaking for

herself, that she found it impossible to keep the heart open for a prolonged length of time; that there was the natural cycle of ego and so forth that would call to any seeking soul those temptations that would take love and replace it with fear. The true nature of such temptations becomes clear usually only when one is in the middle of having closed the heart and then having discovered the closing of the heart and beginning to work backwards from that place of being stuck, or being over-stimulated, or being blocked, so that the uses of hindsight may help the seeker discover the genesis of the conflict that has caused the previously open heart to move once again from love to fear. Rather, we ask you to stay with them, to experience through intensity and time, allowing energy to move as it will and as it must, neither hurrying it nor resisting but rather embracing it with as much love as you can and thanking it for the opportunities, be they challenging or pleasant or elating, as they come up and as it is time to deal with them. And let that reflection, dim though it may be, be that witness for the light and love of the infinite Creator and the rightness of the plan of the Creator for you. This instrument would say, "life is hardball." There are no soft pitches for the school of love on planet Earth. As each of you becomes more and more familiar with the way the new structures of being and living feel, each will have many opportunities to get to know the self better, to become more self-supporting, to fall in love with the self, as this instrument would say. We may also say that it is extremely positive to move through such times and we see, in the way that you shepherded yourself through this time, that love of self that opens the heart and teaches it how to love others as well. It is only necessary to set the mind towards service and love and the heart towards living, open and vulnerable to the catalyst that arises in a moment. The power of a service-to-others entity is that power to love without reservation. The way of love is simple in the extreme in its effect. There are many ways to choose to diminish the forces of love within the self. It is a challenge indeed to find those ways in which love has been too tightly held or too dearly given, given as a miser or a pinch-penny, or given without thought when thought might create a better gift. My question is, the moment that love is felt, can an entity "move up," so to speak, and immediately do blue and/or indigo-ray work in that moment, if only for what I would call a short period of time. Once one is relatively balanced within the energy body from red, orange and yellow then the heart is able to get full energy and that full blast of unconditional love that the Creator puts out in infinite quantity and quality at all times. Your colors and energy are beautiful to us in ways we cannot ever express and our love for you is great. We thank you for your love of seeking the truth.

2003/10/19: [overview] The question today has to do with fear and love. We are assuming that fear and love are on a spectrum of... V mentioned that focusing on the love aspect tended to make the fear dissipate. The two subjects, being that of fear versus love and what the nature of various kinds of nature spirits is, would seem on the face of it to have little or nothing in common. The great jihad1 of the struggle of love and fear is that rock upon which many have shipwrecked their lives, their spiritual ambitions, and their hopes of progressing according to some self-made, or authority-driven plan. In just this way, the mountain, the ocean or the wind has the expression, the thoughts, the hopes, the ideals, the process of its nature; and because it has no hampering of self-awareness, it never moves from love. Shall it be a thing of love and joy and laughter or shall it be a thing of fear and defending. For in that particular discipline, as in so many disciplines that go under the modality of the laying on of hands, the true healing is not in a touch, but rather, in the love that that energy of the touch carries, because of the work that that particular instrument has done as a messenger of healing. This is my brother and I love him," or alternately, "Thou art God." Or alternately, as this instrument often says, "You are my mirror." You too are a mirror. That magical occurrence is love, a feeling of love that springs forth like a fire. In the glow of that fire there is a communication from essence to essence and the hearts of those that you are speaking to know that you love them. And there is that within their being that again opens and then, they love you back. See with eyes of love and compassion. If it is assumed, as this instrument often does without realizing it, that all are one and all are thinking as one, then one sees one universe and one's feelings naturally move in that one big happy universe where all

encouraged. Each of you hoped to rebalance that balance between love and wisdom when you came into this incarnation. Yet, each time that entities undergo this suffering, they learn or have the opportunity to learn more about how to sit with that suffering, how to take it in, to love it, to work with it, and to allow it to seep through the self, doing those things that it came to do, easing the imbalances in the energy body and approving the overall situation which exists in your soul stream, not simply in this time and space. The next density is the density of love or understanding, to use general terms. This density is that which seeks to learn the lessons of love. Unconditional love is the chief lesson of your density. Once an entity has grasped the beauty of unconditional love, once the entity has placed itself into a practice of self-sacrifice, of loving others to the extent that they would give their lives for the others, if they could, in order to spare them, once this has been taken as the path that is desired, then the earthly journey becomes a life of service, a life of giving and, increasingly, a life of receiving. Thompson says, all that is given out comes back again in a way that is irresistible and cannot be stopped, so that you are soon surrounded with the lessons of how to accept love from others. For you have learned how to love others. When you are at this state, then you are ready to live in a more love-filled atmosphere, and that is what the next density is in relation to third density.

2003/09/07: These courses or lessons or curricula have names such as "Loving Without Condition," "Creating Sacred Space," "Sanctifying the Rays of Living," (including) the ray of survival, the ray of relationship, the ray of working, the ray of communicating, and so forth. There are those within the circle that feel that they are Earth natives, that that they have a love of Earth, an affinity for the Earth, and a long association with this particular planet that you call Earth, which we call Atlantis, actually, this being the name of your planet among the metaphysical or time/space entities which live within what you would call circular time and have experienced the entire gamut of the various experiences of your planet through what you would call your past and what you would call your future. And this at this time becomes more pointedly relevant in that your peoples as a whole are visiting at this time and attempting to rebalance those energies of Atlantis; those energies that fed into the build-up of the civilization of Atlantis and of Egypt; the civilizations that learned technology and skills of the scientific kind and did not learn the disciplines of the personality that would enable them to make use of such technical expertise in a way that was positive and unconditionally loving. The very stuff of your density is love. The overriding lesson of your density is love. And yet, it is not a romantic love, it is not the love of brothers, it is not any love that you can imagine or speak of or wrap your words around and contain. It is that love which is the infinite Word. It is that love which is the one infinite Creator. It is that love that destroys and creates equally, generously and eternally. The concepts of love and wisdom seem separate, yet they are simply two shadows within illusion. That truth which lies beyond all illusion is the infinite love of the one Creator. Consequently, when you are attempting to learn love without end, sacrificing, giving, crucifying the self for others to the extreme of the myths of humankind for describing unconditional love, this is but one aspect of love. There is the aspect of love also wrapped in fear, in negativity, in contraction, in darkness, in the shadows, in the depths within the self that gives substance and structure to the whole and creates within infinite light and unconditional love a place, a habitation, not for the soul only but for physical vehicles, for physical feelings, experiences and intensities (as well). Yet we ask you to see beyond the light and the dark, to see into the nature of your lessons, of your service, of love itself. Could I, speaking as each of you, find a way to add harmony, to rebalance for more truth, to more center a relationship, a conversation, a group situation, in a way that balances the energies of love, wisdom, will and so forth?" The time is such that until far beyond the end of each of your incarnations, experiences shall be very intense, for the energies of change have begun long ago and are now in full swing and move towards a conclusion that is not a moment in time precisely, and yet there is a point at which your planet shall be fourth-density positive and those who are within third density upon the planet shall only be able to endure and remain within the planetary atmosphere because they have begun living and thinking in a fourth-density-compatible manner. So the third thing that we would say, concerning responding to change,

is to ask yourself, "If I were in fourth density, how would I perceive this situation?" As the one known as Ra has said to this group before, "Where is the love in this moment?" This is the thinking of fourth density. For the heart has never left the unconditional love of the one infinite Creator that exists within first density, second density, third density, fourth density, fifth density, and so on. Fourth-density energy, unconditional love energy, is embattled within a third-density atmosphere. So we encourage the response of opening the arms and hugging to the heart that shadow, that coldness, that jitteriness and accepting and loving it as it is. You are one, we are all one and that one thing is love. The rest is love and has no words.

2003/09/17: At this stage in my development, I feel that I may possibly be of service in just being and radiating love. It is a demanding discipline to seek, to find, to accept, to love, and to give up the self. Consequently, the hope of one who is seeking to serve in the ministry of being is seeking to open the self up from the level of the personality shell, with all of its limitations, its desires, and its needs, so that, more and more, the self may descend from the surface of self, which is those honestly felt things which bear little of truth, to that inner level of self that opens and opens again and opens again, as the self is able to become honest with the self, to gaze within especially those shadow portions of the self, so that, as those shadows are found, they are welcomed, accepted, loved and used to move ever deeper into a state of unconditional love of the self as it is perceived by the self to be imperfect. To have love for the self at this level flies in the face of culture and nature in terms of the human tendency towards thinking less of the self and more of outward authority figures and other perceived judges of the self. As you hook into that consciousness from the eccentric surface of your personality shell, (you) become more and more able to trust that path of light that leads from that crooked and sometimes tormented surface to the still, clear, lovely waters of the deep self. Yet those dramatic gifts have a way of being offered only when the time has been put in, in clearing the energies, in disciplining the personality, in falling in love with the self, and more than all else, in becoming aware of the way the self is, the way it feels when one is in that hazy of holies in which all things are one. At the same time, there is within the group an abundance of certain energies which the one known as T has in lesser degree than perhaps others within the circle of community and is of service therefore to the community in being able to accept and appreciate those love offerings of energy in which inspiration and to some extent information is exchanged that creates a sense of appreciation and a sense of being at home, which in turn reflects back into the group in a way that increases the energy of all. So, our suggestion would be, first, to find that inner fire to refine the focus of desire and, when it is one-pointed and singular, to open the self to some suggestions from others and to find those threads which lead to other threads which lead to a feeling that, yes, this feels very rich for me, this is my method of bonding with the Earth, of loving Gaia, of relating intimately to those energies of restoration, peace and safety that are the hallmarks of fourth density. It is not intended that any human being learn the ways of love to such an extent that they become flawless. It is not intended, it is not expected by those who appreciate and love each and every soul stream that is taking incarnation at this time upon planet Earth. May we say what a pleasure and privilege it is to speak with you and to each within this circle! We thank you with all our hearts for taking the time and the energy and the focus to be with spirit, to be with guidance, to be with those forces of love and wisdom as you know them.

2003/09/21: Truly those who seek with an open and loving heart shall be answered. We found the conversation preceding this time of working most interesting and were pleased to hear the one known as R say that when she was seven years old, she decided that she loved herself and wanted herself and was there for herself and that this was the foundation of her ability to love and to be loved in the rest of her incarnational experience. This instrument has often spoke of the first challenge of spiritual seeking (as) being that of falling in love with the self. In its simplicity, the self of all beings is that of a spark of the creative or Godhead principle so that each of you is a perfect, unique expression of the Creator, as if the Creator was colored with your particular way of loving, expressing and being. As the vibrations of your being, which have their own element or range, find

of confusion. For each of you is love. Each of you is a projection into manifestation of the infinite love of an infinite and divine intelligence that has created all that there is and is all that there is. As long as each of us is a being, an entity, apart from Love Itself, each is dwelling in some degree of illusion. And so it is a scary thing to surrender to those feelings of love and joy and enthusiasms that are in our very heart, for we are we all not love. And as entities repeat lifetimes working upon one dynamic or another of loving and being loved it is as though you were in a situation comedy, or shall we say, a karmic book, and the jokes sometimes go right past you because there is too much sorrow, too much suffering, and too much angst. We encourage each to love that part of you that does not get it. My friends, it is in the heart that the Creator is waiting for you, whole, complete and loving you with an intensity and utter compassion that is so real and so vital that there is no response but to love the Creator in return. Within the metaphysical world it means very little unless each thing that is a fruit is also one that was done with love, with a desire to help, with that stubborn naïveté that says that "I want to give the best that is in me, and I want to see the best that is in those around me." This encouragement of simple being cannot be overstated.

1998/09/11: Thus, when you reenter incarnation, you have not only the original lesson to be learned but an additional severity to that lesson which is brought on by that pain that you have caused to those whom you have previously loved. Instead, it is desirable to proceed with the rhythm of your existence, always seeing the many blessings that are about you and letting the realization of love flow into you from the Father. Please, my friends, know that the love of the Father flows throughout the cosmos on the wings of all of the universe—to you, through you, from you.

1998/09/20: Within this shell is marshaled infinite power, wisdom and love. "Yes, I have faith, I have faith that the Creator loves me, I have faith that I am something more than my body and my mind, but I need a job." We encourage each who has concerns to voice them not to the self, but to the Creator. For, truly, as you move from this veil of forgetting, much will be restored to your knowledge, and you will marvel that you could ever doubt the eminence and reality of infinite intelligence, that great Logos that is love. Watch for those, being aware that your earthly pilgrimage is a journey from the head to the heart, a journey from past and future to the present, a journey from dark and light to oneness, a journey from right and wrong to love. Focus upon your love that you can give, that you can receive. May you use the time lovingly, sweetly, insofar as you are able. And lend them your faith, let it wing where it will, where it is needed, for just in such a manner can you love and serve without leaving your chair, without moving a muscle, and serve right well, and in a very important way. We would at this time transfer this contact to the one known as Jim, thanking and leaving this instrument in love and light.

1998/10/04: Truly, yours is a lovely plane of illusion, and we greatly enjoy blending our vibrations with yours at this time. As a unique citizen of eternity you have a core vibration which is a distortion of the great original Thought which is Love. Each of you distorts that core vibration of love in such and such a way, creating for yourselves a signature that is as unmistakable as the name and certainly more rich in information offered about the self in comparison to the naming. Intentions of actions and desire is turned upon its head, blending for the citizen of eternity the desires of the self and the desires of the Creator, and as these two come slowly into synchronization, destiny becomes fluid and one finds oneself more and more easily able to pierce the illusions of desire to move into that heart which desires completely one thing: the opportunity to love and be loved, to have consciousness, to breathe in and to breathe out, and all else will be as it will be. What we mean to say here is that your choices, made with consideration, with love, with consideration for the harmony and unity of all things, these choices are as important to you as any information you shall receive. As you discussed previous to this session, the desire to serve is that which propels entities who wish to seek the light and the love of the one Creator. There is in this illusion that you now inhabit the great desire to seek, to love, and to be loved, for this is the lesson before you. However, the faith that such movement is possible and the desire to move in the direction of love and light is that which is of importance.

1998/10/18: And beyond all the questions of "When

should I meditate?" or "How long should I meditate?" we encourage you always to focus on the present, on what is happening at this very moment and on love, for beyond all telling you are love. And you came to bear witness to that love. Love reflected in love. At some point the seeker will discover that there is a greater Self which is always able to be and which lovingly welcomes home the pilgrim which has done much upon his journey of seeking.

1998/11/01: We would, however, find all possible threads of thought and concept harmonizing into information concerning love. At this point, we and your peoples have a long history of speaking together, and so we have found an increasing number of ways to talk about the love and the light of the one infinite Creator. As you gaze up into the night sky and see the stars sprinkled like sand across the blackness of the ether know that there are more ways than you can see stars on the clearest night to speak of love. And yet all speaking and manifestations end in one thing: that same Love that created all that there is. When you feel that you are truly in the desert, that all is dry and lifeless and without hope, we encourage you to practice knowing by faith the watery environment of the human spirit, for that which seems upon the surface to be dry and dusty and difficult is, in metaphysical terms, wondrous, a treasure, that which is to be prized, a canvas upon which to paint a self in love with the beauty and the majesty of the infinite Creator. R Would you speak to us of how to love the self for those who are on the service-to-others path. How to love yourself so that you do not gain power or control but to prepare yourself for service. We find that the practice of the daily meditation in which one is able to review the experiences of the self is most helpful in coming to know, accept and love this self. Thank you for the loving words during the first portion of this sitting.

1998/11/15: Dwelling within the finer bodies of self, gazing upon the possibilities of service and learning that (they) were before you, each of you felt inspired and strengthened in this desire to move into this heavy illusion, to enter into the sea of confusion completely, accepting the forgetting of those simple truths that are self-evident within the realms of spirit, and taking hold of the opportunity to live a life that was a testament and an anthem of faith and love and joy, for these feelings, these pure emotions well up within you, and you yearned to express them with ever more purity. Indeed, each of you had to wait and hope for the opportunity to take incarnation at this time because there were so many souls desiring to lend their faith and love and devotion to the Earth plane at this juncture in time and space, for this particular solar system and galaxy is at this particular time moving through what many have called a birth, an entrance into the next density of learning. Each of you does express a level of love and faith and devotion that is marked at times. Paul discussed this further, saying that works without love did not have virtue. That if one did all things taught, shared all things, knew all things, and yet had not love, such a person was as a banging gong, a loud noise that signified nothing. How difficult it is to see that actions without love are not useful! Why (is it) so difficult. It is the actions that seem to be valuable, and yet in the metaphysical sense it is the love with which these actions are taken that is valuable, rather than the actions themselves. From the standpoint of spiritual work it is the love with which you do or do not do or contemplate things that is your essence and your gift and, indeed, your vocation within the Earth plane. To meet the moment with yourself, your full, open, loving self. When faced with what seems to be exigent and continuous demands for action from the outside world we do not know a simple or foolproof way for you to move from those self-perceived frustrations into that deeper self within where love always remains. How little your outer education has prepared you even to attempt to honor the being before the doing, the love before the action. If you demand of yourself that you only do those things which you can do with love, then you shall perhaps find yourself doing little until you get your feet under you. That Love creates and destroys and is a principle that has created all of the manifested worlds. But when you sense yourself moving into these negative processes perhaps we might suggest that you could take just the moment to acknowledge that your consciousness is not a portion of this tangle but, rather, is an agent that remains free to be done with. R It is well to examine what one does to see if it is love with love. If it is not done with love it is OK to let it go because of the potential for learning inherent in that letting go. To look at that which

one has accomplished and to see if there was love contained in that moment is well, for this is the way in which one becomes familiar with the workings of the incarnation, shall we say. Whatever the amount or lack of love contained it is well to accept the self for the effort made. To accept the self as it now is to bless this process of experience, of discovery, of movement not only towards love but a movement within love that has yet to be perceived. For all about you, my brother, is filled with love. When one is able to speak from love one is able then also to speak to love. If it is necessary to stop the activity, retire to meditation, contemplation or prayer in order to find even the slightest iota of love within a situation that seems devoid of any possibility of love, this is well to do. It seems like it's worth something to do good works, and I think it's really hard to order yourself so that you ask of yourself that you be loving before you ask of yourself that you be productive. The movement into productivity, as is so the custom of this illusion, is that movement which is more or less informed by love. If love is the foundation upon which you build the structure of your daily life of doing, then it is far more likely to contain the colorful and harmonious moments of inspiration as well as providing the framework for action. The quality of love is that which enhances the experience to the degree that that which you may call magic occurs, the changing of consciousness in an instant. The ingredient of love and its addition to your activities is that which allows the magic of the moment to occur, the rising of the bread of life, shall we say. To imbue it with love is to add to its efficacy. Thus, that which is called love and is so poorly understood by those within the illusion, by the very nature of the illusion is that which has the ability to change the consciousness of those expressing it and those about such an entity in an instant. Thus, one who has love is co-Creator and is able to share this quality with others. It seems harder to love yourself. And, indeed, within this third-density illusion where so much is hidden from the consciousness of each entity within it, it is most helpful to have those about one who feel the quality of love for one that allows the free sharing of observations that may escape the entity itself while it is moving so diligently along the path of self-discovery, pushing the self to move ever more quickly and surely upon this pilgrim's path. Thus, each reflects to the other the picture more objectively seen so that one may be informed by each other-self as to the qualities of the self that are quite full of love and deserving of love. Retire, then, in meditation whenever possible that you might become more aware of all this host of angelic presences about you that support your every desire to seek and to serve and rejoices at every experience of love that you encounter. (footnote start)Holy Bible, Corinthians 13:1-3: "If I speak the languages of men and of angels, but do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing."(footnote end]

1998/11/29: This power is most often trapped within the entities' confusion, and our point of interest is in finding ways to discuss love. They are searching for love. We encourage all souls within the Earth plane to focus upon the young ones, for, as always, it is to those born in innocence and full of expectations that information needs to be most lovingly considered in giving. Rather, the difficulties that are perceived are seen as further opportunities for service as those challenges which enhance the incarnational abilities to learn the lessons of love and to serve the light of the one Creator.

1998/12/20: As the shadows lengthen on your winter's afternoon we extend our gratitude and our blessing to you who sit quietly in a circle of working humbly asking for truth, for hope, for resources and tools with which to carry on the seeking of the mystery of love and of deity. This entity and the social memory complex of which it was a part had in common a full consciousness of love and compassion. A love that creates. A love that destroys. A love that transforms. A love that is all that there is. This love was not informed or balanced with wisdom. This state of love of this social memory complex thusly was, if not absolutely perfect, at a very high level of near perfection. This Christed quality of love is so much a redeemer and a savior of third-density awareness and of fourth-density work that we find it extremely easy to state that Jesus is Lord, as this instrument requires us to do before we may speak. Each of you receives infinite light

and love in a steady and continual basis, both from the Earth energy itself moving up through the vehicle and from those sources of inspiration which each calls to herself from time to time that move down into the self from above. And as destiny rules, each of you shall be given your times to express perfect love. Christ, indeed, is the highest and most pure and perfect love, that love that destroys only to transform, that kills only to raise and move onward. And it is a deeply impersonal, infinitely true consciousness in metaphysical location of quality and essence that transcends personality and re-identifies the individual as love. We wish you light and love on that journey that each of you takes as each pursues the questions of identity and ambition. Know that you are redeemed, loved, cherished and treasured by the Christ that was Jesus, by Christ consciousness wherever it is, and by us.

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1999/01/03: The nailing of the body upon the tree of wood to take upon the self the sins of humankind, to love others to the point of death, is to this instrument the great characteristic of Christhood that has riveted the instrument's mind for many years. Whatever this basic bias of given personality is, the cultural norm for parents is to attempt to increase the instinctively solipstic infant in its supply of love for others and service to others. Know this, just as love casts out fear, love casts out guilt. When one has finished rocking and hugging and loving this imperfect being that wants so much to serve, then one can send that child within with a lighter heart by suggesting to the self within that uplifting of the self from the worry of the close view, that one can, by will, step back from the situation and from the emotions to a perspective that takes less into account (the foreground) of the present happenings and brings into sharper relief the basic principles involved. We honor the one known as Jesus the Christ and, indeed, honor that vibration which is the Christ as being the highest vibration of love that is achievable so far within the infinite creation. Above all these considerations, above all manifestation and illusion the reality, as far as we know, is the perfect outworking of perfection: love reflected in love, moving through each instrument that is a soul of a person and out into the world. As you receive your catalyst, bless it and break yourself open to receive it with the most love of which you are capable in a stable manner. In all things, find the love and find within the self the response to that love which most truly expresses yourself. As in many things it is not so much what you do in the manifested world but how you do it, with what love you do it, with what gentleness and compassion for the self and for the other self and for the entire suffering Earth plane. We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks in love and in light.

1999/01/17: So we would like Q'uo to comment on the concepts of the seeming loss of control, the being able to focus one's attention in the moment upon what is going on, and that the moment offers us the love that we need in that moment. We seek that love and that truth and that way that is so close to us that we cannot express it, yet we know that it is still a mystery and that that mystery recedes before us as we go forward. This is your nature, for are you not one with the original Thought, that Logos which may so weakly be called Love. And this birthright is yours, but you have chosen, at this time, to take this illimitable consciousness and to place it gently and lovingly and hopefully within a jar of clay, within that chemical electrical distillery which is your physical vehicle and with this physical vehicle, this hairless great ape which so gallantly carries you about for your entire incarnation, comes an intelligence that is not unlimited but is limited, that is not eternal but is time bound. The entity depending completely upon the rational, limited mind may well make brilliant choices and solve many hard problems, but there will not be that feeling of ease or space or love that is your birthright. You came here to make mistakes, to judge yourself, to do all of the things that you will learn are not particularly loving or wise. For you see, wisdom may only be studied, with good results, when an entity has learned the lesson of love and compassion. Wisdom is a dead thing unless it comes from that resoundingly open heart that is able to allow the infinite love of the one Creator to go into the self, to be blessed by the self, and to move on from the self

is the profound satisfaction and the responsibility of knowing that the combined energy of groups such as yours, in coming together to affirm love, light and unity, have already made a tremendous difference in the progress of this shift into fourth density. And in that place of the heart, with the Creator, in that tabernacle of the spirit, the difference between your free will and the Creator's free will falls away and there is a love that exists that balances, heals and restores. And as your consciousness begins to feel comfortable swimming in the waters of unconditional love, so the bodies shall find themselves more and more able to enjoy fourth-density vibration. G Q'uo, if it's not too large, I would like to know, metaphysically speaking, from your perspective, from love's perspective, what happened in the middle of the last century when the Hindus and the Muslims set down their weapons, ending a downward spiral of violence, death and bloodshed in order to end Gandhi's fast, in order to save him from the termination of his own life. For it is well perceived, when there is an entity such as the one known as Gandhi who has opened his heart to that degree, that there is no boundary beyond which love cannot be given. This entity was successful in opening his own heart so that the will of love moved through him in a way which was easily recognized by those whose lives he touched. Q'uo, in seeking love there are different moments in a seeker's life when he is overcome with the emotion and desire to seek and find and feel and know love, and there's dry times in between. And I was wondering what you might have to say on the effect of just putting forth the intent to see love, just that motion, just that request. Each time the seeker renews its quest for the open heart, for sharing with others the love that creates all things, then the seeker has added yet another stone, shall we say, to secure the foundation of its metaphysical journey. As you also mentioned, there are those times when there is less passion, less desire, perhaps less expression of the desire to seek love. It is at this time that the desire to know, to seek, to share, and to love is nurtured, is brought forth. Thus there is the completion of one portion of the journey; that is, the subconscious movement in rhythm with all creation, that becomes the conscious creation of the mind of the seeker that seeks to know the source of love within the self, and within all creation, upon a more continual basis. There is, of course, a source of love which is truly of the one Creator which has, as you have mentioned, a complete identity in that it is of all things, both manifest and unmanifest, that which you would call the light and that which you would call the dark. The concept of mystery is the opening into the consciousness which we have found most effective to utilize and it is that which seems to fuel the desire to seek further along the lines of love and light that so many of your peoples now express as a result of coming into contact with various sources of mystery. (footnote start)Carla: For those wondering why we do not capitalize the word, love, when it is used to indicate the Logos or Word which is the Creator, we refrain from focusing on this word, since it is so greatly overused in common, everyday language. The "love" that would be capitalized is a love far beyond the general usage of the word, which tends to be used for romantic, sentimental and casual feelings.(footnote end][footnote start]E had exchanged his throw pillows, which he was using to prop himself up with for meditation, for ones that had the legends, "Faith" and "Hope," saying that he had need of those qualities.(footnote end] .

2003/07/17: How may I be free to love, to love at will, and free to channel love as universally and unconditionally as did the one known as Jesus. What is the nature of the self that is free to love. For within the trammels of what this instrument would call this Earthly veil, lie the opportunities to love, imperfectly, brokenly, foolishly, again and again feeling the stumbling ways of humanhood, the clumsiness of limitation, the challenges of dwelling in a world where many things seem to be known which do not make sense and few things are known which make any sense. It is as if the soul coming into incarnation comes in from outdoors and forsakes the illumination of the sun in order to turn on the puny bulbs of 100 watts of artificial light that may or may not be there, depending on whether the power is on, whether the jerry-rigged ways of producing an equivalent light, without the infinite love being the source of that light, have sway. Truly, if you allow the heart to express, the heart itself with every beat, rhythmically, profoundly, simply expresses the truth of incarnation: love, love, love, love, love. The pump that pumps blood through the veins of the physical vehicle moves

in waves of love. The second-density body which carries you about has no thought that is not steeped and marinated in love. We do not for a moment suggest that ignoring those precious other-selves about one is in any way a useful exercise for one wishes to know how one may serve, how one may be served, how one may love, how one may be loved. You are indeed, most free to love at will. The life experience may be seen, in one way, to be that environment in which the will itself, that is, that energy of the soul piercing through the illusion of mass and time and space, chooses its light, focuses its love, and opens the door to the great mystery that lies within, that mystery that is love, that is loving, and that is loved. Thank you Ra, Hatonn and Latwii for being such loving guides to me during my own journey. Carla On the question about weariness and food intake and so forth, I've been going from the assumption that it might be substances or it might be the quality of love in the food and so I have focused more on putting love into the food than in being really sensitive about certain substances. We find that the menu is heavily laden toward the quality of love, which is most nutritious to each seeking soul. However, that which has been prepared is prepared with care, concern, love and great affection.

2003/08/24: The vibration of the Father, as this instrument is wont to call the godhead principle, is a singular vibration which we are used to calling that term, the Logos, which is a term in this instrument's vocabulary from its Christian heritage—Logos, the Word, the Word which is love, unconditional love. Those vibratory nexi that manifest as each person here, each of you being a sub-logos, in part, of the infinite Creator, have the goal of moving in vibratory level more and more close to the vibration of the Logos, to the energy of unconditional love. As you are able to come more and more into an awareness of what the energy of unconditional love feels like, you are coming closer and closer to your own heart. And in the heart of that winter there is always that moment of what this instrument calls Christmas when attention is paid to a tiny child that is love made visible within this instrument's religion, that time when Jesus, the Christ, comes into the world as a tiny, helpless baby. We ask each of you here to open your heart and to see yourself in a manger, a new being, my friends, a soul, fresh, untouched, inviolate, waiting, hoping to be loved, to be recognized, to be swaddled and nurtured and held and taken care of and protected. This child within you is the spiritual self that you came into this world to find, to embrace, and to nourish and nurture with your outer life and your inner life, always opening to the vibration of unconditional love that floods the heart when there is no resistance, that waits within the heart, that is surrounding the manger of spirit within you. Yet, to those who dwell in unconditional love, there is no man, no woman, who is an enemy. There is no entity whatsoever that is not part of those souls which are yours to love, to help, and to wish well on their way if they perhaps do not agree, but never to armor against, to defend against, or to harden the self against. For the gift of the heart, the gift of love, is that it is fearless. It does not need to defend; it does not need to protect, for it rests in the vibration of unconditional love. We ask you to allow that silence to blossom within you, that you may feel that love of which we speak. Feel that energy begin to spiral and grow; feel that sacred space that has been called into being by the one known as M and then fill it with the flame of love unconditional. Rather, think to yourself that you are spiraling, you are visiting these lessons again, not at the same place, for you are not at the same place, nor is the lesson in the same place, but, rather, each time you visit it, if you are working with the lesson, you learn more, you go further, you become wiser, you become more compassionate, or you simply become more balanced between the all-embracing love of compassion and the more intelligently-guided wisdom of compassion touched with that wisdom which suggests limitations, boundaries, precision, where before there may have been a vagueness or an unsureness. And that guidance system that loves you, is part of you and is always with you will find it easier and easier to touch the life of you with this and that hint and inkling until you find it easier and easier to cooperate with the forces of what seem to be destiny but indeed are rich in free will. You came to love and to be loved; you came to learn about unconditional love; you came to choose between love and fear. That idea that continues, the idea that lifts and helps, is that idea that love is the truth and that fear is independent of that truth. So, where there is fear, all openings to love that can shine light upon that darkness are

who is attempting to be of service to other-self works upon the self to affirm the self's value, to honor the self, to ask the self what it needs and in all ways to turn the attempt to serve other-[self] within so that the self seems to be serving the self, yet it is the self who loves, serving that self within, which is studying the incarnational lesson of loving, without expectation of return, loving, independently of the reaction, loving beyond condition. What does this develop into then, as one shifts from the being of the loving heart to the doing of the outside world and the conversation at breakfast, and the conversation during the night-time news. Yet when service is being successfully offered, there will be the continuing stubborn, quirky and absolute insistence upon continuing to see self and other-self as both worthy and loving and compassionate entities who are striving to solve that mystery which is implicit in humanhood: how to express the metaphysical nature of the self within the material world. You are love. As you allow the surety of this one Thought to pervade your being, feel all concerns drop away leaving only the flame of spirit, only that love which created all the worlds that are and all that shall ever be. She says, "We are told that love is not an infringement on free will. What actually happens when that love is sent. Does it provide an increased probability or potential for love to be assimilated into that entity's life unconsciously. When love is sent to any entity, it then is a resource which may or may not be used by that entity. Most often there is little conscious recognition of love which has been sent from, shall we say, what you would call a distance or through time. But there is the unconscious recognition, by the receiver of such love, that one's beingness has been enhanced, that the possibilities are greater, that the resources have increased, shall we say. For at the heart of each seeker, there resides a supply of love that is the daily round of gift, shall we say, from the one Creator, the intelligent energy by which the Logos creates the one creation; by which the Logos provides each entity within the one creation the energy to partake in that which you call life. Thus, when one sends love to another, one amplifies that which is already there and sets up what might be seen as a harmonic wave that moves within the metaphysical realms of one's consciousness there to enhance that ability to perceive and utilize the gifts of the one Creator. So there isn't any way in which loving someone can be considered an infringement on free will. However, we see that many entities have differing definitions of what they would call love.

2003/05/11: Now, we also had a brief discussion about what it truly means to be a mature soul and how that involves loving yourself and thinking for yourself and not going along with mainstream consensus. It is the race towards unconditional love for the self and for all others, seeing them as only reflections of the self in the various forms that it exists in oneness. It is much easier to confront the aggressor with love than with internal condemnation. It is, however, prudent to ensure that love not be confined to one's own social class or grouping but rather to expand to a more universal perspective and thus, though these words must seem very basic to some of you, see those Afghans or Iraqis who are hurt, maimed and killed by bombings as being equal to yourselves and respect the fact that any support for a governmental figure should not exclude the full ramifications of their actions. Peace be with you in the light of everlasting love. We thank each of you for seeking the Truth, and not by a passing thought, but by setting aside a significant amount of time, energy and love to honor the hunger and the thirst within you for that which is true, beautiful and noble. This instrument has been encouraging each in counsel to investigate and get to know that dark side, for it must be loved also, and more, it needs to be disciplined and to be brought into the circle of self that is working together, for there are many selves within. The very comfort of your physical vehicles at this time has the potential of becoming greatly disturbed because of the simple lack of awakened and focused compassion that is that which is the prerequisite for bringing in whatever stronger help those vibrations of unconditional love which are as the tie-down points for, shall we say, the airplane or the winged creature of unconditional love. How can you tie down unconditional love, after all. If you begin to start your own "tuning-forkness," your own emotional essence, vibrating in unconditional love, and allowing that vibration to continue. And so you have the experience of entities who are able to be seeds of light and love, who seed a group and, by focusing on love alone, are able to begin the process where

one heart fires another into spontaneous harmonic vibration as a resonance of that first heart that has found infinity and then another and another and another begin to light up. We thank you and want to remind you that you are loved more than you could ever possibly imagine, bearing in mind always that it is yourself that seeks this love. Peace be with you in the light of everlasting love.

2003/05/18: They wish to help with gifts of spiritual presence, inspiration, laughter, healing, and any number of invisible yet very real sub-rays of that sun of love, that Logos of unconditional and infinite love. And we may say that a shortcut to the second question's answer is to know that love is always the reason that each entity is in a given situation at a given time. Consequently, the question becomes, "Where is the love in this moment and how may I witness to it?" When that realization comes, the ensuing action carries with it the energy of soul growth. In that light which is that shown by unconditional love by the open heart, the stresses that wind one up like a spring are released gently and repeatedly as the moments of remembrance circle around and a deep breath may be taken in and out, pulling in the oxygen to the mind, pulling in remembrance to the intention. There is no physical action that is proof against the consciousness that is hungry to remember the vibration of unconditional love. In the seeking for that one great original Thought of love, the seeking itself develops its own answer within you so that as you seek, already the answer lies within the open heart.

2003/05/25: That which It was able to think was the original Thought and that Thought, as we have said many times, was that pallid word, love1. Now the love of a Creator is a love that cannot be said to be pallid for it creates, it destroys, it makes manifest, it hides, it is mystery, it is experience, it is nothing, it is everything. As you dig with a trowel of, "Who am I?" and the weeder of, "What am I doing here?" you are preparing the ground and planting the seeds that blossom into the gifts that you came to share, the essence of self (that blossoms into) the committed and loving compassion of those dwelling within the illusion but knowing that they are not trapped in the illusion. Not because there is a wish to rescue them or to change them in any way but because entities are there to love, just as the you are the object of the love that is all about you, not simply from those entities within the flesh that may express love in their halting words but more, from those entities which are unseen and whose presence uncovers in silence that state of unconditional love in which the self can finally feel safe, secure and able to rest within that holy place that is the heart, the heart of self, the heart of the planet, the entity of self, the entity of (the) planet. Need we intervene to rescue your planet when there are millions of sparks of the Creator upon your planet which are capable of tuning themselves until they burst forth into the most beautiful and harmonious song of love that the world has ever felt. Each time that each of you smiles at the stranger who frowns at you, who offers a soft word in response to a harsh one, each gentle or loving act of friend to friend, as in the one known as J, who generously offers her bodywork to this instrument's most accepting vehicle, is making the world a more tuned and peaceful place in which to dwell. Indeed many entities even now are repairing their little bit of the planetary surface by loving and talking to the Earth, by cooperating with what this instrument would call nature deities or divas, by relating to the surroundings of self with the understanding that all things are alive, all things work in rhythm and in harmony, and all things except those sunk in the mire of third-density forgetting not only love each other but know that they are one. Much simplicity lies in true love. Living in this simple atmosphere of the open heart, entities are able to do precisely that which they can focus into, love with all their hearts, and release all attachment concerning outcome. This instrument, for instance, has great hopes to serve the planet by the campaign of information and persuasion which would coax all entities into tuning to that harmonic tuning of love and light and personal compassion which is the true tuning for you. We assure you, in the ways of spirit, each is profoundly powerful and as each becomes aware of the dynamics and the strength of groups who are together tuning their will to love, this power and this beau geste shall come clearer and clearer into the vision, so that it can be seen in ways that are difficult to describe but very real. (The vision is) that the truth can never be hidden, that the light has never been extinguished by darkness, that all is well, and that there

into the Earth plane without significant distortion. And certainly you hoped to serve by what you do and what you say, but how much more central is your responsibility to meet the moment with a loving and opened heart. This is where your power lies, in the momentary decision to seek the love in that moment. As the one known as Ra has said, "Where is the love in this moment?" is a helpful question at any juncture, but especially when the spirit is weary or overwrought. And there is one final door that can only be opened by the key of honest love. If you can dig in the soil of your nature, down into the roots of mind, past the confusion that is your topsoil, past the difficulties that are your fertilizer, if you can get through that to the rock, that rock is love. Take this moment just to feel how much the Creator loves you. Oh, how the Creator loves each one of us! Every hair. All these things are part of a wonderful tapestry, a tone poem of emotion and concern and caring that is your signature, and the Creator loves every bit of color and tone and energy and pattern that you have created with your life. How you are loved. And you also have within you tremendous stores of this energy that is love. For those things which are human are limited, and if you attempt to love the world from your conscious self you shall run out quickly. And that main thing is always, eternally, love. May you be guided again and again into situations where you may take those keys of patience, love, simple persistence, hope and faith and may find for yourself those places which rest you, which comfort you, which are merciful balms to your weary soul.

1999/02/07: You ask this day for us to share our opinions on how awakening entities are coming to experience a universe in which time and space have given way to infinity and eternity and the seeking of the metaphysical self has become more important than the approval of the world or any worldly gain which does not have its roots in love: the love of one doing the service, the love of one offering the self. It always shall come to the one who is ready to deal with the implications of the new inner birth that constitutes the awakening into realization of the self as a spirit independent of space and time but wholly dependent upon love and light. For each is love and light, yet each also transduces love and light as it streams from the infinite Creator into the Earth plane. When a seeker becomes aware that it is a creature of will, discipline and faith then that person can simply allow those instreaming vibrations of love and of light to move through the physical, mental, emotional and spiritual channels of the body and out into the world that so desperately needs those vibrations of undistorted love and light. By blessing this energy and yet not holding it, by knowing there is enough, an infinite amount of this love and light, that it cannot be spent, the seeker is affirming that which is. Rather, it is the naked soul, the bare and unadorned spirit that is the object of perfection, that is love itself, and that is each of you. May you find ever more creative ways to share the infinite love and light that will come through you by blessing that energy and by consciously sending it out into the world. Within each of you dwells perfection, truth and infinite love. Where is the love in this moment?" The love in this moment is you. As the old chant goes, "May you love each other.

1999/03/21: As the nature of the Creator is infinite love, so did It create all Its parts as infinite love, and each of you is as a sun or a planet in being created of infinite love, having the nature of infinite love. The Creator has, from the beginning of Its creation, found Itself utterly in love with each iota, with each soul. The Creator is delighted, thrilled and fascinated, and so the Creator has an attitude of love and feeling of that love radiating to every sentient being. Since the nature of deity or Godhead resides completely within love and the desire to know the dimensions of that love, it is only suitable and appropriate that each soul that awakens to its spiritual identity becomes aware of itself as a creature of desire. This is notable because (you are) the entity that you are, having the nature of love and of love's desire: to love and be loved, and then having that feeling that one cannot bring this into the everyday sphere. When that lack of center, that lack of peace, exists within the heart of the seeker there shall inevitably be a feeling of imbalance and a feeling of restlessness, of itchy feet, a desire to get on with and through whatever is keeping the spirit from the love of the infinite Creator. And so we would say to you that we agree with this sentiment, that we do feel it a holy and loving work to balance those feelings concerning existence, sexuality, person, personal relationships, family relationships, and societal re-

lationships. It is our understanding, rather, that your density is a starkly simple stage set for making one choice again and again, and that is the choice to love and to be loved. The one known as Ra has said in each moment ask yourself, "Where is the love in this moment?" This question contains the seed of the heart's opening and polarizing, and we are aware that that is what each of you wishes to do: to become more awake and aware of the true nature of the self, to be more and more able to express that essence in the daily life. The learning is always about love. We hope that we have been able to describe some of the processes that go into arriving at the inmost heart and becoming aware that within it lies the Creator and that you may go in and tabernacle with that Creator and allow that Creator to be actively indwelling so that when you come out of that inner room of prayer, meditation and silence you will feel the energy of spirit moving through you, and you will know that, thankfully, you are no longer depending upon a pitifully small amount of human love which comes from you, but you have been able to open up the instrument of self that infinite love and light may flow through you and out into a hungry, thirsty world. And I think we may say that once one attempts, on a regular basis, to live the life from this point of view, the rhythms shall grow more obvious, the music more clear, and the love more flowing as though each petal of each flower, each bird that sings, each iota of the Creator's universe are harmonizing with you, aware of you, and in love with you as you with all of them. You are, as a conscious being, as one who is moved by forces which are great and unseen in the life pattern, for each has chosen a kind of curriculum, you might say, in which the opportunities to learn that which remains as lessons for you will be presented to you and will be presented as often as is necessary for you to understand their impact and the effect that love has with the open heart.

1999/04/18: As we rest in the comfort and the beauty of your blended vibrations we find ourselves aware of much each of you already knows from experience, from suffering and undergoing great difficulty, from being held together and lifted up by the love and the light of the one infinite Creator. Each has beautiful stories to tell of those times when everything seemed clear and the creation truly did seem to be one beautiful, harmonious symphony of people and relationships and nature and things great and small, all moving together with rhythm and pulse and a lovely dance that was new every moment. Each has had these transcendent times when the world simplified itself and the love could be seen. Why would a spirit in full and conscious knowledge of the love of the Creator voluntarily place herself within the veil of forgetting and then ask herself to undergo a certain level of suffering and learning and transformation. There is no effort in choosing to radiate or, rather, to allow the radiation through us of the infinite love and light of the one great original Thought which is Love. Therefore, we cannot polarize towards loving more or serving more or learning more. We are speaking of the ability of each heart to see that it is love itself and to see that each atom, each iota, each mote of stuff visible or invisible is instinct with the love and the light of the one infinite Creator. Each connection that is made between spirits such as yourselves is a connection that is greatly sanctified and blessed and holy, and it is the reason that you feel that need to come into groups and to express your love of the Creator in some way as a group. You have become an infinite power for love and light, and this is a resource that we are glad that you are taking part in, not only because we feel close to each of you as we meditate with you but also because we have heard the sorrow of the brothers and sisters of those upon your planet, and we know that the light energy that you gather in groups such as this will have a great healing effect upon the suffering of the world as a whole. And yet it is this aspect of things, the beauty, the wholeness of each creation, that can bring home to the spirit the lessons of faith and hope and love that each does indeed yearn for in that spirit within the self that is a citizen of eternity and not simply a personality that develops and becomes ill and goes back into the dust from which it came. That grass has rested within its roots and its seed and accepted the dying of that self that was, is, responding to a new life with all the power of its tiny form, and if some weeder such as this instrument should attempt to take that blade of grass from its home, which unfortunately (is) in some flower box that she wishes to weed, it will resist with every fiber of its being, for it loves life. They have been rammed into sawmills and made to be peoples' floors and as

peoples' floors they are yet willing to lend the beauty of their grain, the softness of their spring underfoot, and the ability to hold that lovely, patient dust. The sweet earth is expressing a spiritual love when it expresses a desire for cleanliness. Meanwhile, the one known as Jim is taking all of those things which may have gone awry, that dirt which has fallen or spattered or come upon the things of daily use and with great love and great feeling of the ritual of cleanliness has blessed the entire house with loving and careful attention. And we will guarantee each of you that when you have cleaned your space, when you have cleansed your living place, those coming through the door and entering your magical aura may well never realize why they feel so welcome and so comfortable within your space, but you will know that it is because you have loved your space and have spiffed it up and shined it up until it is proud of itself and feels very ready to bless all who come within its purview. All is alive, made with love and manifested with light. All things are available to those who live by faith as ways to express faith and love and hope. Each of you must learn the lessons of love and service for yourselves, chosen only by your own free will. You are made of faith and love. When you say "I am," you are speaking of love.

1999/05/02: Although the instrument was aware of the first two who prayed, once the universe was realized as being a way to see prayer help, the way to see energy coming to help the instrument, the instrument immediately transcended personality and saw those who were vibrating in Christ-like love. You can probe, but you cannot break down (the) metaphysical vibratory complex that is one precious, infinite and much loved being. The Creator grasps the totality of this vibratory complex and echoes back to the being a validation without judgment, created utterly of love—creative and destructive, all-powerful love. It simply means that the power to be is so all-encompassing that the distortions laid upon that basic vibration of infinite love are quite, quite small compared to the core reality of limitless light itself vibrating in undistorted love, or shall we say, in minimally undistorted love. For all that is manifest as vibration has the distortion of free will and is, therefore, not a pure love vibration. That you be able to see the difference between the self and that other self as inevitable beings that are as they are and self and other self as those who have been offered the opportunity to work within an illusion in such a way as to discover as much as possible about loving interaction. We assure you that there are realizations to be gained and lessons of love to be learned just as you have been going about learning them through your meditations, through your attempts to balance experience, through your concern for and work upon core interactions and core relationships. And yet, it is the nonsense that each came here to prosecute with the highest degree of integrity, love and respect of which each is capable and will hope to become more capable. You are that ideal, that archetype, that loves so deeply and so generously. We realize that there are other questions at this time and in hopes of being able to speak with you further upon those topics we would at this time transfer this contact to the one known as Jim, leaving this instrument in the love and in the light of the infinite One. The image of the light and the love filled beings at the heart of the light is a revealing of a connection to love which opens the heart and releases the emotions in many. To discover that one is loved to such an extent that the heart of another beats for another for you is overwhelming to many who have not felt such love before. To learn to love and accept that which seems unlovable and unacceptable is, indeed, a worthy challenge, and we would encourage this entity to look about it and to discover that those entities within its circle of experience are those which have come together with it to dance the dance of this illusion's catalyst, shall we say. It is to those who exercise most carefully, or shall we say lovingly, or shall we say wisely, the ability to choose the path, for there are always considerations of appropriateness, of infringing upon another entity's free will choices in his or her own journey. As we give our energies, attention and concern, love, and light, information and inspiration, we affect those to whom we speak and with whom we share these energies. However, the desire to seek in a spiritual sense the nature of one's journey and the nature of truth, of love, and so forth, is the, shall we say, directional arrow that points the way and which opens a door within the essence of one's being so that one may feel a connection with all things, including the quality of the one Creator called light.

1999/05/23: The lesson that is before you at this point is undoubtedly not about wisdom, not about being wise, but rather about discovering the spring of infinite love. You are infinite love, infinite light, infinite energy, stepped down and stepped down until you can exist within this particular illusion with this particular kind of physical vehicle, this particular energy shell that we have called the personality. You true self is without distortion, and infinite in love. It has been, as it always is, a pleasure to join each this day and we remind each that we walk with you at all times for we are one in love and in light and in our common bond of seeking the one Creator together.

1999/09/12: For you are not as you think you are, but, rather, you are a personality shell that distorts the love and the light of the one infinite Creator in just this and that way. 1999/09/26: We come as those with a simple and single message: that all is one and that that one thing is the infinite Creator which is also Love. Or to put it another way, because of the uttermost of his love. Each of you has a heart full of love. And, yet, because it is a human heart with a human love, the human supply will run out quickly when it is placed under stress. The hope that each seeker has of becoming a person that may hold a higher quality of love is the hope of moving more and more into the world of eternity and away from the world of space and time, cause and effect, quantity and quality and differentiation. Paul the Apostle wrote¹ most beautifully that one may do all manner of wonderful things, but if one has not love, one is nothing but a noisy gong or a clanging cymbal. For it is not what service you do, it is the love with which you do this service that makes all services equal. It is the quality of love with which you do it. How can you develop your being to be capable of ever more fullness of love, but by moving within and paying attention to the self and the processes of the self. And as spiritual entities you are attempting to be, and in that being, to yield to and embrace love itself. Where is reality to a spiritual entity but in the present moment and within the love within that moment. See yourselves as those through whom undistorted and infinite love and light may move. And yet does not all of this fine and intricate structure dissolve into the one unifying concept of Love that has created all of us, the thoughts that we think and the means by which we think and observe our thinking. (footnote start)[Holy Bible, Corinthians 13:1-3: "If I speak the languages of men and of angels, but I do not have love, I am a sounding gong or a clanging cymbal. If I have the gift of prophecy, and understand all mysteries and all knowledge, and if I have all faith, so that I can move mountains, but do not have love, I am nothing. And if I donate all my goods to feed the poor, and if I give my body to be burned, but do not have love, I gain nothing." (footnote end)]

1999/10/03: At first, he could not move beyond a certain distance but then, he wrote to this instrument that in the metaphysical or time/space continuum the mode of motivation or movement was love. Love, therefore, took him by his will on a tour right up to the point at which he felt that he could not and would not go further. We offer this experience in order to be able to talk about the relationship about the great original Thought or Logos, which is love or desire. However, there is another level of desire with which those present all have considerable experience and that is the desire for purity, for truth, for beauty, for light, for true love, for true love between people, for true relationships between people.

1999/10/17: (overview) The question this week has to do with whether or not it is possible in this day and age and in the place in which we live for us to use meditation and personal works to become the seeker we hope to be, to achieve that state of being that will allow us to radiate the love and the light of the Creator and to continue to expand as learning and growing beings. It is our understanding that the nature of the Creator, the nature of the creation that has been formed in the image of the Creator, is love. This anchoring vibration can be overlaid by any number of vibratory complexes, for each receives an unending supply of the pure vibration of love that is the moving energy of the cosmos. Since the very nature of your being is vibration it will not surprise you that we would ask you to evaluate those ways in which you characteristically distort the original vibration of love. This instrument would perhaps choose the one known to her as Jesus to be an exemplar of undistorted love, and yet we say to her and to each of you that this entity, as devoted a servant to the Creator as he was, had many moments and

fect, the hope being that eventually more and more entities are forming lighthouses, light groups, study groups, meditation groups, groups of all shades of devotion and way of expressing devotion to the infinite Creator, yet groups that harmonize in wishing light and love to planet Earth and its people. Therefore love the Earth, express that love by direct relationship with the Earth, spending the time with the nature and the state of nature and simply sharing love with the Earth, experiencing loving and being loved as you breathe the carbon dioxide for the trees to inhale and as the trees exhale their oxygen so that you may have life, rest in the harmony of the one infinite Creator, and be healed.

2003/04/06: You ask us this day concerning the peace and harmony that is so beloved and so dearly sought among your peoples and yet is seemingly quite elusive at times for many of your peoples. And we do grasp that there is every temptation and every logical reason for each of you to wander far from the concept of the self as one whose mind is on only one thing and that is the love of the one infinite Creator. To the mind that is focused upon the love of the one infinite Creator, the view of all that comes through the senses, the thoughts concerning those sense impressions, and the thoughts judging those thoughts about sense impressions are all seen as the bits of froth upon the surface of the waters of life that they are. If the single thought that the mind is stayed upon is the love of the infinite One, then the being within has the opportunity to choose to maintain that focus, not only in those moments of silence but also in moments in the noise of culture, of warfare, of crowded conditions, of distressing amounts of inequality in a world which yearns and hungers and demands absolute equality. For the solution to the awareness of trouble is in the turning of the consciousness to the love of the infinite Creator. You have that original vibration, which is unconditional love, as the basis of every cell of your being. Without that Thought of love has nothing been made that is made. Always it is the spiritual sense alone that is able to release the conflicts, the struggles, those things which are the truth of the illusion, in order to turn once again to the stunning mystery of oneness, to the love that is all that you see, to the light that has created all that is, without blinking at those things which seem good and which seem evil. If I am a creature of love, then what am I doing in this situation?" To look at the situation and to react as you see it from the outside in is often less than helpful. To gaze at a situation from the inside out is to find the love within that particular structure and then to be the defender, the protector, and the expresser if need be, of that love. And when you find yourself in the open heart, we greatly encourage your sitting there for awhile with that one great original Thought that is love itself. Rest in the love that lies within the heart and know that it is the truth of you, it is your deepest self. I'd like to include you, Q'uo, and, as you say, the heavenly hosts and to express my gratitude and appreciation of (your) being there when I feel like talking to you or just knowing that you're there, and the help and love that you've given. I just want to express my love and gratitude again for all that you've done. I am Q'uo, and we are most filled with the same love and gratitude, my friend, that you have expressed for us. However, we do not measure our success at service by the channeling type of contact which we now enjoy with this group, for we find it is possible to reach with our hearts in love and light to all the creation and are pleased to feel the loving response of the great majority of the creation with which we are one. You're a big part of love in my life and I really do appreciate that. I am Q'uo, and we return your loving respect and pleasure of company, my sister, for it is our great joy to be able to be with each in this circle and with any entity who requests our presence, for when we tabernacle with any we tabernacle with the one Creator. Your experiences are unique to yourselves and each time we are able to blend our vibrations with yours we find new ways of expressing and experiencing love and light. The illusion which you now inhabit is one which plays a trick, shall we say, in order that you may do a certain dance, make a certain choice, give of yourself in love and move one step further in your union with the All.

2003/05/03: (overview) Question from R: This evening R would like to hear whatever words of wisdom or love or enlightenment that you might have to offer him concerning the journey that he has taken and what would be most appropriate for him now. Indeed, you at this time, shall we say, are on a time lateral, a sidetrack, not even upon the main track of evolution, as you work to move through this illusion which

is so cleverly designed to give you the maximum opportunity to change, to transform, to make new choices and find new balances within the spiral of ongoing learning, evolution and service that is the essence of the love and light of the one infinite Creator. Like all true vines, it is attached to the one great original Root, the Thought, the Logos that is love. What can there be besides love in a universe in which all things are one. (lyrics end][footnote end][footnote start][Carla: I read this sentence through a lot, as I felt sure the Q'uo group did not intend to suggest that one exorcise the family and friends one loves.

2003/05/04: However it was being told constantly that it was not serving well, and indeed, nothing was ever "good enough." Consequently, this instrument worked for many years as an adult, consciously moving back into the child years and comforting and loving that child self, which even now sits upon this instrument's lap, a beloved child at last, adored, pampered and given every creature comfort of which this instrument can think.¹ For truly this instrument has discovered that the secret to recapturing its magic of youth and innocence and dream-vision was connected with the lack of forgiveness which this instrument had toward its child-self, having judged, not as a loving entity would judge the self, but as a thoughtless and critical entity would judge the self. This ability to move back in thought and to do work in consciousness, having perceived a lack of love, is very helpful as a resource for an entity who is working upon how to serve others in the highest and best way. The subject of this particular grade which this instrument calls third density or human existence upon planet Earth is, "How To Love And Be Loved." The paths that each entity enters into in this life are in one way fated and designed ahead of time; in another way, completely and specifically a matter of free choice, so that each turning in the road offers the choice of one or more differences of direction which may seem small at the time. All lessons have to do with love. In this instrument's life, for instance, the incarnational lesson has, in part, been how to love without expectation of return. (This instrument) also has had to do a great deal of conscious work upon how to accept the love offerings of others. However, had this instrument not chosen to engage with that birth family in relationship work and therefore had this instrument never grasped what the lesson was or how to work on it consciously in this relationship, there were repeated instances where this instrument had planned carefully to meet other entities which would have been just as helpful in setting up the dynamics of a relationship of this instrument with an entity who was profoundly worthy of love but who was incapable of giving emotionally in return. Thus, this instrument was teacher to those with whom it came in contact who were incapable of loving, for they received love even though they could not return it. Service is bound up in the knowing of this relationship and this nature so that when one who is a servant of the light and of the Godhead principle, shall we say, gazes upon an other self, no matter what that self is asking, the basic service is the connection of unity without judgment of any kind but with absolute faith that this entity is a spiritual entity and is to be honored, loved, respected and treated as a spiritual entity. And in such a pickle it seems as though the universe has become full of centers of trouble, what this instrument might call "trouble bubbles," which keep coming into what would otherwise be a very simple equation and creating such confusion that no clear path to the most high or the most loving service can be seen. May we say that this in no way etiolates or annuls that service of true love freely given which the one known as T1 offers. There is no hesitation in our stating that all who love serve. Let us examine what occurs when one loves. When one loves, one is expressing the self, the nature of the self being love. The one great original Thought is a Thought of love. When this Thought of love decided to know Itself, each of you, as sparks of the divine, was created and then all of the worlds, densities and creations were created in order for the Creator in all of Its parts to have a place to play. The (classroom) level of this school of love which each of you enjoys at this time carefully hides the simple truth of this unified and loving nature. For those who are able to move into the heart, and to open up into that self that is love that is the heart of each, the illusion begins to shimmer and waver and finally to drop away from time to time completely, showing the great ocean of unity and love and tremendous emotional support which the Unity of the entire creation offers to the one who is able to move beyond appearances. The self then,

thanksgiving for that process which moves into the present moment as the emerging blossom of transformation, new life and new birth. Indeed, it may be said that the redeemer of the third-density world is that which is known to this instrument as love. For the heart of the attitude which gives thanks for all things is the fearless heart that sees the love in all things, even as it sees the distortions to which love has been bent by those co-creators which are other selves. The heart chakra is not that which is worked with as much as it is that which is entered, as one with great gratitude enters the holy place in which one is safe, loved, cared for, and appreciated as a child of the one infinite Creator, a child and an heir, a rightful and loving heir; and, indeed, a co-Creator. It is that in which there is no effort, strife, or worry but only the feeling of loving arms, a strong and loving chest and shoulders to rest (the head) upon when one is weary; a capacious lap to sit in, to nestle in, to curl into and to go to sleep in when one is exhausted within the heart. We do not believe that there is any lack in this portion of the creative and intentional work in service of the one known as R but, rather, that this entity focuses with great care and love and persistence at this time. Let that first floor first be neat as a pin, with each honor which is also a duty seen to, each promise kept, each relationship honored, each thread of self within found like the lost sheep, brought into the loving heart, kept warm, comforted and fed until the self is as loved as those loved ones that are about one, until the self is also seen as the Creator, as the Christ, as the child of the one infinite Creator, utterly worthy of love. For there are two choices: contraction into fear, or expansion into love. It is the nature of work in consciousness that it does not proceed well unless there is first established full energy into the heart and the resting within the heart in unconditional love. For there is love in each situation, and the expression of that love is as the sun that radiates and warms the chilled soul.

2003/03/02: The lack of mobility comes from the fact that there are blockages in your energy centers, or chakras, and those blockages only allow for a certain portion of the light/love energy of creation to stream and flow through you properly. If you could but recognize that you are truly divine, that you are truly pure love and pure light in this moment; if you could see things as we do, you would recognize that any distortions that you may have in your personality are just brimming with light and love, waiting to spill over the fences and burst into your awareness, much as would the crashing of the tidal wave sweep away those pockets of civilization that had grown up and allowing for there to be a cleansing and renewal thereafter. It is our perspective, this perspective of boundless light and limitless love from which we look down upon you, (that we) recognize how carefully you have created every single aspect of that which exists in your sphere of influence. Many of you are now falling out of love with the idea of a benevolent government that will save you from the fears and the illnesses of the outside world. To put it in a more blunt fashion we can say that as you fall out of love with your negative elite and no longer seek to give them the god-like status that the media would convey, you also take yourself off the pedestal that you have erected and recognize the ways in which you yourself have allowed negative situations to propagate and to fester. Those aspects in which you have had dysfunction with your family members can become renewed into a grander light and a grander love by simply allowing the various distortions of personality to be OK without feeling that you need to identify and classify each little wrong that is done against you and to rage against it, insisting that you will not proceed forward in your life until every item on your laundry list has been duly satisfied and mitigated through intense discussion. You may find yourself being led to quite unexpected circumstances as they shift (your thinking) outside of the perspectives that have encased you in this apparent amber whereby you become like the frozen mosquito in time for millions of years to be fossilized, unable to move, unable to grow, unable to strive towards the light and love of the one infinite Creator. Yet in that being you can become far less troubled by yourself by doing what this instrument has called falling in love with the self. This entity's love of clothes, for instance, is well known to many within this circle. Thus, each can see that (it) is possible to love the quirks and distortions of another, finding them lovable and forgivable. And yet it was the work of literally decades for the instrument to come to a day in which she gazed at this distortion within herself and realized that she had fallen in love

with herself, that she could forgive herself this: that there were, in her newly expanded way of looking at herself, more important things to focus upon than the details of a personality shell. Once this lack of judgment began to filter into the roots of personality, relaxing this skein of judgment that had netted and twisted itself about the personality shell, that energy to judge the self faded for this instrument, thus freeing the ability of this instrument to love other flawed personality shells and the souls which they contain. We encourage each to begin to find ways to fall in love with the self.

2003/03/16: Consequently, your present harvest has overtones and undertones from many previous expressions of the iterating mechanism which turns love into fear and fear into aggression. Each entity which is perceived by the seeker to be a service-to-self entity bent on the destruction of the good is also a soul who is serving perfectly, in his own way, attempting to learn the same lessons, those lessons of love and how to love always the choice of how to love. It is a battle betwixt those who would wish to enhance and lift and enlighten in a great outpouring of radiated love and those who would control, contract and shepherd the world as they would wish it to be controlled. Much of this harvest, then, expresses enormously deep archetypal energies that have been stuck for an unusually long period of time, repeating seemingly endless cycles of rising towards the light, rising towards union, rising towards an awareness of love in its unconditional and redeeming aspect, only to fall back to the level of the great apes and their tribal loyalties and the protection of the family group. It is a great ascent that the human attempts in third density, to move from beast to angel, from a mute and unspeaking love to a supernal, wordless expression of love. Come back into the heart of your flowering being and feel the strength, the passion, the love that resides and rests there just as it has always rested over the deep before any form was. Nothing can separate you from the love of the infinite Creator. We enjoy that image of all of those lighting the flame and this time not for the love of a good song and a good time, but for the love of the world.2 We would at this time transfer this contact to the one known as Jim, in case there are other queries that may be answered at this time. Then this entity may, during the meditation and in a mental sense, take the scissors and cut these cords, bidding farewell to that energy in love and light, in peace and in joy, bidding that energy to go its way, as the one known as R goes her own way, now unencumbered by these cords. Carla I love you Q'uo. And we are most overjoyed to feel the love and compassion, the sense of proportion and dedication from this group. We thank each for this offering of love and for the invitation to join your group.

2003/03/21: For us to be able to express to you the whole of those things which you planned as possibilities within this incarnation which you now enjoy would be a very long discussion, comprising many avenues which you have not chosen, which you have left behind for the glory, the service, the sacrifice, that love requires of those who choose the path that is, as the poet said, less chosen. That which you came prepared to live for and to die for is the cause of love and light. It, then, requires the instrument that is your soul to aid as a shuttle in bringing into the physical body and out into the metaphysical inner planes of this planet, by intention, the infinite love and light of the one Creator which at all times is moving through the openhearted entity and being sent by intention either to the Creator, to the fourth-density grid of this planet, which this instrument is so interested in strengthening, and to the people that one comes in contact with on a daily basis, that can be served and can be prayed for by the simple level of consciousness expressed within, that sanctum sanctorum which is the opened heart wherein the entity is in tabernacle with the one infinite Creator. The seed has fallen in good ground and there is every hope of a good spring and we just encourage the one known as J to bend to the Earth of its planting, to tend the buds that come, with great love, with great awareness of the sacred honor in drawing breath at this time, in this place. It looks as though we have as entities not proceeded to a very appropriately harvestable place for those interested in love and in light. This is encouraging to Gaia yet she needs ever more reassurance that her children love her and wish her well and assist her in the travail of the birth of her fourth-density self. There is, inherent in the attempt of Wanderers to, shall we say, infect the Earth with heightened awareness of love, that dependency upon what this instrument would call the One Hundredth Monkey Ef-

many days and many weeks and many months in which confusion reigned and the puzzle was not solved. And each of you has this hollowness that is filled with the love and the light of the infinite Creator. For if the self can allow infinite love and light to move through the self, then that self has the capacity to bless that love and light that flows through it and offer that that has been brought through to the Earth plane. Indeed, it is our feeling that this is the basic work of all spiritually awakened people, this essential beingness of self that does not distort the love that flows through the instrument of selfhood. Beyond all the beautiful tunes that your instrument might play with the various distortion of the various energy centers there is the wonderful ability to do that essential work that is the work of being that allows love and light to flow into the Earth plane undistorted. Though the seeking be the sole desire of the entity and the knowledge of truth, love, wisdom and so forth is that which is sought with every fiber of the being, yet there is the enhancement to the process that humor brings. We are most honored to witness this nobility and this humility, for it shows to us the very heart of the one Creator that wishes to love and serve all as the self. We would recommend, as we would in many such instances, that the loving acceptance of the process is the first foundation stone to lay in the attempt to serve another entity. As one supports each in the process one may retire periodically to the meditative state to look more deeply at that which occurs in the daily round of activities, for those experiences which, shall we say, push the various buttons, each of the other, and result in the heated words, the hurt feelings, and the overall confusion as regards the entire situation, one may begin to see a pattern in the relationship where there is the possibility of progress as each is able to accept what previously seemed unacceptable, each is able to love what previously (was) seen as unlovable. For in each instance it is a process of learning that occurs within each individual entity and then is offered in love and service to the other.

1999/11/21: Density may pass into density and octave into octave forever, and you shall still be one with every entity that has ever disturbed or bothered you, as well as one with every entity that has ever earned your respect, admiration, compassion or love. Yet each of you is bemused and concerned because of those things which you see as failures upon your part, failures to keep the cheerfulness, to feel the light and the love of the infinite Creator surrounding each and every situation. In your humanity you have very limited resources when it comes to expressing love. Your supply runs out, and you are not expected, in and of yourself, to have infinite love. Thusly, we would suggest to each of you that when you begin to experience these irritations in a relationship between friends and relatives and loved ones move immediately to a position of forgiveness of self. For the infinite Creator in infinite love and infinite patience sits in a humble chair in a little corner of your heart waiting to be called upon, waiting to be brought into the center of the heart, waiting to be noticed, waiting to be asked. In the beginning was the word, and the word was with deity and that Logos was deity, and that deity is Love, and that Love is you. And there are times when each of you has experienced this grace, times when you have prayed and received blessing, when it has become possible for you to love and forgive another and the self. Entities of great love and wisdom surround you, love you, want to support you. However, we find that the project is being undertaken in the most appropriate attitude of praise and thanksgiving and the openhearted giving of love and light which is your great protection. At this time within this third-density planetary influence there is a great deal of calling for assistance from any source which may provide the green-ray opening of love and compassion. That is our great desire: to partake in the awakening of the heart energy center of all those who seek our assistance, for there is no greater calling than that which calls for love, that which calls to love, and it is that calling which we answer, and those from the far reaches of the one creation rejoice at the experience which each has upon this planetary influence in the opening of the heart.

1999/12/05: This is, however, loving communication. The desire in this circumstance is not, then, to express truth but to express love. It is as if you take a comb and comb through the difficulties and brambles that seem to be surrounding communication with this other self, combing away the tightness of spirit, combing the fear of ridicule, combing away the fear of making a mistake, combing away all the

fear-based limitations that hedge you about as a communicator, until all that is left in your blue-ray energy field is an honest and open desire to give and receive information and love. Then tuning fork Betty B responds to you and energy and information comes back to you altered by the other, and as you and Betty converse you are creating an entire energy system that is strictly between the two of you, that has energy and life and love. It is attempting to learn the lessons of love for individuals and for groups. And that attitude of love will greatly help the process of clear communication. Rest in that love. And let that love feed your heart, your faith, and your will so that you may once again give a gladsome smile and try again to say things clearly and with love. The offspring of this mating were not just the physical children that is the usual produce of such relationships but were also concepts of the unity of all things and the creative power of love which each wished to share with others upon this planetary sphere and which each continues to share with those of this population.

1999/12/19: You are loved. You came to reflect and share and transmute love in giving and receiving. All of the various strands of your experience and your being are woven in light, in love, in joy, and to connect through the beauty of the grass, through the star in the sky, through the frost upon the pane, through the look in someone's eye, in every and any way to connect with joy is to come into the self most profoundly. The Creator loves you, each of you, and praises every distortion of the one infinite creative Thought of Love which has gone into making you just the precise vibratory complex that is you. Every quirk and cranny, every imperfection and quiggle that is in your nature is loved by the Creator. In terms of your relationship to deity, you are completely loved. This instrument is informing us that we need to move to the second portion of this meeting, and so we will conclude our thoughts through this instrument by encouraging each of you to love, accept and forgive as you can, when you can, and if you can, and to take note of those frustrations which you feel are overwhelming. We encourage you to encourage each other, to comfort each other, to serve as the listening ear and the supporting arm within the sea of confusion that you share with those that you love.

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2000/01/02: Certainly, each of you is one thing and the same thing, that being love. And yet each of you has colored that infinite love that is the core of being with those distortions which take the clear white light of limitless truth and shade it in rainbows of personality and character so that each of you is as a tapestry in which dark and light and colorful threads are woven together through your experiences, your sufferings, your joys, and your sorrows. And yet in these moments, as in all moments, great skill lies in keeping the heart completely open and allowing love to flow through the self with that attitude of thankfulness and praise that looks for the very best that could be within the present moment. For if each of you is a thought, and if that thought is love, then shall you not be at your most skillful in attempting to keep open a channel for that love that you are. It is as though the situations of life try to silence and make dumb that clarion love within. It is when all seems darkest that you may, with the most direct apprehension, know and feel and sense that truth within, that unconditional and absolute love that created you and sustains you. In the dark of the night that lies across the hearts of those who mourn and weep there is a humble dwelling, and in that dwelling that lives within your heart there is a principle, an essence, an absolute being that is Love. To this instrument that Love came down into the human condition as Jesus the Christ. To many to whom this is not meaningful the essence can remain unnamed and simply be Love, Love eternal, Love divine, Love creative and destroying, infinite Love. However you wish to frame it, this Love is with you in the darkness. This energy is faithful to the light with complete disregard to outer circumstance, for to love there are no outer circumstances but only infinite light and infinite love. For when you stand upon that thought all that your outer circumstances can give to you will be grist for the mill, fodder to be chewed, experiences to be analyzed, to be loved, to be accepted, and to be forgiven. This season, that which gives the focus of attention for a moment to the

life and love of the one known as Jesus the Christ is, for us, one of our favorite for observation among your peoples for it is at this time, especially within this particular culture, that many difficult relationships are made more smooth and loving as a result of the focus upon the Christ child coming into the world of illusion. Though the practice of revering the life of the one known as Jesus is usually short lived, we find that the focus, even for a brief time, upon this entity's center or central message of love is most helpful to the entire planet, for as love becomes the focus for more and more of your peoples so does this vibration of love move in an harmonic manner around and throughout the planet itself.

2000/01/16: And at the very core of each of your beings there is that pure and undistorted love, that great original Thought from which all things were created and which moves through all created things to the extent that the distortions within those created things allows for the uninterrupted flow of that love. The yearning for absolute purity, absolute truth, and absolute love is a yearning that was within you when you chose to move forth from what this instrument would call the Creator's house. That love has been with you as you have moved through many densities and many experiences, through many worlds, through many lifetimes, and it is that undistorted love that draws you ever onwards towards the source and ending of all that is. And indeed, one reason that wanderers first came to this particular planetary sphere was to transmute the infinite love and light of the one Creator through their physical and metaphysical instrument and out into the Earth plane, creating a net of light that would alleviate and ameliorate the tectonic distress which the Earth is now experiencing. To us, you are love, and as we gaze at you we see the reflection and it is love. Know that you are loved for who you are. We bless each and bestow upon these objects of the third-density illusion those feelings of love and acceptance which you have spoken of as being somewhat lacking from those whose judgment is heavy upon yourself. We are aware that each entity has those qualities which may be accepted or rejected by others or by the self, and the great lesson of this illusion is to love with an open heart, to accept without condition... The one Creator, whole and perfect, is contained in each moment, each iota of experience for those whose hearts are open to love and to the one Creator. Then does this fullness of love and unity pour into the moment until the moment itself is whole and perfect, and the true richness of being is appreciated.

2000/02/06: Thusly, you, as a creation of love, were given a creation built of light in order that you might experience the illusion of time and space and cause and effect so that in this illusory dream each unique portion of the one infinite Creator could become an experienter, a reasoner, a source of information for the infinite Creator about Itself. But, in truth, it was not that the Creator wished to be loved but, rather, that It wished to know Itself. Those things which seem quite inanimate, yet they are fully vibrating with the love and the light of the one infinite Creator. The remaining densities are the fourth density, which many have called the density of understanding but which we would call the density of love; fifth density, in which souls take on themselves lessons of wisdom; sixth density, which is the density of unity, where love and wisdom find the way to meld and become one. Every human condition contains a lesson in love that can be taken either positively or negatively. Indeed, it is sometimes difficult but always possible to look at the present moment and find the love that is within that moment. May we say that in many, many cases the lessons of love do not involve the great boon of companionship. What is in the heart ultimately is the one infinite Creator, and this is a Creator who has learned one thing for sure so far in Its infinite creations and that is that It loves each and every creation that It has made with a love that is so deep and so pure that the tiniest iota of skin or hair or thought or idea that occurs is important to the one infinite Creator. [Tape change.] ...When one has chosen the highest path for the incarnation, then one is saying to the self that all else must be subservient to that choice of love, whatever it may be. The ability to give and to receive the vibrations of love may be learned in such a situation.

2000/02/20: However, each of you is also, and predominantly, a consciousness, an unique entity made wholly of love and light which goes through many physical vehicles in many densities and through many experiences within each density. We do not wish to imply a certain structure to a life in faith but rather wish to look at this quality of love that is faith. As this

instrument was saying earlier, there are non religious ways to set about discovering more about the guides that bless the entity with love and the desire to be of help in a spiritual or metaphysical sense. We wish each of you the joy of finding your desires, of honing and sharpening those desires, and of seeking guidance in the pursuit of that thirst for truth, for love, for the Creator. Remember that when services small or large are done with love they will provide guidance regardless of who else is aware of your actions. There is love in that darkness. We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in the love and in the light of the one infinite Creator. Indeed, each entity has the opportunity and the potential to serve as a beacon of light, as one who inspires faith and love in other entities. Wherever there is the seed of love planted then there is a greater possibility of the open heart growing to fruition. We assure you that we always accompany you in an unseen fashion and observe those gallant forays into the murky ways of the catalyst of this illusion that each of you makes each of your days, and we cannot thank you enough for your attempts to share your love and light with those who walk with you.

2000/03/05: The first energy center that the incoming infinite light and love of the Creator touches is the red-ray energy center or chakra. To this center come concerns of being controlled, or controlling others, the love of control, or the fear of control, the love of being controlled, or the fear of being controlled. The deeper truth of both beings is love. You knew that a life in faith outside of incarnation was very easy to achieve because you, like all other entities not in incarnation, were totally aware of the plan of the one infinite Creator, of the beauty of that plan, of the goodness of the adventure of attempting in a world where it was not at all obvious that love abides, that it would help your polarity tremendously to come into this darkness and to express a life lived in faith. We would suggest that, most of the time, skill lies in protecting and defending the self, metaphysically speaking, (so it] can repair its energy loss and again stand upon its own two feet, metaphysically speaking, ready once again to offer all, to love all, to serve and hold to high ideals as best as it can. And we would recommend to each our thought for this day that the worries of each be released, that the concern which each feels for one another, for the self, for loved ones, for any situation in which each moves, that the proper attention has been given, for each is a sincere seeker of truth and offers that which is in one at each moment and at each turn in the daily round of activities. The worries that propel you to take one step or another are yet another heavy weight that each could well do without, for there is no mistake that love cannot make whole. We would encourage each to move forward in joy, in love, in light, and in appreciation and exuberance for the life which each now shares upon your whirling ball of Earth. You cannot displease the one Creator, for all experiences, both those which you call negative and those which you call positive, are the food of life for the one Creator that wished to know the length, the breadth, the limits of love, if there are limits to love. What can love heal. How far can love move. How powerful is the love that made the one creation. Each of you tests these questions and many more within the daily round of activities and thus far no one has exceeded the bounds of what love can heal. Rest, then, in peace and in love and in light, my friends, for each of you is doing most well in the difficult journey of seeking the truth within the third-density illusion.

2000/03/19: Each entity in incarnation, especially in third density, is a puzzle, a mystery, and an enigma with funny quirks and uncommon lapses that don't seem to add up to a totally sensible human being, and, yet, with all of the preferences and biases and funny places yet still each of you is a beautiful and perfect sublime complex of vibrations that is unique and most beloved by the infinite Creator. And at the same time it frees the self to begin to consider where lies love in the personality and where lies fear.

2000/04/02: For the entire purpose of third density is socialization, the learning to give and to receive love and to give and receive lovingly that encouragement and support that is needed. In its final days, knowing that this was its final few days upon the Earth, one night after dinner this teacher lovingly asked for its students to accompany him to a place where they could pray, for the one known as Jesus was fully aware that the time was almost gone and, oh, how this entity dreaded what was to come, as would any human

your compassion, with your acceptance of the suffering that is going on, placing it all within the loving arms of that Presence that rests within the tabernacle of the heart. When this spherical point has been readapted, then all experiences that happen in the present moment can be understood within the greater matrix of the soul and the understanding of how past, present and future merge into a seamless continuum, much as would the Ziploc baggies in which you have stored the food that you have prepared in loving service to others. With the appropriate requisite collapsing of fragmentariness within the lower centers of your physiological organism, as it relates to the glandular systems, and that of the energetic body as it relates to the chakra system, we do then see a greater opportunity for there to be a relative clarity in these lower centers and this does then allow for the spiraling line of light, or the kundalini in this case, to progress higher up the chakra system into that known as the seat of love, where the heart is centered, into that known as the seat of will and communication, or the throat center, into that known as the seat of psychic awareness, of the unification of love and compassion, or that of the brow chakra, and on through the crown (chakra)5 into the gateway density, in which spiritual gravity6 is attained and you again begin collapsing into the oneness. Dive for that deep, deep water where truth has been crystalized within your own process, where you can enjoy the company of the angels of the deep that are there to comfort you, hold you, love you, strengthen you, and send you back into the fray.

2003/02/06: The energies of unity and unconditional love once welcomed into the heart and worked with in a persistent and conscientious manner begin to lend to the mind of the mediator and seeker of silence access to a state of consciousness in which there are no limitations. It is a story of the power of absolute and unconditional love. Within this influence it is entirely possible that many would find it maximally potentially doable to lift themselves into a state of mind which indeed is true freedom, that state of mind which no longer is connected to fear, is no longer connected to the desire to defend, but is free to love, to radiate, to embrace. Question Has there ever been a time in the history of this planet when human beings experienced unconditional love in a group way. Indeed, at this very moment there are many groups upon your planet who are experiencing unconditional love. Such entities have largely been hidden, entities such as this group, entities who are not at all well known, entities who are completely out of sight of any publicity, have always in these ceaseless changing patterns of energy of groups upon your planet found ways to come together to express love for each other. When that seeking for the truth becomes so pure that it has a force stronger than the need to respect authority or resist change, then such a group moves forward, finds its own strength and serves quietly, lovingly, faithfully and persistently. Spiritually speaking, history is story after story of those who, for the love of the Creator, for the love of an ideal, or for the love of a wonderful teacher, gave all that they were and all that they had towards the generation and the propagation of unconditional love. Rather, such an entity or group of entities would observe such an entity as moving into such a role and would, because of the emotional colors shown by this entity, because of its emotional purity and love, become a candidate for further communication. The changes that will allow entities within third density to welcome fourth density life are bound up in the further strands of DNA that are formed with the full consciousness of unconditional love. However, the concept of moving through scientific testing and in some way measurable by scientific instruments at this time discovering how to place unconditional love into the perceptive matrix of an entity is questionable. Question Writing about unconditional love is hard to do from the theoretical point of view. Those presences of support, sanity and encouragement that have sometimes being felt are most real and most loving and these constitutes an unseen band of advisers and helpers. You have only to ask mentally and we will be there in silence and in great love.

2003/02/09: Our story is a story about unconditional, pure and creative love, a love so powerful that it has created all that is, all that has been and all that shall be. And this same energy of unconditional love is that energy which creates that benign and most kind gateway to that which is the life to come. For it is questions that move beyond transient material that are generally thought of as the life-and-death questions, and these are the questions that seem

to ask for belief or faith as that which is used to address the uncontrollable and implacable forces of this great creative love that births and that puts an end to life, with equal generosity. This view of the story of the virgin birth, and of all the other points of faith in the Christian creed seemed to this instrument to be far more tolerable, and to this day this instrument retains firm and loving ties with its parish church. In such times, as inconvenient and limiting as belief systems may be, the comfort of knowing what one must do often seems fairer and more desirable than existing within the outdoors of an unconstructed spiritual path in which the only features of the landscape which are distinct are those features that come at one at their own time, out of their own fog, bringing their own gifts in hands that are open to give, loving, but above all, unknown and unexpected. We would at this time pause, awaiting this instrument in love and in light. And so, there is certainly one aspect of personal definition whereby the term known as faith would be seen as a less distorted view of the one infinite Creator in all Its majesty and glory, as opposed to that of belief, which, (as a word,) has more of a "herd" mentality [in which the Creator] is apprehended for a sense of purpose or satisfying curiosity, rather than for enhancing one's love and ability to serve. This gestalt implies, fundamentally speaking, that as long as you understand the importance of each individual's path as being totally unique, and its own Christed self in action, then you shall never fall again into the whims of the ego, or that personality-self that seeks self-annihilation, that seeks separation, that would seek to fragment the creation into a series of disparate parts rather than to allow the melting influence of love to form that energy of allowing, which does then cause all of these various separate aspects to again fuse together. It is so easy for many of you, however, to become aware of karma and to become more aware of the negative transpirations as they appear for balanced proportions rather than those of positive feedback for that which you are doing that spreads light and love to others. We are not asking that you do this as a Pavlovian system where, if you hear a bell, you will receive a food pellet to encourage salivation. And this is a structure that loves you. Once again you know that you have never been left behind, that you have always been protected, always been loved and always been cared for, now and forever. We suggest to you that that which aids in inducing that particular state of mind that opens the heart to the awareness of that consciousness-state that is unconditional love is that which is available to each of you each day. The processes of a loving and nurturing Creator insure that all is well, and that all will be well. As entities begin the conscious journey of seeking that which you may call the truth, and begin to ask those questions of which we spoke at the beginning of this session, seeking to know who is the self, what is this love, what is it that the seeker believes about this life and the journey through it, the fruits of continued seeking for truth; when the seeker begins to fashion some form of concept or quality that answers for it one query or another in relation to those fundamental queries asked by all seekers, this gathering of beliefs, shall we say, is as the beginning of the journey, during which there may be many difficult moments which challenge the beliefs. Therefore, we see the interesting paradox of the fact that the feminine principle is named after Light, and the masculine principle is named after Love, as many souls have the opportunity to love their grandfather.9 And so, what we would ask for you to visualize is simply that we stand before you as three, that there is a process of dissemination of information that involves the inspiration from the higher self which is then transduced through these fifth-density contacts to then impinge upon the energetic fields of that entity known as David, so that the speaking may then occur. The exploration, thus, is free to continue infinitely in an eternal present." [footnote end][footnote start]In the Law of One series, Light/Wisdom is often associated with the masculine archetype and Love with the feminine.[footnote end][footnote start]Information may be found at www.rrialian.com/rnboyd/spintorsion.htm. [footnote end][footnote start]Information may be found at www.mcs.surrey.ac.uk/Personal/R.Knott/FI-bonacci/phi.html#golden. [footnote end].

2003/02/19: The request of the one known as R for information is exquisitely phrased and we would thank the one known as R for the care and love with which he crafted this expression of seeking for the truth of the moment, the space, the time, and the ever-full expression of appreciation and

love and service to the one Creator; and each face that comes before the pilgrim on its dusty journey.

2002/12/19: One of the most nagging questions that I have is I really like what I do; I like being a body worker; I love doing massage with people, and I feel like that's one of the ways that I can be in service of others. As a classroom, the curriculum of Earth is simple: it is love. There are lessons in how to love, in how to accept love from others. These lessons may have to do with loving without expectation of return or, in many cases, learning to accept love without expectation of debt or guilt. As the one known as J has pointed out, it is often far easier to serve and to love without expectation of return than to accept the love offerings of others as a worthy and honorable person. The lesson of acceptance of love is keyed, therefore, to those who are dealing with exceptional clarity in seeing the landscape of their own imperfection. Consequently, that entity which is working upon opening the heart to being worthy of love is also working upon lessons that are linked to the distortion of feeling unworthy. There is, as this instrument has often said, a process which this instrument calls falling in love with the self. She is so loving and so faithful. That I might be able to assist and they may be able to assist me in our transformations to be love.

2002/12/22: The solution which the one known as J1 (seeks) to the riddle of disease and illness is that which we commend for truly all is love and as each becomes able to see the self with love and all things outside the self with love one is able to create the atmosphere in which healing occurs. It is like giving oxygen to one who is having trouble breathing to give love to the inner self. It may seem that others should love one and one should love others and that self-love is selfish but there is a level at which it is not only unselfish but necessary for health, to come into a sense of peace within the self that is beyond explanation that is the result of feeling unthreatened, safe and nurtured and there is no one but the self that is able to give that resource to the self on a stable, everyday basis. However, in terms of the innermost workings of an energy system within the human third-density being the setting of the stage for a balanced and even functioning experience of living is what this instrument calls falling in love with the self. More than that it is very easy for entities, especially within your culture, to fear and shun the shadow self, thus alienating that dark side of self in which lies so much strength and health when appropriately acknowledged, loved and disciplined. The one known as John wrote, "Love is all there is." Others have written similar sentiments such as, "Love is the answer," and these simple phrases hold a powerful and unified truth. Perhaps it is a desire to share a certain kind of future experience, the sending of love and light to various places upon your planetary surface, for example.

2002/12/26: (overview) Question from S: The first question today is, "I feel like I'm living simultaneously in two worlds, both with opportunities to love and serve and both lined with fear and "what if's." I feel right in the middle of both worlds, being pulled more and more, not able to discern. I've been consciously sending love and light through my hands and heart—not mine but the Creator's—and I don't know if this helps. Is it a time for unconditional love to one direction. Is it a time for unconditional love in another direction. Where is the love. We would end this particular portion of this session by responding to the question concerning the sending of love with heart and hands. In other cases, it might take the form of the star-crossed lovers. These talismans are able to operate because of confident faith that all things are alive and that there is no space or time within love, and we would encourage the moving into the silence and the resting in trust and faith as the primary methods of deepening this service-oriented oneness.

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2003/01/05: We are assuming that there are points on this grid that are in need of some attention, some sort of focusing energy which we would like to be able to do, in our meditative state and maybe even in general, just the way we are able to live our lives to produce compassion or love or mercy or forgiveness in our daily round of activities. Consequently, this is a long-term goal, for fear is not an absence of love; it is not what is left over when love is ended. Fear is the

dark side of love. Fear becomes courage when the fear is faced, and the wolf that has caused the fear, rather than being fled or being slain, is invited into the heart to be loved, understood, accepted and charmed. We would ask through faith that the entity posit to itself whether it is worthwhile to fear death or whether it might not be more skillful to see the inevitability of that, and, rather than shrinking from that inevitability, to turn that story from that fear of death to the love of each and every day and hour that remains to you. Embrace this time as a time when those who are steadfast shall be those who are able to function as light transducers, keeping the energy moving into that grid which is made up of love. When an entity's heart has been able to relax and free itself from fear and from the need to protect, it becomes soft and fertile and yeasty with the food needed for the seeds of love to blossom into those beanstalks that truly do constitute a ladder between earth and heaven. This is the other side of releasing fear; that is, the discipline of continuing in remembrance of love, continuing in remembrance of who the self is, continuing in remembrance of why the entity is here. You may tell from the balance of our cosmic sermonette that most of the work has to do with state of mind, for love and all of the energetic essences which underlie and create your space/time reality have to do with the energies of love, those energies which created you and which you now can focus as co-creators, allowing your will and your desire to direct those healing and infinitely beneficial energies of unconditional love that flow through each entity ceaselessly from the Creator. In love or in fear. We thank this instrument for its service at this time and would transfer this contact to the one known as Jim, leaving this instrument in love and in light. There is the gift of the one Creator which is the prana, the love energy which is available to all entities as a source of the life-giving qualities of the one Creator.

2003/01/26: It does indeed seem to be a substantially growing energy within our observed routines in watching the energies of your planetary energy grids that there is more substantial light from all over your globe, that there are those within all precincts of your earthly sphere who are spending time within the tabernacle of their hearts offering their hopes, their dreams and their full intentions towards the increase of light, love, healing and peace within your planetary sphere. We may say that many, many are those who have chosen to begin to do this, as people, whenever they can, thinking of those who are in need and sending them prayers of love, light and support. Now, perhaps it is valid to build on the choice that has been made; to rest within its commitment as if it were a cleft in the rock, and, from that point of view, which is the choice to be fearless, to allow all other choices to be those choices that optimize the perceived sense of love. The choice of service to others or service to self that so classically is expressed in the archetypical image of the tarot card of The Lovers seems a simple one. A lot of people have asked me lately, how do I look at this world with all of its difficulties and have a good attitude, and I've basically said to them things along the lines of, well, just look and be as accurate as you can and learn it all and know that this is what it is that you're here to love. We would suggest that, as you look at the illusion which is your experience at this time in third density, that you attempt to activate and balance all energy centers and the attributes with which they allow you to deal with the solution; that you see with clear eyes and honest seeking for truth that you give wholeheartedly your unconditional love to the Creator in all beings; that you work tirelessly within your illusion to bring these principles to those you love; that you communicate with each entity that you have a connection with to work together for this goal and that you give praise and thanksgiving for the very life you experience within whatever kind of illusion presents itself to you in your daily round of activities.

2003/02/02: The balanced, self-aware and self-accepting self is one that has been able to work through these processes, then to analyze, understand and accept the experiences of the past and distill the love and wisdom contained within them and to use that as a propellant for the rocket to take off into the ethers, such that the self is no longer encumbered by the gravity of the physical but can indeed rise higher and higher into the firmament, with the understanding that there is only irreducible simplicity in this essence of creation. This seed, this child must be protected, loved, cared for, nurtured, encouraged and paid attention to. Protect that spiritual self with your love, with

in the bloom of life, young, and strong, and vigorous. He wished to teach and to share and to love those who had been given to him. There must have been a thousand times in the next twenty-four hours before his death when he was tempted to say something in his own defense, to call upon powerful friends, or his heavenly Father, or some kind of angelic fix, but he never prayed, "Get me out of here." He was too busy watching for one more opportunity to love. When he was upon the cross at last, in the worst of his misery he kept finding little ways to show love. Just one more way to extend love, and when one of the two who were crucified with him mocked him and the other rebuked the first thief and said to Jesus, "Sorry about that. Jesus the Christ loved and that thief was in paradise that day. Now, how to bring such intense and pure love into your life, how to ask of that love to remove all fear we do not know, for with each entity the gifts of your incarnation, the circumstances of your incarnation, and the lessons that you came to learn will greatly shape the rhythm of your life. Now, both of these relationships and these issues will revolve around some aspect of the giving and the receiving of love to each other. You are here to learn to love, to give it and to receive it. You would be surprised how often it is that the giving of love is not difficult. It is the receiving of love. It is the surrender to love that is so hard, so very, very hard. We do not yet see that all things are one and that all expressions are one and, then, even the most fearsome and negative expression is a distortion of love. And, yet, we find that if we can move into that awareness that sees all entities and souls and all behavior as distortions of love, no matter how we feel about the actions involved we can continue to open our hearts and allow the love of the infinite Creator to flow through us and out into loving that distorted entity that is attempting to act negatively towards us. One was from her beloved St. To those who have faith and move forward in that faith, the universe opens and the entity moves with increasingly unfettered foot through all the densities of love, of light, and of unity. Firstly, we would suggest focusing upon love. This instrument is fond of saying "There is love in this moment. In all relationships there is a more loving path, and we encourage each to spend the time and the thought aforesaid, if possible, to see the way clear to cooperating with this path of love. And the habit of not calling upon them will come because there will come a time of testing, and you will have learned enough to make a more skillful choice and to cooperate with the love in the moment rather than in the defense of the self. Before you apply your will, before you decide to will that which you desire, we encourage each to look carefully at your desire to see if that desire is consonant with the laws of love that demand that all entities have free will and that the self never infringe upon that free will. Be very sure that you are following love and that your desire truly is a loving desire before you set your will behind it. Consequently, be very clear when you set your will, and gaze carefully at what occurs thereafter with an eye to maintaining a loving and giving and cooperative attitude concerning the outworkings of that fulfilled desire.

2000/04/16: Seeking is all about loving. And the question becomes, "How do I express love?" Usually, this is conceived in terms of service and the question of how to love becomes the question of how to serve. We can only encourage those who seek to advance themselves through service to others to continue in that path in faith that regardless of the seeming disadvantages of this attitude or point of view, the energies involved in responding always in terms of service to others over a period of time begin to have their own momentum, thereby moving the self into a point of view which is enough changed that the efforts of service-to-self manipulation are seen as less fear provoking and more provoking the desire to pray for, care for, and love those entities which seemingly would wish to manipulate you. This process of learning to love goes on through the next two densities. The next density of your experience after this one is the so-called density of love and understanding, the fourth density. The density after the density of love has been called the density of wisdom. In the sixth density, love and wisdom, which have been studied separately insofar as that is possible, are now considered in terms of their balance, one with the other, within the seeker. Entities are graduating from second density because of the growing realization of love itself. For when this entity spoke to a rose upon a fence an entire section of rose bush wound itself around this entity's arm, without thorns but with endless love. On either side

of this walkway are presences that are extremely loving and nurturing and that guard each and every spirit that walks this path of light. Firstly, you wanted to undo a balance between love and wisdom that you felt could be improved upon and intensified. And so you came back to third density to remake the original choice and to reinvestigate the power of love, especially unlimited or unconditional love. As you love and as you accept the love of others. This allowing of the infinite Creator's love and light to flow through each of you and out into the Earth plane accelerates the lightning energies of the planet and, consequently, makes it much more possible for the planet itself to move through what is being a somewhat difficult graduation. For service-to-others entities, appreciate each moment and see what you can do to find the love in that moment. There is love in the moment. There is love in every moment. There is love in every thought. The question is: how distorted is that love. Isn't part of the reason that the King's and Queen's chambers would open up the heart so that the Egyptian culture would be able to share love amongst the members of the culture. And the complement to opening up the heart was activating the brain so that true intelligence could be used in conjunction with opening the heart in the context of love and light or mind and spirit, in the context of personal development and social development of the culture as a whole. Do you have any suggestions that you could give that would assist me on personal healing in the areas of doing conscious out-of-body experiences and in opening the heart so that the love of God can simply be shared in a humble and consistent manner. We would recommend that in addition to the offering of yourself in the early portion of your day to the one Creator, as you now do, that there be given over at this time a special meditation in which you visualize the heart being able to open to the extent that it can encompass greater and greater need from others for the love that can flow through it.

2000/05/07: There is another way to look at this process of learning from experience, and that is, shall we say, the way of the open heart, or the way of love. The religion which is known to this group as Christianity is a system of study, and learning, and worship which moves along this path of love or the path of the open heart. So that instead of the seeker moving into and maintaining as a steady state reliance on the higher chakras, the seeker in the way of love has released the preference for work in the higher energy centers and has accepted the self as a full energy system and reconfigured the goal from staying in the higher energies to accelerating the flow of energy throughout the entire system. The way of love is a rough and tumble way in comparison, but it also is the fast and cleaner way to use the energy system of the body, mind and spirit. There is a deep well of emotion whose basic goal is to move all entities into unconditional love. It is towards unconditional love that the path of your spiritual evolution is irresistibly moving. This unconditional love is the most universal and powerful emotion and, indeed, is all that there is. Indeed, it is that to which each must come in order to be able to graduate into the density of love which is your next experience. The seeker who has faith in the way of love has faith that no matter what comes she will be able to survive it. There is time enough to learn wisdom once you have learned to love fearlessly, to meet each moment with an open and unguarded heart. This entity has experienced two pure emotions that it consciously knows of: grief and love. By that statement we mean to say that each moment contains not only love but perfection. Thus, the use of catalyst is the variable which offers to each entity more or less of this opportunity to realize the perfection and the love contained in each moment. R Is this purified emotion a reflection of the love and the light that is the universe. We may further confuse you by suggesting that (in coming to experience) the love and the light that each so values as fundamental portions of this experience that each shares, the purified emotion occurs as that kind of feeling that is so basic within one that one is able to see the ramifications of this feeling, its source, its object, its effect, its continued presences within one. And there is a kind of satisfaction that comes from so seeing an emotion that will, indeed, reflect to you increased amounts of love and light. "Somehow, the year 2000 tripped a switch in me and I have been on quite an emotional rollercoaster, and I don't know where these deep feelings of anxiety come from, but I would say that they are blocking love from my heart. Carla Just to finish up, then all emotions, all these purified rivers of the Creator, empty into love or stem from love, or

are a derivative of love, or are distortions of love. For all does come from love. All exists in love. All is pointed towards love.

2000/05/21: How loved each of you is by the Creator who appreciates each essence and by those who appreciate each of you.

2000/09/10: Before incarnation, each spirit that is now incarnate in a physical body on planet Earth had a great deal of say in choosing what lessons of love it wished to concentrate on during the upcoming lifetime and what outer services it might be able to specialize in sharing. There will be a repeating theme, or perhaps two or even three themes, of incarnational lesson which bring up material having to do with one or another lesson of love that becomes familiar to the spirit in incarnation to some extent. Each entity who has achieved incarnation at this time is capable of expressing full enough awareness of love and service to others to graduate this density in this lifetime with just a little more effort. However, as we said, it is part of the plan of a school of life and love that depends on faith alone and not knowledge that all knowledge that can be proven of the reality of the spirit be removed from the conscious mind so that during incarnation the spirit that each of you is is faced with a journey that is strictly a journey of faith. The mechanism of destiny set by each before incarnation will periodically bring great confusion and trouble into the patterns of energy of each seeker, and it will attempt in a mechanical and rather blunt instrument sort of way to move the thinking of that person from head to heart, from intellect to openhearted love, and it will or will not have an effect depending on something that cannot be taught or bought or predicted or encouraged or manipulated, and that is the condign pre-set alarm clock of each individual within the Earth plane. We continue to pursue the mystery of deity, the mystery of essence, and although we have come to feel that we know many, many things we still find our reliance in the values upon which you are now focused: love itself. And you have a basic nature and vibration that has been your signature of love for eons. May each of you take the time to become aware of yourself as these wonderful energy systems that allow the energy of the great original Thought of love to come rolling through and out into the Earth plane. All awakened entities, whether mature Earth natives ready for graduation or wanderers hopefully ready for the same graduation, now have this opportunity to lend their love and their light in service to those upon the Earth. The choice of avenues is that which we would recommend by utilizing the intuition, the feeling within your deeper self that there is a path that can be taken and action that can be offered and, moreover, a concern, a love that can be shown by the entire process of interaction. Thus, the attention given to this situation may be nourished in love, contemplated with the mind, and directed with the intuition. However, the means of communication between you and this entity may be somewhat different in that the second-density entities known to you as trees are those which also respond to that quality of love which comes from the open heart. Trust that this tree knows its needs and appreciates your love. For each entity's truth will be somewhat different though it partakes of the same great truth of the unity of all things created by love. We would suggest that this entity and any other entity in a similar situation take the information that has been given it into the meditative state after having considered it intellectually, and within the meditative state allow the feeling tones to arise from within that are the heart's response to that which has been given from without, and then to follow this feeling to its conclusion, whether it be to accept all, some or none of the information offered, and to do this with a feeling of love and gratitude for the Creator of us all and to the individualized portion of that one Creator which offers information to the one to be healed. Moreover, faith will come through you, for faith is like love.

2000/09/23: That which seems eons is but a heartbeat of the one infinite Thought which is love. And truly are you precious and beloved to the Creator who values every distortion and seeming imperfection that has dented and banged you in the fire of learning and made you who you are. Each of you would like to have that perfect vibration of love, and yet we say to each of you how perfect you are as you are, as you turn, as you change, as you come to this moment. And it is frustrating, indeed, for K to hold his laughter back, for those who attempt to work for the people they find in a way that enlarges the love within the world. And each time as a small new being, or as an adult being, you have heard sto-

ries of true heroism, love for others, and a nobility of the ordinary human being. But each of you came into this world in hopes that you would have the opportunity to choose to express love. You came to breathe the air, to love each other, to accept the love of each other, and to be yourselves. These are the ambitions with which you came into this world as a spirit: to be of service, to choose the good, to give and receive love. You are loving and you are being loved. And the Creator craves your company and your communion and loves you so dearly, and waits for you so patiently to remember who you are, and whose. May each of you enter your own heart in a mood to forgive completely, to fall completely in love with yourself just as you are. Fall in love with that self that is you. Forgive and love that self, and you will find it easy to love the rest of the selves about you. Or at least as easy to love as it was to love the self. The lack of love. There are others within the Confederation of Planets who have offered themselves over the years of this group's history in a manner which may be seen as sending the basic vibration of love that aids in each heart's opening in some degree to the messages offered by other members of the Confederation. The service is ever more lovingly offered. We add our love and service to your own, as do many others, so that that which you accomplish can be seen to be as the fulcrum that allows a greater leverage in the overall evolution of this planetary entity.

2000/10/01: And in this attitude or construct of metaphysical being the connections become stronger and information moves into the conscious mind ever more quickly with iteration and experience until you are responding to better information and are finding a less troubled outer existence where instead of being surprised by your limitations you are responding to them in loving awareness of them. Each of you and each of us is held in loving arms, and every step that each of us takes is accompanied by those spirits who love us and wish only to help us.

2000/10/15: And you may trust that the instinct that saw the love in another's heart is the shadow of that heart itself that is within you, that is in actuality transducing the love and the light of the infinite Creator in relatively unimpeded form despite surface angst and anxiety. We applaud the steps that each moves upon the inner journey of opening the heart and sharing the love that is found there with all that come across the path in the daily round of activities.

2000/11/05: All begins in the utter unpotentiated love, or Logos, that is the Creator unknown to Itself. The child of free will and love, light in its first manifestation, may be seen as the sudden being of all that there is. There are a thousand and one different ways that you can set up an incarnational lesson involved in learning a purifying and refining of the instincts of love and compassion. Of infinite love and infinite ability to manifest. Each walks with spirit and the messengers of spirit, messengers of love, of understanding, of support and encouragement, and an awareness of this level of love from the Creator is helpful in softening that hard bed of earth and in bringing those cold stars closer. But love is the blanket in which the seeker may roll up and rest at the end of the day, when will and faith are exhausted. That love lies within the heart and is accessible at all times. We greatly encourage this turning to love itself, turning to the heart within. And this the Creator has provided for with a full and loving hand.

2000/11/19: Do we still have contact with our loved ones and can they become aware of this. For this love is as the Logos that was referred to in that holy work which is called your Holy Bible by the one known as John when this entity said, "In the beginning was the Logos. But deity or God has developed connotations of great emotion, and instead we would refer to that energy that created all that is as love. For the Logos is the one great original Thought that is love. All things are love. That guide may be a loved one close in the birth family; it may be a close friend; it may be a beloved entity such as Jesus, the Holy Spirit, or a favorite saint. He is loved by the Creator, and he is loved. Beneath, above, and surrounding all of these details of continued existence is the love and the light of the one infinite Creator. For you are love. The great challenge is uncovering that love, freeing up that love, taking the pain and the suffering and the limitations away from the love that is in your heart. So we ask each of you to rest, both in the love and the light of the one infinite Creator and within the circumstances of your flesh and bone and blood and sinew. For all of these circumstances shall pass, and yet that consciousness which is you shall be, as it always has

love life those aspects of the self that move from positions within the future of the self which offer guidance, what this instrument would call wisdom. We would greatly love to enjoy the experience of the peoples of your planet catching fire for love and becoming empowered once again to be warriors for the light rather than against the darkness. We feel simply a complete faith that those involved in such a labor of love shall find a way with that moment-by-moment guidance which never fails. Shall you move into the belief system that chooses quantity and therefore move along the assumption that the entire population of the movie-going world needs to see the information, or shall the effort be made in a modest way to those independent and other film makers who have a love of the smaller film, thus creating an atmosphere for a potentially greater artistic freedom, sensitivity or control. Certainly we would agree that the need is to focus within the aspects of love in its unconditional aspect. This unconditional love, or, as this instrument is fond of saying, the open heart, predisposes an entity to dwell within a state of consciousness which is in itself the fourth-density vibration, and the goal of this particular work of art would indeed be firstly, primarily and centrally directly to engage the heart of the viewer in such a way that it would open and create for the viewer within the movie the direct experience of unconditional love. The most direct way to share unconditional love is to project unconditional love to the viewer. We cannot choose whether it is more effective to engage the viewer in a vision of unconditional love and of seeing unconditional love through the eyes of the splash of the backdrop of history, or whether it is more effective through the smaller canvas of the story of small-life characters. We would hope that our version of a wakeup or snooze alarm would be that which was gentle and clear and full of love rather than harsh, hard-hitting and alarming. The power of love has, in this instance as in all, the power that creates miracles. Each has the capacity to embrace and move into that role in which the self becomes the co-creator in such a way that love is opened from the creative principle through the vulnerability and the imperfection of the human experience and the human choice, and love is made visible by imperfect hands and weak and uncertain wills. It is equally threatening, we feel, to look at the simple task of returning to a 75,000-year cycle of incarnation and reincarnation learning the lessons of love as it is to threaten the enslavement of humankind for eons and eons of time. For these entities, any inner-planes entity or angel or deva or inner-planes teacher is able to lend its love and its passion to the energies of those incarnate beings with which it is in sympathy.

2002/11/27: We have found that epitome of fourth-density unconditional love to be the redeeming quality that will create within entities the vibration which focuses the seeking soul towards a graduation from third density into fourth density. It is well to attempt to aid those who are working spiritually in this way towards a graduation in terms of service to others and unconditional love. The central thrust of the metaphor of harvest for the one known as Jesus was that the fields were white with the crops, and all was ripe and ready to be harvested but that there were not enough workers for the harvest, and there was a call for those who followed this teacher to take up the honor and duty of attempting, each in her own way, to add to the possibility of awakening those blooming and ripened souls that are the pride and the product of 75,000 years of learning, so that they might make that last step over the line, from a faint-hearted will to serve the cause of love, to a passion and a fire to serve in a very focused and loving way for the good of the self those about the self and the planet itself. The one known as Jesus the Christ was the first of the messengers of that which is to come and that which is already here in part: that being the age of unconditional love that is fourth density, that is the very nature of the lesson of third density. By keeping the heart open, the learning process is greatly enabled for the seeker, and, by attempting to serve others, the eyes of love begin to be given reason to open. Questioner If you need to exemplify unconditional love in order to make the harvest or to graduate, how do you overcome the negative patterns in oneself that keep you from doing that. The first distortion of the infinite Creator is the free will, the second is love, and the third is light, these being the first three and primal values of this particular system of discussion of the mystery of the one infinite Creator. The responsibility of the open heart is to love unconditionally that which it sees and to see each and every thing and person as the self or a part of the self.

That unification of consciousness opens the self to loving and being loved in a way that the body loves itself rather than the way entities who are separate units love each other. This biases the conscious entity towards retaining the attitude of unconditional love and outgoing radiance of being at times when there is a perceived threat. However, the sheer desire to keep that infinite love flowing through the energy body has a tremendous impact upon the time/space, rather than the space/time, universe. The goal, then, is not perfection but rather that sturdy returning and remembrance of unconditional love. Indeed, the very space that has so long been considered a vacuum is far more intensely packed with the love and light of the one infinite Creator than the atoms of what you perceive as matter. In just such a way, distortions in the infinite love and light of the Creator are, when picked up on third-density's physical channel, translated into this particular channel of existence. Entities may at any time choose to become radiators of unconditional love to the grid simply by intending to do so and moving into a state of meditation. We bring to this instrument's mind the experiences of the bonding of a man and woman in love, the bonding of friendships, the discovery that one loves one's work. For this entity, it is the returning again and again to the table of Jesus the Christ to take into herself that very being which this entity views as unconditional love. The simple asking of the mind to the self to take care of this aids in the ability to move into that state of consciousness which is the inspiration of love, the passion of right livelihood or the firm setting upon that which is highest and best for one. We suggest a gentleness with the self, for the first self which must be loved in order to love others as the self is the self, and it is the hardest of selves to love, for the secret thoughts of the self are known. We would ask that each attempt to keep the light touch, being passionate and fiery as a lover in pursuit of the truth of the one infinite Creator and of the nature of the deeper self while being able to keep the light touch with the surface of the illusion, not disrespecting or dishonoring its importance but recognizing that illusion is involved in the information that is being offered.

2002/12/08: (overview) Q'uo, today we are just going to take pot luck and see what you would like to share with us that might have some use in our spiritual journey and our opening of our hearts to love. The virtues are taught as a list: be patient, be open, be loving, share everything, and so forth, the common suggestions for good behavior as each child grows. So perhaps we would suggest, in seeking truth, in seeking the self, to lift from the literal seeking of that which can be said about the self, that which can be said about truth, and rather find the light and satisfaction in those moments of self-awareness when the heart can feel itself beating, loving, caring, hating, despising, being attracted to, when the self can feel its movements with clarity.

2002/12/16: The secret to doing work in the sense of magnetizing the fourth-density grid or, in a more mythological sense, helping to birth Gaia's fourth-density self, is a helpful way to encourage and align the self with the emotional point of view which will help create a broader and a more intense and pure flow of the Creator's infinite love and light into the planetary grid. However, for those who are of a more solitary nature, it is well to invoke the priest within yourself, and we would suggest that you create this portion of the self as feminine, nurturing and loving; a part of the self that truly loves with the full and flowing heart, that sees the soul amidst the grime of an entity's inevitable errors. The return to center is a journey from fear to love. When the sun is shining and the pocket is plump with money and the heart and the arm are full of love for a pretty girl or a handsome gentleman, when the breeze is fresh with the smell of spring flowers, such a state of mind as this instrument would describe as centered and joyful is easy to achieve. The peaceful soul is a soul resting in love. The precious interior of the body is well protected, and the precious heart of the energy body is similarly loved. Is it likely that love will bring us together in this present world. Concerning the concept of love bringing together two souls to sing a song of service together, (this) is to suggest that that which has begun shall continue, and indeed this shall, in some sense. All is truly well and the Creator awaits the interaction of your love, as you express it, within your family structure. We say be of good cheer, go forth in love and rest in faith. B Surround Jim and Carla with a lot of love and light, and that's my last request. So that each as a candle may alight the earth with the light of

to decrease distortion, and, as this instrument has said earlier in this conversation, to become integrated, to become not only that entity who loves but that entity who is loved, so that one begins to feel the fullness of self and the rightness of having all that there is within one entity. We have said through this instrument many times that we encourage you to love that which is beyond yourself and take it very seriously but we encourage you also to take yourself lightly. However, it does not come into congruency with the thought that is behind the skill, which is that of love. There is nothing restrained about the love of the infinite Creator, nor is there anything restrained about the power of those energies that move through each of you at all times. Each receives the same signal; each receives the infinite love and light in infinite supply at all times moving from the roots of being, from the roots of the body, spiraling upwards through the self and out into the universe again. It is as if each were at a magic carnival and one could either spend time upon the rides going around and around, or one could bring one's bounty to the carnival and have it judged to be "best chocolate cake" or "best tomato." It is a choice of where to put the mind, where to put the energy, where to put the love. If you are loving, you are in balance. The lessons usually have to do with the giving and the receiving of love. Many within this group are working with the ability to receive love, so there is never an assumption that this or that situation is helpful and this other situation is not helpful. Thus, the prana or infinite love and light of the one Creator may be sent more speedily and precisely to a certain location by using the clockwise spiral and by visualizing this energy moving into the spiral and into the body as this tool is used, so the counter-clockwise spiral then is most helpful in the removing the energy from the physical body or a portion thereof, again, seeking the counsel of the subconscious, moving in the intuitive response from the subconscious in a fashion which allows a visualization to assist the use of the counter-clockwise spiral. I have the observation that came to me as we were discussing the counter-clockwise and clockwise spirals, and that was this: that, if you think of love as one spiral, one direction, hitting somebody else, it's reflected just as in a mirror; reflected in a counter-clockwise direction which again, in hitting another person, another mirror, reversed in a clockwise direction, on and on, clockwise, counter-clockwise, love reflected as it is applied.

2002/10/06: We say to you, as you dream, take that time in which you color your dreams with care and love and the self-respect that all dreams deserve. When the moment comes that you can see into this conversation that may have ancient and irrelevant voices within it, you will be more able not simply to silence those voices but to lay them into an appropriate and loving place in deep memory with blessing and with love, so that you may indeed forget, not simply forgive the voices that would bring you down and make you feel small, but, (rather,) forget them. This instrument can tell herself that she is a bookkeeper, or she can tell herself that she touches people's lives with love.

2002/10/20: Jesus brought the way of loving one's neighbor. We find that there is a large degree of complete sincerity in the belief system of many entities within religion and those that have the capacity to be of service to others and to think along terms of offering their love in all situations, yet who do not have a grasp of their own spiritual nature, but instead have been content to rest in the structures built by others. This strays far afield from the simple, single, elementary truth that connects all entities, whether truth is that which is perceived within a pilgrim heart that is moving out into that personal path of seeking, or whether that same loving heart is content with the patterns that it has been given. The requirements of this particular covenant or testament were that each entity would love the Creator and love the neighbor as the self. It does not matter how intense the outer forces of fear and negativity are when the heart of an entity rests in faith, in hope and in love: faith that all is well, hope in every hopeless situation, and love of all things, of all biases, of all entities. Thusly, your faculties of faith, hope and love have an increasing amount of potential to take hold within your life. However, we suggest to you that, as you look at these various opportunities to practice your knowledge and to live your love, it is only natural that you shall come up short in some instances, for you are not perfect beings. There are few within the creation of the one Creator that do not notice the deviation of the consciousness from that which is straight

and true, the love and the light of the one Creator.

2002/11/03: For each has a long-running, full-color movie which is being made up of the multilayered and many-leveled story of the life of the one known to each of you as "I." At this second level of catalyst, there is a tremendous amount of power within the simple knowing that you are not alone, neither in your suffering nor in your confusion, but rather each of you is the center of concern, care, love and protection of several of those beings who dwell within your inner planes. However, in addition to these entities which this instrument has a tendency to call "angelic," there may be added to your panel of support any number of those who are attracted by your energy, your hopes, your ideals and faith or the lovely light and color of your appreciation of beauty or your devotion to service. These underlying shapes are shapes made by those who move in the ways of learning to love and to be loved. Fully half or more of that which you experience as part of a seemingly continuous and unremarkable presence that unrolls steadily before you is actually called to the present from the future or the past by those patterns of thought which circle around the questions of loving and being loved. In another portion of yourself, you are a universal and infinite being, a dweller in eternity and one who has given gifts to the self from the future and from the past that feed into the present moment, because there is a need for the nuances, for the lessons of loving and being loved. No matter where the energy centers are that are being stressed by the challenges experienced, the lessons will continue to be about love. As wisdom feeds into the daily life, that wisdom expresses itself as different realizations of what love is, new and invigorating awarenesses of what it is to share unconditional love, and, for those who are in advanced lessons within incarnation, the challenges are nuanced by the shadings of the energies of accepting the love offerings of others. Many are the times that a negatively presenting set of circumstances has as its formative cause the need to learn the lesson of accepting the love that is given to one. It is in almost every case among those who are positively oriented far easier to learn the lessons of loving than those of being truly, unconditionally, utterly and completely loved. These entities—these plants, these animals, these elements—have found simpler ways to love and to be loved than are available within third density, and that direct, intuitive and unhesitating way of loving and accepting love is a great lesson that you may pick up at any time from the wind, the rain, the fire on your grate, and the earth of your own body. On the surface, it is a decision concerning details; at the secondary level, it is a decision concerning love; at the archetypal level, it is always a decision concerning the nature and the mission of the self. Naturally, because of the nature of the physical illusion, there is seldom a finished or symmetrical feel to everyday existence, and yet, as this instrument has often said, once one has found that place for the first time, there is a wonderful and ever-present space wherein one is in tabernacle with the infinite One resting in love and in light, and infinitely full of the one Creator. In many instances, these entities, through long experience with many of those whom you would call masters—some of which have been totally experienced with one such master, others with more—have the ability to give and receive that which we call love. As these entities are more and more able to appreciate that quality of love, support and nurturing that is given to them by those that are their masters, so then these entities learn to give that known as love as well, so that there is a giving and a receiving that appreciates the balancing nature of fully-developed love. That these entities shall continue as companions is likely, for there is always an appreciation that it is possible that there will be a maturation of the relationship which is most likely to occur, for the appreciation for the relationship is that which is based upon love and which is the, shall we say, thread that binds the two. There are throughout all of creation relationships which partake of greater knowledge, a sharing with that which calls for the knowledge, the love, the light, and the desire to serve that are the motivating factors for all intelligence within the creation of the one Creator. Thus, you may rest assured that, when love has been given and received, there is a bond that continues. Those of Ra have been a, shall we say, a guiding principle, or overarching energy, which has made this formation of our group possible by blending their portion of love and light to form Q'uo with Hatonn and Latwii.

2002/11/08: And in the way of things, like calls to like, light calls to light, and the forces of life call to those who

been, loving and loved, embracing and embraced by the one infinite Creator which is your source and ending. We would at this time transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. For though we are all of the one Creator we never forget that the heart of the Creator is a mysterious love that has the power to create and to destroy that which we call universes, the very creation itself. J Is it possible according to the laws of incarnation that we at some point existed and met the loved ones that we know in this existence in previous lives and is it possible that we will meet them again in future incarnations. The relationships vary from one experience to another, oftentimes with some members of the grouping remaining in the inner planes of the planetary sphere offering their assistance in an unseen manner as guides and angelic presences, only to take incarnation once again in yet another experience so that as you move through this Earthly experience you may look about you to those who are your loved ones, those of your family, your friends, those of like mind and heart with whom you move in unison and see those who have been with you for many, many incarnations and experiences on not only this planetary sphere but others as well. Without the veil of forgetting the experience of each entity is much broadened and intensified for if you can imagine the ability to know the mind of another and to share that mind and the abilities in that mind and multiply that ability by the number of entities within the culture, within the race, and within the planet then one may begin to approximate the kind of consciousness that one may call a planetary consciousness that one may share with all others, for at this level of experience in the density of understanding and love there is no desire to hide any portion of the self from another. Thus, entities within the fourth-density illusion undertake the intensive learning of what it is to have complete compassion, understanding, mercy, forgiveness, and that which you call love. Thus it is that many of the fourth density seek to be of service to others by joining again the third-density illusion as those who are called wanderers and who seek with the great heart of compassion to share the love they know and have found within all creation with those who call for this kind of experience.

2000/12/03: It is so accustomed now to this theme that when this situation occurs where the entity is giving and is not receiving anything back or is even receiving difficulty and resistance back from the loving offering of the self, this instrument simply becomes aware that the incarnational lesson is recurring again and this instrument assumes, then, that it is recurring at a slightly different level because there are nuances at this level that have not been covered before. Therefore, this instrument is almost too willing to dash forward into the breach and serve that person who has no ability to offer a loving return that this instrument can recognize. That creation is made up of the one great original Thought which is the Logos or love. The Creator is that love in utter unpotentiated fullness. The creation is that love in its potentiated form and light in its manifested form, and each of you as a creature of love and of light, of manifestation and of Logos, of Creator and illusion. And, above all, that ability to refrain from judging the self as stupid, unworthy or otherwise less than a perfect partner with the Creator and Spirit in experiencing and responding to the love and the light of the one infinite Creator. Thusly, will is honed by forgiveness as the self works on the self to come into self-acceptance, self-love, self-forgiveness, and self-worth. And each of you has created an excellent plan which is in effect, and that each of you will do well to create within the self more and more ability to invoke faith and will and to know that all is love and, even in the midst of suffering, all is well.

2000/12/17: The light that gleams when no other light shines is the light of love, and it is that quality of light which the one you call Jesus the Christ embodies, for us as well as for you. For we feel that this entity expressed in a supernally perfect way the essence of pure love. In this story a wife who dearly loved her husband became aware that he was disenchanted with Christmas, not necessarily the sentiments and ideals of the season, but the commercialism and the hustle and bustle of it. We could access the history of this entity's life, and, yet, we find that this entity would much prefer that we speak of the love itself to which he came to bear witness—the love that is beyond the love of possession, the love that is beyond human love, the love that created each of you and that will destroy the universe. Each spirit enters the world to bring and to share, to bless and to transduce

the love and the light of the one infinite Creator. The spirit of love is the heart of each spirit that takes flesh. That perfect love expressed in Jesus the Christ dwells in each heart, but it is as though each spirit needed the help of the being that has become aware in order to thrive. Each of you can encourage the spirit of love within you. Each can clothe that infant spirit in the garments of care and self-awareness and time, time given to silence and the awareness of the love that rest within in that cradle that is the heart. When an ethical decision comes, when there is a crux, it is very well to pause and ask the self, as the one known as Ra has said, "Where is the love in this situation. Where is the service that can be rendered?" Often these questions create a clarity and the spirit within is able to flower and blossom a bit because the time has been taken to look at a situation that seemed dark within the illusion of the world and to find the light and love and service hidden within the darkness of that puzzle, that worldly situation. We do not at all discourage the worship and love of the one known as Jesus the Christ. This entity is as the most excellent of models for love. We encourage each to gaze long into the stories of this entity and to see how this entity was able to love. But more, we ask that you look into your own hearts and see the spirit of love within that is the essence of each of you. And know that you have within you the love that you seek, the truth that you seek, and the beauty that you thirst for. I am Q'uo, and we are aware of your query, my brother, and we appreciate the concern that comes from the open heart in search of those who need this love, those who have found a great love, who have sacrificed much for it, and who in another form continue to seek it. We can assure you that each entity, whether previously that which you call a wanderer or an Earth native, as you may call one whose origins are this planetary sphere, will find the great love of the life to be that one Creator which resides within, as we have spoken of previously. There is within each heart that which may be seen as a beacon, a homing device which ever brings one nearer to the source of the self, to the source of love. Whatever the catalyst may be in any incarnation in the third density, the ability to utilize the catalyst depends on large degree upon the ability to open the heart and to accept that which seems to be unacceptable, to give love where it would not seem to be welcome, indeed to be the fool in the desire to open the heart and freely share that which you call unconditional love. If one can remember that there is love in each moment, that each form of catalyst offers the opportunity to either express that love or to receive that love, or to utilize a combination of the two, then each season of catalyst may be seen to be complete and to be seen to offer these endless opportunities for the sharing of love. And yet if each within the situation is aware that it is love to be learned from all of the catalyst then it is much easier to find that harvest within the catalyst. Without infringing we may suggest that in any situation with any other entity if one feels the lack of love then one may look to that shared catalyst as that which may profitably be explored.

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2001/01/06: Rest in this larger identity and know that you are loved by the one infinite Creator, that you have been with that Creator since before there was time or space. You are moving from a density in which the lesson is one of choice into a density where that choice has been made and you then are able to build upon that choice and to learn further lessons of love. At the dawning of this density of love it is a dark-seeming hour. You saw the opportunities, and you saw, looking deeply within yourself at what you have learned and what you have chosen so far in this density, how to make an even more polarized choice for love. It is this context of how to love, how to open the heart, and how to be upon this Earth in order to increase the light that has riveted your attention and continues to offer you the challenge of the moment, and it offers us this same challenge. Each of you receives an infinite and continuing supply of love and light from the one great original Thought, which is the Creator. When a seeker becomes aware that she wishes to live so as to increase love and light upon planet Earth, she then begins to gaze at how to do that, how to be a more clear channel for the love and the light of the one infinite Creator. It is powerful to set time aside, to join a group of people of whom you wish nothing except

to learn more about how to love each other and how to love the one infinite Creator. Each of you has within your heart a manger in which lies your own spiritual being, and it is a young being in need of protection, in need of encouragement, and in need of love. Only the emotions that you produce in your work with these structures of thought have a value in your own alchemical process of growth into the light and the love of the one infinite Creator. As long as the intellect and the busy mind are engaged it will be correspondingly difficult to enter that portion of yourself that is sacred, not only because everything is sacred but also, relative to the outer life, there is that most inner self which is a spark, unadulterated and pure, of that one great Logos that is love.

2001/01/14: Whatever your situation, whatever the difficulties and challenges that each of you faces, this basic essential self that is you is unable not to make music no matter how dark the chords, for each of you is essentially a thought which is love, and love is that which is beauty and truth. I would like to encourage myself, and, most of all, I would like to forgive myself." When this entity began working to forgive itself, it ran into a brick wall and we feel that this is true of most people who begin to attempt to create a spiritual practice of speaking to the self in a loving way. But here is the key: it is when you see the imperfection of the self that you may realize that you are here, not to be perfect, but to love. You are not here to love perfection, but to love. You are not here to love this and not that, but to love. And the first object of your love needs to be yourself. There is a process of falling in love with yourself which is most salubrious and helpful, and we recommend it to each of you. When you can look yourself in the face and see every imperfection and say, "I see a child of the one infinite Creator, and I love you," then you have begun to forgive yourself. We recommend the attempt to do this most profoundly, for it is only when you have come into a condition of love for yourself that you can truly begin to love each other. It says in your holy works that virtue lies in loving the Creator with all of your heart, with all of your soul, with all of your mind and all of your strength, and loving your neighbor as yourself. How can you love your neighbor as yourself if you do not love yourself. So the heart of healing the self is the continual and persistent attempt to speak to yourself with the voice of love, to see yourself with eyes of love, to hear yourself with ears of love. I will attempt to correct that error, but I love the self that is trying to do the best that I can. And I love the self that is small and confused and feeling terrible." For it is that kind of imbalance in energy that comes through into the physical body to create more and more illness. In order to do this we would transfer this contact to the one known as Jim, thanking this instrument and leaving it in love and in light. The one known as L has been able to express her love to each in her care, and each has had the opportunity to look upon the shared experiences and achieve a kind of review of not only her incarnation but their relationship throughout the incarnation with the one known as L. I am Q'uo, and we would say that this is Ls gift to all those who know and love her. And we would assure you that this being is quite happy, for it not only carries your love with it but has found love with other entities as well, and it is most well cared for. And every loving parent would do everything in their power to save their child.

2001/01/21: (overview) The question today has to do with how a group can help us to develop our patience, whether it's patience in what we seek: truth, love, the purpose of our life, the purpose of a situation. In the third-density group such as this one, or any other spiritually based group, there is that nature shared with second density and all higher densities of absolute love for the waking human consciousness within the cocoon and absolute willingness to absorb and accept all energies coming from the cocooned energies that the being within the cocoon is experiencing. This means that through the subtle connections made within the meditation within the group there lies the potential for vast amounts of healing that can come only from the surety of being loved and the realization that one is completely and totally acceptable. For faith, a sense of humor, persistence, and compassion are certainly those qualities which are often sought but usually imperfectly found, and yet how blessed it is when the seeker can find a moment of utter patience, utter humor, utter acceptance, or utter love. And all of these streams of emotion flow through the channels of the deep mind in pure and undistorted vibrations, for they are part of what this instrument would call the default setting of the vi-

bration of creation itself, the Logos of the one infinite Creator which is Love. When one attempts to talk about love one ends up talking about qualities such as compassion, faith, hope, patience, and humor. But these are all as the rays of light which comes from the sun of Love, each a slightly different color, each a definable and recognizable quality but yet each a ray of light from the heart of the Creator. And what the spiritual group does is to bring that sun a little closer to make it more possible to find a conscious, honest faith in the existence of this sun or source of love and light. Indeed, it is by a series of connections with other awakened beings that each of you creates the net of love that is lightening your planet at this time. The choice which is made by any in third density as to the nature of the polarity is one of such a fundamental nature that there is constant refinement of the desire to serve as the compassion is gained that allows one to develop a method of propulsion, shall we say, where the desire to give love to the Creator is foremost upon the mind and within the heart.

2001/02/04: The song which the one known as Jim chose to aid in the tuning of the group at this session was speaking of love, and it said that, basically, the living was all about the appreciation and recognition of beauty, the beauty of nature, the beauty of thoughts, and so forth. The physical world that you now enjoy is also a thought, but it is a much weaker thought, much stepped down from the energy of the Thought of the one infinite Creator, that Logos which, for lack of a better term, we can also call love. Each of you is a thought and that thought is of love because all things that are thoughts are distortions of the one great original Thought which is love. Only you know the desire that you have to seek, to love, to serve. Only you know how you crave the love and the light that is so often missing from your Earth world. It is said in your holy works that "in quietness and in confidence is your peace." Know that in terms of harvestability it is very helpful to have a high place within the self, a holy place within the heart, to which you may retreat and fall into the arms of the one infinite Creator who loves you dearly. When you are lost, when you are suffering, when you are alone, remember and move into the heart, into the sanctuary and peace of the one Creator's love and dwell there as long as you need to, in order to feel that balm of Gilead which is that energy of being loved, being valued, and being understood. So seldom are we, and others of our group, able to make direct contact with your peoples that when such is made there is attention given to it, a protection, shall we say, a wall of light that is formed of love and the attention of those who wish this group well. There are also, from time to time, other entities who have yet to speak from this same Confederation of Planets who nonetheless offer their vibrations of love and protection as this group works. Each entity such as yourself that joins this circle of seeking brings many riches in the nature of the variety of experience, the purity of emotion, the passion with which truth, love, etc. When you are able to express a difficult emotion, the emotion, situation, relationship, or other Earthly adventure that is not offered to those of us who are now discarnate, to those of us who live, shall we say, on the other side of the veil of forgetting, then it is that our appreciation grows as you are pulled one way and the other in the struggle to remember love. For it allows us to see how each entity may work with the catalyst which is presented in the daily round of activities, to see how the love and light of the one Creator may yet shine forth from the darkest of experiences, from the most confusing of experiences. This gives us a great deal of joy, to see that, indeed, that there is no place where love may be hidden so deeply that it will not shine forth in a brilliant and inspiring way. We feel that there has been a great deal of love and light offered from you to us.

2001/02/11: This is due to the fact that the entity known as Jesus was a teacher concerned with one thing only, and that was love. This entity offered a simple system of beliefs, stating, "Thou shalt love the Lord thy God with all thy heart, with all thy soul, with all thy mind, and with all thy strength, and thy neighbor as thyself. Upon these two commandments," said the teacher known as Jesus, "Depend all of the law and the prophets." In this statement the one known as Jesus specifically moved from the Old Testament, so-called by this instrument, which was the holy work of his people, and delivered and offered a new covenant having only to do with love, love of the infinite Creator and love of each other, beginning with the self and continuing with loving the neighbor as if it were the self. We suspect that each has those

to express that love which flows through the instrument of the human body, mind and spirit in an infinite supply at all times. Once the day has gathered speed, it is very difficult to rein that mind's attitude back in and to move on the track of love and light throughout the day.

2002/06/28: The qualities of a mate, a mother, a father, a child, or a sibling can be imperfect in the extreme, and yet, over a period of time and the blessing of shared history—we correct this instrument—with the blessing of ever-lengthening shared history, the entities within the family group or within the mated relationship become so overdrawn with the patina of loving and being loved, that even the homeliest entity becomes perfectly self and therefore beautiful because it is that person. And finally the leaden and heavy weight of physical opinion of beauty becomes that which can take off like the kite in the wind, soaring with the energy of the wind of love. This entity, throughout its life, has had a love affair with beauty in the sense that, as a metaphysically functioning entity, it has long preferred to look at life from the standpoint of beauty rather than from the standpoint of some outwardly determined truth or learned intellectual set of properties or ways of fulfilling the need to be attractive. These, too, are ways of increasing the beauty in the life, of opening the windows of the soul to let the sunshine of love and light in. The self must be more and more known to the self, more and more accepted and, finally, more and more loved. All of these things begin to rob the growing soul of its ability impartially and lovingly to feel beautiful and to judge things as beautiful.

2002/07/04: This is not an aspect of femininity that is carried except by choice and most usually it is brought into the incarnation with love not for the purpose of helping the self, but for the purpose of being an instrument of the love and the light of the one infinite Creator in the sense of essential beingness so that whether that energy is expressed in changing diapers or in washing the dishes or in teaching or channeling or singing or other activities that would seem far more service-to-others oriented, the incarnational purpose of carrying this energy is satisfied. There is now activity that an entity cannot accomplish as a vehicle for expressing this angelic, pure love. It is part of the very hopeful and energetically radiant attempt by an entire spiritual family of large numbers to balance an Earth that has great need of the fullness of love that is wrapped up in the archetype of the feminine. In this entity's zeal for blessing and sending forth the energy of its love it was reserving, according to the one known as Papa, nothing for itself and acting the role of martyr. Consequently, the image that begins to emerge here is that of the light flowing through the entity into the heart and then back in a loop through the body making sure all parts of the body, mind and spirit are washed completely in the infinite love and light of..

2002/08/09: Very often, those entities which wandered to this planetary sphere from elsewhere are those who are working very hard in sixth density upon the precise balance between love and wisdom. This means that chances to experience polarity and respond to it are precious, because only by gathering the harvest of catalyst and allowing the winnowing of that catalyst by the processes of conscious and unconscious portions of the self can one begin to redefine and more accurately balance the forces of love and wisdom within the self. It is only within an atmosphere of love that the self begins to be able to see the self clearly. The removal of fear from the self simply means that, when the self perceives the self to have failed, that failure is loved, honored, accepted and forgiven with the same facility and gladness with which the self is able to pat the self on the back for perceived excellences and virtues. Moving back into the thought of polarity, it is important to love the negative portions of self, the shadow portions of self, as much as the sunny, daylight portions of consciousness that one is most desirous of sharing with the world. Remember that each is in truth love itself. Love does not contract; love does not fear; love drives out fear. If the entity is at heart a being of love, and if an entity is able to experience the self as a being of love, this is a tremendously important step towards becoming more skillful in the process of experiencing the self as a person of power, peace, bliss and magical effectiveness. We wish to each the utter beauty of the blossoming spirit that is increasingly aware of its creator-self and is increasingly willing to lay aside the fears and perceived limitations of the self in order to embrace the one original Thought that is the Creator

and that is that Logos which is creative love.

2002/09/01: The Logos which is the one infinite Creator's original Thought is that which we call love, and all that is manifested by the energy of this Thought, acted upon by free will, we call light. Whatever love that you came into this incarnation carrying is a part of the gifts of your previous incarnations which you harvested for this particular illusion. What we ask you to think about, in the context of gratitude, is that land which lies beyond polarity, that unification that is very much of higher densities and very much of the fourth density which is at this time coming so close now to that vibration which is your so-called consensus reality that, more and more, there is a transparency that comes and goes for entities, so that suddenly those truths of fourth density and unconditional love are indeed opened to that entity, and that entity feels, understands and sees, as if "real," the perfection of all things and the beauty of the play of light and dark as the soul spins, evolves, balances and regularizes in that spiral towards oneness with the one infinite Creator. Carla That's beautiful! Do you have a thought about how we can work together, because I know H and I both, as group leaders, have real hopes of somehow acting to unite the planet in love and world friendship. Each has brought certain skills, desires and talents to this incarnation, and each encourages the other most effectively by encouraging each to be, first of all, to be firmly rooted within the harmony, the love and the light of the one infinite Creator, to be who each has determined before the incarnation each can most effectively be. For each of you is unique, though each of you is the one Creator, each of you has yet another way of shining forth that love and light as a faceted jewel. Seek them together however you can, and light and love shall come from this joined seeking, light and love which can heal a wounded planet. We then would suggest that you do as you do seek, share and love together. We are aware that there are those within this group and within many other groups as well who take time each day to meditate and to pray and to send love and healing energy to all who are in pain; to open their own hearts to the healing love and light of the one Creator; to send that energy to Mother Earth, herself, for her healing as she brings forth a new Earth into fourth density; to send that love and light to each entity upon the planet which feels pain, which feels weariness, which feels the sickness and hate and disappointment and disease and all those other various ailments which can take the attention and turn the mind to darker thoughts and ways of sharing that do not open the heart but close it. We would suggest that, whenever it is possible, upon a regular basis that you take time to pray, to meditate and to send love and light to all who need it. Thus, those who are aware of the change occurring upon the planetary and the cosmic level which reaches into each individual heart, do well to see in their meditations and their prayers hearts that begin to open, minds that begin to open, arms that begin to open, so that there is acceptance and love, compassion and forgiveness, in place of competition and anger, confusion and ignorance.

2002/09/29: Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is sadness, joy. Oh divine master, teach us to seek not so much to be loved as to love; to be understood as to understand; to be consoled as to console. It is only after processing a good deal of new catalyst that a pattern may perhaps become clear, and it is by hindsight, then, that most of us see the true value and benefit of most of the lessons that we have been offered by our higher selves, chosen before this incarnation with great care and great love. This lesson, as we have said many times, revolves around concepts which have to do with a principle that is of the nature of a Thought or a Logos, and that principle cannot be described better within your language than by the word, love. The Logos or love is an energy that has created each of you, that has created each of us, that has created all planetary and stellar bodies, that has created a house for Itself. Where lies the love in this structure. Love within the structure lies in that which is not seen. This means that people can use the circular form to stabilize large structures, and, if the nature of the energy field is seen to be round and spherical, then it may perhaps more easily be seen that the way to become a balanced entity is not the dialectic of, "Oh, I see the dark; I must replace it with the light." But as the one known as J said, "Oh, I see the dark; let me love it with my light. One of the goals of balancing is

of love within your being, within your life experience, and in the very air around you. Yet those that clean their house with a certain kind of love and blessing are creating a healing space and claiming that space as sacred. When one is scrubbing a toilet, one does not particularly think that one is healing and yet you are creating an atmosphere for yourself of cleanliness and beauty, taking care of, loving, and nurturing your environment. This too is a healing, the cooking of food, the paying of bills, all of these very mundane things that this entity was speaking of earlier as her "Quick Books week." All the ledgers and columns and figures are not abandoned to ugliness, but yet contain beauty also, contain sacredness also, when they are approached with love, when they are approached as honored and respected activities within the life, they too become lessons and create blessings. I am Q'uo, and we are most grateful to you as well, my sister, for each in this group has provided us with the vibrations of love and compassion which make it possible for us to blend our energies with those of your group.

2002/06/14: Questioner I feel difficulty in just plain loving so much of the time. What blocks have I created to the love within me. What can I do to love and accept my family more. When we come to the subject of love we find that there are as many ways to approach the subject as there are stars in your night sky and yet, the energy of each star has its center in the one great original Thought that created all that there is. Within this condition there is one hope, one call, and that hope and call is the call of love. For love calls not only within the being but surrounding and emanating from the being. There is the hope of multiplying, by the actions of the self, the love that is available to the world without one, and the soul begins to wonder if it will ever find that seemingly secret path through all of the twists and changes of the winding road that seemed so straight, when one was asleep, but now opens out into an increasingly mazed and seemingly confused pattern of turns and twists and dead ends. Each of you had undergone a process of planning and prayerfully, thoughtfully choosing the relationships that would serve to bring forth the patterns of catalysts that were those patterns that would engage the self in very precise and intended ways, with certain key lessons that had to do with love, with learning how to love, with learning how to accept the love of others, and learning how to be of true service and how to accept the service of others towards you. Carefully, studiously and with great love and compassion for the self, each of you planned this descent into seeming madness and chaos. Again, not to punish but to provide a continuing classroom in which the self begins to know the self, begins to know the mind and the heart of the self, begins at last to refine the self in the sense of coming to a new balance in that winding road of love and light. Within this cycle of experience at the very center of self lies that same original Thought of love which shines out of the night sky from each star. It is written in your holy works that the one known as Jesus was walking upon the water, in the darkness of night in the Sea of Galilee, and when those who were within a boat saw this entity walking upon the water, one of those within the boat started out to join his beloved teacher, and he, too, was walking upon the water until he realized what it was he was doing, and when the conscious mind took over the faith was lost, and the one known as Jesus had to reach out his hand, and when those hands met, the one known as Peter was once again able to navigate the water, and was able to get back safely into his boat. The one known as Jim presumes that he is taking large machinery to the cutting of grass and yet, in the metaphysical sense, this entity is merging his energetic being with those spirits of grass, and bush, and tree, and breeze, and dancing with them in such a way that the environment is redolent with the odor of his energy, and the energy of the grass, and the energy of the air, all combining to create a pattern of love and joy. The one known as G has experienced the large machinery of forklift and the bulky boxes and loads which are moved back and forth endlessly in that which is called the warehouse and yet, in reality this entity too dances, in a dance with wood, and dust, and air, and light, in such a way that the atmosphere is forever changed in a harmonious and loving and joyful fashion. For there are no boundaries within the metaphysical world, and that which seems most humble and most usual from the outside in is in fact simply one more way to love, one more way to share the self. There is an inner loop of service which is entirely appropriate, which needs to be not only created but maintained so that the filament of

self within is whole, and perfect, and free of blockage that it may glow with the love and the light of the infinite Creator. The love that lies within is waiting at all times and in all places and conditions. There is never a time when this love is not resting quietly, glowing incandescently within the heart of self. The love of the Creator dwells within the heart, and it is the self in its concerns that often lead one away from connecting with the self in the search outward for sources of light and guidance elsewhere, and so we would complete the beginning part of this message by suggesting that for each entity there is a most congenial way to enter into the self through the use of silence and the resting in trust. We would encourage the one known as G to take deep breaths of that infinite love and light which are always flowing from the source of all things in infinite supply. There is the desire to love, and yet love is already present. Thus, this particular catalyst can be used at any or all of the levels previously mentioned to enhance the personal understanding of your need to make a choice, to take a leap, to begin a journey, and to be of service in every manner possible for you, and to learn that which is yours to learn, to give and to receive the love that you feel is within your being awaiting release. G Yes, I haven't experienced a loving relationship with a female in quite some time now and was wondering if I am, I don't know, meant to have one and where... Indeed, there is always the possibility of healing, yet the desire to do so being absent in this case from many of those who are involved in the loss and seeking for love, there may yet need to be a time for the inner reflection, even upon the subconscious level, of some of these with whom you are closely aligned, and your part in this process may simply be to offer yourself as you are, to be spontaneous within the moment, guided by love and offering that which you feel, without dedication to any particular outcome. In other words, shining the light of your love as best you can and letting what comes of it be as it is. For all is a great opportunity to learn the heart of love.

2002/06/21: It has become more and more attractive once again within your Earth world simply to come down on the side of love, faith and peace. The entities are so close now to that graduation time that the great struggle of choice of polarity is not as pernicious and as painful as it used to be for entities, because there is the underlying strength of many, many entities who are also attempting to open their hearts and to express the love and the light of the one infinite Creator in their everyday lives. As we said, this is completely a humble and individual movement where entities are being called by themselves into service as harvesters, and, as entities are awakened, then they become as those who awaken others; not because they have gone out and brow-beaten or convinced anyone by fact or data but because it is simply so attractive to awakening entities to experience unconditional love that such entities, once switched on like the lights that they are, call entities to them and help entities to remember why they took incarnation upon planet Earth at this time. This is opposed in our description to the entity who simply opens the heart and embraces the day and attacks whatever comes to him with great love and enjoyment. May we say that, for all of the benefits that wisdom does bring, it is the open heart itself and the passion with which the entity allows that heart to flow that bring the best results in terms of spiritual learning, because, you see, in preparing the self for graduation into the density of love and understanding, that which is most efficacious is the vividness of the entity's experience within third density. In a sense of "this world," it is the books that are important; in the sense of fourth density, it is the heart remaining open, undefended, loved, forgiven and accepted that is important. We simply ask each to choose which thread of meaning and energy to follow: that thread and energy of fear which would guard and protect and make safe and deal with third-density concerns or that energy of unconditional love, faith hope and the desire to serve which translates into a prayerful and confident feeling that all is well and that all will be well. One can move without a quiver from the microcosm to the macrocosm here and see the same energies at work: fear and love, protection and growth. Do you wish to protect yourself, maintain what you have, guard what is yours and so forth, or do you wish to release all fear, embrace all things in love and trust and believe in all things hoped for but yet unseen. It is perfectly well to work to share the information that it finds important, but it is just as important to share it in a way that expresses the quality of the open and flowing heart that is grounded in trust and shaped

relatives or friends or acquaintances whose Christian belief system has a dogmatic aspect sufficient to create an atmosphere of judgment and, therefore, we suspect that each is fully aware of the difficulties involved in moving into the dogmatic beliefs and leaving the simple faith in love behind. For in love's focus, in the heart's focus, there is the specific value of passion, desire and thirst. Then there is no mountain." It is the hope of one who seeks along the path of Gautama Buddha to become able to gaze at all of the passing scene and see nothing, as opposed to the Christian hope of gazing at the passing scene and seeing the Christ or love, and the Oriental or Shinto hope of looking at the passing scene and seeing value and worth in the thing itself. You may see each relationship as a carefully prepared lesson in the giving and receiving of love. And it is well to reconnect persistently with these lower chakra energies as one works within clear communication, the reading of material, and all of the work in consciousness that is so delightful to those who seek after wisdom as opposed to love. In the name of religion it is well known throughout all peoples upon your globe that Christian, Jew and Muslim are a contentious and war-like people whose gods tend to be as aggressive as they are loving. That self is the spark of the infinite Creator; and those thoughts that you think are but distortions of the one great original thought that is Love. No matter where you seek you dwell in precincts of love. However, since each of you is, shall we say, strongly suspicious of the path shared by each, we may say that that which you share together is a mutual awakening process that allows each of you to open your heart to the other and to develop that quality that you may call compassion, unconditional love, mercy, understanding, forgiveness, surrender and acceptance. Thus, work done between the two of you is work which can benefit the entire planet, for as you are able to find harmony, love, understanding and acceptance within the self so will you be able to find it within others as all others mirror to you that which is the heart of your self.

2001/03/04: That is to say, certainly the red-ray blockage has to do with sexuality in a linear sense, but in a very significant non-linear sense it has far more to do with the processes of love and fear as regards survival. There are always needs that will not be met that seem important, and this is part of the way that the school of love that planet Earth is works. It is the challenge of the spiritually oriented entity to gaze at the limited and crying needs of the body, not with eyes to solve, but with eyes to love and understand, to enter into the experience, to enter into the suffering, to enter into all of the emotions that this brings up and to see the self in its needs, in its wants, in its character as defined by those cries of hunger. What one desires is extremely interesting to the developing soul, and it is very well to look at what one desires, not with the eye to judge, but with the hope of fully embracing the self, of being in love with that suffering self, of rocking that self within the heart and saying, "Yes, these needs are beautiful; these needs are worthy; these needs are fully acceptable and simply are not being met by the circumstances of my life." This is, again and again, in one way and then another, the situation of the seeker within the physical plane. And it is acknowledged that beyond all need, beyond all distortions of energy, beyond all suffering, beyond all limitation, the essence of self is perfect and resting in the most divine love and in the most strong and healing light. Those of the host of heaven, as we have heard it called, merely send their love and light to all who are available to receive it. When one wishes to serve in a situation in which there has been the loss of a loved one and there is much suffering and grief on the part of those who remain, it is often the best service simply to be available for whatever needs are felt by those who grieve. Thus the offering of one's efforts in providing the foodstuffs, as we are aware you have prepared to do, is one such means of service that is much appreciated by those who are at such a time thinking about little else than the loved one who has departed.

2001/03/18: We want to thank each who has come for the sacrifice of those other things that were not done this day in order that each of you might seek the truth and rest in the silence that binds us all in the love and in the light of the one Creator. As lovely as it is, yet still it does not feel like the shores and the fields of home. For many others to whom we speak, Earth is the native sphere, the beloved home, and yet the spirit has awakened from the dream of Earth. And each of you will be, beyond all thought, beyond all telling, beyond any creation's end, for in infinity an end is always a

beginning, and you shall forever be the only you that exists, precious, beloved of the Creator, an essence, a light, a love. This Logos could be described as love, and yet that word has been so sullied by being used for different kinds of passion and emotion and devotion that it is inadequate at heart to express the fullness of that quality that is creative and divine love. For once each has awakened, each becomes an agent of the love and the light of the one infinite Creator. "I know that this problem has come to me," he said, "because I set this up for myself, and I am looking to sit with this difficulty, to enjoy this challenge, and to move through this process with as much love as possible." Your plan as learning entities, interested in the evolution of spirit, was not to be here and be wise, but to be here and be confused. You hoped that you would begin to move into the heart, for it is the heart, its intuitions and emotions, which contain the true harvest of wisdom, love and truth that lie within you within the sea of confusion. You allow the infinite supply of energy that is the love of the Creator to flow through your energetic system and out into the Earth planes, and as you bless this process, encourage it, you intensify and enhance those vibrations that move into the Earth plane. Each of you, by being the way you are, is at this time a servant of the light, and you need do nothing more than live and love to fulfill your mission upon Earth. Trust that candle that is your heart, and know that as long as you keep that candle lit, that is your only responsibility, not for other's thinking, not for other people, and not for outer issues, but only to open the heart, to offer the self to love and be loved, to know the self as part of the Creator.

2001/03/25: Some few in the service-to-self polarity are also achieving harvest, and as the choices that each entity within this illusion makes are made towards sharing of the love and the light of the one Creator, so is the harvest of each and all made more possible. I am Q'uo, and we thank you, my brother, for your desire to seek the truth and to share the love and the light of the one Creator with those about you.

2001/03/29: And each of these sparks and shadows became agents of the one infinite Creator, thoughts in and of themselves, thoughts rounded and centered in the one great original Thought which is Love. Coming into that world of thought, that world of intention and principle, that world of desire and ideal and love, moving into the heart, we ask each to let the world of flesh retreat. This is an entity royal with that same creatorship, full of the essence of that great Self which is the one original Thought which is love. One other, and this is one that I feel comes from my beloved M. All of the mundane world, shall we say, has been set aside for the single purpose of opening the heart in love and service to others.

2001/04/01: We send each of you our love and our blessing as well. We are of the love vibration, and truly there are some concerns that are addressed through the totally open heart rather than through wisdom or any mix of love and wisdom. We encourage again and again the communication between loving beings that is honest and clear, saying the hard thing as well and as kindly as possible, for it is in the saying of the hard things and in the bringing up of difficulties, in the exposing of the self in its vulnerabilities and its pain that entities begin to become closer and start to generate the kind of unconditional trust that is necessary for that experience of having true intimacy between two people. And how painful this is, both for the self who is missing the mark unknowingly and for the other self who has not the strength of character to speak up and express in a gentle and loving way the needs that must be met, the limits of being that must be confessed, the self-perceived faults that must be shared. But at a level deeper than this, at a level deeper than lessons and personality shells, the lessons are all about love. And we would pause that each within the circle may re-center the self upon the realization in this moment of the utter love in which each abides. Each is the one infinite Thought of love, brought into flesh, given a voice and hands to do, to serve and to be. But each moves with the breath of love, with the energy of light, with the power of deity. And from the standpoint of that loving nature, each is as a vibration and that vibration is an expression of love. It is well to remember that all things come down to issues of love, forgiveness, acceptance and release. But in both cases we would suggest the most careful thought as to the expression you wish to make as you burn or as you bury, seeing this in true terms of closure, seeing the making of an end and asking the self, "How can I make the most loving and most harmonious end. How can I

release this soul to move along its path with the most open heart?" Let this be a concern that brings forth the words that are the highest and the most loving that can be found while at the same time being completely honest and sincere. Realize in a very deep way that the job of the self is to give and receive love. The work of receiving love is done when it is perceived as being offered. The work of loving is endless, for it does not take the agreement of another person to love that person. All beings may be loved without infringement of free will. So we encourage each to work on loving without expectation of return, without attachment to the outcome of a letter or a telephone call or any other communication, but loving into the void, into the abyss, that is a life lived in faith. We may suggest that when an entity finds that there is little of the foodstuffs that it is interested in, and this is most often especially the case with the young children of your peoples, that the need [is] for the intake of love from those that are the parents and the, shall we say, significant entities in the life pattern. For in its most basic sense, your food is love. It allows the life force to continue to move through the physical vehicle, and the young entity will equate the foodstuffs with this quality of love that is needed most basically by all entities, especially by the younger entity. If there is some manner in which attention may be given to this young child in a more understandable manner, perhaps then the reflection of being full of love will manifest in the eating habits as well. It does not always happen, and thanks for speaking of love because it does come through. We are also grateful for your presence and the love that we feel from you and indeed that we feel from each within this circle this day. We find that the thanks and the love and the sincere desire to seek that we have found within this circle are reflected also within our hearts to each here this day and to all those who hunger within the population of your planet. For there is to our ears a great call for love at this time from this planetary population. If each will take the time in each day to meditate and to seek there the one Creator, there is where this love may be found in its most obvious quality and sense. But within the heart of your heart, there is the voice of love speaking directly to each.

2001/05/06: That story that is always the same is a story about love. Your question to us this day is also, in an important way, about love. For when you are in a passionate stage of seeking your heart is on fire with that which is love. The story of love is a very simple story. The Creator loves each and every spark and atom of creation with a love that is beyond all that can be imagined. This love is as the energy which drives the infinite universe, and it is the spark within the heart of each of the Creator's children. The love of the Creator is as a unified, infinitely intelligent Thought that we have often called the Logos. John when they wrote those books of your Bible in which the love of the Creator was discussed. And each of you, having received this infinite gift of life and spirit and being, has created through the winding trail of experiences and thoughts many, many shadows and variations on that original Thought of Love so that each of you vibrates in love, and yet with many unique characteristics of your own which mark each of you with a signature which is unmistakable. And this is what the thousand thousand entities who are inspired with the love of the Creator offer. These are entities that will make their own paths, and these are entities that may well find themselves not simply moving in and out of a passionate love of one body of material but in and out of respect for and devotion to and learning from several or even many different sources of inspiration and guidance as the path moves through years of living and experience. Sometimes it may seem to you that you are actually moving backwards and regressing, and this is expressed well by the one known as T who was somewhat disappointed in himself because his passion for the particular material that he had previously loved so much was no longer running so hot. And what you hope to do, what you seek to do, what you yearn to do when you are seeking for truth, is bring your thought, your energy field, your light, if you will, more and more into tune, into harmony and eventually into unison with the Thought that is the one great original Logos of love. The heart is opened, and at last the soul can rest and tabernacle with the one infinite Creator in power, in peace and in love. Yet know that within the dream of each of your lives, within the seeming illusion of everyday, the reality of truth and love abides. Attempt, if you can, to remember every day that you are the Creator's child and that the Creator

loves you more than you can ever imagine. And yet we say to you simply remember in good times and in woe that you are the child of Love and that you are here to love and to be loved. If you can but enter the silence for five minutes within each day and tabernacle with that love that created you, that would be a tremendous achievement, and certainly all that you need to ask of yourself as a seeker. You still are a creature made of love and expressing love. But every moment of your life will be filled with love. For that is all that there is, the Love that created you and the light from which the Creator made your body and all of the creation. Those of the goodly company, shall we say, are what you may call somewhat boring in that their constant aim is to assist each by offering the vibrations of love and light to all those within the circle of seeking to be used as each sees fit. Oftentimes it is not possible to do any more than send this unseen love and light, for many entities are not open to any other kind of communication or assistance from those of the Confederation of Planets in the Service of the one Creator.

2001/05/20: Moving into the silence in any way that one feels comfortable is always a powerful helper, for it is within the silence that love may abide most comfortably and may express most fully. But what we have to share, more than anything else, is an awareness of and a certainty in love itself and the power and rightness of that love—that is your very being and is our very being. We ask each to know that you are not alone and that there is comfort for the asking, for prayers are answered, and when help is requested presences are with you that love you and wish to safeguard you in every way.

2001/08/29: I wonder if there is a spiritual structure to such a relationship and if I am putting expectations in such a relationship from the beginning and therefore not allowing the passion or the true love to flow. There is the need to love and to be loved which is as normal and natural a function of the human being as is the sleeping, the eating, the breathing, and the moving about within your illusion. For you see, my brother, the entire self is here to love and to be loved; not simply the conscious self, the self with expectations, but the entire self, the whole, utter, real, complete, universal self. The product of rational thought may or may not be that emblem of love which so speaks to your own whole self. For that entity, too, will be challenged to so love you as the face of the Creator that she can see more of the Creator in herself because she has you as her mirror. It is a mark of even more maturity, spiritually speaking, to look not only for ways to solve the puzzle but for ways to love and to know the self ever more deeply, and knowing it more deeply, to find ways again to love. Truly, every difficulty can be untangled by persistently turning to those gentle fingers of love that, through time, will untangle every knot and remove every obstacle.

2001/09/02: We come to you as a voice of love. We shall focus briefly on the state of the planet, for that is one thread of your questioning: is there a gain or a decrease in love upon planet Earth. And angels in flesh quiver, defend, worry and hope to respond in ways that add love to the illusion. It is abundantly, richly clear on the metaphysical planes of your planet that a tremendous outpouring of love and concern has streamed into the Earth plane. Further, as many within this room are intimately aware, many entities have chosen to travel to the earth plane from other planetary influences for the purpose of entering into the experience of being an Earth native, plunging the self into the third-density atmosphere once again in hopes of serving the planet and its people but also in hopes of doing work upon the self: a reevaluating of that all-important choice of third density: the choice of whether to love by radiation and unconditional love or to love by control and magnetic attraction and the overriding sense that people need to be managed for their own good or for the greater good of the whole.

2001/09/16: It is a place where we come to learn to love. From our point of view, right here, right now, it is a very difficult place to learn to love. Because of being able to see into the finer planes of your planet's ongoing developing nature and essence we are able to report both that there is genuine suffering going on within your earth world in the finer planes and that there is at this time, as this instrument and as the one known as Steve has mentioned, a tremendous outpouring of love, light and energy. It has happened frequently enough in other third-density graduations where the process of maturation of the species upon a planet was not able to endure through the lessons of love. We are grateful to the one

world but those principles and qualities that are the center of the heart of a Creator of love. And that, indeed, you begin to change yourself as you continue this journey, a continual movement from one image of yourself to another so that you are a new and risen being moving into the fourth density of love and compassion. We tell you now that there are many within the realms of what you call your heaven worlds that rejoice at the gatherings of entities such as this that occur all over your planet for the purpose of seeking and sharing the love and the light of the one Creator and to go forth then into the daily round of activities to take that with you and share there with those who perhaps share not so consciously but who appreciate your sharing of your love and your understanding.

2002/05/05: Perhaps it is well to say at this time that the freshness of love is that which spiritual communities are most excellent at maintaining within the members of that community. Consequently, those who are moved to be pastors and ministers and priests may well have that open heart which creates a loving atmosphere and authors a place of safety for those who wish to seek together. Each time that you reconnect and re-link with these beloved strangers that are very much a part of your energy of being, there is laid another golden strand of connection within the net of love which surrounds the Earth and is glowing brighter with every day. As each of you moves into this awareness of the open heart and desires more and more to live there and to express that love within the light, each effort to do so makes it easier to do so once again. What you choose to accept as true has a very powerful effect upon that story that you tell yourself, and the story that you tell yourself is that which creates within you a safe place from which to love, to accept, and to embrace those that seem like you and those that seem distinctly unlike you, those that seem positive and those that seem drawn to a darker shadow world. This is as it should be, for although it is a hard truth to understand, it is a simple truth that each of you chose a plan for incarnation, some have said a contract, and in this contract certain lessons were chosen to learn and to share in the learning of with those beloved entities with which you made agreements before this incarnation. And when your heart is open and the light is flowing through you and you feel transparent to that energy, then it is that the most beautiful light of all colors, depending upon the personalities involved, is able to move into that grid that this instrument has sometimes called the Christ grid and which others have called the grid of unconditional love or the Buddha. This grid is that web of light, that pattern of love, that is beginning to stabilize fourth density upon your planetary sphere. Each of you is doing tremendous work for those who shall come after you, sowing seeds of light and seeds of love whose blossoms you shall not see, for you shall move on. Yet those who come after you will be able to do as they do because of reaping the harvest that you now sow with each loving thought and each contact made in love and in light. We may say that it is well to be aware that there are many who are uncomfortable with unconditional love, as the one known as T has said. Realize too that by connecting with those around you who are of a like mind you are helping them and you are allowing them to offer their love offerings to you also. But be steadfast in those situations which do not seem to be so full of love. Allow yourself to be the love that is brought to that meeting, to that moment, to that situation. It is easy to feel discouraged when the process takes you into your shadow side and you find yourself dealing with blockages or over-activations or some other kind of imbalance that seems to vibrate and attenuate your ability to be a crystal that is steady in its opening to the light and the love of the one infinite Creator. Breathe that love and light in. Breathe that love and light forth through your being, for truly it comes in and it moves out, and the blessing that you give it creates infinite brightness within it. And we can suggest that the pain which this entity feels is ameliorated to a great extent by the love which you give this entity and that any pain which this entity feels is worth the continued existence within the shower of your love. For this entity learns most by being loved and by being able to give love. In this manner then, this entity then is able to become, shall we say, inspired, vested in a fashion which increases its consciousness and its ability to perceive the love and the light of the one Creator. And we thank you for your diligence, for your intensity of desire, and for the love in each heart that springs forth at these times and at many other times during your daily round of activities.

2002/05/16: The question will be sort of broad and possibly double-based: "I'm interested in the best way to deal with the catalyst in my marriage and how I can be of service and love in that area as opposed to adding to the catalyst and direction for life in general. This is what enables people to look at, to accept, and to come to love what this instrument has sometimes called the shadow side, the darker side of self, that side which knows the good but enjoys that which is of the darkness. If one looks within your holy works and reads those words which this instrument calls the Beatitudes, much can be learned of the way of love. But, rather, we speak of a spiritual world that calls one to look for ways to offer the self, as a radiant sun offers sunshine upon the whole earth; not judging betwixt one person and another, one species of plant and another, one place and another but, rather, shining impartially and lovingly upon all. When one allows the wings of faith to lift one, there is much love that begins to circulate around in that spaciousness that is made by living in faith. There are times when it is very helpful by faith alone to realize the most fundamental truth of all relationships, which is love, unconditional, absolute love from one soul in its perfection to another in its perfection. Beneath each difficulty that tangles two upon the soul level lies a unity, a oneness, a union, that is profoundly more the truth of the relationship than any structure of description that contains itself in words rather than in the open heart which knows that it loves, though it knows not, perhaps, how to respond to a certain situation or to a certain moment. And it is well to be able to speak of these things, yet, beneath this level, there is the level in which the truth is love. Consequently, when the moment comes to have a response to catalyst, let that response be the response that answers the question, "Where is the love in this moment?" The goal between any part of the Creator and another self that is also part of the Creator, is to serve, to love, and to accept the love offerings of others. Often, these love offerings are clumsy, mis-expressed, even meaningless in a linear sense but only containing the non-logical meaning of emotion itself; emotion that is carried, perhaps, even from lifetime to lifetime, looking for a way to balance those energies that are unbalanced. So, we suggest that each see a relationship as an opportunity to be in love with the Creator, to tend to an angel that is in your care, and to refrain from the judgment of behavior but rather find ways to express those positive aspects of love which come from the open, accepting and forgiving heart. For beneath the questions of this kind of love or that kind of love flows the current of friendship, companionship and that wonderful ease that comes to those who truly and unguardedly love. The sharing of gifts is a portion of the question that can be responded to best taking the fruit of the statements that we have made concerning the expression of radiant love that flows through one, rather than from one, and the allowing of symbols to enter the life and to move the heart and the emotions and then simply to realize that one is on a voyage of service and discovery. For each came into the world to be the light of the world; each has the capacity to be the hands, the arms, the loving hearts, the loving mouths of the Creator that speak, that reach to hug, that curve to smile and stop to recognize and honor the divinity of each other self. Rather, what one may achieve (in) third density is an increasing purity of choice, and, once that choice is made to the full satisfaction of the self, that choice of radiance, of service to others, of unconditional love.

2002/05/19: Indeed, there is a new grid which this particular instrument tends to call the Christ grid but which may be seen in general to be a pattern of energy nexi which surround the planet like a net, we would say a net of love, a net that is made of fourth-density light. For within this new vibration, it is possible to sense yourself as a spiritual being entirely, a creature of spirit, a minister of love and light. The service that we provide through this instrument is linear and yet we find that when we speak these poor words of language through instruments such as this one, we are able to use the coloration and timbre of that instrument's emotions and personality to enhance and to stain our very simple message of love and light with the colors of individual personality, incarnation, and point of view. Perhaps our most fundamental service, as we perceive it, is in bringing to people, in groups such as this and as they ask individually, an experience of unconditional love. We do come to you in love. We love so much. Our hope in this work is to enter into relationship with those who ask for communion and companionship in such a way that there is an enhanced sense of the reality and sturdiness

voices of silence; not our words, not the words of your parents, not the words of any perceived guardian or authority can give you that which is beyond words, the presence of the one infinite Creator whose nature is absolute love. The Creator has come through other generations of being and has found ways closer and closer to understand what love is and yet it remains a mystery. In the face of this the challenges of coming into balance with the self may seem insurmountable and yet we say to you that there is a moment which is what this instrument was attempting to speak of when she said falling in love with yourself is needed. Upon the level that balance is achieved without dealing with the light and the dark, what is best is simply to come into loving relationship with the pattern as a whole so that you celebrate the dirt, the muck, the seeming darkness with honest and sincere appreciation, just as you have appreciation for fertilizers in fields and for the cleanliness of a cleaned out system that would be toxic if one were not able to process food and remove it through the bowel. The problem is that there is no balance in light that does not have love within it. Without love the light shall always bend itself into service to self. It is the entity who loves in and out of season that is truly serving.

2002/02/24: We are wondering how a person can also engage the heart so that the intellectual communication that you share isn't just a means of attacking or defending but that you are also able to engage how you really feel and maybe the higher principles that you believe in, the concept of love and forgiveness and compassion. We would encourage rather the model that realizes that right and wrong have only a limited amount of energy whereas truth and love are equal in their energies so that there is not a one-time linear truthfulness to any opinion or feeling that is being communicated but, rather, that which is being communicated is the tip of an iceberg, and that when the skillful person hears that which is communicated that person is willing to open his awareness to take in, not simply the point of the iceberg that is showing above water, not simply the words, but is willing to open to the unseen presence of all that is below the waterline, all that is unsaid, all that fills out the substance of an opinion or a feeling that is being communicated so that each can see the other as a positive source of information and support, even when there seems to be huge discrepancies in opinion and ample evidence suggesting the impossibility of a happy conclusion to the communication. Call to yourself this day with that inner tolling bell of love unknown. You, by the seeds of love that you sow this day, create the love of tomorrow. It is this particular instrument's opinion that when she responds to a request for help from someone who assumes that she is a teacher, what she is actually doing is not sharing information so much as sharing love. Usually, amongst third-density entities the preponderance of reactions that one has concerning other selves remains loaded with bias and judgment and a lack of love. And this is as it should be in an environment in which each of you is attempting to fathom what love is and to begin to make choices that are loving choices. To this query we would respond by suggesting that to obey is to give over one's personal decision-making in favor of another's who perhaps one feels is more wise, more powerful, more loving, and so forth. At some point the obeying of another is not enough to take one to the highest levels of being, of serving, of loving.

2002/03/07: We thank you for this energy of your conversation that you have so deeply and so lovingly entered into. Rather it is as if one planted a tree with the roots in heaven and the branches touching the Earth through people, through works of art, through every channel of living energy that has been created by thought, whether it be the original Thought of unconditional love which is the infinite Creator or whether it be that which is produced by the co-Creator that each of you is. Beyond all considerations, the chief lessons of the enterprise have always to do with accepting love from others and giving love to others without pride, vanity or feelings of unworthiness. I have to think that there is a deep spiritual something, love, something, that brought us together. K We are a very loving group. Can we teach people love. This is the time where, more than ever within history, each individual action, our own and yours as well, and each connection made in loving service, is tremendously blessed. Work within blue ray is helpfully preceded by time spent in silence within the heart chakra, for there is the need to become undefended and it is only in the heart chakra that you are able to reprogram fear into love.

2002/03/17: Each entity's guidance system is quirky,

and is quirky along the lines of love and loyalty and friendship and devotion, all of those positive emotions that feed into a sense of safety and well being. Currently this instrument's faces are friendly, familiar, loved, even adored and much appreciated. It is the density of love or understanding. As you are able more and more to come into a state of trust and faith, as you are able more and more to find the heart of self, the heart of desire, the heart of service, that which means love and positivity to you personally, the more you shall receive angelic or positive guidance, the more you shall see helpful coincidences occurring, the more you shall see evidence of unseen hands at work. You can love another. For turning to prayer, turning to hope that another individual's suffering may be alleviated, is a turning to that love within the self and the worth within the other self that is not expressing at the moment but remains the truth of that entity.

2002/04/07: From a rather vast array of distortions which appear as gifts, and distortions which appear as limitations, which lie within the confines of a soul self, you might call it, that has been formed through many, many experiences, each adding its torque and twist to the swirling, spiraling energy of the self which has been formed without sight, without vision, but of energy itself, that energy which is love, that energy into manifestation which then becomes light, you have chosen that which becomes form, becomes being, becomes body, becomes personality, becomes ego, becomes "you." And that "you" then enters the blinding light of incarnational consciousness. Each of you is precious and beloved by the Creator. Move to that place of safety and resting that this instrument would call Gilead and allow yourself to feel the balm of the Creator's love. What ennobles service is the love with which it is offered. And that love can be held within the heart, can be withheld, or can be released.

2002/04/21: (overview) The question today has to do with opening the heart and the center of love in our daily round of activities. How do we go about opening our heart centers and carrying that love with us into our daily round of activities. You are beings of light, beings of love, beings of infinity. Whatever your image of unconditional and sacrificial love, the secret is to know in the deepest part of your soul that who you really are is the Creator, so that moving into the open heart is a matter of coming home. For the Creator has a very deep and infinite love for you and is waiting for you in every moment of every day, hoping and rejoicing when you do come home. One of this instrument's catch phrases is, "Christ is the I of me." In the cosmic sense, whatever your belief system, unconditional love is not something for which you need to strive because at the very center of your self, the truth of your self is this same shining, unconditional love. Each of you knows what it is to love with every fiber of your being, to be open, flowing channels for the love and the light that is the essence of the Creator. Each day is a brand new gift, a brand new life, a new opportunity to be you and to find the most creative ways to love. And yet how essential it is that you retain the energies to give to the self that love that you hope to give to others, and to do that before you attempt to give to others. In this instrument's holy works the directions are to love others as you love the self. It is important to love the self. This is not selfish, nor is work done to untangle the threads that keep you from loving yourself selfish. Are they moving back into an abandoned and lonely childhood and bringing that child into the heart and giving it the love that was not perceived in the young days of that soul. We feel that your image of constructing a road, a path by which those who seek love and seek to serve the Creator in all may move ahead, is indeed a most adequate image to envision at this time in your spiritual evolution. For when one seeks beyond what the world about you recognizes as real then there is that magic of the thinking, and the acting to follow the thinking, which creates the sure fundament under the foot as it is placed foolishly upon the path, and we say foolishly for many will feel that it is foolish to seek to love all beings. It is foolish to seek to give the self full of love to those whom you do not know. And yet, my friends, is it not foolish to love the Creator that you have not yet met. Is it foolish to seek the heart of love when love is that force which has created all that is. Is it foolish to walk upon the dusty trail of the seeker of truth when that trail so often seems isolated and alone, yet when explored fully is filled with fellow seekers and pilgrims who walk that same trail and who seek in that same vein to love without end, to give without stint, and to be in harmony with all that there is. It is a road that is made of things not of this

known as Jim who witnessed to the lack of love upon your planet. Your people and Gaia desperately need to be loved; to be seen, to be apprehended for the first time as part of the self. You may choose at this time a direction of how to think, and we simply encourage you to focus the mind, the heart and the commitment upon love. Knowledge and wisdom, in the spiritual sense, can be seen to be highly negative when unlit, unilluminated, by love. That is why love is learned before wisdom. That is why love must be learned before wisdom. For when wisdom is learned first it is fair to the taste and so smooth within the intellectual digestion, and so handy and useful in the intellectual display of personality and intelligence that it is often not clear, for lifetimes at a time, that without love, wisdom is utterly devoid of content. We think you will find that honing the faculties of faith, hope and love will be an agenda that will keep you profitably busy for the rest of your incarnation doing what you came to do, serving as you came to serve. That this event would be seen and experienced as that which is catastrophic is as you have correctly surmised, a necessary culmination of those energies which have, for many of your millennia, been in motion upon your planet, and this present expression of anger and hatred is that that which can be seen in one of two ways: as that which demands retribution and a continuation of those energies of which it was born, or it can be seen as the alarm which rings the alert to those observing that there is something tremendously dislocated, shall we say, in the relationship between the various members of the family of humanity upon your planet and which needs attention, which needs understanding, which needs love and compassion. Thus this experience of the loss of life and love can be that which ignites many hearts to love, to light and to service. Each experiences this same loss of love, and each has the power within the heart to open in love to those with whom one is in relationship. Each time that love is given instead of hate, instead of confusion, instead of reprimand, instead of ignoring, instead of walking away, then there is the magical transformation that is possible when faith and will work together in each life. None before have brought this awareness of the need of love to the consciousness in a strong enough way that there was a general response of love. Each entity can love. This is the great geste, my friend: to see love where there is little reason to see it, to find unity where separation seems the only logical path, to see a brother or a sister instead of an enemy. It is at this time that those great swings of power over people can be balanced by love for people. Our recommendation is to love. When each situation, whether large or small, whether global or familial, or simply pointed towards the self, arises, ask yourself, "How can I love. Who can I love. Where can I love?" To love is enough, for to love is the reason for which each took incarnation. Carla I would like to follow up on S's question by noting that we started doing an additional meditation at 9 o'clock at night to balance the one at 9 o'clock in the morning, with the thought that maybe others would like to join in spirit from around our global family and wondered if you would comment on this method of expressing love and any other concrete suggestions for ways that we could come together as a group to make a difference. So that when one loves those who have not been loved previously that one is loving all beings, that when one can heal any misunderstanding or wound in a relationship that one aids the healing and the loving of this planet and its population. And then, begin to bring the light and the love of the one Creator into the image. See that rupture of hurt and pain lightened by this love of the one Creator, shining forth through the eyes of all. Though one may feel that such an image is a small thing compared to the immensity of the agony in your world today, we can assure you that when your inner world of spirit is illumined by your free will choice with love and light these thoughts are things, and this is more and more truly so as your planet moves into fourth density at this time, and this light and love goes where it is needed. All things are possible when entered into with love, acceptance, compassion, humility, tolerance and the light touch. These are your allies, my friends, and each other heart in love (who is) joined with you in this great quest which you are upon ever more fully at this time in your planet's history. The imagining, the imaging is that which calls for from the deeper levels of the subconscious mind the connection with the one Creator, with the Logos of Love, that enables that love to move through your being to wherever it is needed. This is a means by which each may avail the self of that ability to open to love, to give love,

to direct love, to feel love, to be love. This is your link with love. For some the dawning hours are most helpful for they signify the beginning of a new day, a day fresh with opportunity, a day ready to be painted, shall we say, by the heart, by the creative and curious mind, by the passion for living and sharing, for learning and loving. Moreover each of you is the other, and when this truth can be seen and known and felt and experienced and lived in the daily round of activities more and more fully upon your planet, then will the difficulties that you experience at this time and for so long in the history and culture of every country (be eased), then will you be more fully able to channel that love and that light in your everyday activities and to heal the wounds that have long festered in the population of all countries and all hearts. Then will it be more possible to know the love of the Creator and to see it expressed about one. Know that you are joined by those of the Confederation of Planets in the Service of the Infinite Creator upon a daily basis, and when you do meditate or think upon these things a simple request is all that is necessary for various entities from this Confederation of Planets to join you in your meditations, in your thoughts, in your love and in your healing.

2001/09/23: Each of you, then, has laid before you a tremendous range of resources upon which you can rely with your linear, intellectual mind, with all the powers of ratiocination that you have at your command, with the grace and rhythm of the pulsing body that in its instinct and in its essence is so completely aware as a second-density creature is of the love and the light, of the harmony and the unity of the creation and the infinite Creator. The pattern of the matrix of souls who have taken incarnation and who have moved into the physical third-density for their incarnation is a pattern which is formed of light, formed by love, in a fashion which is useable by the mind complex for the purpose of pursuing information-gathering and decision-making, shall we say. Carla I received a letter yesterday from Bruce Peret, and he said that the Earth had once again accepted us and wanderers in general as those whom it would accept love from and accept healing from. Yet the alignment possible after such rearrangements is that which welcomes the newer vibrations of love and compassion which are now moving more fully into expression within some portions of, not only the Earth entity, but large portions of the Earth's populations. Thus the entity of Earth has begun to vibrate more fully in harmony with both the newer vibrations of love and compassion and those of the population of this planet which has also sought to harmonize with these vibrations as well. I would just like to ask then: is our daily meditation practice the best shot that we have at reassuring Mother Earth that we do love her and wish to help her through this birth. For the population from this planet that will be able to welcome and enjoy the vibrations of love and compassion is small in comparison to what this planet could comfortably welcome and stably house. This population of the new Earth is that which is like unto the vanguard that moves first into the difficult areas of conflict and seeks to combat the difficulties with the vibrations of love. There is no direct conflict, as you are undoubtedly aware, for those who move under the banner of love are those which welcome the opportunity to transmute the dark and heavy vibrations into those which are light and full of love by the effort that they make in these latter days of your third density. It is a great honor to be invited to join your circle of seeking, and we can assure each that the Confederation of Planets in the Service of the One Infinite Creator has many emissaries present at this time observing the movement of your peoples from one concept of love and acceptance to another. As this concept begins to spread from one grouping of peoples to another we see a great deal of light being generated so that your planet at this time is a combination of the light and the dark in many different patchwork places so that the light very slowly but surely begins to burn brighter in those areas where there are hearts to open to the concept of love more and more fully as the catalyst becomes greater and greater.

2001/10/07: We would like to know a couple of more ways that a person could use to send love and light to all the areas, the people, the places that need it. The love and the light of the infinite Creator to you this beautiful autumn evening. It is a pleasure to speak with you concerning the question of how to be instruments for the love and the light of the one infinite Creator. We have long hoped to offer our part in positively affecting the process of the birth of fourth density positive upon your planet and among its peoples, so

we, too, are focused in our own ways on the questions of how to offer love and light to the planet and to its peoples. Each priest needs to spend time in that sanctuary that has to do with no one but the self and that connection that is sacred between the self and the infinite Creator, between the loved and the lover, between the spark and the source of that spark, that great fire, that great light, that great love, that great Thought that is the one infinite Creator. Each of you is a crystal instrument and truly it is not necessary to know precisely how you are creating the melody of love, how you are shaping that instrument which is your crystal being so that it is able to transmute, intensify and anchor into the planetary vibration the infinite light and love of the one Creator. One may picture oneself as one of many beings which are weaving a net of love and light just like a fisherman's seine or a butterfly net, something that moves across the entire stream, that wraps around the planet like a great, full skirt from an angel so that all of the planet is wrapped in this shining mesh that is made of individuals' love and light, woven energy upon energy, sent from so many instruments of love and light, from so many light workers, shall we call them, into this web or net of love. If visualization is a problem, it is possible simply to speak with, to give words to, the Earth, to explain to the Earth how much it is loved by you, how much you appreciate the Earth, how much you feel in unity with the Earth, and how much you want to help it come through this tremendously exhausting and difficult period of birth. Then, from within the center of your heart, allow that quality of love/light to emanate until the previous feelings of the stress have been, shall we say, engulfed, surrounded by the love and light emanations from within not only your heart but from within the hearts of all others who meditate with you as well. Experience the outpouring of these small streams of love and light until there is a great river of love and light that completely engulfs the feeling of distress. The use of the crystals for enhancing the meditative practice of sending love and light where it is needed is a practice which, indeed, can be most efficacious. The activities of such interactions and the entities involved are those which we feel are, shall we say, subsidiary to the primary effort of those entities who seek to serve the Creator in the positive sense by the opening of the heart chakra and the shining of the light of love to all who are encountered and seen as the same as self, the same as the one Creator. Those who are seen as such may also be seen as the same as those who were seen in distress; that is, there may be engendered this quality of love/light which may then be seen to be sent to these entities who are of the negative polarity so that they also are engulfed in the radiance of the noonday sun. Then this quality of love and light may also be seen to be surrounding and protecting those areas or persons that are felt to be endangered by such entities. Thus the quality of love and light may be utilized both as a healing and as protection. Then the fifth moon smiles and she realizes that it is the Creator and that the Creator loves her and that everything is perfect. As you send love and light to any, you send it to all, and there is a kind of reverberation that feeds this process and moves it in the metaphysical sense.

2001/10/21: The conversation before this meditation brought up the question of how fear could possibly be love, and perhaps that is where we shall start. So let us move back to the beginning of this particular string of reason and concept and gaze at love itself and what we think about love. Love is another four-letter word. When we speak of love we are speaking of that which is the essence of the Creator. The love of which we speak is far more powerful, far more coherent, shall we say, far more crystalline than the love of family or mates or even the overriding love of brotherhood and humankind. Love, as we speak of it, is not simply an emotion but, rather, an utterly coherent Thought. This Logos which we call Love, this living entity that is the Creator and includes the created, is an infinite concept. Indeed, one word for Love is intelligent infinity. The essence of love lies in this infinity and in its intelligence which is the intelligence of the Creator. All that is light was created by love. Consequently, all that is experienced in the creation is one thing, and that is love. All positive- and negative-seeming appearances, no matter how far from love and light they seem to be, are still made up of love. Each of you, then, is a creature compounded of love, moving and having your being within an energy field that is made of love and shaped by your distortions of that love. For fear is a very common distortion of love. Yet this fear is a creature of love. It is attempting to send you the energies of

radiated love, that which, according to your holy works and according to us, does cast out fear. But, indeed, the straightest road from fear to love is faith, the ability to move beyond the tangle in the stream of energy, back to the source, and it is done not by moving to anything but only from the position of fear. We are, as you are aware, happy to give our opinions in those areas of our expertise which are primarily those of the metaphysical nature, the process and proceedings of the rate of spiritual evolution, the ability to open the heart in love, for this is the primary reason and activity for which each took incarnation. Yet how much more important is how can one love in this situation or that situation.

2001/11/04: We are wondering if you could give us some information about (whether) the people who were directly involved and who gave their lives in this event might have been the catalyst for all of us to become what you might call a "nation of priests," people who are desirous of being of service to others and following the way of the peaceful warrior, of discovering love in the life, in the heart and sharing it with others. For most entities those questions have to do with the giving and receiving of love. We cannot look at the future and tell you what you shall experience because each of you is a co-creator, capable potentially of generating tremendous light and tremendous love, not from within yourself but through the crystal of your being. Realize that you are already exerting a great deal of power; so the question becomes, "What is the right use of power?" Where is the love in the situation in front of your eyes. Love one another. That is the heart of priesthood: to love, to bless, to witness to the light.

2001/11/18: Beyond all these reasons, the heart of war and the heart of the reason for war in third density is the nature of love. All things that you experience come to you as distortions of love. There is no other substance but love from which to draw life. So all of life, including murder, pillage, and rape is act after act of love: love distorted, love blocked, love asked to go where it would not go. Nevertheless, no matter how many times the stock seems to be hybridized and ruined, the basic root stock of all experience is love. The choice is not between love and hate. The choice is between two ways of seeking love: loving others as a way of choosing to love, or loving the self as a way of choosing to love. And yet the struggle to see clearly the roots of love within the self is a tremendous one. As the one known as Jim has said, it is not that anyone knows not how to love. There are many examples of unconditional love. There are very simple words to indicate the qualities of forgiveness, compassion and love. So the question becomes, "What is each seeker's response to the call of love?" And this is not a simple thing. Love calls powerfully and pulls each entity forward. Love. If you understand that you are here to pursue spiritual evolution, that you are here to answer the call of love, then you will want to shape your questions to the infinite Creator in such a way that you are seeking your own essence and the essence of Love itself. And yet we say to you, like love itself, peace is beyond all condition. "Where in this moment is the love. It is a part of the hard lessons of love. As fourth density wears on, this great love of being a warrior begins to evaporate, as love is better learned. Each has had crystalline, shining moments in his life, when love has become real, not just a word, not just a concept, but amazingly, vividly, powerfully real. We see this body of energy enlarging upon your planet, and we feel very hopeful that, against all of the apparent news to the contrary in your Earth world, the lessons of love are more and more being seen, sometimes for the first time. And so we ask you simply to seek that light, to seek the face of love, and when you see that sun shine radiantly that is love, to learn from it and to offer yourself to it. For you, too, can be an agent of love within the confusion. We would at this time transfer this contact to the one known as Jim, leaving this instrument with thanks, and love and light. S From our e-mail group one topic that came up: a fellow named B anchored frequencies like love to the Earth. Each of you vibrates in a certain fashion the harmonics of love, for from love was each made. If one is able, through the process of seeking, to discover this basic vibration of love, then there is no greater gift that one may share with another.

2001/12/09: When a third-density entity allows or surrenders to that ineffable energy of unconditional love, which has often been called Christ consciousness, then the experienter of this love vibration is dwelling, unknown to herself oftentimes, in fourth density. That quality of love, when the veil is removed, simply places one in a fourth-density envi-

ronment. So any time there is between two entities an energy exchange that is genuinely and authentically mutually loving, without reservation or purpose of control or manipulation, any time that there is the achieving of a state of trust that is pure between two entities, any time there is that insight and awareness of the oneness of the self and another, within that moment, within that communion, however long it lasts, you are walking the bright and golden path of social memory formation, weaving connections and experiences that redound to the personal process of evolution and also to the planetary process of birth into fourth density. It is the depth of the knowing that creates the state of mind which opens the gateway to intelligent infinity and allows that Christ-consciousness energy its freedom of passage, and when that energy is flowing freely, even if that entity has no idea of what is occurring, the planet itself and the people around that entity will feel the light shine, will feel the warmth that is radiated and will be drawn towards that light and that gentleness of energy that moves with those who are full of love. My feeling is just to love this entity as myself and to let the chips fall where they may. I'd love to see the Law of One available in more ways to more people at more levels.

2001/12/23: The question this day is very apt for the time of year that this meeting is being held, for it is near Christmas and all over your world, in every nation, many millions of hearts turn now at this season to thoughts of peace, love and giving. The catalyst for this enormous peak in energy among the peoples of your planet is an outgrowth of the natural cycles of light and dark, fear and love. So if the one known as Jesus was offering information about the vibration of a social memory complex then the direction that the entities who wish to help form a social memory complex need to go is the direction of forgiveness and love. Whether it is anger, grief or any other negatively perceived emotion, the dynamic is always between love and fear. Almost anything that seekers can think of as ways to express their own individual desire and thirst for being part of the good and the love of planet Earth will help. For love has a way of teaching you without being obvious about it, without the two-by-four having to hit the forehead. There is no wakeup, often, with the lessons of love but, rather, you discover that your ideas have migrated a bit, that there is a different light from which you are seeing the same thing. There is an energy exchange between those who are vibrating together in love with each other on the fourth-density level which is very heartening and very healing for both entities, and we encourage each to attempt in all relationships to move from a point of fourth-density love, acceptance, forgiveness and willingness to move on. I begin again." And let mistakes be mistakes, but stay in the light and the love of the one infinite Creator while you make the mistake, and, after you make the mistake, allow yourself your own love rather than your judgment. The one known as Jim has said very truly many times that this world needs a great deal of love. There is a feedback system that begins to work when entities meet spiritually and attempt to love each other, even when they misbehave, even when they have difficult times. If you do not respond to it, if you insist on being all love and light at all times and not dealing with your feelings, not dealing with your dark side, you shall never make a social memory complex. So the first entity that you must fall in love with in order to form a social memory complex is yourself. If you can fall in love with the shadow self of your own 360 degree being you have become far, far more vulnerable to the light that is the new light of fourth density. So all aspects of light feed into making third density into fourth density because all aspects of light can be illuminated by love. Love makes food taste better. Love makes gardens bloom better. Love makes children grow healthier. Love makes businesses thrive. Love will also make positive fourth density occur because the love energy within many of your people is now approaching that energy which is the graduated third density, the Christ energy. For this entity simply wants to love. This rest that faith gives, again, frees one to love. No one within your sphere is truly fearless in all ways, but it is well gently but determinedly to work on that fear, work on those separating emotions and realize that all actions expressed lovingly are metaphysically correct. As we said, there are times when one must make decisions that do not seem particularly loving. But if they are made carefully, thoughtfully, and because of love then we say that is excellent work. It is important to be loving. But attempt more to open the heart to love. Others perhaps respond to the loss of

loved ones from earlier times who are not now available for sharing the joy.

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2002/01/06: We tell of love. Consequently, rather than bringing one entity into the silence, by meeting in a group over a period of time you are beginning to weave for yourself a solid and reliable resource which contains your energy spoken truly and reflected in the mirror of those who love you and those who would wish to help you. We are so pleased that you have sensed the power of simple, error-prone, third-density human beings in a group, dedicated to light and love and service.

2002/01/20: For if you are telling yourself something that is disempowering, like "I don't think that I can do this job," perhaps you are telling yourself that so that you can stop and take a good look at the job and really ask yourself, "Is this the job I want to do?" Or with a relationship to ask yourself, "Is this the footing on which I want to be, or is there another footing that would not only be more skillful but actually make me a happier camper, a happier person, a more efficacious human being," one that is more capable of learning, loving, serving and all of those things that you hope to do?" So I suppose that what we are saying is that it is true beyond our ability to prove it that what you think to yourself, what you say to those about you, has, to the extent that you believe what you are saying, or that you do not believe to the contrary, a power over your future. Think how one person who chooses to bring faith into the present moment, to bring the love of the heart into the present moment, affects that present moment and affects the mood of those about that person that is expressing love and light. Rest insofar as you can in the memory of those moments when you did feel connected to the Creator, when you did feel that you were part of the love that is all that there is, when you had the connections that made you unified, positive and hopeful. Many times within the life experience you will not be able to see how a certain situation could possibly be one in which love abides. But this is always the question to turn to, that one offered by the ones of Ra, "Where is the love in this moment?" This is a question that is always productive, that one may ask the self in a crux in the present. And by finding where the love lies for you in this moment and placing yourself there, there is how you affect the future. Those of Latwii, who are of the density of light, have joined with those of Hatonn, of the density of love, and also have joined with those of Ra, of the density of unity. As a planetary population moves from the third density, the density of choice, into the density of compassion, love and understanding there is at that time the obvious blending of each individual within the social memory complex.

2002/02/04: And each choice that is made is far better served by preparatory time spent in the unitary and unified silence of your own heart, practicing the presence of the infinite Creator and allowing the questions in your heart simply to be so that you and the Creator and the questions with which you come rest all together, loved and loving, Creator known to created, created known to Creator. When you do not have the chance to practice silence in a formal manner we encourage you to seek the ways of nature and enter the creation of natural things whenever possible, for there in that world you are a harmonious and beloved part of all. How do you forge a road between the everyday of earning a living and the fourth density of love unconditionally given and received.

2002/02/10: If there is no resonance, either of dismay or of love, then this material definitely can be looked at another time. It is purely loving. For you see, to come into an acceptance of the she-wolf that runs with you, to come into an acceptance of the liar whose dazzling footsteps dance one out of trouble, to love that self that is able to aim, group at three inches, and polish off a target at twenty yards that happens to be a human that is attempting to cause damage to a loved one... This instrument has certainly experienced the feelings of a murderer when a loved one was apparently struck and perhaps killed. Where there is hatred, let us sow love. O divine Master, teach us to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. The voices that are needed are the

nity to settle into your true vibration and share that with the situation. It may not change the outer situation, but your use of energy, your expenditure of energy at that time, has made a difference, not only in the local atmosphere surrounding the situation in which you applied love without judgment, but also because such energy expenditures are added to the fund of love upon planet Earth. Your planet has received enough love and understanding from the many, many groups around your planet that are attempting to communicate that love and concern and sense of stewardship and partnership with the Earth. We believe that there is a tremendous possibility that these pockets of love and light and cooperation will begin to proliferate as loving people find other loving people and form local groups to solve local problems in all of the different areas of life. You are love. It is an encouragement to make of life a spiritual, sacred, game in which you attempt to move yourself from the still point where you neither love others greatly or yourself greatly. It is quite possible for such entities to make graduation and harvest, for the energies of graduation and harvest have to do with unconditional love, it is not a book-oriented test. The last category, of course, is those service-to-self oriented entities who have decided that their way to the Creator is to love themselves more and more purely and to attract to themselves those entities which will help them and then put them to work as, shall we say, slaves or very obedient servants. Consequently, they cope very well with a surprising amount of difficult catalyst because they really have to be firm in their desire to love themselves and very confident before they can make any progress whatsoever in that very difficult polarity. Each and every one of you is a sun, radiant, infinite and loving. As you sit in this circle in the gathering twilight, feel the power of your combined love and let it bless the world from your open hearts. The first asset that we would encourage you to consider is the strength of your own love of life. When this instrument happened to be in a great deal of nerve pain from the shoulders, spine, neck and arms, after a good deal of searching for a good focus for intention, this instrument, because of her Christian background and because of her love of science fiction, chose two points of focus.

2006/09/26: Moving a bit closer to consensus reality, moving down from an infinite Creator who is a complete mystery to the half-revealed mystery of that expression of unconditional love that this instrument call Jesus the Christ, it may be seen that you are one with the unconditional love and compassion which Jesus the Christ carried upon his human shoulders as the regal robe of kingship that was his. Structures which include pride, no matter what the source, are structures that tend towards splintering the light and dividing the power of love into smaller and smaller fractions. In that state of emptiness, you then may ask to do the will of the one infinite Creator, to serve with love, compassion and a far more directed will. When one does not distinguish between tasks and when one does one's tasks with love, all tasks are equal. If you are able to find an exalted place of employment that stretches your creative abilities and offers you a great deal of the world supply, then do that work with absolute love and passion, do your best. And if fortune sends you labor that you feel is beneath you, yet you can do it, and it can pay the bills, then find the love and the pride that you would take in that exalted work and apply it with utmost integrity to the work that lies before you to this day. Do not distinguish between kinds of work but rather focus, in all that you do, on creating a poem of your love and your movements in the work of your hands, your mind, and your heart. The dynamic to fear is love. Fear and love do not coexist, any more than light and dark coexist. And just like light, love cannot be killed by fear. The love within you is waiting for you to embrace it. Allow yourself to become aware of love, that love that flows all around you at all times; that love of the one infinite Creator which is without any limit. Let that feeling of unconditional love lift you and help you to glow as if you were a lighthouse carrying this wonderful Pharos¹ of love and light that express through you. The human condition will always include fear, but it can at the same time include an equal and balancing amount of love, so that you as a being are one of 360 degrees, the light and the dark, the difficult and the easy, the sorrowful and the joyful. The hosts of the unseen worlds vibrate in sympathy with those who seek the love and the light of the one infinite Creator.

2006/10/01: This arrangement of energy expenditures is a part of the structure within which all of those parts of the

Creator which you represent may move through the dance of the densities, seeking the truth, learning what it is to be, to be aware, to be aware of the self, to be aware of love, to be aware of wisdom, and to be aware of unity. There is that giving of the self to the heat, knowing that the heat will destroy and burn away all the dross and the chaff of the being, leaving only the shining, glowing, glorious essence of unconditional love.

2006/10/08: As you observe yourself from a standpoint of unconditional love, you will begin to self-correct the extreme behavior because you will have been able to interrupt the old pattern that acted as a trigger for the despair. When you get these feelings that you are not worthy, sit with them, be a companion to them, and bring your spirit home in peace and in love.

2006/11/12: We are those who come on a vibration of unconditional love. Both the one known as J and the one known as T were talking (during the round-robin discussion that typically precedes a Sunday Meditation) about how easy it is to move from a mental and emotional attitude of unconditional love to an attitude of irritation and hostility when the catalyst of an unhappy and abrasive person breaks into the peaceful world of home and family. We are saying that when individuals who belong to the tribe of humankind choose one, upon another, upon another, to serve the love and the light and to refrain from fear, that attitude will spread. The efforts of many groups, including this one through whom we speak this day, have spoken of light and love and the word has been passed, more than perhaps you might realize, at the grass-roots level, at the level of indigenous peoples; and at the level in civilized worlds of the first fumbblings and reachings for something that has substance. We see the world waking up to love. We see it beginning to respond, love being reflected in love. We come to tell you a story about love: love unconditional, love unlimited, love that creates and destroys. It is a simple concept: this one great original Thought of unconditional love creating the universe in order to know more about Itself. A spiritual lighthouse has its own kind of light and when you become aware of the power of your beingness, you may, if you wish, consciously become that kind of lighthouse that radiates love and light into the spiritual space around you. All the speaking that you might do is not one-thousandth as powerful as the focus of your very nature when it is focused upon unconditional love. Let your answer to fear be an openhearted, sunny, carefree, joyous, confident feeling of love and rightness. We intend rather to suggest that you love the world and accept it as it is. Once you have chosen that fundamental attitude of loving the world no matter what, then it is not going to unbalance you to investigate as much as you wish into the structures of politics, economics, social living, culture and the formation of myth. Absorb and consider and mull over information as long as you wish, as long as you are able to do this within the context of loving that which you understand ever better. Come to the great cross of life: the vertical reach to the infinite; the horizontal reach within incarnation to loving and being loved.

2006/11/16: If so, are there metaphors, fields of inquiry, images, analogies or spiritual principles which come into play in this developing relationship, which will help me experience this relationship and treat my son in the most loving and skillful way. The first generation of wanderers was made up of those such as this instrument, which responded to the call of Earth by coming from a higher density to move into incarnation and share the love and the light of the one infinite Creator with those of this planet in an attempt to shift the planetary energies more towards the light. However, this second generation of wanderers is characterized by more confidence than the first generation of wanderers, but also less of a dedication of service to others in that their chief motivation for coming into incarnation at this latter hour of your third density was to use the boot camp like atmosphere of planet Earth to do what they would consider "quick and dirty work" in adjusting the balance of their energies between love and wisdom. For others who already have their hearts opened, it means emphasizing wisdom and asking the open heart to receive that highest and best self's wisdom which comes from guidance and informs loving compassion in such a way that there is equanimity to match the passion of your dedication to service. These are fourth-density wanderers, whose first act, upon choosing what would please them the most to do next, was to return to their beloved home planet in order to assist not only the people of planet Earth, but also,

and perhaps more principally, the planet itself. When you and he are doing loving and positive things, the dance is a happy dance, or so it seems to your judgment. Such expressions are your invitation to tell your stories, share your wisdom, and embrace the child in an atmosphere of acceptance and love. Forget all except loving, being loved, and sharing your dreams. Let your creativity blossom as you surround this child with the essence of your unspoken love. These are all the creatures of your honest and heartfelt love, and they will be good companions for your child. W I believe the viability to act as a loving parent to a son depends on how open my heart is to love. Therefore, allow the things around you—your books, your papers, those items that you love—to be meaningful to your child as well as to you. The love and the light of the one infinite Creator are completely expressed within the silence. The times will come, as you love and care for your child, when it will be natural for him to ask along the lines of this or that spiritual concern. At that time, my brother, share your truth as straightforwardly and lovingly as you know how, knowing that there are many mistakes but that love wins through. We thank each of you in this circle of seeking for the beauty of your vibrations and the beauty of the combination of them that has made this a surpassingly lovely experience for us.

2006/11/19: When you are a very small child you gain the concept of “me” and “mine” and the nurturer and the one who is loved and the one who loves you. This instrument was speaking earlier, for instance, of how she must remove from her consciousness all of the details of her present moment before she can come to that formless awareness of self that is the real self, the consciousness that is shared with the infinite Creator and with all the forces of love and light within her world. Some of you felt that you were overbalanced toward love and tended towards becoming martyrs rather than applying the wisdom that balances martyrdom and creates of it continued life and continued teaching and an expansion of possibilities. Some of the experiences that you receive will be sweet to your tongue and delicious to process—your lover’s touch, the cry of your baby, those wonderful times when you see the beauty of the moment in the sunshine and shadow.

2006/12/10: Those levels of thought are the dynamic between love and fear and the dynamic between unity consciousness and the consciousness of form. In the course of many graduations from many planets, there gradually began to build up populations from Earths such as yours which had finished their third density, the density of choice, and had not been able to graduate into the density of love. It is a choice between choosing to love, include and accept, with compassion (for) all things and beings as part of one Creator, and the choice of seeing all entities as those who may be able to serve you. Consequently, upon planet Earth at this time you have many tribes who are having their second chance at making the choice between love and service to others or that love which is turned into fear and service to self. Let us now look at the dynamic between love and fear. Rather than being able to rest in that love which sees all things as one, he feels fear because of the differences between himself and others. We can say that you are creatures made of love, but in so many cases your experience does not feel like that. So in a way, finding yourself to be a creature of love is an act of faith which has no proof of being the right choice. And so, for the first time, as you move through this refining fire of incarnation, you begin to have a sense, a genuine sense, of who you really are, and it does not sound so foreign and alien to say, “I am a child of love. You are a witness to the love and the light of the infinite Creator. Day by day your beauty astounds us, your courage amazes us, and we cheer for you and love you.

2006/12/17: Every student remembers teachers that lifted subject matter from the conscious everyday level of “learn these facts” and “take the test” to a level which let the student see into why the teacher loved that particular discipline and why that teacher was teaching that particular class. Love, passion and affection are catching. When a teacher loves the subject he is teaching often he is able to excite others because of his love, his affection, and his passion for his discipline. So even when you are simply trying to memorize the facts of biology, chemistry or astronomy, a good teacher will motivate you through his love of the subject to create a sense of adventure in learning that is lacking from an uninspired teacher’s presentation. Implicit in his silent meditation [are] his acceptance, true love, and all

of the environment which points the student toward his own essence. Loved, cherished, supported and encouraged. Love is reflected in love. You may open upon the creation of the Father and through you entities may see light and love. What we mainly wish to assure you of, my sister, is that because your translation is done in love and because your offering is a labor of love you not only carry the vibrations of the original but you enhance it by the addition of your special (offer) of energy so that there are two translators. Consequently, you may rest assured that you lose nothing of the vibration of love and light which you yourself feel as you receive this information in English. Indeed, you may be encouraged to know that you add to those vibrations richness and depth by your love and light and your dedication to service. This is always the nature of spiritually based communications, because (you) are not talking about apples and pears, you are talking about truth, justice, beauty, compassion, unconditional love, realization and enlightenment. We will be there to love you, to support you. It has been a supernal loving experience for us being with you this evening.

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2007/01/07: My friends, you know that we are messengers of unconditional love. Our message is not that we come to you in love but that we and you are love. Therefore, it is as if you were a sun, radiant and unimaginably full of the love and the light of the one infinite Creator. When you have taken yourself that seriously and dedicated yourself that completely to the hope of being love within the world that you experience at this time, you become a magical entity. Grace abounds, for when you choose to love, you choose to express the nature of the creation and the Creator. For, when you are moving out the front door to get the paper in the morning, you are moving not only as love itself, incarnated in physical form, you are also moving as a sleepy human who is noticing the weather and the state of the morning and so forth as the paper is fetched from the mailbox. Take every concept away and just allow yourself to kneel before the love and the light of the one infinite Creator. As you allow yourself—the concept of yourself—to melt away, you become an empty vessel, shaped to hold the love and the light that you find pouring into you in that inner room. When you have emptied yourself so that you can hold the gift of love and light, you are in the position of the one known as Jesus the Christ when he knelt down in the garden of Gethsemane and said, “Not my will but Thine be done.” And when you rise up and go out again from that inner room, you will find the Earth a sparkling place, bursting with joy. S If you wish to serve with unconditional love and yet seemingly those around you do not wish what you have to offer, where do you go with that. ” We believe that the one that meets your needs at this time is, “Blessed are the meek in heart, for they shall inherit the Earth.” The blessing of not being understood or accepted for precisely who you are is that it moves you to a deeper place where you offer that self to the lover of your soul that is the infinite Creator. Love and light. Light and love.

2007/01/21: In the end, many involved in violence on behalf of their nation-state die attempting to protect their loved ones at home and the safety of the home environment. While there are those who delight in violence and look for opportunities to be cruel and destructive, by far the majority of entities upon your planet strive towards goodness, truth and beauty and do not love violence or the dark emotions that surround the physical acting out of aggression against fellow human beings. Into this atmosphere and this environment you came, as the one known as William said, “trailing clouds of glory,”² from a place of perfect love into the violence-strewn environment of Earth as you find it this day. It is helpful to have that outer machinery of the structure of the Creator above and you below so that you can lift your hands up in supplication to a forgiving and loving Father and ask for forgiveness. And as you move into more and more maturity, spiritually speaking, you will begin to discover that consciousness is impersonal, carrying the nature and quality of the Creator Itself which is the Logos or unconditional love. And this exercise, too, strengthens and changes the energy body so that it more efficiently is able to allow the love and the light of the one infinite Creator to flow through into the heart chakra, where lies the stunning mystery of the

one infinite Creator. It is good, in terms of lifting your vibrations from day-to-day, to ponder and remember these wonderful ideals of truth, unconditional love, beauty, hope, charity, justice and fairness. The more habitual your realization of choices is and your determination to choose the highest road, the most compassionate and loving response, the more positively you will be able to affect the tuning of your energy body so that it vibrates more and more in service to others in terms of polarity. Move forward into the blessed light-strewn fields of the Creator and invite the sunshine of wisdom and unconditional love as you find ways to spend your precious energy and your precious time within the school of planet Earth. We share also a great love and affection that passes between each of you and us, and that, too, is a blessing to us for which we are most thankful.

2007/02/04: How exquisitely beloved and dear to the one infinite Creator you are. Feel the love that surrounds you and interpenetrates every cell of your body. And as this instrument often asks, "Where is the love in this moment?" This is the starting place for everything, this present moment. You dwell in a universe in which all things whatever are connected and knitted up together in love. In a very deep sense, that point of light and love that you are, metaphysically, is the realest thing about you and the realest thing about all other points of energy masquerading as human beings that you shall meet in your lifetime. Know that you are loved and allow yourself as a point of consciousness to continue to drift and observe your feelings, your thoughts, and your biases. And in the choice of polarity, as you were studying this weekend, you may see the figure of the Two Lovers or the Transformation of the Mind with the tug present—not one tug greater than another but two equal choices. (Side one of tape ends.) (Carla channeling) And if your energy feels dim, call upon those who wait to be asked to encourage you, love you, and help you. Consequently, even a two-person oversoul may involve an enormous family gathering if you look at the structure that has been created by the dedication in love and service to others of two beings who are aware of their opportunity to choose. This is because it is a reflective and interactive universe and when two entities vibrate together in love, that vibration awakes a resonance within those not only in the seen realms but in the unseen realms which are vibrating at that level. It is not that you are preaching to them, "This is the way to live life." You are simply radiating the love and the light of the infinite Creator, Whose pathway you have made straight and clear and flowing in the transparency of your personalities.

2007/02/11: That is how long people have been sensing the need to alter and shift their consciousness and the consciousness of the planet which is the location of their beloved home and of the tribe of humankind of which they are a cherished part. The fourth density is the density of love. As the song before this meditation says, entities may often be standing knee-deep in the river of love and light and dying of thirst² because they do not know how to scoop that life-giving liquid up into their bodies, their minds, and their spirits. There are waves of energy coming at this planet that you so lovingly enjoy each and every day, every month, quarterly, yearly, and at times which are irregular but based upon time/space events rather than space/time events. And then look that shadow side of yourself, that has been flung up against your eyes, straight in the eye, thanking it for the gift that it is, and realizing that it is not the truth of you but it is a portion of the truth of you that you have not examined and therefore that you have not brought into the light and the love of your heart. Make straight in the desert a highway for unconditional love. May they speak of love, beauty, truth and compassion. Given that the energy of this planet is one which yearns towards love and light, there will be an automatic cessation of the time lateral, as we said, around the penumbra starting in 1998 and going well past the precise moment when the planet itself transits into a space/time position which is different in the emission of light it receives. There is no hell deep enough to lose the love and the light of the infinite Creator. There is no prison whose bars can keep you from the love and the light of the infinite Creator.

2007/02/18: We of the Confederation of Planets in the Service of the Infinite Creator have identified the nature of these hierarchically unitive and harmonious energy fields as being that of love. The energy that created the stars is that of love. The energy that created you is the energy of love. That does not define love, for if love is all that there is, there is

nothing to which to compare it. The truth of the universe lies most profoundly in the unknowable reaches of the mystery of the love and the light of the one infinite Creator. There is fullness to the universe that is intense, as if every particle and iota of the universe were stuffed to bursting with the love and the light of life. If the Creator is infinite love and infinite light, and if the creation is evolving continuously forever, then there is continuously more of truth than there was before. And in the surging of the rhythmic cadences of the songs, in the prayers and the praise, the love and light of the one infinite Creator seem palpable. Interestingly enough, love is the one great force that all entities know intimately, but which resists definition completely. And indeed, to attempt to use words to describe love is to attempt to build a great edifice out of pebbles. Love is all that there is. And many are the epiphanies and "aha's" of a spiritual life in which the seeker is content to let this teaching occur mostly in the silence of meditation, contemplation and the deep resting in whatever practices create for you personally a sacred chamber in which to tell the secrets of your heart to the loving ears of the one infinite Creator. For each religion teaches the basic love of other people and the love of the one infinite Creator. And if an entity loves the Creator and loves the neighbor as the self, however that is put, the path to graduation from third density is clear. Any entity can create within himself a way, a truth, and a life if he begins and ends with love. This entity's stories and parables were about simple things: being a peacemaker; understanding that he who loves the prisoner, the orphan, the widow, is loving Jesus the Christ; understanding that he who feeds the hungry is feeding Jesus the Christ. Your love of the Creator encourages us.

2007/03/18: The story of love is worth the telling. When such a decision is made, and then when the decision is followed by a persistent series of ethical choices that bolster this decision to be alive, to live from the heart, and to espouse the values of unconditional love, in time this creates an entirely different inner environment within that entity who was before comfortably asleep and is now wide awake and alert.

2007/03/25: You are very sensitive instruments, holding tremendous power, the power of unconditional love, that love which created all that there is, which created you, and which would create children through your use of sexual intercourse if you so desired it and made it possible through your own sexual intercourse with your mate. Indeed, for the untutored entity who may indeed be fond of this lover, or even have decided to marry and take a spouse, these orange- and yellow-ray activities of personal relationship and legal relationship are not yet enough to create a true energy exchange. And so the couple that wishes to express sacred sexuality and to become entities who serve in a certain way in the environment of planet Earth agree together, very consciously, to set forth on a journey together in which they woo each other with true affection and patience, in which they see the Creator in each other, and in which they feel the power of the Creator's love and the Creator's light. Each mate dedicates itself to loving the other unconditionally. That is why entities are so specific about whom they love. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. This combination creates an infinite atmosphere of unconditional love. Certainly, when these sounds are brought together into inspiring speech or ineffable singing, once again the human heart can begin to hear the sacredness of sound and the power of the human breath to express the love and the light of the one infinite Creator. It is well to sense the self as a priest and to know that each time you open your mouth, you have the power to judge and you have the power to love and forgive.

2007/04/08: This instrument prays every morning, "Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart."² When your mind is on serving the one infinite Creator, then you can slow life back down, because you have a center. Let us, dark and light side, worship and love the one infinite Creator in its mystery." These actions will bring you ever more peace and serenity within yourself. As you acknowledge and embrace your imperfections and task them to help you be better and to help you become that which is ahead of you to become, what have you in mind to become if not that entity which is ever more polarized; more full of the love and the light of the one infinite Creator. It is also the many, many light-workers who, for the last half century and more, have joined the ageless community of those who

meditate for the good of planet Earth, with very specialized agendas having to do with their being wanderers coming into Earth incarnation in order to help shift the energy from one vibration that is third density to a higher vibration that is more full of light, denser with the love and the light of the one infinite Creator.

2007/04/14: And as this realization spreads and as the hunger for true peace, union and love among all people grows, there is very likely to be a positive outcome at the end of this time lateral. And that goodness and love which is the very nature of creation is at the heart of every cell of your body and every atom of each cell. Your very nature vibrates with the infinite love and light of the one Creator and you are a Creator in your own right, not greater than any other Creator but able to choose your reality and to see it into manifestation. It is the hope of many who watch this experiment with interest that entities shall become so on fire with love and so able to share that love in a pure way that does not create exclusion and the tendency to form cliques or to isolate themselves from others who think differently, that, in one sweep of relatively short time, the planet will come alive with the realization that it can, as a whole, find a way to express the love and the light of the one infinite Creator in a way that is more congruent with those fourth-density energies that are already a very big part of your third-density experience. There is just enough energy left for a few more of your years in which entities can make the choices that will place them in a position to be able to graduate from third density to the density of love that is your fourth density. However, under the influence of the union of what you would call male and female energies, there is, in that state of consciousness that involves mutual love, each for the other, the possibility of moving into sun bodies in order to express the fusion energy of sexual congress: light to light and love to love. That energy cannot be sustained and so when the expression of love has been concluded, fifth-density entities move out of that level of vibration and into their fifth-density physical bodies, shall we say. We note that some entities are drawn to intellectual discussion and contemplation, while other entities are more drawn to a pure emanation of love. So it is not that you are doing anything when you have cleared your chakras but rather that you have become an instrument, a wind instrument to be exact, so that the Creator may play you, may blow the wind of spirit through your instrument and you then create a song, a melody of love and light from the impression of spirit upon your instrument. As that heart not only opens but is persuaded by the constant tuning of the individual to stay open, more and more, finally there is a habitual default setting of open heart and dependence upon the concept of love and a need to be a part of the principle of love and light upon planet Earth. In such a way shall you be able to keep your system open and ready to speak the words of love, to sing the melodies of wisdom, and to reach out, hand to hand and heart to heart, to each other, as you practice being one in love.

2007/04/22: The Creator is also at the heart of your life, alive, as this instrument would say, and well, waiting in those sacred chambers of the inner heart to be discovered and to be used as the resource and asset that unconditional love always is. I think I really have learned that lesson and all I feel for you, piece of catalyst that you are, is love.” There is a very specific difference between catalyst with which you are not finished and catalyst which you have balanced. You share the consciousness of unconditional love. When you are attempting to form a rule of life, as each of those present in this room is attempting to do, let the heart and the soul of this rule of life be love. And this entity carries in his story the vibration of unconditional love in a way that anyone can understand, at least in the broad strokes of giving up ones life in order to serve others and to make life richer for others. When you sense these moments, take the time to move into them more deeply, to rejoice in the gift of the present moment, and to use that moment of inspiration further to dedicate yourself to the love and the light of the one Creator and to being agents for that love and that light.

2007/05/06: It may well be that the processes of seeking bring the seeker into community with those who demonstrate unconditional love, and that is a great gift. You are not here to judge; you are here to love. When you find the center of your power, that creative energy that made all that there is, then truly you wish to use it well and to use it wisely and to use it lovingly. We shall simply be with you and you will feel

the unconditional love of our vibration. Yet always, our first gift is that of loving and being loved, for we feel your love of us also. So love is reflected in love and the Creator's concepts flow from metaphysical instruments such as we into your heart. And may we say, my sister and all, you cannot fail, you cannot err; because as long as you breathe in and breathe out and love, you are doing what you came to do and you are doing it very well.

2007/05/19: No matter what spiritually inspiring entity you may bring to mind, we assure you that if you asked that entity, when that entity was alive, if he had been able to achieve full realization, so that nothing more needed to be learned and nothing more needed to be done or undone, that entity, beloved of you, would laugh and say, “I am the least of all the people that I know. Every bend in your road has taken you to a place where you needed to collect experience, feel deeply felt feelings and undergo catalyst, balancing these feelings, ordering them, coming to understand more about yourself and learning how to love yourself. If there is one key upon which awakening turns, it is that moment of coming to love yourself enough to feel that you are worthy of being taken seriously by yourself. Each soul is an interface between the world of time/space—infinity and eternity—and the world of space/time, which is an illusionary reality much like your television programs, where the Creator has set up for you a school in which you may study the lessons of love. Your very cells’ hearts are love. It is the action of light upon love that has created this illusory, third-density school of souls. As you undergo suffering and make choices that reflect your desire to be of service to others or your desire to be of service to yourself, you are working to rebalance and to, shall we say, hopefully improve the balance between love, wisdom and power. There is an abundance of inspired reading that is available when studying to be wiser and move loving. There is an issue of free will here where those entities who love you and wish to help you in an unseen way are forever unable to come into your life until you invite them. You have only to invoke faith and to ask yourself to keep your heart open so that you may love and so that you may receive the love offerings of others. For when you love, my sister, the resulting response from a very responsive creation is bread on the waters tenfold, a hundred-fold, and a thousand-fold. As you love, you shall be loved beyond all imagining. And indeed, all entities are already loved at the soul level by those from the unseen worlds of your own planet and from other entities in other planetary influences who have been drawn to you because of your nature, your beauty, your gifts, and your hope to serve. Know that you are surrounded by a cloud of angelic and positive beings who love you and wish only to help you to wake up, to learn and to serve with deftness, skillfulness and joy. Now, given that you came into this incarnation, one of your desires being to work with this entity and to find a better balance of love and of understanding than you were able to find in the last encounter with this entity, you have the continuing challenge of clearing your own energies so that your love of this entity is clean and clear, running like the crystal streams of a beautiful fountain. In order for you to find that fountain of love and light within yourself concerning this entity, you go through a profound process of forgiveness. Eventually, you are able to gaze with some equanimity upon this other self that was your mate and say, “I have no bitterness, I have only love.

2007/05/20: That which created all that there is is a certain vibration of consciousness that, for lack of a better term, we have called unconditional love or Logos. That one, great, original Thought or Logos has created the starry heavens, the vast spaces within each molecule of your body, and you, a unique point of intersection that catches two worlds, that of the everyday, waking consciousness of your people, skating across the pond of life, and that of the one infinite Creator whose Thought is a Thought of unconditional love. Perhaps you have known people whose gaze instantly made you glad and happy because of the quality of love in their gaze. Or have you brought down the blight of intolerance, prejudice and the acceptance of injustice and lack of love. Are those core principles the principles of free will, of intelligent infinity, and love/light. Ask, and we shall be there; not with words, but with our love and with that information that goes too deep for words.

2007/07/31: I believe they all pray for peace and love. They are not designed to intervene in the worldly affairs of entities who do not wish to become aware of the love and

the light of the one infinite Creator. They are designed to alert the consciousness of the universe, of all creation, and especially of those forces of unconditional love who are the objects of these prayers, to the fact that there is distress among the nations, distress in people's hearts and a yearning for peace, beauty, truth and a life lived in compassion, comradeship and contentment. They revolve around a love of their family and their tribe. Therefore, when thinking of the Middle East and its issues, may your concern be to affirm and confirm that there is peace, love and compassion that is stronger than the dragon which is thrashing its tail at this time. But those values of love, unity, hope, faith and joy shall live forever. And if you wish to explore the details of the politics of violence and aggression that make the front pages red with blood, do this studying and this research not to despair but to know ever more clearly the nature of the world that you came to incarnation to love. And my brother, we ask that you allow no judgment to enter into this love. The outer world shall not hear you, but all of those in the unseen realms who vibrate in unconditional love do hear you and are called to your prayers to amplify them and to strengthen them. You are doing the good work of compassion and love as you offer these simple prayers and visualizations in order to maximize your ability to serve in this way. We ask that you not take personally, or as a slur upon your nation, that it has not been able to receive the message of love which we and so many other voices of love have spoken. Rest assured that the information of love, light and unity is available to all who have the ears to hear and the hearts to understand. Hatonn desires greatly to offer their love and their light to this query. Therefore, if you are able to live the principles of love, justice, compassion and understanding in your life, you have significantly changed the vibration of your entire planet, of which you are an integral and holographic part. Serve it with love. If it moves you to think on this, find them, companion them, and give them hope and compassion by your youthful smiles and your eyes full of love. And it is very healing, in your energy patterns as a people, wherever you live, to become involved in loving and serving your beautiful, fragile island home. It is said in the holy work this instrument calls the Bible, "That which you have received in the darkness and in the intimacy of your inner sanctum, in secrecy and silence, sing from the housetops."3 Express the joy of the saving grace of hope and love that flows in an unending stream through your hearts and, blessed by you, into the world. Masses of people all over the globe are awakening to the rightness of love, unconditional and compassionate love. If you are unripe, you shall receive an opportunity to spend a significant amount of time in another third-density, Earth-like planet, where you shall once again study the lessons of love. The idea of one soul mate is a romantic myth which stems from the yearning of the soul, the heart, and the personality for the opportunity to love completely and to be loved completely. Ask that your companionships may always include the soul and you shall find unconditional love in your life. In coming to know them you will find their clay feet and you will be asked to love without judgment. We encourage you to find the compassion to love dearly, humbly and completely, with no judgment. It is very common in those who have awakened and have tasted the nectar of unconditional love for them to strive to spend all of their time in the harmonious reaches of the upper chakras of the energy body: the heart chakra of unconditional love, the throat chakra of communication and compassion, and the indigo chakra of the brow with its work in consciousness and faith. Love is infinite. However, sometimes you need to initiate the giving of love to those who truly need it before you may begin to feel the reciprocity of loving and being loved. For if you bring your love to a situation, that situation shall surely be transformed. Your love was so great that you took that step. You are here to love it. If they have learned the lessons of love in this incarnation, they are free to move on. Whatever it is, he will love it and you, now and forever. And as we have said, Hatonn is especially eager to shed that wordless and silent love and light that is the essence of the open heart. Brothers and Sisters of the open heart, you are loved beyond all telling. Those of Q'uo wish you love and light.

2007/08/07: You can always ask for the Creator to express Its love, to give you a metaphysical hug. For you truly wish to change, to deepen, and to become an ever more fit vessel for the love and the light of the one infinite Creator. I desire greatly to proactively feel love for them rather than react in unconsciously created and sustained resistance, yet

no attempt to get to the source and the mechanism of this resistance has borne fruit.

2007/08/12: And we say to you that you are sons and daughters of the sun, just as the sun itself is the son and daughter of the one great original Thought, that Logos which is unconditional love. And that unconditional love, which is the very nature of the infinite Creator, birthed the mechanism and the way of manifestation of all illusion. Therefore, you are loved beyond all belief by an entity who could never judge you, but only support, encourage and embrace you. Therefore, each of you is a piece of the One, sons and daughters and heirs of love, creatures of love. The creation of anything that can be created in this universe is equally worthy if it be created with love. Rather, you are love and you happen to be expressing or manifesting in the outer world with a particular kind of service for which, happily, you receive pay and with which you pay your bills. Likewise, you cannot be contained by others' opinions, by the opinions of your culture, or by any other limitations whatever, for you are love and light. That which you love remains loved. Yet when you take these wild animals, these fearsome energies, into your arms and love them, that gets their attention. And when they kneel before you, you take the sword of truth and you dub them your "white knights" of determination, grit and patience, so that you may endure all, bear all, persist through all, with love. This surety and confidence is your strength and your salvation, and the lions then sense your readiness for the light within your own open heart and the love that lies waiting to embrace you. So love is reflected in love; so that all that you see is loved; so that all that you do is love. As you open to this upwelling of love that is infinite and infinitely available, the ever self-sustaining resource of the one infinite Creator, you become that which is "I am that I am." And your small ego has melted away before that impersonal self that is at the heart of the personal self. Brothers and Sisters of Sorrow, you responded to the sorrow of Earth, to its cry for light and love. Nothing is ever old to those who are awake to love. And if, as far as you know, there is nothing upon your heart except love, then let it be. Those to whom you are a source of light know only that they like to be near you, yet as they absorb the radiation of your love, they themselves are activated to be beacons themselves. We do not know, for it is up to you to be as purely a flame of love as you know how to be. Therefore, the most important work that you can ever do is done within yourself, for as you heal, strengthen and arm yourself with love and light, so you change your entire world. This instrument calls that road "The King's Highway," for within her distortion of worship that King's Highway is the way towards her icon of unconditional love.6 Indeed, you are all sons and daughters of the King and you are going home to meet your father once again. But you can penetrate that mystery of love. He is joy, peace, love, hope, serenity, humanity, kindness, benevolence, empathy, generosity, truth, compassion and faith. The way is truth, the way is love.

2007/09/02: By your awareness and remembrance of who you are, you may utter the most commonplace words and yet send them forth with the blessing of your heart's love and the deepest compassion of your soul. There is no limit whatsoever upon how intense and pure a vibration of love that you may inject into your simplest communication. For it is your true self upon which you must build—not an idealized version of yourself, not a self in Sunday best, with hat and gloves, as this instrument would say. Suffice it to say that when an instrument challenges a spirit in the name of its most dearly held principle, that principle which is the fulcrum of that entity's life, that negative spirit who is able to use the same love and light of the infinite Creator as the positive source, and therefore is able to feel the same as the positive source, cannot succeed in remaining within the aura of the channel. Challenge in the name of love. It has gratefully wound itself about those beautiful vibrations which your mingled auras have produced, and it has woven those strands into the web of love and light that is ever stronger upon your planet. Each of you came here to receive, to bless, and to radiate the one infinite Creator's love. Each of you came here to accept in full, heartfelt peace the love offerings of others. The energies of love always blend well with those who attempt to channel in service to others.

2007/09/07: The one known as N seeks to learn to offer love without expectation of return. However, we find that this instrument is in complete agreement with the one known as N in feeling that there is no better way to become able to

stand on your own two feet metaphysically than to find yourself able to love without expectation of return. For your part in this pattern is to see the love in the moment and to enlarge upon it rather than to engage in any energy of judgment or criticism. The Beatitudes are those sentences in the New Testament which have to do with being blessed when you mourn or when you are poor in spirit and so forth.¹ They are blessings because they are grist for the mill for that one who is focused, not on the self but on the Creator; not on fear, but on love; not on maintaining an ego, but on becoming an ever more pure radiation of the one infinite Creator. For you are always on the way to home, that place within yourself where all is well and you are in the open heart which is the home of all entities within illusion, moving always back to the one infinite Creator, resting in that vibration of unconditional love. Their physical body is third density but they're wired, shall we say, to be able to absorb fourth-density vibrations of love and understanding in a far less distorted way than those with only the third-density wiring or DNA. They, and all of those who have come to this planet from elsewhere, from planets that have destroyed their habitat or who come from Atlantis, where they destroyed their habitat, have a great desire to offer to the Earth restitution and stewardship that is based on love and protection rather than on the desire to rape the Earth for its resources. It truly is Mother Earth, and its love of this small child is such that all of the forces of nature shall be working to help heal the distortions of the one known as N, especially when she is able to contact the Earth itself, certainly with her feet, but also, as much as possible, her torso. And it is full of the most pure love imaginable for you and for all things that grow and have life within and upon its surface. As you appreciate and love the Earth, as you literally put your hands in its dirt, care for it and tend to it and praise its beauty, it is as a young girl who is told she is beautiful. It feels so good to Gaia to be appreciated and to be treated gently and lovingly.

2007/09/08: It is a great reward of the spiritual life that eventually you become able to choose to bring into the forefront of your awareness that selfhood of yours which does not partake of any masks, but rather rests in the mystery of the unconditional love of the Creator. Indeed, the sum total of becoming aware of this impersonal center or core to the self is that you fall in love with your foolish, human personality shell. You accept yourself just as you are, for it is this vehicle that has served you so well and offered you so many occasions for laughter, comradeship, love and affection. It is this very personality that has allowed you to open your arms and embrace others and to accept the love of others. As you spot these angles and edges in your approach to life and you see that they are destructive of life and denying of the unity of all things, you may well work upon enlarging your point of view and gradually, lovingly, gently bringing these fear-based biases of personality more into the light, that you may develop within yourself a greater compassion for all of life and a greater knowledge and sense, on a personal level, of the unity of yourself and those who you have thought to exclude from your good offices. And that, my friends, is love. Look for the love. Whoever it is that you ask, whether it be the Confederation, the Holy Spirit, your higher self, your guru, your teacher, inspirational writing, or whatever it is to which you look for aid, seek in all ways to enlarge your awareness of the love within you; of the love flowing through you; of the love that you are able to radiate to those about you. And, indeed, even those who read this transcript at a later time shall be a part of the energy of this session and shall contribute their love and their light and their interest to the energy that is experienced by the sitting circle at your local time and space. And all those forces of love which are a part of your future are, at the same time, profoundly a part of your present moment. As you bless, in your own unique way, that energy that moves through you, as you dedicate it to the love and the light of the one infinite Creator and to service in the Creator's name, you color that light with your blessing. And we would say to the one known as S that it is in that profound acceptance of the self, that coming to love the self and rest within one's skin in utter peace without giving oneself difficulties without doubting the self, that this transformation of the very cells of your body will take place. Think of fourth density as you have imagined it, that realm of light and love where you are still playing the card game of seeking and learning, yet everyone's hand is face up upon the table with all the cards showing. So there is a

far more complex, and at the same time a far more simple, balance of loving and being loved. It is no longer a stretch to love entities at the soul level. Everyone of whom you thought perhaps too well in third density, in fourth density becomes a very human, flawed and entirely lovable character. So the fourth density values are those of compassion, acceptance, support, encouragement and resting in love, in all that you see and all that you think. By the time it comes to the doing of things, you are set in your course and your actions shall be those that are imbued with a genuinely heartfelt love.

2007/09/22: As always, we are astounded at the beauty of your vibrations and at your love for each other as you sit in the circle, blending your auras harmoniously and affectionately, creating that sacred space, that temple into which our voice may come. There is no grand plan that would support this entity helping others, but only a heart full of love and the intention to support and encourage those about her. Love is reflected in love. And so this instrument now has the catalyst of learning how to accept the love offerings of others. And his disciples said to him, "Lord we don't remember feeding you or clothing you or giving you supper." And Jesus replied, "Even as you feed and clothe and give aid to the least of these my brethren, so you do unto me."⁴ The question of "Who am I?" extends beyond the precincts of selfhood and into that impersonal portion of the self in which the servant is the master and the master is the servant, in which the giver of love is the receiver of love and the receiver of love is the giver of love. For the seeker of identity finds that the self is both loving and unloving; both sympathetic and willing to offer consolation and unsympathetic and willing only to judge. He may begin to identify himself with beauty or truth or power or love, as he sees within the living myth of his own growing legend the shape of underlying archetype. Rather, it is in the growing willingness to go after the lost sheep of imperfection and imperfect actions and to carry them back into the heart to be loved, respected, honored and forgiven. The end result of these two processes together is to become the Creator, compassionate, loving and understanding. And once one has forgiven and become compassionate towards the self, then that entity becomes that magical person who is able to love, forgive and have compassion on others. Yet at the same time there is within the one known as R, just as there is within all entities whatsoever, the deeper serenities and lovely tunes of a sacredly lived life. For all things whatsoever, done with the consciousness of love, become sacred. When I think of love/light, and I try to open to it, does the love transform my thought. The steady state of consciousness is one of joy, peace and love, and it is a wonderful experience when that sunshine bursts through and one's heart is lifted up in the sudden awareness of the stunning beauty of the present moment.

2007/10/06: The hours of darkness have completed their march and your beloved planet Earth is at its farthest from the sun. We encourage you never to judge yourself but only to love yourself ever more fully as you understand yourself, ever more fully. It is imbued with and of the nature of unconditional love. The dance moves through many cycles and yet always within you, at the heart, is that point of infinite stillness in which essence is all and love rings out to the farthest reaches of the infinite creation. And lastly, we would remind all of those who attempt to communicate that if you hold words in one hand and love in another, love is heavier. Love is more important. Love is the essence; words are the form. Find the love in your heart and let your heart fill the form of words with love, affection, compassion and laughter.

2007/10/13: In that state alone did they finally recognize their beloved teacher and savior. Physically speaking, you can climb the highest mountain or plunge into the depths of the sea and your Companion, unconditional love, shall still be with you. In a metaphysical sense, can any toxic emotion drive away the beloved from your side. The beloved presence is with you always in every hour and every moment, day and night, relentlessly, eternally, loving, loving, loving. There is, as the one known as R would say, a glitch, a catch, to this infinite supply of unconditional love, and that is the veil of forgetting that divides your mind, so that it becomes preoccupied with that which you can see with your senses, hear, feel, taste and touch. Yet unconditional love is your Companion, has been your Companion, and shall be your Companion. Love is an inextricable part of your nature. You may think of this Companion as your unseen guru, whose love and affection for you outlasts death, so that even if your teacher is

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no longer incarnate in flesh, yet still he is the angel on your shoulder and the Companion of every move, every thought, and every word. How to remember that you are companioned by love is often a great challenge in this atmosphere of heavily veiled experience. Perhaps the slanting rays of sunshine on a beautiful day may give you that hint that reminds you that you are in full contact with love. Perhaps a beloved face, your mate, your friend, or your teacher reminds you that love walks with you in every step. What is needed by the spiritual seeker who wishes to access the joy, the aliveness, and the unconditional love of the world of light is a dedication to the techniques involved in unifying those two worlds. That is the time of awakening and it brings to the seeker a hunger and a thirst for light and love. Everyday things are saturated with the love of the Beloved. There is no nook or cranny within your mind or your emotions and your fears that is not drenched and marinated in love. That nature is love. When your heart beats, it beats love. When you breath in, you breath in love. When you breathe out, you breathe out love. There are as many ways to help trigger your remembrance of the Beloved that walks beside you and holds your hand and comforts you as there are entities who seek the one infinite Creator. This instrument was speaking in the round-robin discussion that precedes the seeking through meditation of this particular group about loving everything that she does and we would comment upon that, for the statement that this instrument made, though she is not aware of it, is not a statement that is literally true. There are many things that she does within her day which she does not, with her rational and conscious mind, love. It is because you have accessed or remembered that you walk with a beloved Companion whose name is unconditional love. We are suggesting that that very work-a-day world is full of angels and spirits and guidance and the Beloved. You have only to claim it and say, "I have faith," and suddenly your eyes open and you can see that the comrade beside you on the road to Emmaus is none other than love itself. We can say the words and always we can share with you our love. And you have but to ask for us mentally and we shall be with you, surrounding you and bathing you in our love. The difference was time set aside within an intense desire to see deeper; to see with the eyes of the heart; to experience as the beloved Companion experiences. We commend to you whatever you may do that will help you to combine the worlds of form and spirit, so that you are never without a keen and present awareness of the power of love. Amen."(footnote end)[footnote start]From a prayer of the Episcopal Cursillo: "Come, Holy Spirit! Fill the hearts of your faithful and kindle in us the fire of your love.

2007/10/27: For it is impossible to enter the gateway of indigo ray until the entity has gathered the entirety and the wholeness of its integrated self into the heart and has done the work of forgiving and falling in love with this integrated self, with its many perceived faults. You have the infinite love and light of the one Creator streaming through the chakra system from the bottom up, feeding it with an infinite supply of light. The bodily energy, having to do with incarnation and carefully enclosed within incarnation, is as the field that is planted and seeded and sown with this fructifying information-ridden love everlasting that, unlike the energy that streams from the bottom of the energy body upwards, has pointed and articulated information in the silence of that inspiration. Allow the light and the love of the one infinite Creator to flow through the bottoms of your feet, the base of your spine, and up your spine. I seek to know in order to serve," and sentiments of that basic nature which ask nothing for the self except to rest with the Beloved at last and practice the presence of the one infinite Creator. It begins streaming in a beautiful circular, symmetrical fountain and coming back under you to catch up again with the energy of the earth, that love and light that comes into the body from the base of the chakras. That glow, that radiation is so enjoyable to be near! One can always feel the presence of a truly loving heart. When the heart is penetrated by two entities who are in love not only with each other but with the Creator and love itself, there begins to be possible an energy exchange that is most helpful to the mated pair as well as to the world around that mated pair. It is experiencing the love of the one infinite Creator in a way which it simply cannot deny. Certainly, sexually speaking, the mated pair collaborates in the most dynamic of all possible ways to practice the Presence of infinite love.

2007/11/10: (overview) (Read by Jim.) The question

tonight is: Conspicuously absent in the philosophy of the Ra contact is any mention of the surrender of the conscious self to a guidance, intelligence or will greater than its own, be it the higher self, love and light, or the Creator. And that self is love. We do not object at all to the seeker's use of "otherness." For instance, this instrument works with mystical Christianity and patterns her life after the example of the one known as Jesus, the Christ, whom she calls her Beloved, whom she follows, for whom she would die, and for whom she lives. As you allow the surface of self to fall away, you become empty enough to fall in love with yourself. Within the power of those who wish to inspire others, there is the ability to manipulate feelings and emotions and to whip up passion, so that an ecstasy of hysteria is achieved in which there seems to be a breakthrough into the love of Christ, however you wish to say that condition of perfect love. We would rather not proceed with words that inspire in order to whip up passion and to change rejoicing into an hysterical expression of love for the Creator. And in every season and mood of your life it brings new life, new light, new power, new information, new expressions of that which is always the same—love, love, love. Shall you journey in the light, seeking ever to become more of service, more loving, more giving, more aware of the love within each moment. We ask that you love your imperfections, gather them to your bosom, honor them and bring them into your heart. All is one and all is love. Your circle of seeking is beautiful to behold and your blended auras sing of the love and the light of which we have been speaking this evening. Thank you for allowing us to share in the love and affection that you have for each other and for the one infinite Creator.

2007/11/24: So, you open the gateway to intelligent infinity, the door to those specific inspirations which are desired, as opposed to the general and ever-flowing inspiration of the open heart which abides in love itself, love complete and love untouched by any other energy. He simply must begin again and hope to remember the graceful way, the loving way, the compassionate way to handle catalyst of this kind when it comes around again, as it most surely will. It is in learning to love yourself that you learn to love others. It is necessary, really, for you to fall in love with yourself. There are various techniques for falling in love with yourself. If you are present with yourself and become aware of the wide range of emotions that you feel, that may be the most direct way to become kindly affectioned towards yourself, to like yourself, and ultimately, gloriously, genuinely, truly, fall in love with yourself. It has nothing to do with the open and spontaneous flow of the love and the light of the one infinite Creator with whom you are attempting to work. If one realizes that bodies are sacred, that they are temples in which dwell the one infinite Creator, then it can be seen that, whether healthy or not healthy, each body is a beautiful servant that has given its entire life over so that you may, as a soul, learn your lessons, offer your service, laugh, love and be loved within this illusion. It generally goes back to the process of not only getting to know the self but becoming willing to fall in love with the self that makes the difference in perception between a seeker who does not feel he is doing well and a seeker who is satisfied simply to be on the journey and have the day's light in which to do his work.

2007/12/15: Please tell us about the spiritual principles involved in living a life that follows in the footsteps of Jesus; specifically, about living from the heart, living in love. And since this is a season of giving, also please mention the principles about giving with love or giving from the heart. We are happy to speak with you concerning the Christmas season and the issues of living in the way of Jesus the Christ, and giving as the season seems to request that one does with the kind of love that the one known as Jesus the Christ would have. The subject is unconditional love, which is this entity's native vibration. In just such a way does all negative catalyst bring the seeking soul to the point of realizing and expressing the yearning, the hungering, and the thirsting for light, truth and love. And you are Joseph, tolerant, patient and supportive, ready to work as a carpenter to support his wife, the nurturer, and his child, the Christ, the principle of love. In the gladsome and free times of summer, with its limitless light, so it seems, the importance of the support and love of that web of support that is called the family and those special relationships that are called friendships do not seem so urgent a matter. The one known as Jim also suggested to this instrument that this is a good time to reflect upon each

relationship, asking the self if there is any way in which the self has flinched away from intimacy and the positive nature of each relationship; asking the self, "Could I see anything in which I perhaps failed to express the depths of my appreciation and love for the other entity?" This is, indeed, that moment in the seasons of the year's cycle where it is especially appropriate to create expressions of apology and forgiveness; apology to those whom you perhaps feel that in your own judgment you held back from offering all of your love. The nature of unconditional love dwells not only in the one known as Jesus the Christ but in Carla the Christ, in C the Christ, in R the Christ, in S the Christ, in P the Christ and in everyone, the Christ. With infinite love it gazes with its infant eyes upon a world lost to darkness, despair, disappointment and grief. And it looks upon that lost world with eyes of unconditional love. That unconditional, everlasting, eternal love gazes from the eyes of a child who cannot speak; who cannot take care of himself; who is in every way needy. My beloved friends, so are you needy. It can only gaze upon you with eyes of unconditional love. Let your heart melt and open and enfold that infant soul of yours as if your love were swaddling clothes. Christmas gives you a chance to move through all of the darkensses of self to find, sturdy and strong and ever living, that consciousness of unconditional love that lives at the heart of yourself and is your true essence. The one known as R asked about the principles involved in giving, and giving with love and from the heart. It is, in fact, an expression of joy, gratitude and thanksgiving that is full of the love and the light of the one infinite Creator. Its honesty can be seen to be a rudeness by those who feel that entities should give mechanically and in reciprocity to those who give to them, or give because of a certain relationship even if there is no love there or regard. What we would suggest, in order to uphold the principle of unconditional love, is that, before writing down the gift list of those to whom you wish to give gifts, you enter into prayer and ask for the gift of sincerity as well as the gift of generosity. Allow yourself the luxury of giving only from the heart, as the one known as R said, only from the depths of a sincerely felt love and never from a duty or from the mechanical routines of a society that does not overly prize honesty and sincerity and genuineness. And as you give the gift, again, pray over that gift, imbuing it with your love, your affection, your appreciation and your gratitude for the gift of relationship. For love is reflected in love and that which is given in love blesses you a hundred times over. That which is given without love, on the other hand, remains a thing, an object, that is not imbued with the spirit. Yet, we can share that in every civilization, wherever hearts beat and hopes are high, there lives the personification of unconditional love in one savior or another, one hero or another, one saint or another. Each shall have his moments throughout the long journey back to the one infinite Creator of realizing the self as the Christ, not in any egoistical way but in the sense of giving over the life completely to unconditional love and finding at last the source of all hunger and thirst being filled by embracing the consciousness of unconditional love. You may not see as of yet that you are the Christ child, that you are spirit, that you are unconditional love. You may be angry or hurting or separated from that feeling of love by one thing or another. You are, in your essence, unconditional love. So, when we find entities responding to our words in a positive way it is as though we were bathed in your love. It is a joy to have not only attempted to be of service but to have the impression that we have succeeded, at least in part, in sharing our love and our light in ways that are helpful to you and form a resource for your further spiritual endeavors. Perhaps we should say that we feel as if we were being swaddled in your love and understanding and it feels very, very good. You are a blessing to us, indeed! And we always stand in awe of the beauty of your hopes and your vibrations as you create together this sacred space and fill it with your request for the truth, for love and for light. Love, light, power and peace.

2007/12/29: It is not obvious that this one thing is love. It is not obvious that each of you is a part of the creative principle, an ineffable and inextricably intertwined part of that one thing that is all things, the one great original Thought of unconditional love that is the one infinite Creator. And this is the place where you hoped to share, in great joy and radiance, the love and the light of the one infinite Creator. For you heard the cry of Earth and you hoped to hold the light at this time in a dark world, so that gradually, as you allowed

the light of the Creator to shine through you, you could infect others with this joy and effortless flow of light and love that is coming through each of you at all times. Yet this is where doing meets being, for in allowing the light to shine through you, you are not doing anything except giving your will to the one infinite Creator and asking to be used as an instrument of his love, his light, and his peace. You came here also to balance wisdom and love. In some cases, you also wanted to balance wisdom, love and power. There is a great beauty in being a creature entirely of love, and yet to blend love and wisdom in a more useful way in your energy system is something that each of you is hoping that this incarnation will produce. You hoped, when you came here, to find the way to so balance your awareness of love, power and wisdom that you were able to begin to sense the meta-physical world that is inherent in every seemingly passing moment. Therefore, please draw about you that wonderful network of loving presence that is always about you. The very ground loves you beyond all telling. You came to sleep until you could awaken to the now, to the truth, to the love and the light of the one great original Thought. And yet you know all that there is to know, for you know love. As the times move on towards the beginning of fourth density upon your planet, and as that fourth density upon your planet is a positive fourth density, the vibrations of truth, understanding and love are interpenetrating your third-density world in ever greater waves and convergences of energy. And this means that this process that you have of coming to know yourself, accept yourself, and love yourself has become more challenging. The desire of many is simply to deny that there is anything in the consciousness except love and light and positivity. In that way, when you enter your own open heart, you have no strife within yourself, saying, "I am a terrible wretch; I don't deserve to be here." Or saying, "No, I am very, very good, I am not wretched." You can let all of that judgment go and bring your whole self into that open heart where the Creator is waiting for you with unconditional love. When you are centered in the now, you are in the appropriate place to receive the infinite supply of love/light energy from the one Creator, to shuttle it upwards through your open energy system, up through your body, through your heart, and out into the world through the top of your head. For the infinite love/light of the Creator is limitless white. And then you can begin to let it lift, through relationship, to open-hearted relationship, to that love of a legal relationship, and from there to the upper-chakra work of true affection, true communication, and mutual work in consciousness which is sacred sexuality. Consequently, although naturally we do encourage the meditation and the prayer and all of those beautiful ways of working in consciousness to discipline your personality and become centered more and more on who you really are, we also encourage you to look for the love and the sacredness in washing the dishes, cleaning the toilet, feeding the cat, and whatever it is that you are doing at the present moment.

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2008/01/07: In the archetypal mind these emotions flow like underground rivers, emptying into the sea of bliss and unconditional love that is the beginning and ending of all that is. Certainly the journey from discovering that one feels unworthy or one feels angry to the place in the journey where one embraces the unworthiness and the anger and loves it unconditionally, is a long journey. And all that there is is unconditional love. Then, he wishes all that passes through his mind to be thoughts of love and light, peace and gentleness. And it is your whole self that the one infinite Creator loves above all telling; not the good self or the worthy self or the peaceful self but the self who is all things worthy and unworthy, peaceful and every other dynamic that can be thought of. The Creator loves you just as you are, and your hope in working with these emotions is gradually to come into a place where you have compassion, as the Creator has compassion, on those portions of the self that concern you from time to time. We would ask you to woo yourself as if you were your own lover. I will love you and I will have compassion on you." Gradually, then, you begin to create for yourself the feeling of being healed, so that when you are triggered you know that you are triggered and you are not swept up in the surface feelings any longer. Ah, here is anger." And you love your

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unworthiness, you love your anger, you love the emotions that make you who you are. And love gradually dissolves the bitterness that is your instinctive reaction to these surface impulses that do not please you as a spiritual seeker and do not seem to ring true. And when loved and understood, they will give you their secrets and show you the places within you that need healing. So take yourself in your arms when you feel unworthy or when you feel angry and say, "I love you anyway. I love you with all my heart. When you have finally fallen in love with yourself, then you can fall in love with others as well as seeing yourself and everyone else as sparks of the one infinite Creator. The spiritual principle involved in having children is that of the guardian and lover that sees the beauty of these children that have been gifts to her from the Creator. How have you loved them, perhaps you wonder. And yet we assure you, my sister, that you have loved them very well. And you continue to love them very well with all of your heart. Perhaps you feel you have been imperfect in expressing that love. And you have done and you continue to do your best to offer them all the love in your heart. Your greatest gift to them is this simple unconditional love. Yet we assure you, my sister, that one of the ways that love serves a young soul is to indicate where the boundaries are, where the principles that underlie human interaction are. And, my sister, they need your wisdom as well as your love. Above all, the principle involved in being of service to others is to offer that gift which you do give with love. But always try, my sister, to say what you have to say and do what you need to do coming from a place of unconditional love and compassion. But when he senses nothing but a continuing love and peace from his parent, then he knows that everything is basically all right, even if he doesn't understand what is happening to him. This entity often asks herself, "Where is the love in this moment?" My sister, when you ask yourself, "Where is the love in this moment," as concerns your yellow-ray work environment, you may find that the love in the moment must come from you. Therefore, see yourself as a creature of love that is faithful and confident, because she knows that this situation has been given to her that she may grow and become stronger, wiser and more loving. We thank you and we offer you our love, our support, and our encouragement.

2008/01/12: And certainly the times that now are upon you, where the fourth density is virtually present, interpenetrating third density, has set you awash in energy tide after energy tide, so that you are constantly being washed with rhythmic waves of truth, love and understanding. Faith is the most powerful force in the universe, it being another name for realized or positively realized love. You live in a universe made of love. The original Thought was a Thought of unconditional love. As you transform, the core of your transformation is an awareness that has not been there before about the nature of your central or deepest self as being part of love itself or the creative principle, which is the one great original Thought of unconditional love. For this instrument, for instance, the theme is the study of how to offer love without the expectation of return. Once one has begun to learn this lesson, one can begin to see how transformed one's life is by the ability to live as a part of the godhead principle; as one who is willing to let love flow through him. The positive polarity has no axe to grind, but exists in an energy of faith, love, gratitude and joy.

2008/01/19: We would further preface our remarks by saying that the basis of all of these thoughts which we offer to you this particular evening is love. One can move into a great many complexities and details in discussing how to live a life that is grounded in love and based upon the awareness that all are one and all things are the Creator. It is a unified creation and the nature of that unity is love. Unconditional love is the one great original Thought that has generated all the seen worlds and all of the unseen worlds as well. When you become aware that this is not the case, in your momentary estimation of your state of mind, then there is the need to relinquish the magical personality and move into that balancing mode where that trigger which has taken you away from an open energy system and an open heart is identified, loved, accepted, embraced and balanced. The priest then absolves those in the congregation, reminding them that Jesus the Christ came to love rather than to judge and that all is forgiven. One may speak in ritualistic ways and move in ritualistic motions and yet fail to live a magical life because the heart is not open and love is not flowing. As the one known as Paul said, "Without love, I am a clanging gong."1

The most intricate of rituals is always founded on love. Yet the love that streams between husband and wife, as the one known as Jim helps this instrument with her daily cleansing, is palpable and powerful and supports and encourages each in his own individual metaphysical life. Firstly, the one known as Carla, during the whirlpool portion of the bath, actively works with angelic presences, mentally expressing her love, thankfulness and joy and rededicating herself to the service of the one infinite Creator. Secondly, the dance of the bath moves into the succeeding moments of dressing and moving into the next item of the day in ways which link and tie in the energies of love, cooperation and mutual participation in the dance so that the dance does not end when the bathwater is drained. And at the very center of the dance, always, there is love. The magician invokes aspects of love, standing on a plinth2 of love, surrounded by love, and seeking only finer and more sensitive attunements of that love. In closing, we would simply say that we cannot iterate often enough the importance of moving from love and from essence in creating a devotional life. If there is not love in the repetition of holy things, then that energy, while not wasted, is diminished in its power to comfort, heal and succor the seeker.

2008/03/15: More and more people are aware now that love is the only answer. There is a tremendous love of the people of Earth from this group and a sincere and genuine desire to help. We understand, because we have experimented with coming among your people, the desire to make a mass landing and to herald a new day, calling for love and light, with the strength of a massive display of superior insight, intellect and knowledge. That one thing is unconditional love. Love is the Creator. Love is the Creator's house and love is the nature of all beings in that house." Indeed, we are grateful to have the personal coloration of the instrument to give more variety to our message. It is, of course, music to our ears to feel that love that you have for us and we thank you, my brother. The philosophical aspects of our work have never been entirely clear because, as we said at the beginning, the only way that we can be of utterly positive polarity is to cease attempting in any way to influence the entities whom we love so dearly and are calling to us. Blessedly, in almost every case, the parents come and minister to that child, feeding it, drying it, getting a new, dry diaper on it, and cuddling it until it naturally goes back to sleep, content, knowing that it is loved and that all of its needs are met. And you are crying because you are alone and you do not feel loved. There is a great desire on our parts to reach out the hand to steady that baby, to feed that baby, to give that sweet infant soul a new start, a clean diaper, a bellyful of love, and a good rock in the cradle. Many are those who have moved from the cradle to preschool, to grade school, to middle school, and finally are ready to graduate third density on time, mature at last, knowing that the food of love is the food for them; knowing that they wish to turn from anything that is not truly love and light; knowing that they are not alone. For as they love, so have they been loved a hundredfold, a thousandfold, overwhelmingly. Our love remains unblemished.

2008/03/22: And powerful and glorious ideas and images move through the awareness and at the end, the seeker has become transparent to himself as he finds at the very heart of himself the consciousness of unconditional love, that love that created him, that love that created the universe, that love with which he and all about him, seen and unseen, are one. Or, depending upon the entity and his personality and the way he feels about his body, he may find that it is more helpful to create a spiritually-dedicated masturbation in which the object is to experience that orgasm which is the steady state of the one infinite Creator; that inexpressible and inalterable intensity of unconditional love that is the ecstasy at the heart of the experience of orgasm. And we thank each within this group for setting aside the time and the attention and the love.

2008/03/29: For instance, would the self's perception of self begin to be transformed if an entity, through concentration in a meditative state, told the self over and over, "I desire to see through the eyes of love". Therefore, it is well to work carefully and lovingly with these energies as you begin to create the changes in consciousness that you wish to create within yourself. Care and deep love need to go into the creation of the statement or affirmation, the creation of the ritual that surrounds the use of that affirmation, and the choice of how to place this beautiful magical ritual within the coils of the day. Generally, in an incarnation entities are

looking to balance love with wisdom, wisdom with power, or some variety of two or three of those three aspects of the godhead principle: love, light and power. G You mentioned the balance between love, wisdom and power. Power is an aspect of both love and wisdom, yet power is also a thing in and of itself. However, the power of which we speak when we speak of balancing love, wisdom and power is the metaphysical power of your will. Now, consider how easily an entity who is greatly loving and has a strong will may make numerous and unwise choices for himself and others because there has been an unwise use of power. Perhaps there was great love in a situation and consequently the seeker decides to affect the situation, but does not discover all the parameters of the situation. And yet, say, this daughter is absolutely certain that the best way to express her love is to keep this entity alive. I love seeing a principle illustrated in a particular circumstance. And I would see love and wisdom informing the will and equating power with the capacity to sustain and carry out action and seeing that power informed by love and wisdom. When one talks of love and light one is grasping two fundamental principles of that in which unity consists: the original thought and the manifestation of that thought. So, in addition to concerns of learning to be more loving and learning to be more wise there is a concern, as one becomes more powerful, to use that power wisely and compassionately. So, there is a tripod of love, wisdom and power.

2008/04/12: We note this in case those who are aware of our thoughts find a difference in the vibration, finding it more towards the energy of love than towards the energy of wisdom. The query and the constitution of the group require more of a focus on the fourth-density energies of unconditional love and compassion. In the Oriental and Eastern portions of your world and in primitive societies in general, the office of guru, shaman, or priest is an office that is held in high esteem by the tribe or people and each tribe or village has such a beloved and well-supported figure. It may be noted in this regard that many of the most beloved of writers in the Western world are those of the minority who are monks and have been able to devote their entire life, 24 hours a day and seven days a week, to the pursuit of the mystery. Every cell of your body is full of the love and the light of the one infinite Creator. The one known as Jim said earlier that either one becomes what one hates or what one loves. The energy that brings one towards spiritual material is the energy of seeking to become what one loves. And he would speak of digging deep to find the will and the faith to look beyond the obvious and to seek that energy which is unseen but ever near, that energy of love which is our nature whether we are incarnate, discarnate, of density one, two, three, four, five, six or seven. We are made of love. We can access that love through the use of will and faith and this brings us to the third part of the query—focus. All voices are voices of love. This entity may be riding a mower, yet his very being resonates with the love and the light of the one infinite Creator. Yet all have in common the goal of oneness with the Beloved that is the Creator of all, that great mystery and paradox which we call the one infinite Creator, having no better words to describe the ineffable and indescribable. Were a critical mass of you to take up that single-minded focus on love, your world would be transformed. Look at the difference made by even one entity that chooses to focus on love. Imagine the impact of groups of entities living in the world, yet choosing also to take part in an informal priestly collective, so that love is in the mind and in the heart. Focus your thoughts on love and see your life become transformed. It is that you connect with the truth when you focus on love. Your whole concept of self becomes greater and at the same time the personality and the ego become less, as you focus on love and allow the magic of transformation to occur in your life. It will not take you away from your job necessarily, but moving yourself into accord with love will yet transform your world. Consequently there is the need to find ways to incarnate more and more into the body and to come to love, appreciate and honor the body. You may also choose to change your habitual patterns of thought so that the energies, rather than being constricting, tightening and tensing, become expansive, generous, loving and joyful. We thank each of you for the beauty of your auras and essences and for your dedication in taking this time apart from your life simply to seek the truth in company with those who also have every fiber of their beings pointed towards the great mystery and paradox that is the one infinite Creator, that one great original Thought of love.

2008/04/26: This is the temptation for those who love beautiful things, not realizing that beauty begins with the stench of birth, the blood, the wailing, the sharp light, and the terror. But there is such a deep acceptance of consensus reality in many that there is no potential outlet for creative expression in the sense of original creativity, although you may see the creative impulse moving through any entity's life in a collection of Barbie Dolls arranged just so, or a beautifully decorated Christmas tree, or meals that are prepared with love, or children that are raised with genius. In this compression into image, metaphor, melody and so forth comes an intensification of power, so that an artist may punch through fear and bring the attendee or the audience into a place of freedom or love. I will use this energy to see more deeply into myself, to accept myself more fully, to love myself more dearly, to see the Creator within me, and honor that spark of Godhead." These are wondrous times. This indicates a magical and loving personality with a spiritual maturity that is unique to those who have awakened and who have become able to be magical persons. We can only say to you that your efforts are positive and loving and we wish you every good fortune with them.

2008/05/10: This infinite love/light of the Creator that streams into the red ray will, if not baffled, blocked or narrowed, move freely and powerfully into the heart, letting the heart open and bloom like a flower, thereby setting the stage for the potential for work in consciousness. Once the seeker has set his intention to do work in consciousness, then the higher rays become involved: the blue ray of communication, the indigo ray of faith and being, and of course, the green ray of healing and unconditional love. Simple, straightforward, unconditional love and the energies of forgiveness and compassion shall carry any seeker through graduation with flying colors. The infinite love/light of the one Creator moves upward, whereas it is the intention set by the magical personality that calls the energy from above down to meet the infinite love/light of the one Creator moving upward. It calls down inspiration and information from the Godhead principle Itself, that great Logos that is unconditional love, into the heart of that which joins the physical and the metaphysical being, sexuality. Perhaps this is the time when the two lovers become intimate, clothes are shed, the outside world falls away, and the talk deepens. This is the power of unconditional love. It too, is the fusion of the priest and the priestess expressing unconditional love in a steady state. He must find it within himself to accept himself just as he is and to fall in love with himself, casting aside all thought of self-improvement or self judgment. See yourself not as a physical being but as a dreamer, a hoper, a lover of the light, an idealist. You will feel the energy of the sun and share with that energy, giving your love back to it.

2008/05/13: Some entities seek to balance their open and loving hearts with more wisdom. Other wise souls come into incarnation hoping to break open their hearts and link that unconditional love vibration with wisdom in a more balanced and equal fashion. There are also some who seek the right use of power, balancing it either with love or with wisdom or with both. It is a common desire of those who so eagerly seek the presence of the one infinite Creator to spend as much time as possible within the higher chakras, experiencing the infinite love and light of the one Creator. You may take it on faith that within that personality shell lies a beautiful, worthy, wonderful, exquisite spirit, unique in all the creation, beloved of the Father beyond all telling. And it is in faith that you forgive yourself, accept yourself, and fall in love with yourself. It is the consciousness of unconditional love. Simply rest, letting the love you have for the Creator flow and radiate until you begin to feel that answering pressure of love from the Creator, that incredibly strong, answering love. You may even say so out loud, or if you are one of those who enjoy working on the computer, type your intention in a new document on your computer: "My intention is to seek the guidance that has been given me in the love and the light of the one infinite Creator." Then, we would suggest that you simply speak or type or write with the pen and paper the question that you have to ask your guidance. And again we would suggest that one key to opening the higher chakras is to be sure that you are getting full power through to the heart from the infinite love and light of the Creator that moves through from the base chakra upwards and out of the top of your head. If you have issues with sex or love of life; if you find your relationships lacking; if you judge

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yourself or others; if you find your relationships with your family or your work troubled—all of these things can limit or even stop the flow of energy into the heart. The process of falling in love with yourself is the key in opening the blue-ray chakra. The reason that it is the key is that when you have become able to see yourself with eyes of love and love yourself, warts and all, as this instrument would say, you then will find it child's play to have compassion on others. This compassion also enables you to listen with enhanced ears, ears enhanced by love. However, it is that variability of the moment, that place where you are in the tides of your being and your progress that have caught you sometimes by surprise, so that you didn't even know that your heart had become less powered by unconditional love and was not getting as much energy as the maximum would be. A negative entity will be sickened by true love. The challenge here is that it needs to be genuine, heartfelt love, not that which is applied as a Band-Aid from the intellect. This love for the Creator must come from the heart. However, the way you mentioned is equally efficacious in alerting a large number of those who come in the name of the love and light of the one infinite Creator, for the Enochian tradition is millennia long and there are many who dwell in the unseen realms who are allies of all of those who would use those words of beauty and light. And yet it is well to look at these times as times to put into practice that which you know to be the truth: that all is one, and that one thing is love. And as you seek, so you shall find; as you love, so love is reflected in love.

2008/05/24: Do those portions of the self that desire love gain power so that the more the call is made, the more the desire is made until (the) square of the resistance within the self is overcome?" (Carla channeling) We are known to you as the principle of Q'uo. You wonder if there is a doubling process that takes hold, so that as the process goes on, the energy becomes stronger and the self is gathered into the love and the light of the one infinite Creator ever more quickly. Perhaps you have noticed that there are variations in the amount of focus with which you seek the love and the light of the one Creator. In dry times it is extremely helpful for the spiritual seeker to remember those times of torrential inundations of the love and the light of the one infinite Creator. It is easy to love the parts of yourself that conform to your ideals. There is one flame, one consciousness, one great and utter love. Dive with love. However, if a chef with great love for the food takes the same ingredients that are in fast food and prepares them carefully and with love, those same ingredients yield much more nourishment. A Yes, would Q'uo discuss the spiritual principles behind love at first sight, such as in Romeo and Juliet. But in this case there does not seem to be a spiritual principle to bring to bear on love at first sight. The classic Romeo and Juliet's love at first sight is a story of entities who were in their early teens. We might note in this regard that there has been a tendency within this group through decades of questions to visit the phenomenon of love at first sight or star-crossed lovers or soul mates.

2008/05/27: Firstly, the nature of the energy that is used to open the gateway of intelligent infinity consists of three basic components: the will of the seeker; the infinite love/light of the infinite Creator which, moving from the Logos to the heart, is then reflected up through the Earth into the soles of the feet and into the energy body in an infinite supply. If this love/light encounters a hindrance, it does not push or press but merely awaits the clearing of whatever energy center or centers have been blocked or over-activated. We cannot express through this instrument, who is not in any way an educated scientist, the nature of the contemplation that might prove productive, but can simply say that it is in understanding and being able to measure or identify and otherwise work with this elemental love/light of the one infinite Creator that the possibility barely exists within the technology of which you are aware, of creating your technology in such a way that it rides the love/light energy and is, consequently, created safe because of the natural intelligence or love/light energy, which knows when it may go forward and when it may not. We weave a net of love and it catches people. The magic of all entities in third density lies within them and is awakened by their realization that they are entities of power and that this power is founded in, made up of, and completely melted and dissolved in love. The essence of this love, my brother, can be found in the love/light that, coming from the Logos and bouncing back from the heart of the Earth, constitutes the energy that is fed to the energy body. Before leaving this

question we would wish to express our appreciation of the depth and the intensity of the love and the desire to serve of the one known as D. However, it is a challenge to open people up to the concept of starting over and living in an entirely different way, a way which returns the power of life and love to each person and removes that person from the grid, shall we say, of society and culture. There is definitely a higher chance that the rounded geometrical shape shall be able to be utilized without the side effects caused by the movement of prana or the love/light of the one infinite Creator through the pointed shape of the pyramid. We would suggest the contemplation of a system of vents, whether they are of material or intentional, in a spiral fashion that would regularize the passage of the love/light of the infinite Creator through this sacred shape or series of shapes. You already have the love.

2008/09/13: Every single one of them is, in itself, a small world wherein that one task can be focused into and offered one hundred percent of the love within in order that that one chore may shine and be a gift in offering to the one Creator. And yet there is the balance and the equilibrium of a broad and dynamic vista in which the infinite layers of beauty and color play out before one in infinite variety, rewarding all the senses with the utter loveliness of existence. Always there is this play between the infinite narrowing of focus and the explosion of love and light and ecstatic waves that move the spirit infinitely in realms of beauty and truth. It informs the carelessness of the surface with the gift of love. Each yearns for it and waits for the touch of the Creator's hand, the cloak of the Creator's love. What comfort there is for the deepest sorrow, for the greatest hurt, when one rests against the heart of the divine, hearing its beat—love, love, love. Because as you have focused in on love and light, as you have asked your true self to step forward, so you have let fall away that which is not enchanted, that which is not magical. You are content to behold them and to find ways to respond to them with love. The journey into the open heart involves learning to love yourself dearly and being willing to take all of yourself into that open heart. And consequently you were both freed of the dynamic of unmade decisions, knowing precisely where you stand with each other; knowing that love cannot be defined by the relationship one has in the world. You have both found your love to take wing and expand. It is the energy in the spaces between the words in which we are able to share with you the fullness of concept and the absolute reality of the love and the light of the one infinite Creator.

2008/09/27: Your sun body is a sub-Logos, a manifestor and center of light and love, which it pours out upon all indiscriminately, generously and with great love. This phenomenon, where entities who love power and who love control are seeking, whether consciously or unconsciously, to graduate in the service-to-self polarity are in charge, has mandated an acceleration of heat of a metaphysical type. So they have given up their newly won fourth-density living to come back to what this instrument would call "spiritual boot camp" in order to get into the thick of the fray and, in the heart of disharmony, create harmony; in the heart of fear, create love; in the heart of judgment, create compassion. There is another powerful motive for such entities to return to third-density Planet Earth, and that is the love and concern that they feel for Gaia, Planet Earth herself. As wanderers have come in to Planet Earth for incarnation, and as the population of the planet from whatever source has slowly begun to hunger and thirst for the new paradigm of love and understanding, the Earth has been able to take hold and to respond to this lightning that is ongoing. However, when one pulls the attention away from the news, which focuses upon those in power and those who have caused destruction and points it at the home front, at friends and neighbors and the local situation, we would suggest that you can find good things happening everywhere, people caring for and loving each other and reaching out to each other in kindness and compassion. It is almost too much information for the third-density being to hold, and yet even with this handicap, the desire of the indigo wanderer is to come and give everything that they have to the beau geste of serving the one Creator by loving and embracing Planet Earth and its people at this time. We extend our love and our light to all of those who ask queries, and we thank each who is part of the extended community of this group. Certainly, those in this sitting circle consider all of those who write in with questions to be part of L/L Research, as this instrument calls this

community of those who love the one infinite Creator with all their hearts, all their souls, all their minds and all their strength and their neighbors as themselves. We offer you love and light as we receive the same from you, for are we not all one. The Logos is the one original Thought of unconditional love.[footnote end][footnote start]ineluctable: that which is incapable of being evaded; inescapable.[footnote end][footnote start]The Law of Confusion is another Confederation term for free will.[footnote end][footnote start]To look further into this topic, here is a good web site with which to start: http://en.wikipedia.org/wiki/Harmonic_Convergence. [footnote end][footnote start]redound: to come back or reflect upon a person as to honor or disgrace.[footnote end].

2008/10/11: It takes a surprisingly small amount of time to recognize such triggers and to turn to that inner child, or that younger version of yourself that was harmed and has suffered and express to it, with caresses and kisses and rocking in your arms, that you love and honor and respect that pain, and you are there to comfort and give the Balm of Gilead to that suffering. Where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, teach me to seek not so much to be loved, as to love; not so much to be understood as to understand; not so much to be consoled, as to console. For it is in pardoning that I am pardoned; it is in giving that I receive and it is in dying that I shall rise to eternal life with my Beloved at last."1 How easy it is to grease the wheels of hatred within you! And if that habit takes hold within you, then you shape the energy body in a way that is very toxic for it. You can take catalyst that has a perfect right to be taken badly, and yet, if you refuse to take it as it is on the surface as you would have the impulse to do, and instead look for the love in that hateful moment, look for the light in that darkness, look for the hope in that despairing thought, you can cleanse your system of its toxins. Although, certainly, in the midst of a blow, emotionally speaking, it does not seem to be possible that you may heal and go on, we assure you (that you can.) You are true of heart, firm of purpose, desiring to be a servant of the one infinite Creator and a force for love in your incarnation. Use the knowledge of yourself as a good person, a trustworthy person, a loyal and loving person, so that you are able to bring your own torn spirit into unity, your own dark thoughts into the light of your own love and your own belief that all is well. My beloved friends, nothing could be further from the truth. And these angelic beings wish only to lend you their love and their light and to back you up on the inner planes, so that you never feel alone. For within the silence is that great original Thought of love which can become your consciousness if you can get your small self out of the way. Ra says of karma that an entity that acts in a consciously unloving manner in action with other beings can become karmically involved.

2008/10/25: On the other end of that spectrum are energy patterns which seek selflessness, transcendence, love, light, and unity with a myriad of desires between. Yet Ra says elsewhere in the Law of One material that "the proper role of the entity is in this density to experience all things desired, then to analyze, understand and accept these experiences, distilling from them the love/light within them. It is the congregation's faith in the integrity of the priest that allows them to enter into the magical ritual of the Holy Eucharist so that they may walk away from the altar knowing that they carry the very essence of the love and light of Jesus the Christ. It is simply tucked away into the heart of hearts, that most sacred place within each of you where the Creator Itself rests in undiluted presence, a well of absolute consciousness, a sea of love. This means that you are a human being and that you are engaged in living a life that is as full of love and service as you can make it.

2008/11/08: And you are as treasured and beloved as any one-of-a-kind gem or artifact. You are sons and daughters of love. It was from love that you sprang, an infinite number of holographic portions of the one infinite Creator. The personality feels so much like your entire self! Your personality, after all, has been forged in the fire of experience and bears the imprint of parents' love or lack of love, your parents' respect or lack of respect, your teachers and friends and the way they have impacted your life. In the same basic way you are the Creator; light from light and love from love. And you shall, in the fullness of time and space, return to the

light and the love that formed you. Thusly, this instrument says that she is a servant of the one infinite Creator; a child of love, one who wishes with all of her heart to serve and to follow her Beloved.1 These are vague, murky terms that do not limit the self or classify the self in linear ways. It is good to move towards that paradigm of shared vision and unconditional love. And we wish you the joy of being that knight who wears the armor of light and moves toward the sun of unconditional love and compassion. When one is accessing the gateway to intelligent infinity, one has been able to open the chakra system so that there is no blockage, over-activation or narrowing that would prevent the infinite love and light of the one Creator from moving through the red, orange and yellow chakras and into the heart. [footnote start]Carla often calls Jesus the Christ the Beloved.[footnote end].

2008/11/22: To elaborate further, what is the difference between channeling energy—be that energy the magical personality, radiant awareness, healing energy, inspiration energy, communication energy or love energy—and becoming that energy, becoming the supreme choice of non-dual awareness in which the boundaries between subject and object dissolve so that there is nothing outside of the self to channel and all is seen again as one. The light/love of the one infinite Creator streams through her open chakras with no let or hindrance, so that the gateway is open through the violet ray and the energy moves ceaselessly through the gateway from the entity's south pole up through the north pole of the gateway and down from the north pole of that gateway through to the instrument's blue-ray chakra. Were the channeling that of a healer, those same descriptions would be true except that the seat of the meeting of the energy through the gateway and the south-pole energy of the Creator's light/love would be at the green-ray level. Were the channeling intended to be that of pure radiance of being, the same description would hold forth except that the locus of the meeting between the north-pole energy through the gateway and the south-pole energy of light/love would be at the indigo-ray chakra. Just as love is absolute and has created all that that there is, just so is beauty a derivative characteristic of love. I am at peace with whatever happens and whichever way it goes, I know that I am serving love by serving others with my whole heart. Indeed, we were aware of the kind and loving thoughts of the one known as D when that precious and beautiful entity thought them and gave them to us directly, for when we are thought of, we are there.

2008/12/13: As the entity rests in the awareness of the spirit complex, an activity I am calling faith, the entity can lovingly and peacefully look upon and into the darkness, chaos and pain of the mind/body's up-reaching and know that all is well. Faith is a word which, like love, has many layers of meaning. The effort to be quite clear concerning the workings and the essence of such things as love and faith are always imperfect. Indeed, it is the nature of the green-ray energy center to be sanctified and utterly positive, resounding with the vibrations of unconditional love. It is the choice of many seekers to reach for more than the open heart, for the open heart is a place of being and the nature of that being is love. When a seeker desires more than that resting and tabernacling with love, it forms an intention according to its deepest desires. If the desire is for communication, then the energy through the gateway shall meet and mate with the upward spiraling love/light of the infinite One in the blue-ray chakra. Whether those essences are wisdom, beauty, love, purity or concentration, the words have wings when such speakers offer their thoughts. We applaud each effort that you make to know that all is well and that there is a sense that shall, when you see it after incarnation, amaze you with its completeness and its efficiency in bringing to you those things that you need to create of your life a glory and a beauty that speak eternally of love.

2008/12/27: When a child sees mother and father in prayer, in meditation, or volunteering to feed the homeless at the downtown mission, or building a house with other loving entities so that a homeless family can be sheltered, [he] will have the experience of living in consciousness because he is imitating the behavior of his parents. If a soul within incarnation has not had those early advantages, then as they awaken they shall need to find, within the pages of books or in the wisdom of a beloved teacher or mentor or in some such resource, the door into the opening of consciousness. In higher densities than this one, there is always this energy between student and teacher, teacher and student, each relationship

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in the previous instrument, a good example of positive wisdom at play with a backing of pure, but not foolhardy, love is the manifestation or inaction of what you call boundaries. This may seem as a—we correct this instrument—this seen... we apologize, we will take a quick pause to deepen the contact. [Pause] Just as the musician may understand how certain melodies interplay with each other, how a certain environment causes certain acoustic artifacts and allows the instrument to shine brighter, how there are various ways of creating notes on their given instrument, so too does the seeker realize that there are different contexts in which love may be offered. There are different ways that love can shine at any given moment, and the seeker imbued with wisdom has a clear vision of that moment. And when this wisdom and love are mixed in that moment, the mixture creates a potent potential for inspiration to shine through, and the nature of how love may be shared is brought to realization within that seeker.

2022/02/09: Would you please share with us some teach learnings and how to work harmoniously with the archangels and their associated elements and or compass directions in order to be more of service to others and to help our beloved planet Earth ease more gracefully into fourth density? new speaker Q'uo We are those known to you as the principle of Q'uo, and we have just enjoyed a small moment of attempted dialogue with this instrument, as it might be seen, as he issued his challenge and sought to more clearly perceive within his energy sphere our transmission. Do we open our heart and feel love.

2022/04/13: It is a part of our spiritual journey to do so, to become a part of your spiritual journey by blending our energies to help each other to move along that path of unity of love and light. At this time, we would ask if there is a question that we may utilize as a means to share more of this path of love, light, and unity. new speaker Gary Q'uo, our website, LLResearch.org, indicates that new channelings get much more traffic than older channelings.

2022/06/23: May we ask if there's a query to which this instrument may speak to you? new speaker Gary I have noticed that I can be stronger in care for a loved one than I might for myself at times. So, I'm wondering if there is a principle there for the student of the positive polarity why it is that we may have greater resources of strength and energy and will and faith in care for someone we love then we would for ourselves? new speaker Q'uo (Kathy channeling) new speaker Q'uo We are those of Q'uo and we are now

with this instrument. We are those of Q'uo. new speaker Jim So, my question, Q'uo, would be, if we are attempting to balance love and wisdom, how is it that they could be two faces of the same coin? new speaker Q'uo (Jim channeling) new speaker Jim .

2022/07/29: And we all are honored to be with you again this morning to share some aspect of this love and light with you. If so, thought seems so limited a tool for spiritual contemplation upon the unity of all things, the love inherent all things, et., which are beyond thought. By focusing our thought in contemplation about the central subjects of unity, love, light, and joy, do we somehow open portals of revelation and understanding and gradual transformation? new speaker Q'uo Q'uo, January 13, 1991: "It is the wounded entity that is truly at war.

2022/08/14: When the instruments finished their tuning, and before the circle gathered, Trisha tearfully reported that she could see Carla present and glowing with love and appreciation. andnbsp;↵ .

2022/11/10: So, I'm wondering if you could give us an update, perhaps some kind of percentage of population of how many of these entities exist on the planet at this time. new speaker Q'uo We would take this opportunity (to encourage) those assaulted by the daily barrage of, as you would say, bad news from the world to take hope—to put into simple terms, but nevertheless true—that love is here. All who, through the maze of the catalyst with which you grapple, seek the open heart which seeks to find, to experience, to embody, and to channel love in every situation, for every person, regardless of the stories circulating about, is participating in this work, be they dual activated or activated only in that body which is conventional for third density, that being the third-density yellow-ray body complex. new speaker Q'uo We would take one more query through this instrument before transferring this contact.

2022/11/26: In what way is the Galactic Federation related to the Confederation for which Q'uo comes? new speaker Q'uo Is there another query to which we may respond? new speaker Greg The word love is used frequently in Law of One, but love has become a buzzword in our culture. Can you please speak to what you see as the difference between love and compassion? new speaker Q'uo (Jim channeling) new speaker Q'uo .

2022/12/10: And that this balance of environment—the one of support, empowerment, love, and combined seeking—is one of much potency.

making a dynamic whole, and such teaching then is sufficient and wisdom's ways are learned along with deep compassion and unconditional love at the energetic level. Yet, no matter how clever the intellect is, its fruits tend to incline toward cynicism and doubt, negativity and fear, whereas the qualities of consciousness are the qualities of the one infinite Creator, whose essence and being is unconditional love. The "I" of the intellect, with its choices and its chances and its cleverness, becomes the "I" of the heart, the "I" of Christ Consciousness, or the consciousness of love. Rather, live that which you wish to teach and in your inarticulate being, bursting with love, there is that which shall speak to those whom you wish to aid.

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2009/01/10: In a similar vein, the central theme of the Baghavad Gita consists of a metaphorical battle between the lower, self-serving, sense-enslaved forces of past habits and conditioning versus the higher forces of discrimination, freedom, love and unity. Consequently, we would encourage those who seek to become ever more full of light and more transparent to the will of the infinite One; to examine with love and not with judgment those moments of temptation, those time of listening to the insidious voice that would distract you and use up the energy of the day in doing those things which, upon thought, you may not prefer to do. Such times shall come to this instrument and to all who seek the love and light of the one infinite Creator. Standing with you is the entire body of those within the inner planes who vibrate in love, forgiveness and charity. Here shall I let the life and the love of the one Creator flow through me. Here shall I love and be loved." Think you that you are any less than the one known as Jesus. You are all able to bear the cloak of Christhood; able to let compassion run through you like a golden river; able to open and bloom in the light of infinite love, not so others may see you, but only to bloom, only to be. Is the planetary system of healing called Reiki the same as what Ra termed the sending of love/light.

2009/01/20: We feel that, more and more, there is great love in your peoples' hearts for their Earth Mother. We would thank the one known as T with all our hearts for probing ever more deeply into the nature of things in an effort that never tires to seek the truth, to find the love, and to choose the service that offers the most compassion and the most light.

2009/01/24: Love sees the divine within the object. If you knew beyond a shadow of a doubt that both you and that other self upon whom you look and with whom you must interact are two sparks of the same Creator, virtually identical in every way, and that you were put here to love that entity, and that entity was put here to love you, there would be no occasion to call upon faith. Ask how one may eliminate the distance between subject and object and we would say to you that it is when the verb used is "love" that the distance between subject and object shrinks. The flowers are the object and the action taken is "to hold." Taste in your mind the sentence, "The vase loves the flowers." Knowing the nature of a vase and the nature of flowers, you may infer that the vase is holding the flowers. Yet for the vase to love the flowers is for a seemingly inanimate object to come alive and to embrace the flowers not only with the round smoothness of its opening but also with its heart. In just such a way the sentence, "I go to work," can be transformed by changing the verb to "love": "I love work." Suddenly your heart has been opened with regard to this object, work. Further, if you see yourself as love and you see objects about you as love, then love is loving love, whatever you do. Since the Creator is love, then you are love, loving love. We say this to point out that the mind of the world can take you only so far, whereas the mind of the heart, that consciousness of love, can transform your world into a beautiful place. Had the family member seen himself as the Creator and a being of great love, he would not place himself in opposition to you or stand in the way of supporting and encouraging you in everything you do. You can forge a new relationship that only goes one way and that relationship is love reflected in love. Perhaps the family shall never perceive any difference between the past and the present and shall not see your transformation into a person of love and power. All that matters to you is that you retain the vision of this entity as the Christ and are therefore able to love, en-

courage and support this entity in any way that lies within the path of your integrity. He may never get that which you are offering so freely and lovingly. Those depths are comforting and peaceful and living in love is healing and joyful. Thusly, little by little, you may, by the way you live your life, create a new world for yourself in which all beings are the Christ and all actions are those taken in love. We do not suggest a grand program of changing the world in order to achieve a more loving Earth world. Yet it is a goal that is clearly a good one, a positive one, one which shall bring you many blessings as you do the work that it takes to clear your vision of judgment and to allow love to flow into the sometimes unkind and harsh picture that you see with your physical eyes. As always, love is the answer to your question. See yourself as a creature of love. See all other things as creatures of love. And see the action you take towards another self or a situation in general as partaking in unconditional love. Love, love, love: love as subject, love as verb, love as object. These are the practices that shall bring you ever closer to your goal of living in unity in a world of your own making that is a world of love. The challenge for the seeker is to determine which choice contains more love, more service, more radiance, and which path contains less service to others, less radiance, and more magnetism, and that which serves the self. It takes a good deal of what you call time and what we may call experience to see clearly that the war is not necessary, that there is nothing to defend and that love is the answer. That chosen darkness, when there is no need for darkness, is different from the darkness of the unknown in that there is a positive choice being made to shut out the light of compassion, inclusivity, and the radiance of love from the self to others. D Yes, I have one quick question about love/light. When a being sends love/light to another being, is love/light sent only through the hands or can it be sent by concentrating on a being and willing it. In actuality, the sending of love by an act of will is far more common than the sending of love through the hands, which takes place only when a healer is working upon another entity. However, we would comment on your use of the word "will," for it is not necessary to be overly concerned or to will or to project or push the sending of love/light from you to another person. For love/light is not flowing from you, or at least it shall not be for very long. Rather, whether it is from your being or through your hands, the love/light moves through you, not from you, coming from the one infinite Creator. It is for this reason that there is never any concern when love/light is offered, because it is the Creator's light, and it is not an invasive or pushy light. We thank you for the love that you have for the truth, for each other, and for the Creator. Simply ask for us mentally and we shall be with you, not to speak but only to love you and support your seeking.

2009/01/27: One final recommendation would be to close such an experience by immersing yourself in water and there allowing the water to become magnetized with love, that love that flows into you at all time in infinite amounts. The shadow side of self will stand ready to be your ally if you can love it, accept it, and ask it for its help. The solution to such experiences, then, is to sit with that shadow side that has seemingly attacked you and offer it your unqualified and absolute love. We wish you every blessing and good fortune as you pursue your seeking for the love and light and the truth.

2009/02/03: One might ask what the overriding principle of a life is, or what the most beloved thing is, or what the thing most desired is. The center of that present moment is always love. A guiding key question for one who seeks the heart of existence is, "Where is the love in this moment?" As it applies to your first query, that question has to do with the nature of your incarnation. With the phrase, "Be the meadow," the doors open into a certain way of looking at the web of life and love that is your incarnation. Be confident that you are, indeed, capable of becoming more and more aware of the web of love and light of which you are a part, not only with the people in your life or the ideas within your mind, but with the elements of the Earth itself, the rains, the sunshine, the seasons, and all (elements) that go into the very complex and yet perfectly harmonized environment that is the meadow. A million trips to a million shops, a million chores and many, many thousands of days all blend into a web of life that is characterized not by any single chore, any single day on the job, any single bit of work with a relationship where there was a falling away from unity and then a restoration of unity, but rather the web created by many lov-

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ing actions over a long period of time. As we said before, it is the attitude of love which you bring to a job, a chore, or a relationship that illuminates that relationship, that job, or that chore. And from the standpoint of spirit, it is the love in that intention that is at the heart of your action, rather than the action itself. Consequently, from the standpoint of spirit within flesh, the central service to others of any life will always be the way you have allowed your energies to open, so that you may be an instrument for the love and the light of the one infinite Creator. But your hope for yourself, and that which is at the center of your vision of yourself before you came into incarnation was that you should become so comfortable with who you are that you would be able to let that beingness shine without apology or reservation, knowing that you are completely adequate to carry the love and the light of the one infinite Creator. Let the love, the caring, the compassion, the sweetness, and the light that has come into you with that concept move through you and out into your speech. For there are, indeed, many, many times where the life experience of a loving person creates settled opinions about the nature of life, the nature of learning and the nature of spiritual maturity. To use less than your full life experience and your full burden of gathered wisdom is to be less than true to your basic self, that self which you have worked so very hard through life to create as lovingly and as wisely as you can. Oftentimes the higher wisdom, the higher love, translates in physical terms to that which may seem judgmental, that which may seem less than fully giving.

2009/02/14: Where there is hatred, let me sow love, where there is injury, pardon, where there is discord, union, where there is doubt, faith, where there is darkness, light, where there is sadness, joy. Oh divine master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console. That triggering catalyst has therefore caused your energy body to narrow so that the full flow of the Creator's prana or light/love is not getting through to the heart chakra. This is a positive and helpful configuration, which was brought about due to your loving concern for your family. And when the intention is set to breathe in prana or light/love, that greatly enhances the seeker's ability to receive the food of light from the air. The practice of various breathing techniques is well known and certainly the use of such exercises as pranayama yoga offers is recommended for those who wish to enhance their ability to move love/light, light/love, or prana through the physical vehicle and metaphysical vehicle. The words of which you so often think when you think about being a loving and kind person—beauty, truth, honor, justice and so forth—are thought-forms in the metaphysical realm, having a life of their own and a nature of their own. For those who believe, it is a powerful reality that they are able to take in the very body and blood of this crucified Savior whose unconditional love the whole world recognizes. The original Logos, that Thought of unconditional love, has indeed spun out the light to manifest all that there is. Consequently, each entity is a form created by the Thought of love, and patterned out in the ways of love by light. What suggestions would you offer in terms of balance, or perhaps bringing more love into the seeking and existence. I may be a bozo but I truly have love in my heart. Yet, when Christmastime arrives, your people experience an outpouring of love and affection and express their caring by creating food baskets and gift baskets for those families who cannot afford to have a Christmas on their own.

2009/02/28: (overview) Question from L: In the Ra Material there is the use of the slash inbetween words and phrases, for instance, "mind/body/spirit complex," "time/space" and "space/time." Two other examples are "light/love" and "love/light." I understand that with the phrase "mind/body/spirit complex" each of those words indicates a part of the whole. I don't understand the significance of why there are times when the word "time" comes before "space," or the word "space" comes before "time." With "light/love" and "love/light" it seems that both of those are parts of the whole or two sides of the same coin and I don't understand why "light" sometimes appears before "love" and "love" sometimes before "light." Can you help me with that. We are happy to speak with you concerning the terms, "mind/body/spirit complex," "love/light" and "light/love," "time/space" and "space/time," in which the slashes seem to loom large. The terms "light/love" and "love/light" depend from the terms "space/time" and "time/space." When we of the Confederation speak of the

one great original Thought of unconditional love which created all that there is, we speak in terms of love/light. When we speak of the manifested Logos, the seen worlds, we are speaking of light/love. (It is) that energy which your beloved Mother gives back to you as the infinite flow of the Creator, that moves from the feet upwards through the body and out the body through the top of the head. We are speaking of light/love. The light sent forth in its regular configuration by a quartz crystal, then, moves into the field of the energy body and has certain healing characteristics which interact in a complementary and helpful way with those energies of the energy body which have become somewhat disorganized or weakened by virtue of there being a narrowing of the flow of the light/love of the infinite Creator through the energy body. R I have a question about the expression of love/light vs. light/love. I thought that perhaps love/light might refer to beingness or energy that is potentiated but not yet expressed while the use of the term "light/love" would indicate doingness or action, energy that is expressed, light. There is, from the standpoint of the infinite Creator, as much action and essence in light/love as in love/light. From the standpoint of third density, in space/time the light/love which is used to manifest all things in the creation is builded of light/love rather than love/light. However the activity of light/love is not the activity of the human. The love/light is instinct with the one great original Thought. While this original Thought is the Creator of all that is, It remains itself an essence full of love. And in that way, my brother, you had the gist of it in saying that the love/light was beingness and light/love was activity. We thank you for being those who have set aside time and space, or space and time, to pursue the truth, to behold beauty, and to dwell in the precincts of love unconditional.

2009/03/14: And the power that we claim is only the ability to speak through this instrument concerning the one original Thought of unconditional love in its many distortions of which free will is a primal one. If you must criticize, wait until your heart is full of love and compassion so that that which must justly be shared is shared in unity, in harmony, and in support. It is rightly said in your holy works that the love of money is the root of all evil.¹ When entities see money as a kind of energy that flows through their lives and extends out into others' lives, then we feel that that money is given its appropriate value. He was not greedy and he was not at fault, for he did not love money for its own sake, but only appreciated what it could do. On the other hand, the second man who, having been forgiven, could not forgive another, was an entity who loved money in a greedy way. There are many, many entities within the inner planes who respond in support and encouragement to those who call upon the principles they wish to confirm: goodness, love, beauty, those things that remain when all illusion is washed away. For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness."(footnote end)[footnote start]Holy Bible, Matthew 18:23-35: "Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants.

2009/03/28: The overarching truths that "all is well" and that "all is love" are not visible within the depths of third-density living. Those situations in life which are rich in opportunities for those who wish to polarize always have to do with choosing love over fear. As we have said before through this instrument, it is well to ask the self when faced with a challenge, "Where is the love in this moment?" When that question is asked, there are times that you can see no love in the situation. This creates the opportunity for you to open your heart and allow the Creator's love to move through you, so that the love in this situation has come through you. For you cannot love the world of your own self. You shall surely run out of love quickly, for the love of the mind and the human heart is finite. Yet the love of the one infinite Creator is, itself, infinite. It is a great collaboration, my brother, for it is not unimportant that you yourself, in your humanness, love. This love that you have colors the light of the infinite One in beautiful colors made of your personality, your choices, your quirks, your uniqueness. We do not attempt to communicate at those times but merely to be with you and to bathe you with our love. Rather there is the convergence of energies, in a metaphysical sense, with the vibration of love and light

therein.

2020/01/11: How did those beings become so separated of the love and the purposes of the Creator?new speakerQ'uo .

2020/01/18: Is there another query at this time?new speakerAustin My question is, it seems to me the central point of that is an attempt to seek love, and the intention to seek love, and not necessarily the successful finding of love in every moment. So, I'm wondering if, is the power that Ra talks about that builds in this attempt, is it necessary to find love for that power to build. I was hoping that you could just elaborate on the difference between the attempt of finding love and the success of finding love.new speakerQ'uo Is there a further query, my brother?new speakerAustin No, thank you very much, Q'uo.new speakerQ'uo I am Q'uo, and we thank you, my brother. Then this Free Will finds a focus and that begets the Second Distortion, or Logos or Love. It would seem that awareness is more fundamental or prior to Love itself, if that is even a sensical thing to say. I would be interested in hearing your exploration of the nature of the relationship between awareness and Love at the level of Logos.new speakerQ'uo Is there a further query, my brother?new speakerGary How do the primal three distortions live within us as mind/body/spirit complexes?new speakerQ'uo Is there a further query, my brother?new speakerGary One more, and thank you.

2020/01/25: For we are those who, as you, are made of light through the power of love. The challenge/danger of the wanderer is that it will forget its mission, become karmically involved, (here's the tough part) and thus be swept into the maelstrom from which it had incarnated to aid the destruction." Can you lend any clarity to "and thus be swept into the maelstrom from which it had incarnated to aid the destruction?"new speakerQ'uo Is there a further query, my brother?new speakerGary Can you elaborate on what it means to be consciously unloving?new speakerQ'uo Is there a further query, my brother?new speakerGary Two super-quick follow ups. So are you saying, Q'uo, that the consciously unloving activity that accumulates karma is essentially any activity which seeks to intentionally infringe on the free will of another through control or manipulation. So for the entity who may have a, say, knee-jerk reaction of anger, or frustration, or other form of negativity, does that fall within the karma-accumulating unloving activity?new speakerQ'uo Is there a further query, my brother?new speakerGary Not in that line, thank you so much Q'uo.new speakerQ'uo I am Q'uo. In that case, how did this accumulate karma for the one known as Jesus?new speakerQ'uo Is there a further query, my brother?new speakerGary I wouldn't think that Jesus would have consciously intended to act unloving to his playmate, but rather had that triggered knee-jerk, unconscious reaction.

2020/02/08: This then frees us to speak as we will, and share more of that love and light of the One Creator that shines within us all this day.

48 2021

2021/03/10: Is it possible to speak to the source of these creative undertakings?new speakerQ'uo Is there a further query, my brother?new speakerGary Now, to my similar question: I was contemplating how Ra calls the fourth density the density of "love and understanding," 1 and I was considering the interrelated, if not synonymous, nature of the terms "love" and "understanding." And I was thinking about how storytelling may give some insight into how fourth density, or rather into how love and understanding relate. Now I'm wondering if this authorial window into a character sheds light on what Ra means by "understanding" being related to love in fourth density.new speakerQ'uo (Trisha channeling)new speakerQ'uo We are those of Q'uo, and we are now with this instrument. With this instrument now, feeling as though she has strengthened and widened her connection with and through us, we will ask if there is a query at this time?new speakerGary Yes Q'uo, in descriptions of the positive path, there seems to be a necessity placed on loving the self. And I'm wondering if you can elaborate on what the key is to loving the self, supporting the self, trusting the self, allowing the self to fail, etc.?new speakerQ'uo We feel that this instrument is saying that she has milked that cow dry. Ra

talked about how a third-density entity can interact with the second-density entity in the form of a pet, and how the pet might benefit from that relationship by being imbued with love and becoming enspirited.

2021/04/14: T writes: In the case of the unborn child dying before it's born, perhaps early in the pregnancy, does this serve as catalysts for the parents and family members as it gives them a chance to show love into the situation. Go forth rejoicing in the love and the light, the peace and the power of the One Infinite Creator.

2021/05/12: And whether or not such a thing exists in an infinite universe, how may the incarnate being increase the energy available for their service?new speakerQ'uo Is there another query at this time?new speakerGary My next question I would love to explore in depth at a later time, but just as an initial foray into this realm: One could say that all things in space/time offer a window into the personal or collective unconscious mind. Is there a query?new speakerGary Q'uo, when a loved one passes away, can communication still flow between us, from us here in the physical realm to those who have passed on to the non-physical realm, and is there any way we can become conscious of this communication?new speakerQ'uo We are aware of your query, my brother. This time, in your space/time, offers greater and greater opportunity for those living in body to expand their entire body/mind/spirit complex in such a way as to not only become receivers of communication from loved ones and what you call spirit, but also to become so attuned so as to sense when such ones are nearby, as you may say, or within your range of attunement, so that you may also—those who are interested in doing so—may also transmit communication to those ones as well as receive, so that you may continue what dialogue, what heartfelt communication and understanding, imbued with love, across what you may call the veil. This experience is one that is, in a collective sense, increasing upon your planet at this time as more of those loved ones cross to the other side in spirit form, leaving behind the body/mind/spirit complex and the space/time of Earth. However, while the opportunities for exploration and growth become more expansive in spirit form, have more freedom of movement and consciousness is afforded, those in spirit form, many times, have great desire to remain close to those they love who remain in body on Earth, and wish to communicate (that they) are joyed by the idea of continuing that dialogue of connecting to the heart and mind of those they love.

2021/09/22: For each other-self is indeed not only a portion of yourself, but a portion of the One Creator that speaks to you in words not heard, in images perceived, and in the open heart, sharing the love of the One Creator in all things. Is there another query at this time?new speakerJim Yes Q'uo, in the Ra contact #102.11, Ra says, "Each entity must in order to completely unblock yellow ray love all which are in relationship to it with hope only of the other-selves' joy, peace and comfort." And my question is, how does this work if there is disharmony with other-selves in relation to us?new speakerQ'uo .

2021/10/19: I felt I was making pretty good progress, learning my lessons and seeing love in places I never did before. I feel as if I spend most of my time now, wrapped up in my illness and trying to fight through it, rather than spreading love.

2021/12/13: When one can see oneself with that kind of humble but true love and regard, then one can accept oneself as pure, which then provides avenues for the self to accept one's imperfections whether they be seen as imperfection in action, imperfection in thought, imperfection in existence in a general sense.

49 2022

2022/01/05: I'm sure the answer is something like, respond with love and/or take this into your daily meditation.

2022/01/26:

(Jim channeling)new speakerQ'uo So, with that, we would like to impart that what you call positive wisdom is wisdom that has at its core and is backed by intentions that are informed by love. Not a love that is necessarily vulnerable but that love that is accepting. As was stated before

and in this attempt to serve, offer that love vibration which colors each service in a fashion which those entities receiving the service become aware of, if not on the conscious level, then upon the sub-conscious level, so that the effect is, shall we say, vibrating love from the foundation of one's being, upward and outward into the conscious expression of one's own unique being. Each seeker of truth, has the ability and the freedom to be and to share whatever it is in their heart that wishes to be shown to others and shared with others as an offering of love and of service, not only to others, but also to the One Infinite Creator who exists within each other being, including yourself, with whom you shall share this blog. As always, you provide us with the greatest of inspirations because you move through this heavy, dense, chemical illusion, this miasma of misinformation and doubt, this divisive nature of one's being that knows not it is the One Creator, that knows not that there is love in every soul, love in every moment.

2019/12/14: To depend upon the understanding and loving responses of entities about the narcissist is to look into a mirror and see that which eludes the narcissist—that is, the everyday appreciation of the appearance and abilities of all other selves. Some people have experiences of attempting to offer love and acceptance directly, but having that be taken advantage of completely and more harm coming from that attempt to offer love. This kind of service is that which attempts to give love and understanding, when it is known that oftentimes the response will be a rejection of such, seeing such attempts at love and understanding as futile expressions of weakness. The simple expression of love and understanding must then be translated in the day-to-day behavior, and not just the communication, that attempts to see the narcissistic entity as one which offers opportunity for growth amongst the entire assemblage of entities that are within the close approximation or daily round of activities for the narcissist. Ra has said that a perfectly balanced entity would respond to any situation with love and sees all things as love, and that to a perfectly balanced entity, no situation would be emotionally charged. I I'm trying to understand what "emotionally charged" and "love" mean. Or are these things considered an emotion charge and a perfectly balanced entity would only experience the constant love within any situation. However, each seeker of truth is upon the path of attempting to reach the level of love and understanding that would result as a means of viewing any situation. As the entity moves through the incarnation, then, it attempts to open the heart in unconditional love as its primary response to any situation which it encounters. Therefore, the response is love, for the Creator becoming able to know itself in every situation is the reason for the entire creation. This is the great challenge—to find the love that is in every moment, in every situation, and in every entity within the creation. The holographic image so mentioned in this quote, is that which can be seen as the Logos, the Love that is the first product of freewill that wishes to know itself, the One Infinite Creator; then, uses the concept of love, the ability to create, what is seen as a creation, many stars, many planets, many entities, many energies, all in motion, in a manner which reflects the potential apprehension of the love, light, and unity of the One Infinite Creator expressed in all of the creation. We would suggest that as the pet is related to by the owner, that the love which the owner feels for the pet be expressed in any way possible, and in every opportunity possible, in order that the love of the owner for the pet is invested in the pet so that it is much likened unto a seed that begins to grow within the pet and the pet then begins to feel a loving response for the owner, as it feels the love from the owner to it. This is a reciprocal opportunity to give that which is understanding, love, compassion, to the pet so that it may feel engulfed by the open-hearted unconditional love of the owner. Thus, there is the type of giving and taking of love and light that is most beneficial between the pet and the owner. These talents include the sending of love and light by those of Hatonn to entities that are requesting such, perhaps within their daily round of activities, within their meditations, or within their sleep. They ask for the love and the light of the Creator to be shined upon them, that they may be enhanced in some fashion whether it be of mind, of body, or of spirit. There are entities within those of Q'uo, Latwii and Ra, which are able to send a combination of love and light that enhances entities in a similar fashion, yet at a, shall we say, stepped up vibrational level.

2019/12/21: In order to unblock the blue ray, which has

the opportunity to share the love and light of the One Creator fully and freely with those about one, it is oftentimes helpful, when some blockage of this blue ray occurs, to look at the other self that has caused the difficulty or irritation, as the self. It is a grand choice that each may make to take whatever opportunity is presented to the self to determine that the infinite love and light of the One Infinite Creator that exists within the self, may be given an opportunity to shine ever more brightly to those entities with whom one comes in contact in its daily round of activities. This can be done by a simple act of will and faith that one says to the self, "We shall now move forward in this love, in this light, in this moment, to shine ever more brightly, ever more clearly, and ever more constantly to each entity we meet upon the street of life", for each entity is the One Creator; is the other self, is the entire creation standing before you, with needs, with services, with difficulties, with desires to seek ever more fully that which you have in abundance. You are our brothers and sisters of the open heart in this circle at this time, and we thank you for the love that you share so abundantly with us.

2019/12/28: Thus, you offer to such entities in your attempt to communicate with them a chance to move in clarity through their communications, enhancing their service, so that at their level of being, they are also increasing their polarity as they are attempting to communicate through you to another loved one or friend, shall we say. You are offering such entities a clear and purified means of being of service, a crystal opportunity in which they are full of joy to be able to participate, for in most instances, they are unable to make themselves clearly understood to any such entities without an intermediary, such as yourself, who may call upon another intermediary, such as the higher self, and establish a communication that allows them this signal opportunity to be of service, not only to another entity, but to a loved one. This light, then, gauges one's ability to utilize and move further into this light, as the light is moved into, then, the visualization may be seen to increase the vision of the one moving through death's door, to see those entities that are awaiting one as one moves through that door, for each entity within the third-density illusion has friends, guides, teachers, and loved ones that will be waiting for it to help it penetrate what is called "etherrea". They will give their guidance, their light, their love, and their understanding to the entity while it is attempting to perceive them, and to perceive the nature of the reality into which it has moved. The animals, as you call them, of the second-density variety, which are utilized by many on the surface of your third-density planet for food, are beings that have consciousness, that have a soul, that have the ability to give and to receive love. The challenges of the third-density illusion are those which provide opportunities for people who are described as conscious seekers of truth to utilize in a manner which expands one's awareness, opens the heart and allows the One Infinite Creator's love to flow freely forth by the meeting of the challenge. They are here to not only expand their own consciousness as they move into the fourth-density of love and understanding, but to offer to those about them the opportunity to see another way of being, another way of communicating, another way of accomplishing the life's journey. Q'uo I am Q'uo and am aware of your query, my brother, and you are most perceptive, for indeed, these entities, who exhibit the qualities of autism most especially, and that called Asperger's Syndrome, as well, have found the ability to move into the fourth-density of love and understanding upon other planetary spheres, and have come here in order to aid the birthing of this planet's fourth-density experience of love and understanding. They are from a distant planet which has already achieved its transition into the fourth density of love and understanding, and the population of this planet has provided a small group of those able to make this transition and they are here now to aid the transition of this planet into the fourth density. We feel your love and thoughts and being shared in return with us. We thank you for your love, for your understanding, for your desire to seek the One Infinite Creator in all.

47 2020

2020/01/04: This is the direction from which the newer or New Age distortions of love/light, which are less distorted, are emanating from, and this instrument will find comfort

upon which this channeling has been carried, it being the matrix for all of those who would touch into that web that is this circle of seeking. One tunes to unconditional love, sets an intention for the work and then moves into this body of light during meditation.

2009/04/19: Like so many concepts upon the spiritual path, the concept of a great shift in consciousness, from this present environment in which you experience [life] upon Planet Earth to an environment which is enhanced, offering love, light, peace and power, and above all, the clarity which lies beyond the veil of illusion which you experience in third density, has long been upon the heart of those who seek the truth upon Planet Earth. And that is to be ready when the train pulls into the station, that you may get on board and say, "Hallelujah! Let's go." 2 Dear ones, as you sit in the circle, in the sacred space that you have created with your hearts and your love, you are ready. For your colors shall color the infinite light and love of the one Creator. And so each person in this hall of mirrors has given strength and support to each other person, pulling from them, in that exchange of energies between the two, that combined love, light, power and peace that is a new thing, born of the collaboration of two spirits together. Francis, and we would repeat it through this instrument at this time to give you a keener and keener sense that you truly are an instrument which spirit can play: Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, unity; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, teach me to seek not so much to be loved as to love, to be understood as to understand, to be consoled as to console, for it is in pardoning that we are pardoned, it is in giving that we receive, and it is in dying that we rise to eternal life.3 "Make me an instrument of thy peace." These are words by which you may live confidently, knowing that your service is on target and that you are on task according to your service, that which you came into incarnation to do. As you continually offer yourselves as instruments of the Creator's love and peace, you shall find great aid in several things. Remain an observer who waits in stillness for the voice of the Beloved. Another great ally in becoming transparent to the light and love of the infinite One is a sense of humor and the knowledge that you may take all things lightly, except your love of the infinite One. You shall see every plate as that surface which smiles at you when you have washed it and says, "Thank you! I love to be clean." Share the delight of that dish and give it a smile. Let the rhythms of love overtake you wherever you are, and when you feel that you have somehow lost that rhythm and are jerky and awkward in your spirituality, ask for help. That is the third thing that is of great aid as a resource for those who wish to be instruments for the Creator's love and light. Each of these places of collected power is unique, yet each has in common with the others a vulnerability to being enhanced dramatically by the set intention of those governed by free will, such as yourself, to encourage, support and radiate the light and the love existing in enhanced degree within these nodes. Even one entity, meditating in harmony with a sacred place, may help that place to clarify and enhance or boost its outflow of love and light. Natural cones—teepees, pyramids and caves—are collectors of love and light. Therefore, you can never go wrong by meditating upon a mountaintop or in a cave, or anyplace that feels to you as though it were a resonating chamber for love and light.

2009/04/25: We would remark to the one known as R that although those of Latwii are speaking this evening, those of Hatonn are especially close to the one known as R and are glad to reassure the one known as R with their presence and their love. However, it is at the call of the one known as R that there is special care given to enhance and energize the expression of love within the energies of those of Hatonn. We find that among your people the word "humility" has undergone the same kind of spoilage from overuse that the word "love" has undergone, so that we may say the word humility and it is assumed that everyone knows that of which we speak. For he has experienced the state of the small "I," the ego self, becoming transparent before the power of unconditional love as it flows through him. And our every desire is to tune ourselves so that we may be transparent before the love and the light of the thoughts and the energies that come through us as we hold the query that you have manifested and the unspoken energies of the group that support

and swirl about this query within our consciousnesses. Similarly, when one chooses to invest oneself with the responsibility of being aware of the present and for coming into that present moment fully as an entity of love and light seeking the one Creator, seeking to be of service in that moment, the consistency with which he is able to pay attention doubles and redoubles and redoubles the strength of his awareness, until very soon that seeker is a far more powerful, magical, grounded seeker than he was before. When this instrument thinks of that posture, she has a tendency to think of the moment when the man in love bends his knees before the beloved and asks the privilege of becoming her partner in life. There is a reverence, even an awe, of the depth of the circumstance that feels that bending of the knee before the beloved. And that is the same kind of energy that humility before the infinite One may bring to the seeker—not that the seeker is less, but that the joy and the wonder of being able to share the life with the beloved is an incredible privilege. It does not disappear, but it becomes clearer to one, as one goes forward, when one has gotten off that beam of love and light and service to others and has become involved within the self once again. That is part of being humble before the infinite One, that willingness to stop the surface process of living and take time to listen to the Beloved who speaks in that silence in thoughts too deep for words. If by conscious intent, how can the entity consciously intend to transmute sexual desire into unconditional love. G1 Q'uo, here's a question from G2, who says: "I had such an emotional experience during the inauguration of Barack Obama! All the things that we desired for a new world seem to have been manifested—love, acceptance, etc. We cannot say, my brother, that because of this moment there was a leap ahead in the planetary level of vibration, for as you have noted, my brother, the energies which baffle and confuse the energies of unconditional love did not become healed and go away from your world scene. Therefore, every attempt that is made by persons or groups of people to send love into the earth energy, to send peace into the earth energy and so forth, is an effort well made, and an efficacious one as well. Just as the energies of heat have moved down into the planetary entity that is your Earth, also the energies of cooperation, love, unity, understanding and communication can aid greatly. It is that they see this karmic residue and wish to fulfill that karma with the balancing energies of love and affection for the planet that remove the self forever from the wheel of that particular karma.

2009/05/09: You and your guidance system gazed at your soul stream and its balances of power, love and wisdom and you devised an incarnation with themes or incarnational lessons, if you will, using the metaphor of the School of Earth being one which distills and refines souls. You prepared yourself with far more relationships than you would need, just to be sure that, if you kept backing away from a situation that involved an incarnational lesson, you would never run out of replacement situations that would sound the same theme and bring forward the same opportunities to adjust the balances of love, power and wisdom within your energy body. This instrument, for example, gave herself the incarnational lesson of loving without expectation of return. It took this instrument many years and many relationships to notice that there was always someone in her life that required loving and that was not capable of loving in return. In a way it has, for this instrument recognizes the challenge when it appears, is able to don her armor of light, affix the ribbons to her lance, and set out to love without expectation of return. The end of that lesson is the learning to love the self. As you go, you are learning to love yourself and others and the Creator. You are learning to accept love from yourself, from others, and from the Creator. This instrument said earlier in the conversation that preceded this session of working that he whom God loves, God tests.3 It is a quotation from this instrument's holy work, the Bible. You are here to love. In each challenging piece of catalyst there is that thread of truth, "I am here to love. However, we would suggest that the theory lacks the awareness of the nature of the one infinite Creator and Its original Thought or Logos which is unconditional love. There is never a nothingness, there is always a plenum and that plenum is the one infinite Creator: love. For harvestability, it is important simply to choose to act in a way which is loving, a way which expresses your desire to serve those about you; your desire, indeed, to serve the good within yourself as well as others. To polarize enough to graduate it is necessary simply to set your intention to love and serve the Creator by loving

and serving the best in all that you see—yourself, others, the world around you. If you can not only set your intention but be persistent and persevere as choices come before you of an ethical nature, by choosing the loving way, the embracing way, the understanding and insightful way that sees that to give is to receive, and to console is to be consoled, as the one known as St. However, in the process of being a loving and compassionate person, you shall inevitably discover that there are those things for which you would wish to be forgiven. And so that loving heart of yours opens and says, “Please forgive me.” Most importantly, in terms of karma, rather, that loving heart opens towards the self and you are able to forgive yourself. The chorus goes: (lyrics start) Dance then, wherever you may be And I’ll lead you all in the Dance, said He! [lyrics end] [footnote end][footnote start] This reference takes after the song by Led Zeppelin, wherein the choice is between the “stairway to heaven” of the lady looking for factual wisdom and the stairway of growing insight that all is one which “lies on the whispering wind.” [footnote end][footnote start] Holy Bible, Proverbs 3:12, “For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth.” [footnote end].

2009/05/23: The goal of this is not simply to give the seeking soul a degree of suffering, but to set the stage for that great choice of polarity upon which the next two and a half densities are based and which shall only be refined in fourth, fifth and sixth densities by further studies in love, in wisdom, and in unity. In a way, it could well be said that spiritual evolution consists of reducing the difference between your basic vibration and the vibration of the one infinite Creator, whose nature and vibration is unconditional and absolute love. However, the experience of this Logos comes up into conscious awareness from the roots of consciousness that are placed within the environment of your density in such a way as to enable you to represent and identify love and the vibration of that unconditionally compassionate Logos. You have a unique opportunity at this time of cusp for the planet itself to offer within your very being a location and a place that is love. And all within the natural world is in a state of love for you, just as the very bones of your body, in their instinctual life, have an answering and overwhelming love for the environment without it and like nothing better than to dance in rhythm with all of creation. All of these loving and caring allies are as close to you as your next thought. The spiritual journey is one in which you seek to lessen the differences between your vibration and the vibration of unconditional love. Beyond the “wheres” and “whys” there is love. And truly you do understand what love is. Therefore, seek love. Open yourself to love. Let yourself be loved. And in the end, allow yourself to drop away those things which are not expressing love, not asking for changes but allowing change when it happens. All of those artifacts of the human personality are merely the surface flower of that seed which is unconditional love. The deeper you go into your personality, the less personal it shall become, and the more loving. When you choose within this veil of forgetting to turn towards love, to live love, and to be love, you have done so against resistance. Each time that you act in faith to enlarge love and to be its witness and its messenger, you lighten the consciousness of the planet as a whole. Consequently, this action, as this product is made available, is one which invokes the awareness that all is one and that all is love. We, therefore, praise this motivation and the spiritual principles underlying the decision to create this product, my sister, and feel that your creativity in bringing a sacredness to those aspects of life which are not seen to be sacred in the common run is an excellent way of showing love to the world about you and expressing your awareness of the unity of all.

2009/08/04: This way of thinking is very helpful for one who wishes to maintain a constant and stable metaphysical tuning and who wishes to be a reliable and trustworthy instrument for peace, love, joy, thanksgiving and compassion. This is due to the instrument’s overwhelming tendency automatically to reconfigure that which is coming into the five senses in patterns that have to do with spiritual principles, such as loving, listening and so forth.

2009/08/11: There is acceptance of all of the imperfect-seeming self by a love so great that it has called you and the creation into being. It is indeed so that the workings of service-to-self polarized entities depend heavily on fear, for fear and love cannot coexist. There are many, however, whose personalities are such that they do wish to stay abreast

of what is happening and we find that there is no harm whatsoever in learning all that you wish to learn about the affairs of the day as long as you remember that you are not here to judge, but to love that which you see. All that you see is love in some distortion or another and you are here to reflect love back into that which you see. And as you come into realizations concerning how the two polarities work and how they complement each other, open your heart to love what you see, to send love into the situations that disturb you, to rejoice with those things that you see that speak to the primacy and the victory of love, for that you shall see beyond all of those implements of fear that so abound in your outer world. We thank you for this query and we rest with you in constant meditation, which you may call on at any time that you wish to rest and feel loved. For all entities need that sensation of being loved and being supported.

2009/09/06: How can we stay positive and share our love and light with those about us. You have, within your second-density physical bodies, that same ability to sense, in an energetic fashion, the thoughts of those whom you love and with whom you have been in physical proximity. You can, by the simple process of asking yourself to become aware of those entities with whom you wish to stay in contact, maintain that source of support, encouragement and unconditional love that you have experienced here. This, indeed, could be retained as a “tell,” a reminder or a trigger for focusing upon and bringing up that remembrance of this moment when you were supported, loved and encouraged by those about you, cradled in cherishing. It is indeed a wonderful thing, my friends, to be cradled and rocked with the vibrations of unconditional love that each has offered during this gathering. Further, if you wish to ask angels into your life, they are always waiting to be asked to join those who are seeking the love and the light of the one infinite Creator. As you see, you are beginning to amass a complex and helpful guidance system and one that is yours for the asking, always there, always full of love, and always ready to help in any way that is possible. We are always ready to envelop you in love so that you need never feel unloved or alone. It could be “love.” It could be “Camelot.” Choose your word and visualize this word triggering this nugget of crystallized memory. Obviously, my sister, your love for this child swaddles her and reassures her, but more than that, your ability to discipline your personality to become ever more stable and steady in your faith will also greatly reassure your baby. It is possible, my sister, if this appeals to you, that you read aloud to your unborn child as you would to your child as you put her to bed, choosing those messages that mean love and light to you. And yet the feelings that stream from you as you share words that you love are unmistakable to the child and will similarly deepen that feeling of safety and security and love.

2009/09/12: (overview) The question this evening is: In offering wisdom or love or attempting to be of service to others, we understand that it is possible to infringe upon another’s free will if they’re not ready to receive this kind of information. This is due to the energy of your circle, which is heavily biased in favor of love. In order to support and encourage that vibration those of Hatonn, of the density of love, are very pleased to be chosen this evening to be the appropriate voice of those of Q’uo as a whole. The concept of service to others is at the very heart of the polarization that is the primary objective of each of you as seekers attempting to learn the ways of love. Now, we cannot give a general answer because of the fact that every entity seeking to share what he loves dearly goes about it in a unique way. As a servant of the light what you are interested in doing is seeing entities as they truly are, as creatures made of love, as the Creator itself looking back at you from another pair of eyes. When you respond soul to soul, enlarging the love in the moment and reflecting love given by love received, you are polarizing to the best of your ability and you are accelerating the pace of your own spiritual evolution in so doing. You do well to let them mature, for even the harshest surface emotion, as it is refined by the ripening process, shall begin to deepen your nature and hollow you out so that you may carry more love, just as a chalice carries wine. You will find that you are an alchemist turning disharmony into harmony, fear into love, darkness into light. Do not cringe away from your suffering, but rather cradle yourself as you endure through the natural process of the alchemy of the transforming energy, of the love in your open heart.

2009/09/22: Many are those who create that portal

within the world about one. You, who live in such a heavy, dense, chemical illusion are inspirations to us as you move through such an illusion with the love and the light of the One leading your way at all times. In the streamings reaching your planet at this time, these understandings and disciplines have to do with the balance between love and wisdom in the use of the body in its natural functions. The third area is the spiritual, and in this area the first two disciplines are connected through the attainment of contact with intelligent infinity.

2019/11/16: This, in effect, in the practical sense, means that each conscious seeker, then, must prepare the self to engage in a loving fashion as much as is possible with the entities that populate its daily round of experience, who, of themselves, are often without any conscious knowledge of the spiritual journey, the opening of the heart, the ability to share love, and the strengthening and supporting each of the other upon this path. Therefore, there is, for each conscious seeker, then, an opportunity to share that which is possible to share of the green-ray energy center, the unconditional love that is possible to offer in some fashion in every opportunity of meeting those in the daily round of activities. It is impossible for each conscious seeker of truth to make more of an effort in the sharing of love and of light than is available within the being. If there is the opening of the heart to such extent, however, that this imaging of the self being imbued with love, moving from the universe to the self in the heart and flowing from the heart outwards, then this type of a visualization can enhance the individual ability to offer that which is already within the heart, and amplify it and intensify it by the visualization of seeing the heart energies moving from the fourth density which now engulfs your planet, outward from the heart to each entity that one meets in the daily round of experience. Each conscious seeker, then, is well advised to be aware that there are many entities already within the fourth-density environment who send you and all the population of this planet love and light on a constant basis. The awareness of this available love and light, then, from these entities and from beyond, can aid each in the processing of the catalyst that comes with each day’s experience. Each positive seeker who wishes to be of service to others, and to open the heart in unconditional love, is a kind of missionary that has a creed that includes the consideration of each other entity that will be experienced as a soul within the life experience. Thus, the sacrifice that is made follows along the lines of refusing to engage in any arguments about the necessity to purely give that which is one’s to give, the unconditional love of the heart energy center. The tendency for many conscious seekers of truth is to attempt to make a case when dealing with difficult catalyst from another self that the other self would benefit by following the advice or expressions of love of the self, thereby engaging in a spiritual discourse, or kind of changing of minds in the attempt to become more accepted by the other self. Thus, the seeker who wishes to give what is most helpful must oftentimes sacrifice the proselytizing, shall we say, the spiritual sermonette, and by actions primarily, and words secondarily, always bolstered by thought within, offer that quality of love which accepts entities as they are, and makes the demonstration of one’s own loving nature the teaching, rather than the words. (Thus) there may be added to the clarity of the blue ray the compassion of the green ray, which does not alter the truth in its essence, but perhaps may state the truth in a loving fashion which does not include the more aggressive parts, or jarring parts of total clarity where there may be accusations or blame, and the making of another responsible for this or that result of the interaction between entities. Thus, the green ray energy center may serve as a kind of loving acceptance of another being so that the clear communication is received as a kind of spiritual food. We encourage each to pick oneself up again, dust oneself off, and move forward in truth, in love, in light, and in joy, knowing that you seek the One Infinite Creator who resides in every being and every portion of the creation about you.

2019/11/23: As it traveled to these various locations, studying with various masters, it became aware that as it was able, in its meditative state, to enter into a unity with the One Infinite Creator, whom the entity called the Father, then the entity known as Jesus eventually became able to blend its totality of being with that which it called the Father, or which it saw as love. And as it was able to blend its beingness with the Father, with the creative principle of love, it then became

that which it sought and in many cases, in the recordings of the words of the entity known to you as Jesus, this entity speaks as the Father. Yes, indeed, this is what we attempted to speak to, as we describe the various abilities of the one known as Jesus to enter into communion and then union with the Father, or with that principle it saw of as love. The one known as Jesus, as it traveled to distant lands for a great portion of its early life experience, was able to master the ability to create these experiences of unity with the Father, or with the concept of love, the creative principle. This entity, then, as it interacted with not only the twelve, but many others as well who were not what you would call primary disciples, but who, indeed, followed the one known as Jesus in a literal sense as he moved about the regions of what is now called the Holy Land, to share the message of unity, of love and of light, with all those who had ears to hear, and hearts to understand. As the seeker of truth becomes more and more aware of the journey of the seeking of the One Infinite Creator within itself and within all of creation, it discovers that there is the chance to become that which it seeks in every moment of its existence if its point of view is broad enough, and travels down to the roots of its consciousness and to the heights of its beingness so that it is able to perceive in a manner which is enhanced and imbued with the love and the light of the One which it seeks with every fiber of its being, in every daily round of activities, so that all becomes the oneness for such a being, becomes the Christed experience for such a being.

2019/12/07: One person generally has love in their heart, they evolve spiritually throughout their lives, but they also participate in the earthly game in which they do things that would be indicative of sleep: they enjoy watching television, going out and drinking on the weekends, partying with friends, etc. But they do all this with love in their heart, and they serve when they can. And another person who is continually refining their life and trying to cut away things that aren’t being directly of service, and both of these people have the intention of love in their heart, but one of them is expending their energies specifically for service, the other one is sort of just living life with love in their heart. The entity which works its best to give love in each situation, while not consciously seeking to refine the giving of love, to higher and higher expressions of this love/light or prana of the One Infinite Creator, is working through the red, orange and yellow, and proceeding to open the heart energy center of the green ray. This is what each entity on this planet is attempting to do at this time, for that is the goal—to move higher and higher through the lower energy centers so that the heart may be opened in unconditional love to each entity about it. This allows an entity to utilize whatever experiences come its way, whether they be specifically spiritual, recreational, mundane, procedural, or whatever, the open heart then, tinges or colors each experience with this unconditional love that is given as a matter of fact, shall we say, a simple beaming of the unconditional love to all about one. This is the path of the adept, and is the path of that which is followed by few who have been able to go beyond the green-ray energy center, for within this illusion, that traveling of distance is considered quite sufficient for harvestability into the fourth density of love and understanding. When wanderers incarnate on Earth, are there some that incarnate with the plan or the hope to live that former life where it’s just a general loving nature through the regular mundane earthly days, or do most wanderers generally hope that in incarnation they choose that path of the adept, and continually refine their service throughout their life. Each wanderer has in common with each other wanderer the first and most basic desire that is—by its very being, of expressing love to others—to be able to enhance the vibratory patterns and intensity of the Earth plane, the third-density illusion, which is in such chaotic stress that the feeling of love has the potential to reduce the level of stress and increase opportunities for clearer perceptions beyond and through the chaos, the confusion, the disharmony, and so forth. Some become teachers of spiritual principles, some become healers of mental, emotional, spiritual, or physical difficulties, some become those who may be seen as creative artists that express through word, through paintings, through music, the love and light of the One Infinite Creator, the unity of all creation, and so forth. Others, simply go about a daily round of activities, in what could be seen as a normal third-density experience, being mothers, fathers, teachers, clerks, bishops, and so forth,

come another factor in aiding the mind/body/spirit complex in pursuing the overall plan for the incarnation in order that there might be an enriching of the experience of the third-density illusion that can aid one in moving from this illusion into the fourth density of love and understanding. There is the quality of seeking in the meditative state that is enhanced by one's desire to know how to serve more effectively, how to open the heart more fully, how to give unconditional love more frequently. If one can see past the outer parameters of the catalyst in front of one in the meditative state, and have the question within the mind and the heart how to more fully love and serve, then through this lens one may more accurately see the features and resonances that are facing one and offering to one the opportunity to do just that, to love, to serve, to accept, to give, to give praise and thanksgiving for the opportunity to be. Indeed, for many upon your planetary sphere at this time, the open-hearted love of the fourth density of love and understanding is actively functioning. This activity within the heart energy center, is that which will draw one into those areas or arenas within one's daily round of activities which are in need of this kind of loving acceptance on an unconditional level, so that one who has the open heart may begin to feel the pains of those whose hearts are wishing to open, but have a difficulty in doing so, and seek unconsciously or even consciously to find where there are those who have accomplished this feat, and who may be of service as a teacher upon an unconscious level or a conscious level. The desire of those entities at this time upon your planet who are nearing their own ability to open their hearts in love and in light to all of the creation is that which is growing greater and greater in numbers and in frequency so that the calling for assistance becomes a great cry that is heard throughout the one infinite creation. Those of the love vibration upon this planetary sphere, then, in both conscious and unconscious ways begin to respond to this cry for assistance by sending love and light to those who call. This is a kind of resonance that is set up when the quality of love within one's heart begins to grow to an overwhelming nature and desire to serve others about one, so that love does not come just from your heart, but from the universe through your heart to those about you, as you become a beacon, shall we say, of light and love to those who call. Again, we refer you to the tool of meditation, for the meditative state is one in which the desires of one's being are broadcast like a frequency of assistance of love, of light, of beingness, of desire to reach one's highest goals, of the ability to realize the incarnative plan. We feel that what has occurred in each of the channeling sessions that we have attempted to speak towards in these last few years has been a growing desire to seek as one body or being those aspects of love, of light, and of unity, that may be offered to each upon a daily basis so that there is, within each, the ability to give and to receive love upon an elevated and continually more elevated state of consciousness. We are most overwhelmed with joy and gratitude at our ability to feel your love and your light as you join in seeking for the ultimate source of love and light within all beings.

2019/11/02: There are various sources of energies that are attracted to a planet such as your Earth, your Mother Earth is making the transition from the third into the fourth density of love and understanding. Thus, this makes a kind of confusion within the entity so that in its interpersonal relationships, perhaps with you or another, or many others, there is the opportunity and possibility of some difficulty in communication, in understanding, in opening the heart in love, in being able to give as well as receive, all of these various types of propensities are available to each seeker at all times. If you, on the other hand, have this knowledge within your beingness that allows you to be aware of the purpose of your incarnation as being some facet of giving and receiving that known as unconditional love, then you will have, shall we say, an advantage, in that you will be able to offer this service to any other entity that comes within your reach within your daily round of activities. Thusly, you have the advantage of being able to open your heart in love in those instances where another entity, not as conscious of a way of doing this as are you, might have a difficulty, and there might ensue a greater and greater arguing environment, where there is little understanding that is achieved, and no love that is given. The Confederation of Planets in the Service of the One Infinite Creator has as its goal, the reaching of as many spiritual seekers of truth as possible to plant the seeds of love, of wis-

dom, and of unity, within each heart and soul, so that these seeds may sprout, and grow, and bloom, and in their time give forth the scent of the unconditional love of the One Infinite Creator that resides within each being, within each iota of creation. Thus, each of you is a treasure that we, of the Confederation of Planets in the Service of the One Infinite Creator, humbly observe and honor and love as if you were our own, as indeed you are.

2019/11/09: Many entities that have had numerous incarnations within this third-density illusion have completed a significant portion of their journey into the heart of themselves that has as its purpose the opening of the heart in unconditional love to all those about one. Some incarnations travel one road, another travels a different road, and yet all, at some point, arrive at their destination, so that within each incarnation, there is seen to be a kind of quality of beingness that is activated by each incarnation's contribution to the whole of the being, to the soul of the self, so that the overall program of lessons and prophecies that are given for the self by preincarnative choices, may be seen to eventually, in a kind of puzzle fashion, so that each incarnation may contribute its part to the completeness of the puzzle that is the desire of the entity to open the self and the heart in unconditional love. Incarnations which seem to offer hindrances, as have been mentioned in the question, are those incarnations which are not as obvious to the outward eye, or even the inward seeking eye of the entity itself, in discovering the purpose of the hindrance, the role that such a hindrance can play in achieving the final portion or piece of the puzzle that will then become that which allows the opening of the heart in complete and unconditional love for all about one. "If there are entities who incarnate and through any means, either by choice or by medical condition or other means, develop personality attributes that are negative, or hindering of self and others around that self, could that be considered somewhat along the same lines as someone with an actual visible handicap, because such a person might behave in certain ways that will focus those around that person to make a choice toward compassion and love in a situation, or toward even that person who is behaving possibly negatively or harmfully even. Could that be somewhat similar that it serves the greatest purpose of all of opening love within each soul that comes into contact with that person and their behavior, or are there other purposes that you could tell us about relating to that?" Q'uo I am Q'uo and am aware of your query, my sister. Can it provide inspiration of a certain nature that allows this seeming negative being and behavior to inspire in others the opposite, that which is unconditional love, that which is giving, that which is opening of the heart in complete freedom of being, so that the loving nature flows as freely as does the breath from the lungs. Woman Q'uo, what is the best way for an individual to respond in love to a situation that would normally promote anger. Or is there another way that you can explain to me how I am experiencing what I feel I am experiencing?" If one may enter into this kind of communication with any other entity during the incarnation, when there is difficult with such an entity, there is, then, seen the opportunity to move into the heart which is obviously open, for each entity thus removing the difficult experience in its objective realm, taking it to the realm of what the emotions, the heart, the beingness of one has experienced, asking them if this is what is perceived by the other, so that the communication may continue in this fashion to unravel the snare or snarl of mixed emotions, mixed impressions, mixed words and meanings, thereby offering to each the opportunity to continue to open the heart in unconditional love, each to the other. Consciousness is a portion of the One Infinite Creator that becomes enabled, or created, when the universes begins to take shape as the One Infinite Creator and through free will creates the Logos or Love, which creates Light, which then condenses into the creation that is made of consciousness. The parent, then—having the opportunity to expand its own experience within the computerized world, and finding analogies within this experience to explain to the child how the meditative state allows the information of true value to sink into the soul of one's being—thereby enriches the being in a fashion which moves beyond any game or representation of the illusion that seems more important than the basic quality of being able to open one's heart in love to the child; thereby offers to the child the support of parental love in unqualified fashion, using the games and computer world as a means to find the love within the self within the child and

within themselves which holds a space wherein light may come through from those realms of pure love into third density. All that occurs is that which comes before the self in order that the self may practice responding with vibrations as close as humanly possible to the vibration of the one infinite Creator, which is unconditional love. Consequently, the response of one that is vibrating at his highest and best shall always be love. As your roots drink the infinite love and light of the one infinite Creator, and as the sun of your turning to spirit allows you to thrive, so shall you bloom, first with the bud, then the blossom, then the leaf and finally the fruit. The energies of love and light that we have discussed previously that are so richly filled in silence are those energies of a very deep nature, communicating with the roots of consciousness within you, that consciousness that you share with all that is. You have only to identify precisely that which you wish and then spend time gazing lovingly at that object of desire. It is also possible to desire those things which are of the heaven-world, shall we say, such as desiring to do the will of the one infinite Creator, desiring to see the love in each moment, desiring to see the Creator in the eyes of all whom you meet, and desiring to dedicate your life to service in the love and the light of the one Creator. Rather, we would encourage you to create visualizations concerning your highest and deepest desires to serve, asking simply that you be an instrument that the Creator may play according to Its will, so that you may be truly inspired and a creature who vibrates with the love and the light of the one infinite Creator. We would, however, say that there are visualizations for the good of humankind, such as peace on Earth, peace in the hearts of humankind, love in the hearts of humankind, and such concerns as this, that are the proper concern of those who would do work in consciousness.

2009/09/26: It is only necessary to distract the attention of the seeker from its normal balance in a sufficient intensity to remove the seeker's ability to channel or allow the light and love of the one infinite Creator to flow through it and out into the world. It is in those moments of challenge that you are able to declare yourself as an entity of service to others, an entity that wishes to serve the light and that wishes to be an instrument for love and peace. For if you are aware that it is desirable to collect the self and to tune the self so that one offers a labor of true love when one works, then even if one is unable fully to accomplish the manifestation of this, meta-physically speaking, setting the intention to do that labor of love is very, very important, far more important than the degree to which you are able actually to manifest this. Therefore, we would suggest that your concern be not for your antecedents, which concern functions as kind of a distraction from your purpose, but rather that your focus be upon the present moment and the love in it, so that you may cooperate more and more fully with the energies of light, grace, beauty and power, holding consciousness within you in your highest and best fashion and thereby aiding your planet of choice, Planet Earth, of which you are now natives. Firstly, if an entity asks for your opinion, we encourage you to make maximal use of the opportunity to share the love and the light of the one Creator in ways that seem good to you. Your concern is to stay in the present moment with an open heart and a readiness to console, encourage, support and love all brothers and sisters in the tribe of humankind, seeing them at the soul level and affirming that they too are the Creator as you are. The second distortion is the Logos or the original Thought of unconditional love. The third distortion is light, with which love creates all that there is, including us.

2009/10/13: The function of this, as this instrument would say, "pop quiz," is not to cause you distress, but to aid you in refining, burnishing and honing your ability to maintain the eyes of love which were the gift of the realization. It is said in the holy work that this instrument holds dear, that it is easy to love the loveable, a challenge always is to love the unlovable and to be able to continue in the face of incoming catalyst from an entity, to see that entity as the Creator, as your brother or your sister, indeed, as your very self. It is often a shock to discover what a fragile hold you have on that realization of oneness and love that at the moment seemed robust and powerful and permanent. You have lost nothing except the apparent comfort of feeling the fullness of love. Were you not in this third-density chemical body with its heavy energy and its veil of forgetting, were you instead not in third density, but between incarnations, you would know, beyond a shadow of a doubt, all of the ramifications of your

catalyst and the truth of the love that is within your truly open heart. I will seek after that shadow part of myself, that self that looks like this, and I will love it and I will accept it and I will hold it to me in my heart until it has been redeemed by my love." You see, the catalyst is not so much about anyone else as it is about you. And as you love that shadow in yourself, you find that you can gaze for the first time at such an entity that is attempting to harm you, and you are then able to see past the mirroring effect to the unity betwixt you and the other self and the Creator. You are seeking to be a dependable, flexible, attentive entity who is witnessing, moment by moment, the love and the light of the infinite One as it eddies and swirls and creates the dance of life. Feel the love in the moment. There shall come another full tide and your heart shall once again be awash in utter love. Especially with those who are wanderers, there is often the seeking to balance love and wisdom. Yet within incarnation, your agenda shall always be to attend to the present moment and dance with it with love. There are those whose reason for opening it is to become channels for the love and the light of the one infinite Creator. (footnote start)[This sentiment appears several times in the New Testament of the Holy Bible, but this version from Matthew's Gospel 5:43-48 is a good one: "Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; that ye may be the children of your Father which is in heaven. For if ye love them which love you, what reward have ye.

2009/10/17: I would like the love in my heart to have more wisdom that balances it." Or perhaps you thought, "I have been so wise, but I would like my heart to open more. I would like that balance between love and wisdom." Or perhaps you gazed at yourself and saw that in many incarnations you had been a powerful person and you wanted to study the right use of that power. When the self does not feel safe or secure there is the contraction of the energy body, which lessens or sometimes cuts off completely the infinite flow of love/light which is in supply from the Creator in tremendous generosity. Consequently, in terms of knowing who you are, it is very well to find for yourself a haven, a safe place within yourself if not outside of yourself, a place where you may rest and your energy body may flower and open and breathe in the love/light of the infinite Creator through the chakras, up through the heart, up through the higher chakras, and out again into the creation of the Father. My friends, because this is the creation of the Logos, whose name is unconditional love, you are tuning to that Logos. You are tuning to be an instrument of love. And it's not that we have anything to say, we simply are with you to love you and give you a feeling of safety. They are a part of you and they need to be loved and honored. And they need to be acknowledged and loved and accepted. Consequently, we ask you as you look at yourself, as you get to know yourself, as you find these non-integrated portions of your shadow side, and to lift them up into your arms and to love them, to cradle them to you and to say, "Come work with me for the light. The song of the infinite One is a song of love. And you find that your breathing in is a breathing in of love, and your breathing out is the answering of love to love. Your deepest self vibrates in unconditional love as part of the Creator. Consequently, becoming the Creator is a matter of allowing this impersonal, deeply loving consciousness to become a greater and greater part of your everyday beingness. The "I" of you will become more and more deeply and truly the "I" that is you as you enter more and more into the awareness of consciousness, where the "I" is an "I" that is one with Christ, one with unconditional love. It is not that you become unconditional love, for you were unconditional love the whole time. And it fears that if the consciousness of love, which is impersonal, becomes more and more a part of your personality, you shall lose your individuality. As you discover the deeper parts of yourself, the Creator-self, you will find that your eyes are opened to find the good and the love and the peace that is possible in all situations. You have only to love and to allow yourself to be loved in return. For, my friends, the Creator loves you more than you can possibly imagine. You are surrounded with love. There is a web of love around you that is partially angelic and partially that of your guidance, which you could call your higher self, that highest and best self that is a gift to you from yourself in sixth density. Rest in the web of love that surrounds

you and be infinitely curious as you witness this life. The entity who has had such holes in the aura can do a great deal to mend that hole or holes by means of adopting that way of living which focuses upon that which is loved, that which is held dear, and setting the intention each and every day to be true to that which is good and beautiful and true.

2009/10/20: I had an experience where I had the overwhelming sensation to send out the thought of love while in a situation where I intuitively knew my group was going to be attacked by rocket. After that moment, over the next several years, I began to use the thought energy of love in order to thwart many more attacks and keep the groups I was protecting safe. My question is, how can the information about using the thought energy of love be shared with others so that they can contribute to changing the paradigm of war?" (Carla channeling) We are those known to you as the principle of Q'uo. It is a privilege to be called to your circle and we are happy to speak with the one known as M on the question of how to share with others the one great original Thought of love. There is a second issue which also feeds into there being a challenge for one who wishes to share the awareness of the power of unconditional love. Lacking a direct apprehension of the love and the light of the One, there is a characteristic dullness of spirit. At the soul level, my brother, each of your brothers and sisters, however deeply asleep they may be, is alike a part of the Godhead principle, a part of that one Thought of love. They are aware at that deep level that the nature of the mind of the Creator is that of love. At the conscious level many of your brothers and sisters have no belief or faith in the power of love. Those who do not awaken to the power of love and begin to desire to serve the infinite One during the present cycle, which now draws to its close, shall take flesh once again upon another third-density planet and experience another great cycle of learning in third density. To one who wishes to share the love and the light of the one infinite Creator, we would speak of two levels of sharing at this time. No matter how beautifully sentences are wrought, no matter how powerfully stories are told, words, compared to that awareness which you have of love, are poor indeed. However, we are aware that you hope to create a situation in which, without infringing upon the free will of any, you are able to offer a direct apprehension of the power of unconditional love. Gurus choose to retreat from words and sit in silence in order that those who follow them may sit in their train and share the energy of their meditation in which, in full conceptual form, knowledge of love lies. The nature of your experience is that of becoming aware of the mind of the infinite Creator, which is unconditional love. When one says the word "love" in your culture, it is a flabby, weak word compared to the reality of love, for the love of which you became aware in your experience is the love that created all that there is. Were you of a priestly nature, you might consider creating a ritual in which the mind of the Creator, that Logos of unconditional love, is invoked. For within the culture in which many of those whom you would teach enjoy life there is the lip service of Christians, Jews and Muslims of their belief in one Creator who has created all that there is in love. It is in many cases, or should we say, in many churches, a watered-down experience, literally and figuratively, yet even in its diluted form it has the shape of the invocation of love. Consequently, as one who attempts to aid others to become aware of the power of love, it is a help and a resource. All in all, my brother, not even mentioning those of the Confederation who would be honored to lend their love and their light to any such effort, you have a wonderful group of resources from the unseen realms. M Can this love-energy information also help those with the post-traumatic stress syndrome. We are those of Q'uo, and do not perceive a query, my brother, but would you wish us to speak upon the connection between this love energy and those with post traumatic stress syndrome.

2009/11/21: Gradually that entity begins to become aware of the power within that great original Thought of unconditional love that has created all that there is, that Thought which is also yours to use, to create your universe, your way, your truth. Therefore, as humans attempt to become more fully human and to make ethical choices with clarity and precision, they have no proof that what they are thinking is correct, but only the faith within that believes, against all apparent adverse suggestion, that the universe is indeed a universe of love and that making choices that enhance love and enlarge compassion shall be the way in which power is

developed to do work in consciousness. What has ensued has been a ruinous, repetitive series of empires in which the male principle of aggression, protection and control created empire after empire after empire, and as the male principle, uninformed by the female principle, has no idea how to move from empire to love, each empire has crushed itself under its own weight, leaving behind many who suffer, many who die in wars and aggressions, and who then must begin again to build a hopefully more sustainable, balanced society. When one is attempting to live the Law of One, as the one known as S has asked, one is attempting to live a fully human, fully balanced life, one that values both wisdom and love, not valuing one over the other but looking always for that point of balance whereby the decisions that are made in ethical choice points are those decisions that enlarge and enhance unconditional love. It is a loving and merciful principle. And your power grows, (as does) your power to love, your power to forgive, your power to exercise patience and understanding. As you are self-forgiven and know yourself to be an instrument of love, so you change your consciousness. As you begin to raise your consciousness and begin to know who you are, a child of the Creator, a person with hands to reach in love, a person with a voice to speak in love, a person with a mind to ideate in love, each frequency that you open calls unto you those whom some call angels and others call inner masters. Indeed, this instrument works with angelic energies each day as she rests in the waters of her bathtub, because water is such a tremendously magnetic medium and can be charged with the love of those about you who wish to heal and help you. Consequently, there are as many different ways to practice those vibrational frequencies that enlarge love as there are people attempting to become fully human. There is always the dynamic between love and fear, light and darkness, joy and bitterness, unity and division. Therefore, we encourage you to be steadfast and to embrace all undeveloped light with a love so true and so pure that it sees the Creator. For if one loves because loving will conquer, then there is a service-to-self element within that love. The releasing of all fear and the absolute adherence to the highest and best that you know, together with the calling upon that tremendous, unseen source of unconditional love that surrounds you and this instrument that you wish to be shall be your resources at this time, my sister. Please know that at any time you wish for us to be one which underscores that basic vibration that you reach in meditation, we are glad to join your meditation and to stabilize that undercurrent of unconditional love.

2009/11/28: Without your physicality, without your location in space/time, without the tremendous sacrifices that you make as a soul stream in order to project yourself into a physical illusion that is space-bound and time-bound, you should not have the capacity to contain the potentiated space in which all of the boundaries between the Logos of absolute and unconditional love and the soul stream unbound by space, yet bound firmly within its own metaphysical limitations, might channel down into this space that you can hold open only within incarnation. He could say, "I have lost my looks, my teeth, my sense, my ability to go four hours without going to the bathroom," or he could say, "I have lost my fears, my worries, my anger, my prejudice, and my self-imposed limitations." There is no question, my friends, that in the process of becoming a more mature entity, spiritually speaking, things shall fall away from you and that which you are shall bear less distortion and more love. If you value your distortions and say, "I Am who I Am because of these distortions, be they physical or emotional or quirks of personality or having to do with particular gifts or particular limitations," then you shall feel the loss of much as you become closer to congruency with the frequency and vibration of the one infinite Creator, which is Love. What is gain and what is loss when you are gazing at the opportunity in one small life to hold a channel or space that connects particularity to the infinite and that brings or can bring the infinite love and the light of the One from the very blazing heart of the mystery into sturdy, stable life, a life that moves through you without effort, but with infinite and intense intention. This is your opportunity to be and, in that beingness, offer your channel, your instrument, your essence, hollowed out, empty of the details of gifts and personality, so that your life and the life of your world may be lit from within by love. For as in all of the levels and ways of understanding the one infinite Creator, the essence is always love. Consequently, the river of grief,

solar and cosmic instreamings is (thus) able to act itself as a beacon of light that emanates these stepped-down frequencies that represent the love, the light, and the unity of the One Infinite Creator that resides within each entity, and is activated by these energies, and reflects and promotes and processes these energies to those about the entity that is receiving them and broadcasting them. Thusly, the entity that is sensitive to these energies will do well to engage in a daily program of examining the life experience so that there is a smooth flow of the prana, or love/light of the One Creator through each energy center ending at the indigo. In general, we would say that you have made an accurate summary of this process, of the movement of entities within this planetary sphere into the four density of love and understanding. However, the entity which has experienced the higher energies may bring them forth into this shared experience so that the product of such seeming mundane interaction becomes that which is enhanced by a greater expression of love of the One Infinite Creator to those entities that are a portion of the mundane gathering. You are our inspiration in that you move and live and have your being in this dense, heavy illusion of third density in which the truth of unity, love, and light, have such a difficult time being apprehended.

2019/10/13: You are a shining example of love and light of all that there is in the one infinite creation, and the variety of your experiences, the dedication of your spirits, and the movement of love between you is an example for all humankind. This gathering is a waysower; shall we say, an example for all of humanity, in that the purpose of the gathering is to find those vibrations of love and understanding beginning to resonate more fully and freely within your heart, the green-ray energy center. The third-density experience upon this and all such planets has, as its purpose, the opening of this heart energy center in a manner which gives that which you may call unconditional love to all about one and all things about one, seeing the creation as one being, existing within every entity and everything that one may experience in the life incarnation. This purpose is one which resonates with the true heart of every being on your planet, whether the being is consciously aware of the possibility of opening its own heart similarly in love and understanding. There is, as those of Ra have said, love in every moment and in every entity. As you gather together in this group and share that love vibration between you, that vibration begins to resonate outward in ripples that reach to the ends of the Earth, around the Earth, and engulf it in a manner which is perceivable by any entity which is sensitive to these vibrations. Each entity, whether sensitive or not, within this planetary influence has then the opportunity to similarly begin the process of conscious seeking of that which you may call the truth—the truth of the unity of all things, the truth of the One Infinite Creator that has created all things and exists in all things and all entities, and is there, waiting within each entity and each iota of the creation to be discovered by those with eyes to see, ears to hear, and hearts to open in love and in light. Thus, as you take with you these loving vibrations back to those residences and homes within this Earth sphere from which you have come, you have the opportunity to begin to share, in some fashion, these vibrations with those that you meet in your daily round of activities, for each of you has made what you may call the preincarnative choices to see the world about you in a certain fashion that allows you to learn those lessons that are most important to you in this incarnation. Thusly, if you can imbue each experience, each generation and experience of catalyst with these loving vibrations, you have made a large step forward within the metaphysical realms to bring this power of love into the daily round of existence, into the mundane environment which is the third-density illusion in which you live and move and have your being at this time. As you are able to do this, you are sowing seeds of love and understanding all about you, within the environment, within the entities you meet, within the air that you breathe, within the soil upon which you walk. These loving vibrations, then, consciously sown, have the opportunity to bloom and grow and bear fruit, as others become either consciously or subconsciously aware of their existence within their own being. Thus, you are, like the Johnny Appleseed of love and light. You wander where you may, seeding the planetary influence and its population with the love vibration. This query is an interesting one, in that it puts forth the possibility of that which would seem contraindicated—the warrior characteristic or mentality that would not normally be seen as a companion

of the fourth density of love and understanding. But, within your third-density illusion which is so heavy and problematic at this time for so many people, with so many divisions between entities, so much doubt, anger, confusion and separation, it is not an easy process for the conscious seeker of truth to move through the illusion about it in a loving manner at all times. There are difficulties that prohibit in some instances the freely shared love and light when it seems to be rejected and thrown back into one's face, causing one to feel perhaps to be a failure. We would suggest that the warrior mentality is one which may be defined as fearlessness, the ability to continue in the face of seeming despair, hopelessness, or failure, to give that which is of love and of light regardless of the response of any entity about you. Indeed, to receive any response with love and light, for this is the purpose of this illusion—to learn the ways of love. And, if you are able, under any circumstance, to respond to any catalyst with love, you have triumphed in a warrior-like fashion over those forces of darkness which would wish for this darkness and separation to prevail upon this planet. Thus you move forward without fear of rejection, without fear of any type of difficulty that may stop your intense desire to seek and to serve the One Infinite Creator within all entities that you meet, for if you speak to that One Creator in all entities that you meet, in love and in light, at some level, the Creator will respond and return your love and light in kind, and then the love and light of the One Infinite Creator will continue to grow more and more within this planetary influence as it moves more and more into the fourth density of love and light and understanding. The intimacy that is possible for each entity to experience and express becomes that which is a unifying factor so that when the eyes look upon the world about one, there is less and less division and separation noted and experienced, and instead there is more of the feeling of oneness with all of creation—which is, indeed, the truth of the creation, thus the intimacy of which you speak is a tool which may be utilized to increase one's perception of that which is the truth, that the One Creator exists in all things, and is there deep within each entity waiting to be discovered, to be expressed, to be loved, and to be experienced as the greater self that exists within the smaller self. As one then sees a new level of happiness, perhaps emerging within one that is more spiritually oriented, the happiness of the feeling of love unconditional for all those about one, the happiness of seeking the One at each moment of one's existence, the happiness of feeling love for all of the creation, and so forth. Thus, the mental configurations were meant to be of what you may call an artistic level of expression of the unity of creation reflected in a kind of four-dimensional metaphor that allowed each entity viewing such an expression to expand its own level of consciousness and ability to apprehend the depth of not only the artistic creation, but of the nature of reality in general, thus moving beyond the three dimensions of your planetary sphere and seeing the existence of the fourth dimension of love and understanding that is, and was at that time, beginning to have its effect upon this planetary influence. You have inspired us by your seeking, by your love, and by your light, and by the joy that is within each heart.

2019/10/26: Your Sun body is also subject to these same instreamings in a manner which causes it to become more active in its life-giving role for your planetary sphere, for the light and love, or prana, which flows from your Sun body and brings life and light to your planetary sphere, is also cyclical in nature. When the cycles of both the cosmic instreamings and your solar revolutionary expressions of love/light coincide, there is an increased effect upon not only your Earth sphere, but also upon those entities that inhabit your Earth at this time. For those who consciously seek in this manner to enhance their own journey of living and loving the experience and all about them, this is most helpful, for it blends with their conscious desire to receive just such energies. And there is a, shall we say, mismatch between the perception and the experience so that there is much of mental and emotional confusion that results for those who are not ready at this time to look upon the life experience as that which teaches how to open the heart in unconditional love. I would like to ask what is the wisdom that you may offer as to the best way for those of us who are spiritual seekers seeking to raise our vibration to the higher levels on our spiritual path, but also wanting to do it with light and love and consideration for all for these ones that you describe who are maybe thrashing about or having confusion. These preincarnative choices, then, be-

entities are of the same biological nature, this same type of sexual energy transfer may also be seen to offer to each entity the bonding of a nature which is most holy in its grounding of beingness, so that there is also offered to each entity the type of service to others that the mated pair can experience and express in the daily round of activities, making holy each activity that is engaged in so that there is the expression of the One Creator, the love, the light and the unity within each activity that is undertaken by such entities.

2019/09/21: Then, as you move out of the meditative state and into your waking reality, take with you this enhanced desire to be of service so that in some fashion every interaction that you engage with another person has this desire to share the love and the light of the One Creator with that other person. Look to every interaction, whether it be a fleeting glance, with a smile, a conversation of seeming “small talk,” as you would call it, enhanced by the loving comment, a longer engagement of energy exchange where work is accomplished, of a physical, emotional, or intellectual nature, that is also imbued with this desire to share the love that you feel growing within your heart center. This is a type of experience and processing of catalyst, shall we say, that is able to cause a kind of resonance to be set up between your unconditional love pouring forth from the green-ray energy center and each other entity’s own green-ray energy center, whether activated or not; for within each energy center, the quality of each energy center is thereby enhanced when able to resonate with those offerings of love and light which you consciously send to each entity about you. The example that you set is likened to the example of the one you call Jehoshua or Jesus, who said that it is important for entities to love the Creator with all their hearts, and to love their neighbors as themselves. Thusly, if you can practice this ability to enhance your own desire to give the love and light of the One Creator freely to all those you meet in your daily round of activities, you are setting up the basic resonance for this quality of love and light to be energized into activity within those whom you meet, and indeed, with the entire planetary population, for all of the population of your planetary sphere may be likened unto the cells within the collective body of beings so that each cell can, in some fashion, become aware of the activity of each other cell, and when the activity raises its vibration to the green-ray energy center, then this vibration has an enhanced ability to facilitate the activation of the green-ray energies for a larger and larger portion of the planetary population. Anna Q’uo, can you speak to the growing perception that world is both getting somehow more loving and more hateful at the same time, right now. This is in accordance with the opportunity for all entities to exercise their free will at all times, and most especially at this time, for this planetary sphere has, within its beingness, the fourth-density vibrations of love and understanding activated and beginning to have an effect upon the overall milieu or quality of experience within this planetary sphere. Thus, the vibrations of love and understanding of the service-to-others polarity are beginning to anchor themselves in a fashion which will eventually permit a greater reflection of this desire to see the One-in-all and to serve that One with all of one’s being, for the positively polarized entities. We find that this query has a great deal of importance, not only to this group, but to many other groups that are scattered about the surface of your Mother Earth, for at this time there is a great feeling of the necessity of blending energies and ideals in the pursuit of the fourth-density vibrations of love and understanding. This is a portion of the life pattern that has been made a possibility by many of those whom you call wanderers, who are from the higher densities, existing now within this planetary sphere in order to help the population of this planet move forward into the fourth density of love and understanding. We are always with you as we observe your patterns of experience interchanging one day with another, and we are always inspired by the love and the light that we see vibrating within your heart of beings at all times even when there is great confusion.

2019/09/28: As you know, the purpose of this experience which each of you shares upon your Planet Earth is to begin to open your heart energy center in unconditional love for all those about you, for this is a choice which is available within your third-density illusion that can become transformative. The portion of your population that is consciously aware of the process of seeking to open the heart to all of creation is that portion that is vulnerable to the incoming vi-

brations of love and understanding which begin to open the heart by allowing the seeker of truth to begin its own exchange, shall we say, of energies with those about it. To feel empathically that which another is experiencing is to begin to open the heart to greater and greater vibratory levels of unconditional love, for the response that such an entity who feels empathy for another elicits or produces is that response that wishes to be of service to the one with whom the entity empathizes. Austin The Confederation has talked about the blue-ray energy center in terms of wisdom and honesty and communication, and what you described earlier sounds like the process of opening the green-ray energy center of universal love is a very involved and maybe drawn-out process. The blue-ray energy center is that center which features the love and light of the One Creator as it moves into shining with distinct clarity upon the world about the entity that is able to open and energize this throat-ray chakra. These type of perceptions are possible at the lower energy centers, including that which you call the heart, or the green-ray center, for this center is one which is less discriminating, shall we say, in its perception as one who has opened the heart energy center has begun to feel an unconditional love and compassion for the creation about it, including the self. The green-ray energy center, however, may be somewhat confused—or to utilize the precise meaning of the word, fused together—with another entity’s energy centers, so that there may be what could be seen from the blue-ray energy center a foolish or overabundant giving of love in areas where this type of abundant sharing of love could be of some detriment to the entity opening this energy center. For the blue ray sees with a certain clarity that which the green ray does not see, for there are not conditions for the green ray in being able to see or love that which is before one. Austin Yes, I asked that question because sometimes it seems like certain seekers place an emphasis on wisdom over love, and in my perception sometimes this is done as lacking compassion, so I was wondering if it was that the blue ray—that they were attempting to exercise the blue ray before the green ray. The wisdom, or the compassion of the green ray is that which sees all as objects and beings of the One Creator that are to be loved without discrimination, without any holding back, shall we say. Indeed, music, as you call it, the rhythm of the spheres is that which is a significant portion of each higher density so that the orchestral sounds and vibratory patterns of musical expression become a primary means of communication between some entities who have a predilection towards vibrating in harmony with those beings that are a portion of the family or spiritual groupings of entities who, as a portion of their daily worship of the creation and the Creator, vibrate in musical notation their joy and love of living the higher density experience. What one can know is one’s intention, one’s desire, the strength of the desire to be of service, to be a loving entity, and to seek the One Creator within each experience, is that which will lead one forward upon the path of service to others, and increase the positive polarity according to the strength of the will and intention to serve. The basic nature of such an experience is one which is fueled, once again, by the nature of the desire, the strong desire or will to move through each energy center, so that each is able to be open enough to transmit the prana or the love/light of the One Creator through it in a clear fashion so that the energies of the red, the orange, the yellow, the green, the blue and the indigo may function in a balanced manner, and allow the contact at violet ray with Intelligent Infinity. You are inspirations to us, my friends, as you carry forth the banner of love and light in difficult situations and circumstances.

2019/10/05: If the catalyst from these interactions can be successfully processed by each entity so that there is love and acceptance as the product of the processing of catalyst, then there is the opportunity for the energies to move higher within each entity’s chakras. This is where it is necessary for each entity to face the self in a manner in which there are no conditions set upon the sharing of unconditional love with those about each of the entities. However, we would remind each that this child identity is always present in some fashion and will respond with great glee and joy when this is recognized and allowed to have its say and its play, for the child identity is more closely aligned with the universal energies of love and light, and the playful interaction of the two. These are a portion of the process of your planet’s movement into the fourth density of love and understanding. Each entity upon the planetary sphere that is resonating with the

the river of rage, all rivers whatsoever of purified emotion, lead at last into the ocean of bliss, which is the steady state of infinite love. Thanks to the one infinite Creator, whom you and we all serve, for this opportunity to be together in His love and in His light.

2009/12/19: On the spiritual level you have love and fear. You begin to feel the power of being yourself, of consoling, of loving, of supporting, of sustaining. Using the pairing of the opposites of the one known as Francis¹, if you desire to be loved, what are the natural ramifications of that choice. Where there is hatred, let me sow love. Help me to seek not to be loved, but to love. For a true spiritual seeker, balance is fundamentally that estate which is achieved when each of the chakras of your energy body lies open, so that each chakra may accept and allow through the chakra the full power of the love and the light of the one infinite Creator which streams infinitely and eternally from the Logos. That Logos has spoken its love, its nature, and its will in creating each of you and the environment in which you experience life. We say to you, if you can be fearless with your sexuality, if you can be fearless in a seemingly chaotic and dark world, sensing the rightness of your being here, if you can come to your own understanding of what relationships are to you and where the love is in them that will balance you and the others, then you can come into your open heart with the full power of the Logos blowing through you. And as you make choice after choice to love and to be loved in a positive and radiant fashion, you ready yourself for graduation. You can’t possibly save all the starfish.” And the entity picked up a starfish and tossed it into the water and said, “Yes, but I can save this one.”⁴ Therefore, turn your sorrow and your concern from gazing at that which has occurred outside the ken, outside, shall we say, of your will and come gently, lightly in your own good time, to find your way of being the love and the light, not just for all starfish but for this one. The most commonly accepted translation of that version to English is, “Lord, make me an instrument of your peace, Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy; O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

2009/12/26: We recognize love and fear as being polar opposites and we’re wondering if all the other emotions, such as jealousy, anger, doubt, greed, gluttony and so forth are some sort of a mixture of fear with love and if there is positive use that we can make of these supposedly negative emotions. It is a privilege to be called and we are most happy to share our thoughts with you on the subject of emotions, love and fear. Your love and another’s love of a certain frequency has the same energy. Yet each emotion flows from its most distorted or extreme manifestation, through a succession of removals of distortion, until at last they all empty into the ocean that you would call the Logos or unconditional love or bliss. This instrument has been attempting to define emotions along some sort of a yardstick or ruler attempting to measure emotions by the ratio of love to fear, this instrument having posited that love and fear are the fundamental opposites of emotion.¹ And we would suggest that while there is an element of truth in this thought, that it attempts to corral and compress the 360 degrees of emotions into a two-dimensional, straight line. One way to look at emotions is to see where the love is in the emotion. For instance, if one considers the emotion of jealousy, the emotion of love is clearly seen, in that the object which has inspired one’s jealousy is greatly loved. Therefore, the jealousy has love at its heart, yet (it is) tinged by the fear of the loss of that love. (Therefore) the energy of the love becomes quite different from the original free and easy feeling of love. We would suggest that there are complementary emotions, so that one may take radii out from the center of the wheel of emotions which is unconditional love, that love which this instrument would say is Christlike or which carries Christ Consciousness. From that original love or that sea of bliss in the archetypal mind there spring forth the natural rays all around the 360 degrees of personhood. Thusly, if one loved another purely and without attachment of any kind, and that object of love chose to move into relationship with another self beside the self, in the unattached entity this would be only a source of joy, knowing that the other self that is so beloved was doing something that he or she enjoyed. And it would seem that there is no useful function for the negative emotions, whereas the posi-

tive emotions such as joy, admiration and love of a romantic or friendly nature are feel-good emotions that are hardly ever evaluated or judged. Every shade of emotion has its root in love, love unconditional, love un-judging, utter and absolute love. The oftener that you are able, at the end of working with emotions, to come back to love and to allow that love to overflow all other considerations, the stronger you shall be in being able to do this work of allowing the self to bloom. In an entity who is not attempting to seek spiritually or to find out by some way who he is and why he is here, the emotions shall generally remain fairly muddy and un-clarified, for there is really no incentive for one who does not realize the gifts that emotions represent to do the work necessary to begin to refine and purify these authentic and infinitely meaningful feelings that are the rays of your essential beingness as a creature of love. The nature of the human is to be ethically oriented and to desire to serve, to love and to know. The quotation in context is, “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

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2010/01/23: This moment is where, as this instrument said earlier, the third-density light is waning, soon to be setting so that there may come the dawning of new light, a new morning, a new density, the density which we often call (the density of) love and understanding. Consequently fourth-density light carries an enormous amount of truth, which is why each of you is experiencing the opportunity now to gather up all of that shadow side of yourself that you may have neglected because it was not, on the surface of it, attractive and did not seem to carry the energy of love and light. And while that unity’s nature is that of the Logos or unconditional love, yet it also contains all the distortions of that love. And many, my friends, are the distortions of love brought about by fear. Grave, where is thy victory?¹ We ask you not to be concerned about such things as the physical life or the physical death, for unconditional and absolute love is with you in this world and in larger life as well. So if love is within you, what does it matter whether you experience (it) as a physical being or as a spiritual being. The first value was to love the Creator wholeheartedly, without stop or hindrance and with great, kindling fire. The second was to love all of those about you as though they were you, to treat all those about you as though they were you.² When the one known as Peter said, “Well, what shall we do when you’re gone?” the one known as Jesus the Christ, said “Feed my sheep.”³ As you move from this very strongly supported circle of seeking into your own bailiwicks, into your own niches in life, we ask you to carry with you that intention to love the Creator and to love all those whom you meet as though they were yourself, or as the one known as Jesus said it, as though they were those who were dependant upon you to feed them. What we are suggesting is that when you see with eyes of love, then you are seeing whomever you look at as a soul. You are not looking at their behavior when you look with eyes of love. To see with eyes of love is to be blessed with an awareness that informs you beyond the capacities of the intellect to inform you. We are saying that in addition to those normal and everyday movements of personality, intellect and emotion, you carry with you the love and the light of the one infinite Creator. For you do carry within you that love, that light, that Christ, if you will. That love waits for you just as the one known as Jesus awaited the priests who followed the star. And in that manger lies love itself. That love is the love of you and your neighbor and all that is within the one infinite Creation. You carry a space through which the infinite love and light of the one Creator may flow. There is daily work to do, just as there is daily housework to do if one wishes one’s house to be quite clean,⁴ so that the infinite love and light of the Creator may flow into your heart in full power. Yet, my friends, you have many unseen companions (such as) angels, your guidance system, and what this instrument would call the Holy Spirit, that are powerful allies to help you hold open that space through which the love of the Creator can flow. You may see for yourself as you gaze at the events occurring in your Earth world at this time that the great majority of entities of the tribe of humankind are just a heartbeat away from giving and loving and caring and living in the fourth

density where you may feed those about you and where you may expect those about you to feed you. Send me.”⁵ And you may say to yourself, “Am I worthy to carry this love, to witness to this light?” And we say to you that the Creator has no one but those who are error-prone. To support the attempt and the intention to live according to fourth-density values of love and compassion, it is very helpful, my friends, that each of you finds ways to enter into the silence for those moments of communion with the infinite One which move deeper than words can. Lift up from heaviness and self-judgment into compassion for the self, so that you fall in love with yourself just as you are. It is so much easier to love all those about you when you have done that: practiced forgiveness upon yourself for each and every perceived imperfection. And through the dark night, continue rocking, continue loving, continue being there for that part of yourself that is in darkness. Each of you has many angels around you, angels who love you because of who you are and because of your great ideals and your great hopes. (Side one of tape ends.) [Carla channeling] [They come] to let you know that you are loved and that you are safe. Let’s see how I shall do with it this time.” Then you begin to ask yourself those questions that we so often encouraged you to ask: “Where is the love in this moment?” “Where is the Creator in this moment?” “How may I serve to my highest and best in this moment?” “How may I expand faith and let go of fear?” “How may I love?” Occasionally, there is an outside entity that wishes to distract you from the path that you have chosen to follow, for a being of light, a light-worker, that is distracted from the light work and coaxed into sitting by the side of the road in heavy gloom has successfully been taken away from that worker’s reason for being here. So, when you feel distracted, when you feel discouraged, allow those feelings to wash through you as you allow the love and the light of the infinite One to fill you. Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.” [footnote end][footnote start]In context, this quotation is from the Holy Bible, John 21:15-17: “When they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these. He saith unto him, Yea, Lord; thou knowest that I love thee. He saith to him again the second time, Simon, son of Jonas, lovest thou me. He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him the third time, Simon, son of Jonas, lovest thou me. Peter was grieved because he said unto him the third time, Lovest thou me. And he said unto him, Lord, thou knowest all things; thou knowest that I love thee.

2010/01/30: (overview) The question this evening has to do with prayer and sending love and light. This means that in order for you to do the work of prayer, contemplation or many of those other occupations which deal with higher energies, it is all-important to keep those lower rays open so that the heart is always receiving a full dose of the infinite love-light of the one Creator. There it stays, for the healing energy moves through the open heart of the healer and out through the energies of that healer to do its work according to the wisdom and the love of the spirit. The divine aspect of the self is opened and the things that are not necessary can fall away so that the eye of the self becomes the eye of the Christ, that icon or that symbol of unconditional love. We would now shift our focus a bit and take up the question asked by the one known as S when he said, “Is that way of healing which sees through all of the ten thousand things of the world as illusion and claims the truth of one infinite love that is the identity of all beings the appropriate way to heal. Consequently, it is the path of that which is not, for it denies the basis for all that is: the Logos, the love of the one infinite Creator. Nevertheless, it is a viable path from which one may graduate in negative polarity and move forward into the next density, the Density of Love, and also into fifth density, the Density of Wisdom. The paths shall be separate as those who seek service to others explore the love of others and the wisdom that modifies and strengthens that love, while those who seek in service to self discover more fully the love of self and the wisdom that modifies the love of self. And therefore, in order to go further, they must release the path of that which is not and embrace that which is—the love of the One. As you decide how you wish to proceed, you find that you must use faith and faith alone to choose the way of love. It is not obvious from the outside in that love is the nature of all things. And so gradu-

ally, as that experience happens again and again in your driving time, you begin to be able to do your work very quickly, to reopen your energy body and say, “There is room for you too, my friend, my brother, there is room for you too.” Thusly, you are back in balance and you have expressed love in that moment. They are holding that place and allowing the energy of the truth of unity, of unconditional love, to pour through them and out into the world. You are the eyes of love in this world. You are the hands and the voice and the smile, the hugs of love in this world. So you do not run out of love; you do not run out of prayer time; you do not run out of those energies. However, you are simply opening yourself to be used by that energy that is unconditional love, the Logos, the Creator, the One Original Thought. And that flame comes down into the passive tallow of self and kindles the flame of truth so that the self becomes a chalice, holding the flame of love. And gently, sweetly, that flame melts away the suffering and the difficulty and frees the caught soul that it may fly free into the love of the open heart, into the love of the Logos. We are aware that you have at all times met this choice-point by radiating love to the sender and radiating love to the self. This instrument would simply say, “Jesus,” and the name would create a change in her vibration and would create a state of remembrance of the power of unconditional love in her heart. It is important, my sister, that you carefully choose the representation of the unconditional love that speaks most strongly to you and pray that name of the Creator-self as you need that change in vibration. You have created a lighthouse that is spectacular and we thank you for your love, for each other, for the truth, and for the one infinite Creator.

2010/02/13: Consciousness is that field, shall we say, which carries the one original Thought of love. That Thought is love. Thusly, every iota of the infinite creation is love. Intelligent energy is love acted upon by free will to make the manifest creation of the Father. We are setting our intention to vibrate in our conversation with you in full awareness of this love and this light. It is into your instrument that the Creator’s infinite energy of love and light can flow. It is from your open heart that that same love and light may be blessed by you and allowed to move into the planetary energy web, so that every thought of love that you have makes a difference in the energy of your beloved Earth. It is a time when, as this instrument would put it, “the fields are ripe with harvest.”² And as incarnation is contemplated, there is the hope in each breast that they may be harvesters, that they may know and see and understand the centrality of love, that they may reach out during their time here to change darkness to light, sadness to joy, fear to love, dissent to unity, anger to peace, that they may be agents of the truth which every cell of every body carries within it and which, within the illusion of third-density Earth, is veiled from the conscious awareness of each person who has chosen to come into incarnation. And the answer to sacrifice is love. For love moved each of you to embrace this experience, this “parenthesis in eternity,”³ as the one known as Joel calls it. And within this tiny shape of a life, this momentary span of your years, once you have awakened to the love within you, you have the opportunity to shape and intend and offer your life that the riches of that love shall spring forth anew every day, falling like coins from your pockets and turning your world into heaven. Within the veil, there is no way to claim to know or to apprehend the love and the light of the one infinite Creator except by faith. To put it another way, it is a choice between living by love and living by fear, or living by embracing all that there is as part of you and living by setting yourself over and apart from all other entities and forces within the creation. At each choice-point there is no way to prove the goodness, the rightness, and the appropriateness of making that choice for love, for service to others, for radiance. It is only after the leap into the abyss of the unproven and mysterious that one gains one’s sure footing and becomes fearless and willing to be that entity whose approach to life is to look for love. It takes that of which the one known as G was speaking as a focus of desire, a seeking, a hunger, a thirst for the Creator; for truth, for love, for beauty. Not my imperfect understanding, but the way of love.” And that is the reason for the veil. It is the combination of your free will as a seeker and the veil of forgetting that creates within you an implicit unawareness of the primacy of love that sets the shape of his path for the pilgrim. And it is that pilgrim who prays for clarity and who asks where is the love in this choice that shall create within this density a bias toward service to others, towards love, to-

or another, be it poetry, be it music, be it sculpture, whatever, into these talents, you may imbue your love and light, so that whatever you create is able to generate that love and light to all who view your creation. Of course, we are not saying that we (know) all of the potential means by which to share love and light. It is a portion of each entity’s seeking in a conscious fashion, to hold the desire to obtain intimate connections of love and light with all other entities and with those especially close in the circle of seeking of such any entity. This desire, this intention, can be intensified through meditation and visualization, so that you may see your heart chakra glowing brightly in the green-ray vibration of color; seeing this glow of green love and light expanding outward to those about one, to those closest—nearest and dearest, shall we say—moving further outward until there is a connection eventually with every other entity upon the entire planet. The intimacy that each seeker of truth desires in the way of the open-hearted love, unconditional love for all entities, is possible to obtain through the intensification of this desire, this intention, this focus of one’s beingness upon this quality so intently that there is nothing else in your field of vision, inner or outer, that is of importance to you, while you are exercising this ability, this desire and intention. Each of your energy centers may, indeed, be crystalized so that the love and light of the One Infinite Creator moves clearly and cleanly through each center. The love and the light of the One Infinite Creator contains that which you call catalyst, that has been colored by your subconscious mind in a fashion which biases you to see the actions of those around you in a certain way that corresponds to pre-incarnative choices that are the lessons you have chosen to learn within this incarnation. Then, instead of your part being programmed, your part is to deny the programming, to stand up for yourself in a way which you were not able to do as a young child, to claim what is your right, to claim what is love and light within your being, and which was not given to you when you were in your younger years, to stand up and to shout it, to cry, to give whatever emotional response you feel so that you rid yourself of that programming in a conscious fashion, giving voice to the anger and the hatred that was given to you, so that you expel it from your being, never again to be affected by it. Yes, my friend, the wanderer has far more likelihood of being affected by feelings of unworthiness than the regular, shall we say, or general consensus population, because within the wanderer, whether or not it is consciously known, resides the knowledge of the harmony of the home density, of the love and the light, which is the normal way of being for the wanderer whence it came. (It) will see in this difference the possibility of worthiness: that there is much to value in love and in light, the foundation stone of each wanderer. Each wanderer may then look upon itself in a far different light, opening the heart to the self, loving the self, then being able to extend that love to others about it so that it is reflected back to the wanderer. As the love and the light of the One Infinite Creator begins to flow more and more through the wanderer’s heart, reaching that level of understanding, shall we say, that is possible within this third-density illusion, (the wanderer begins to realize) that it is one most worthy, or it would not be here serving this planet that so desperate needs the love and light of each wanderer upon it, for this planet is having great difficulty in becoming born into the fourth density of love and understanding. Then, with this knowledge firmly established within the mind, the body and the spirit of the wanderer, the wanderer may go forth in love and in light, in peace and in power, and in the knowledge that it has that which is valuable to offer, for it is a valuable being. We thank each of you for your beingness, for your questions, for your love, for your light, for your dedication to service to the One Infinite Creator that you see in every other being around you.

2019/09/07: Thus, the crystalized healer is as important in the healing process as is the crystal itself, for the crystal is that being of inestimable value and intelligence which can utilize the light that moves through your being as you project that light into the crystal, so that your own love and light, or prana, as it moves through your centers of energy, is focused in a specified manner as it moves through the crystal, and therefrom into the various energy centers of the one to be healed which have become blocked by the inefficient or lack of use of catalyst from the daily round of activities for this entity. For the orange-ray energy center, the expression of the prana, or love/light of the One Infinite Creator, in

a positive sense through this center, would allow the entity activating this energy center to relate to one other entity in a manner which was of acceptance, of giving, of that sharing which is personal, emotional, and individual to the two entities engaged in this type of energy exchange. Q’uo I am Q’uo, and am aware of your query, my brother, and we would, in general agree with your summation of the process and quality of sharing of the orange- and the yellow-ray energies, so that eventually, these energies, then, are able to allow the entities so expressing them in the positive sense, to be able to make certain transitions into the green-ray energy center, moving in a unified fashion so that there is the freely given consideration, compassion, love and understanding, each to the other individual, each group to the other group, so that these individual and group energies then become spiraling in a fashion that moves into unconditional love for all entities and all groups, whether they are within the evident reach of the particular individual or group. In that vein, they have concluded that partnership, or the mated relationship is compatible with what they call “free love” or the flow, the open flow of orange-ray energy where it wishes to arise. At this time, we would thank each of you for your love, your light, your conscientious, your support of this contact and your questions, for you do us a great favor by offering us these pearls and gems of beauty, of wisdom and of unity.

2019/09/14: This fear consciousness, then, can, indeed, render the red ray blocked in a fashion which prohibits further movement of the prana, or the love and light of the One Creator, through its energy center. Your planet has made the transition into the fourth density of love and understanding and its population is slowly being harvested in the positive and the negative senses, so that each entity which now passes through what you would call the death transition is offered an opportunity to move through a portal of light, where the light will gauge the ability of the entity to withstand the impact of the fourth-density vibrations, this measured by the violet ray of each entity’s energy centers. However, we would suggest to each seeker of truth that as you send love and light to your planetary sphere and its population, that love and light works in a resonant fashion with the love and light of the One Creator which exists within each entity, so that whatever possibility any entity has for positive harvestability is enhanced by this resonant quality. Thus, as entities such as yourselves hold meditations sending love and light to the planetary population, you enhance the opportunity for this harvest to be completed and to be able to be perceived by each entity upon the planet. I guess just in the way of perception on what you know, for me, in the way of love and light I carry through the day, and the way I live I sometimes see things as playing out as like a movie outside of myself. Indeed, each entity within this circle of seeking as well as so many, many others of like mind, body and spirit, has within it, the capacity to contact that quality of love and light within each being which is the One Infinite Creator, and to send forth that love and light to the planetary population in a fashion which may inspire more seeking of the truth, as you may call it, by each entity. The seeking of this truth is the seeking of that which is the unity of all creation, expressed through the open heart that feels unconditional love for all of the creation. Thus, each moment, each day, each diurnal period that you experience this love and light and send it forth to the planetary whole, is an opportunity to expand upon the possibilities of the harvest being completed in the positively and the negatively oriented senses, so that this planet may offer the fruit of its beingness to the One Creator at the level of the fourth density of love and understanding. Find a manner in which you may share your love of the One Creator with this child upon a regular basis, just as you learn arithmetic and reading in your schooling system, teach them the oneness of all creation, teach them the unconditional love of all creation, teach them the light of truth of all creation, teach them the interrelatedness of all entities within the one creation, and most especially at this time, upon the planet you call Earth. Gary Q’uo, Ra describes some contamination in the collective mind, and they say specifically, “Thus, there is some, shall we say, contamination even of the sexual, this showing mostly in your own culture as the various pre-dispositions to adversarial relationships, or, as you call them, marriages, rather than the free giving, one to another, in the love and the light of the Infinite Creator.” Can you describe the difference between marriage, as it’s conventionally experienced on this planet, and the free giving that Ra is describing. Whether or not

or blockage to love, or some unintegrated aspect of our being, will the increase of fourth-density energies challenge or exacerbate those conditions. If that's correct, what does it mean to cooperate with the fourth-density energies of love and acceptance. To be able to cooperate, or utilize these enhanced energies that are available to each entity upon your planetary sphere, one must be able to accept the possibility that the heart can be opened even further than it is opened at present, and be willing to step off the precipice, shall we say, as the Fool in your archetypes moves itself into a position of seeming foolishness, to open to such a degree that one is willing to share love with those who may feel very little love for you, who have, in fact, disharmony to such a degree that there is a defense against sharing love with you. However, if you are able, in your own sense of self, to open your heart, your mind, your being, in honesty and in freely given love and light, and make oneself vulnerable to further reception of disharmony, yet nevertheless continue forward in that love and light, you may find that there is the opportunity to make well what was harmful, to make whole what was broken, and to fill with love the void that contained none before. The purpose of the incarnation, the destination of each seeker of truth, (is) to open the heart in unconditional love to all and to aid this process by inviting the One Creator to move within the heart, within the mind, within the body, within the experience of the day, that this aid may be given to the seeker to share with all that comes before its notice. In this way, there is an enhancement of the ability of each seeker to find a way to give love where love seems to have no home. Indeed, each entity has the ability to do this, for each of you have programmed your own incarnational experience to include the ability to enhance your own opening of your heart, sharing of your love, revealing of your vulnerability to those about you, realizing that to be the Fool is to be the wise one, for there is no knowledge of an intellectual sense, or an emotional reaction that can comprehend the immensity of the power of love to heal that which is broken.

2019/05/25: (Jim channeling) I am Q'uo and am with this instrument and this group, and we came to you in love and in light. We are honored, as always, to be able to join you at your request, and to offer those words of love, of inspiration, of assurance and consolation, that may aid you on your journey of seeking. We would not put it exactly in that fashion, for we do not feel that speaking of the concepts of love, which is the concept each of you is most usually engaged in sharing, and seeking more information for, rather than speaking of wisdom or of unity or of foreverness, for each of these concepts is a critical portion of every seeker's journey. 1 There is no seeker of truth in any density of experience that would feel that describing consciousness, self-consciousness, universal love, and so forth, was a coming down, or a simplification of explanation of how such a word or concept is a fundamental portion of the infinite creation, the Infinite Creator, and each seeker on the path to unity with the One Creator. Each conscious seeker of truth who is attempting to open the heart in unconditional love, and therefore become what you would call harvestable, is potentially a parent of that which is being born at this time upon and within your planet, and within the heart of each seeker of truth. The planetary entity of the fourth density is this babe in the manger of the mind, body, and spirits that seek the fourth-density experience of love and understanding. This interaction between the fourth-density planetary sphere and the new fourth-density population that shall inhabit that sphere is as the parent to child, shall we say, in both directions (...) being inspirationally electrified so that there is much more energy available to the experience of growing, of seeking, of utilizing the love and the light of the One Creator. It is hoped that (through) the efforts of your adepts, of your wanderers, and of those Confederation entities that send love and light to your planetary sphere, that these efforts at reducing the disharmony may indeed do so, and allow the birth of this planet to occur along with its population in a less difficult situation, shall we say. A portion of the experience for each seeker that is able to make the graduation into the fourth density of love and understanding, is to have the aura, as you call it, expand in a fashion which joins with others of the same vibratory level, to form an auric envelope, shall we say, of what you may call the social memory complex. We would encourage each seeker of truth that wishes to make sense of it all to look within the heart and to see that each entity that is crying out for assistance, that is crying out in anger or frustration is the One Creator that has

provided itself with challenges enumerable to find a reason to open the heart in love to all. I now stop my anger and open my heart in love." Know then that when any soul does this, as more and more are doing now upon your planetary surface, this type of seeking and sharing of the love and the light of the One Creator within each individual heart has a resounding and resonating effect that affects every other seeker on the planet, every other soul on the planet that has any kind of sensitivity to the vibrations of love and acceptance, that when you can find any kind of love within your own heart and share it in meditation, in contemplation, in conscious interaction with others, that love will be felt by every other soul on the planet, for indeed, each entity is a portion of the One Infinite Creator, cells in the body of the One who made us all, and when your love is expressed to any other soul, every cells in the body of the One Creator resonates with this love and light, and there is, for at least a moment, a kind of healing of the anger, of the retribution, of the disturbances of doubt and confusion. You, as one individual seeker can make a difference in this world as you find love within yourself and share it with others, and as more and more entities are able to do this, more and more love is generated so that there is a kind of momentum built up, that is hoped for, at some point to find the, shall we say, threshold of entrance into every soul on the planet, so that at some point it is possible that your planet could, indeed, harmonize in one fine, strong moment of inspiration, as those of Ra put it so well. We encourage each of you to keep the faith, to keep moving forward, keep doing what you're doing, because you are on the path of seeking the love and the light of the One Creator, and as you seek it, you shall find it; as you knock, the door shall be opened to you. Rejoice then, that you are a portion of the One Creator, and know then that all others are of the same origination, and shall again at some point, unite in unity, and peace and love and understanding.

2019/09/01: (Jim channeling) (The first few moments of this channeling were not captured on audio.) ...we have observed your gathering with great joy and humility—joy, in that you reflect the love and the light of the One Infinite Creator so purely and perfectly as individuals and as a group; in humility because we are humbled by the sincerity in the hearts here gathered. In these last days of your third-density illusion, and the first days of the fourth-density quality of beingness, of love and understanding, you are aware that there is a great variety of entities upon your planetary surface, each of which has incarnated by the seniority of vibration, in that there is the possibility for each to achieve this harvest into the fourth density of love and understanding. These entities are in search of that which you have tasted, perhaps briefly, perhaps fully, and that is the opening of the heart chakra, the unconditional love given freely to all things and all entities about one. If you are able, in your daily round of activities, to find this open heart functioning as fully as possible with every entity that you meet, every entity with whom you exchange any kind of energy, then this loving vibration that is set up between two of you or more is then felt by each other entity upon the planet that seeks love and light, for you are truly all one being. All entities upon the planet, whether positively, negatively, or neutrally polarized, would feel this love if all were conscious seekers of truth. However, because most are not conscious seekers of truth, this love vibration, then, goes into the subconscious mind of the being, to be used as it is possible when this entity is able to realize, in any degree, the conscious nature of its purpose for being on the Earth at this time. So, as you are a seeker of truth, consciously aware of your journey of seeking, as you are able to consciously share your love vibration with any other entity, at any other time, this vibration becomes available to all other entities upon this planetary sphere to be used as possible, when the time is right for that entity. Of course, there are other means by which you may also encourage and enhance the vibration of love upon this planet. Those who are what you may call "adepts" who are able to enter into a state of meditation that may be called visualization, may also send this same love and light to all entities upon the planetary sphere and do so in a conscious fashion, so that this love and light again is available when it is possible to be perceived by any entity upon the planet. There are many other ways, of course, to share your love and your light. Each of you, as a wanderer, has come into the incarnation with various talents, perhaps speaking, perhaps writing, perhaps meditating, perhaps performing, perhaps creating one form of art

wards radiance, that shall have tremendous impact, not simply upon this density now enjoyed by all of you, but upon the next two densities to come. Thusly, to move into meditation is to throw the glass of water into the midair of faith and allow unseen forces which you know to be real to carry you while you rest in that place where there is no sighing, no sorrow, no suffering, no earthquake, but only the peace and the power of the love and the light of the One who is all. Again, we would say that it is central to realize that the reason that we recommend meditation again and again in our conversations with you has to do far more with that which, however imperfectly perceived, is the essence of silence than any hope that we may have of creating in you an environment in which you are truly and fully relaxed, released and gathered into the oneness of infinite love. These densities are nested in such a way as to occupy the same area or influence within space/time and time/space, held lovingly by the overarching energy field of your sun.

2010/02/27: Yet as the one known as Paul3 said, without love, those thoughts do not ring true. The intellect needs to be in harness with the mind of your heart, that energy within you that is stayed on love. You may think to yourself, "But my heart is not always stayed on love. There are many feelings that come from my heart that do not seem to be full of love. Another word for that Logos is love. The Creator is love. It is out of that love that all that there is springs. You cannot be other than love. When at last you come to the essence of yourself and feel the heart of you, it is a heart full of love. That essence is love. In order to manifest that essence It used light, so all that there is is love and light. Why can we not simply know that we are love and all other selves are love. You recognize kind voices and you begin to make preferences: "I love this person, I love this food, I love to have my diaper changed, I love to be held." And so you, a being made of love, begin to give your love and to receive love. And this is the meaning of your incarnation, the reason you are here: to give love, to receive love, to share being the one infinite Creator with each other, and to rest as a being of love in the arms of love. And then to go forth again and to have adventures in which you find love, and find where there is not love. And in those places where there is not love, you find that you may yearn to give those places your love. And as you reach out you find that you receive ten-fold, a hundred-fold, a thousand-fold, of the love that you give. And if all is calm and rhythmic in this particular season of your life, you may begin to feel that wonderful feeling of being part of all that there is, this breathing universe which breathes out love and breaths in love. And even when you are sorrowful, even when part of you is lost in the thickets of intellectual thought, yet fundamentally you remember that you are creatures of love. And although you may be in a desert at this time, you will find, as you move through the rhythms of desert and aridity, thirst and hunger, that they naturally call forth the oasis of love. Those paths will lead you to choice after choice where you may be either forgiving or judgmental, where you may either love or fear. And each time that you choose compassion, forgiveness and love, you move closer to the heart of who you are, closer to that ground of being which is the Creator. Within you, my friends, there is a sea, an ocean, of love. Each of you sets out on a journey from chaos to serenity; from fear to love; from being taken to becoming a person of choice. You did not come here to rest forever in that ocean of love. Part of that dance is to move, at times of remembrance, back to the ground of being, back to love, and to let yourself swim in the ocean of bliss, peace, power and love. May you swim like otters, my friends! May you love. And may you accept the love from those about you. For this, too, is part of love, not simply to serve others, but to let them serve you. All together, you create the wonderfully textured, infinitely various creation of love that teaches the Creator more and more about Itself as you come to those moments where suddenly a new pattern emerges, a new clarity dawns. We do not know what your name of power is, but it is that name by which you know love. You are stating where you are, metaphysically speaking, upon what ground your feet stand as you seek love. Paul, who wrote in the Holy Bible I Corinthians: 1-12, "If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain

nothing. Love is patient, love is kind. Love does not delight in evil but rejoices with the truth. Love never fails.

2010/03/13: Your source is love, the great original Thought of unconditional love; that is, the Logos, the active principle of the Godhead. This thought of love, combined with light by the use of free will, has created all of the illusions of all of the densities of your infinite creation. This is your commonality: that you were created of love and that you are connected. Where is the love?" And in 99 cases out of 100 in your life you can reason out how to act is such a way as to help another entity. Am I increasing love. And against that rising tide of darkness stands the candle, the frail, feeble, flickering candle of the love that is moving through your heart at this time. So, "this little light of yours, you can let it shine," without fear that by loving, instead of judging, you shall be diminished in some way. Thoughts about making love with another are without polarity because they have not moved from the thought to the act. As the one known as M said earlier, it was difficult to find a way to love the unlovable entity with whom she rode together on the bus from day to day and who was obnoxious, often quarrelsome, and always unappreciative, yet when that moment came that she broke through all that kept her from seeing this entity as a soul, and assisted the entity without infringing upon his free will or disrespecting him for what he did, there was a true contact. Love was shared and felt. As we gaze at your vibrations we find our hearts full of love for each of you.

2010/09/04: Western astrology is very specific about this, it turns over just like a clock on the Winter Solstice and we go from the Age of Pisces, which can probably be looked at as a movement from darkness to Zoroastrianism or the theory of light overcoming darkness, to the Christianity of Jesus where nothing is overcome and everything is loved until it falls into line. People love that thought of the Twilight of the Gods and the Gotterdammerung. These densities are nested in such a way as to occupy the same area or influence within time/space and space/time held lovingly by the overarching energy field of your Sun." This is an important point. Even if it's only in my heart, I can see that in myself and I will accept it and redeem it." That's the way you're working with it, hopefully, because that's the only way in which you'll be able to love yourself and accept yourself, which Ra said is two of the three steps to becoming the Creator. (Laughter) We recently had a session where Gary 4 asked the question: "I understand loving myself, I understand accepting myself. This instant, this heartbeat, we are ready if we let (the Creator's) love shine through us. I love to think about stained glass windows in this regard. I love to think of all of us in this circle just beaming the love and the light of the infinite Creator through our eyes and just together making this beautiful bouquet of colors that all express the love and the light of the One. When they've had their opportunity—okay, I've graduated, I'm in fourth density and this is so cool! I've got so many choices now! But what do I want to do?" So then (the newly graduated souls) think, "I really loved Earth you know, and I'd like to go back and help to heal what we did so badly with messing up. (Carla points to her fingernail that has violet nail polish on it.) Each step of light (contains) a carefully measured amount of the love and the light of the infinite Creator. Each step intensifies that love/light, and at some point which is not marked on the steps of light, you move from third-density to fourth-density light. I'm not going to say that everybody will have trouble with it because there are people that don't even have more than a grade-school education that have written in to say how much they love that book. We can respond to our catalyst with love or with fear. (Singing) This next quote is from Q'uo on November 21, 2005 and I love it. We ask you to plant the seeds of love and faith with a happy heart and a peaceful mind. This is the hour in which you can choose another way. In the face of fear, remember love. In the face of anger, remember compassion. In the face of disunity, remember union. The word "love" pretty much covers everything. Live and love. Let your eyes be eyes of love. (Singing) That's it for the first talk, I will see you again talking about unity, free will, love and light.

2010/09/04: The second talk is concerning unity, free will, love and light, and how they impact us at this very critical time, running up to 2012. You have to believe in yourself and love yourself in order to be able to enter into the disastrously toxic states of criminally insane person. Not inherent also is Love or the Logos, (which is the second distortion of the Law of One). Hatonn said, on April 22, 1984, "If you look

about you during your daily activities and see any part of the Creation, experience any part of the Creation, embrace any part of the Creation, and feel for that seemingly separate part the feeling of love, you have made the grade. What my friends is this feeling of love, what is it that you experience when you feel this. If that same total feeling of Unity and Love fills your being on contacting either end of the spectrum of what you might call desirable, then my friends, you have found the Creator's love." Hatonn goes on to say, "This is the message that we bring to you. And you are crying because you are alone and you do not feel loved." As entities move through the third density, they begin to become able to address their own needs. They cry out in the darkness and our hearts go out to them. "There is a great desire on our parts to reach out the hand to steady that baby, to feed that baby, to give that sweet infant soul a new start, a clean diaper, a bellyful of love, and a good rock in the cradle." I think you could make a good case for calling third density on Planet Earth a reform school, because no less than sixteen civilizations that have failed their first try at third density and have destroyed their planet or continent, have come to the third density of Planet Earth to try again. Fourth density, the Density of Love and Understanding, has to do with first the planet, then its people. However, the thought-forms of your people during this transition period are such that the mind/body/spirit complexes of both individual and societies are scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction. "Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with your present societal complex. Now we can give thanks for that to all of those groups, whatever their philosophy and whatever their motive, who have prayed for peace, marched for peace, or found love in their hearts for people not their own. What can I do to restore myself as I would wish to be, my guru?" And the guru said to him, "Please find a Muslim orphan and raise him as your own." Sometimes you simply have to force the coming together, the forgiveness and the love. Christianity, if you read the red print in the Bible, which comprised Jesus Christ's message, his words, as opposed to things that people have said about him, is completely loving. And I am grateful for the world religions, I am grateful for the compassion and the love and wisdom they have been able to share. Not as a Christian, not as a Jew, not as a Muslim, not as anything in particular, but as a woman or man with love in your heart, eyes and your soul. I suppose the unity is between love and wisdom. It seems to us many times [that] choices of love are foolish compared to the choices of wisdom, but the job of the Density of Unity is to have compassion [inform] wisdom, and love that is informed by wisdom. You cannot prove, QED, that there is love. You can only look into your life and see how love moves us around to know how powerful love is. I think that's been one of the great faults of philosophy as a whole—that it cannot, does not have the ability to, recognize the pre-eminent of love. Neither discipline was able to work in the imponderable but eminent importance of love. It's in our spiritual DNA that we're the creatures of love because love is all there is. The one great original Thought was a Thought of love. So the most distorted things that you see are still love. But the heart of everything is love. Jesus said it well, when he said, "I am the vine and you are the branches." 7 No matter how much we get off the beam, if we go back to our root stock, it's love. But you are a holographic sample or bit of the whole." I love that sample. Thus, the distortions to be avoided are those which do not take into consideration the distortions of the focus of energy of love/light, or shall we say, the Logos of this particular sphere or density. Love is the second distortion of the Law of One. Love permeates the Creator. Therefore we as the sons and daughters of love are naturally permeated by love. We consider them isolated because, from our point of view, they have chosen to wander far from the concept that we have found to permeate most of the parts of The Creation of which we are familiar." 9 The concept from which we have wandered is love. This is the second distortion known to you as Logos, the creative principle or love. By its use in combining with the Logos, or love, the entire, infinite Creation was made and continues to develop by the use of the free-will choices of all of us." One last quote, Don asks on May 29th, 1981, "Can a mind/body/spirit complex then have any body activated that is one of the seven rays. We're going to be harvestable when we're in balance with ourselves; when

we have found ways to love ourselves. Yes, I love you, I accept you, I will work with you and I ask you to serve the light within me rather than the darkness." And I think it's very possible to do that. We need to love our dark side.

2010/09/05: The first one was about, "What the heck is 2012?" The second one was about unity, free will, love and light, the basic principles of the Law of One, and how they explain what we're doing here looking at a time of harvest. We're trying to graduate third grade here, so we just really have to lift ourselves up by the bootstraps and get past the second-density values of protecting and defending our clan, and move into the thought of protecting, defending, loving and accepting all of those on Planet Earth—our whole tribe. The love and the light of the infinite Creator is moving through our energy body in inexhaustible supply at all times. By stopping the flow of love through us, by clutching and contracting around our woes and our problems—which we all have—what we can do is stop that flow into the heart, and [then] we can't get our hearts open all the way. The fuel is love. I love the little, neat, compact question that Ra asked, "Where is the love in this moment?" 3 because the moment contains love. So, clever us, we're going to examine this moment and find the love in it. Well, this particular moment is unbelievably full of love. I look around the circle at these beloved faces, people that I'm new to and am just learning to love and understand and to know, and people that are familiar to me and whom I absolutely adore. It's a lovely thing to hear. We know that we are creatures of love because, logically speaking, how can we be anything else. There's nothing but love. There's nothing but the unconditional love of the infinite Creator. And it spreads and it spreads and it spreads until the whole world is thinking to themselves, "I love feeling like this. Love thy neighbor as thyself. We all, every day, probably review a communication we just had and we go, "That was not the loving way. Don asks Ra, "Is there a manifestation of love that we can call vibration?" Ra says, "The vibration or density of love or understanding is not a term used in the same sense as the second distortion, Love; the distortion Love being the great activator and primal co-Creator of various creations using intelligent infinity." In other words, "fourth density" in various planetary systems. The vibration, love, is that density in which those who have learned to do an activity called loving without significant distortion then seek the ways of light or wisdom. Thus in vibratory sense love comes into light. In the sense of the activity of unity, in its free will, love uses light and has the power to direct light in its distortions, thus vibratory complexes recapitulate in reverse the creation of unity, thus showing the rhythm or flow of the great heartbeat if you will use this analogy." Now the veil makes free will our guide because nothing is known for sure. You want it to run on love probably. All that you've learned about love and life and living is placed in a thought-form that is your higher self. The cards are love, dislike, limitation, unhappiness, pleasure, etc. You may begin to find the love within you. This game can only be won by those who lose their cards in the melting influence of love, can only be won by those who lay their pleasures, their limitations, their all upon the table face up and say inwardly: "All, all of you players, each other-self, whatever your hand, I love you." This is the game: to know, to accept, to forgive, to balance, and to open the self in love. By 1977 I was absolutely deluged with the love offerings of others. So, it could be argued that a good reason to be service to others is to get all the goodies, all those love offerings of others. It doesn't grow because it doesn't take into account the primal nature of love. They are using fear rather than love to bind you to them. The less the distortion from the one great Thought of unconditional love, the more positive the polarity. As harvest draws near, those filled with the most light and love will naturally, and without supervision, be in line, shall we say, for the experience of incarnation. "When the entity becomes aware in its mind/body/spirit complex totality of the mechanism for spiritual evolution, it, itself, will arrange and place those lessons and entities necessary for maximum growth and expression of polarity in the incarnative experience before the forgetting process occurs. You gave yourself this limitation, this suffering, this difficult relationship with Mom or Dad or husband or wife or lover or friend or employer. Well, some of us have too much love and we need to balance that love with some wisdom. And some of us come into this world very powerful but unbalanced, either between power and love, power and wisdom or power and not using either one. 10 That's enough

planet at this time, there is a kind of transformation that begins, as you have surmised, within the energetic body so that there is a kind of electrification, you might say, of these cosmic energies that begin to have an effect upon all portions of the mind, body and spirit complex so that there is the opportunity to raise the level of functioning of the mind, the body and the spirit in a fashion which is congruent with the in-streaming of cosmic energies. However, we are always glad to suggest to entities that the body complex is that gallant steed which carries you about within the third-density illusion, and this steed needs its care and comfort as well, as the loving expression of the seeker gives that type of attention to its own physical vehicle. We would answer this in short in the affirmative, suggesting that the ability of the body to realize and express the enhanced genetic coding is a function of the seeker's conscious and spiritually directed focusing of these greater energies of the fourth density upon the body complex, perhaps within the meditative state, or perhaps within the means by which the body is given its sustenance and its care, its exercise and its love, shall we say. For instance, they say that this particular house that we occupy now, it was very distorted toward angelic presences and light and blessing, and they said another time that one could be more distorted toward love. - 106.47Ra: There is no magic greater than honest distortion toward love.

2019/03/30: The seeming separation that springs from this unity is an illusion that has been created in order to aid each seeker of truth in penetrating the outer qualities of the illusion so that as one looks at the daily round of activities that produce catalyst with other entities, one can see beyond the disharmony, the separation, the confusion and the seeming chaos, and look into the heart of not only the other beings, but also the heart of the self, and find there the quality of unconditional love that is the binding quality for all of the creation, for it is the power of love that has made all that is within the creation, and within each seeker's life experience. If each seeker, then, can look at its own experience within its heart, within its mind, and within its soul identity, and discover the qualities of unity, the qualities of unconditional love, and the quality of clear communication, then the concept of honesty as it is applied in those teachings of the ones known as Ra can be made available to any entity who makes this seeking journey within its own being to find how honesty can be pure and clear, compassionate, and fully imbued with the qualities of unity. It seems to me that we have in the midst of much turmoil collectively there might be some opening for greater love and understanding coming in because of a displacement of energies that have been, for example rigidly oppositional or fixed in their thoughts or stances, and that perhaps if great change has happened collectively in our populations that it makes room for compassion and love and understanding to come in, and it sounds paradoxical, but I'm wondering if you could comment upon the increase, the awareness that is increasing, of the need to be more loving and compassionate, and if this is actually going on. This is a process which is gaining more and more momentum at this time, and which gives us who that exist in the inner realms great hope and inspiration as we observe the possibilities of your planetary consciousness becoming such as to become able to move into the fourth-density of love and understanding with a greater number of entities thus being able to participate in this harvesting period. We thank each present once again for the opportunity to join your group and to experience the love and appreciation that each of you has for the other and for the opportunities of being alive in this world today, and being able to move in a fashion that serves the one in all at all times.

2019/04/20: This great and elegant and powerful edifice that has been so long a portion of your planet's spiritual legacy is that which symbolized the eternal truths that may have aided so many thousands and millions of people throughout its many centuries of existence, that will endure past the destruction of the physical building that held those aspirants who wish to know more of the love and the light of the One Infinite Creator. At this time, as you would call it, in the transition of your planet into the fourth density of love and understanding, there are waves of cosmic streamings engulfing your planet in a rhythmic fashion so that there is never a portion of this time that is without a certain kind of vibration of energy that acts upon various individuals in certain ways. Thus, if you are open to such acceleration of these in-streaming energies, you may be able to focus your own attention upon each portion of your daily experience in a manner

which allows you to imbue what you do, and who you seek, and with whom you interact, with the loving vibrations of your heart energies. This unconditional love can take many forms in that you may find yourself engaged in more meaningful and in-depth conversations concerning one's feelings, one's aspirations, one's doubts, one's fears, one's plan for moving into harmony with others, with the planet itself, with one's own being. I've noticed that as the waves of love/light increase, many people are being confronted with the situation where they must use that increased energy to heal and evolve, or they are experiencing physical difficulty, and sometimes a dissolution of the physical complex. The most salient purpose is that of aiding entities who wish to move forward on their spiritual paths in the opening of the green-ray energy center to be able to do so to make transitions in their own consciousness that then are shared with those about them so that there is a kind of momentum being built in their daily round of activities and experiences that allows a greater expression of this love vibration as a normal part of one's being and the sharing of that being with others. You are correct in your assumption that for entities who are unable to make, shall we say, an opening within their own being to welcome and enjoy these enhanced vibrations of love, there is, then, the critical point of realization that comes before the inner realization of such entities: that is that they must be able to more efficiently process the catalyst from their daily round of activities—realizing it is enhanced in its nature and requires a greater effort upon their part in order to process it—or the greater energies of love and understanding that are entering their mind/body/spirit complexes will begin to burn out the energy receptors and ability to respond. Thus, it is a kind of winning effect that is occurring, as the harvest begins to welcome those whose hearts are open to produce the fruit of love and the grains of understanding, and to separate those from the chaff, shall we say, that are unable to do this. It is oftentimes the case that such individual group subgroups then can aid the larger group to move forward as each entity upon this planet may do for all other entities by engaging in those activities which share love and light with those about it, and thereby enhance the overall experience and opportunity for the sharing of love and light by all entities upon the Earth, for are we not all One. The mated relationship is that relationship which ideally allows each entity within it an equal opportunity to give and to receive the love and the light of the One Infinite Creator to all about the entity and within the relationship from each to the other. For before the incarnation, each entity incarnating within the third-density illusion has programmed certain lessons that will allow a perception and expression of love and light to inhabit the areas needing attention and learning within the incarnation.

2019/05/11: For this offering of the heart is an offering that brings all entities together in the opening of that green-ray energy center, an unconditional love for all beings, for all of the creation, whether you are aware of them or not, for the love that pours from your heart touches all, for all are indeed One. How do you reconcile the feeling that you're always falling short in serving those whom you love whose needs don't seem to match up. If that desire is to be of as complete and loving a response to needs as you are aware of, go then to that source of request of service from you and give what is asked fully and freely, until you feel that you have given all that can be given by you at that time. Indeed, in any way in which you may open your heart to others, you affect the entire creation, for all are One in love and light. We thank each, as always, for offering the queries, for offering the love, for offering the light to us, for you are inspirations to us as you move through your daily round of activities.

2019/05/18: Much as a runner before a race feels the adrenaline pumping through the veins, so does the seeker of truth before the great opportunity to move more fully into unconditional love feel the anxiety that dealing with such a great unknown produces. This is a process which each of you is aware of, both consciously (to a degree) and subconsciously, in completeness, so that you are aware that the chance and the opportunity to find the unconditional love flowing freely from your green-ray energy center is being enhanced as you meet each new day in your life experience. However, at certain points in the evolutionary process of planets and cycles, there is an enhancement of that which is always ongoing—the ability to welcome and enjoy the more and more purely streaming love and light of the One Infinite Creator. Gary Q'uo, if we have disharmony within ourselves,

love that is evident in this circle as you come together to seek that which is a further extrapolation of love and light, the basic building blocks of your universe, your bodies, your minds, and your spirits. This land on which you dwell is a being of great wisdom and love, as you are well aware. This entity that is presenting itself to you in the form of geographical features, land, trees, water, air, is that which functions according to the divine plan the One Creator to be able to develop the natural means that would enable it to express its joy and love of the One from which it comes. Thus, if in your efforts at blending your energies with this entity, you can also be able to empathically identify with this being in a manner which opens the heart in total, unconditional love, so that there may be a communication developed between you and your land friend that may enlighten both of you, there is the possibility of an experience that is shared by both of you in which the purpose of the being and its joy in serving the One Creator might be enhanced so that there is a greater and deeper communion between you. The beginning stages of this community are well underway, and there is a clear pathway already available through your previous efforts that will allow further communication to be had by you and this landed being that you so joyously serve and love. There is much of gratification and feelings of love that are returned to you from this land, as you move more and more in harmony with it and its overall purpose of making a joyful connection with all of the creation that both you and the land desire. The spiritual qualities which you have already exhibited within this land of experience, this experience of the sharing of the joy of the One Infinite Creator at your Luminate Festival is that which is of great beauty and loving kindness that we in the higher densities are very well aware of as we can perceived a great beam of light emanating from this particular ground and celebrated experience. We can only suggest that you continue to do what you are doing, for opening your heart as you have done, to the land, and those who join you on the land, is that which will allow you to perceive each additional step that might be taken in the general sense and in specific senses to relate to more of the entities who join you here in a fashion which gives them more of the feeling of what is available on this particular piece of land, in the way of the vested love and direction of service to the One Creator so that each entity may feel that it is contributing its portion of love and light in this endeavor. The crystals that are already upon and within this land are beacons of light and love energy which may be enhanced in their function of sharing the vitality of the creation as a whole through their expression of the intelligent energy that moves through them that then becomes a kind of invigorating or enlivening force within the land in its very molecular structure. The ability to energize the crystals is that which we would recommend as a means of enhancing the function of the crystals' relationship to the land and the land's ability to receive the enhanced vibrations that come from the crystalized light and love energy that is itself a response to your visualization of energy moving into the crystal for a specific purpose. Thus, we would recommend that if you wish to accomplish the enhancement of the crystalized nature of the land, that you engage in daily meditative visualizations that would see the love and light of the One Creator passing through your energy system from the violet ray down through the red ray circulating back to your indigo ray chakra so that it might be projected therefrom into the trees, the land, the crystals that reside within the land that all may be enlivened by the love and light that you visualize and send to all of these portions of this property, so that the overall quality of the land is enhanced at the molecular structure, and this, in itself, is that which will bring about a greater amount of vitality so that all of the property itself becomes invigorated and able to express more and more of the love and the light of the One Creator. Is there a dispensation available or any—that's the word that's coming, dispensation—available to help keep the beloved souls that are coming here safer from the powerful energies created at this festival. The safeguards which are currently in place which are primarily the trusting that the One Creator is available to provide the guidance and protection to those who seek most purely to serve him, is that which we would recommend most heartily, for what you are doing here, as you engage the entities that are visiting this land in their ability to appreciate it, and to celebrate it and their own love for it, is that which provides a certain kind of protection, in that the fruit of your efforts is more and more unconditional love experienced by

the land from the participants upon the land. Thus, this kind of generation of unconditional love provides a kind of protection that is quite efficient in being able to envelop those who seek this protection in the protective love and light of the One Infinite Creator. The love and devotion of those entities of whom you speak is that which is most impressive in our position within your environment. Therefore our suggestion would be that in some fashion you might be able to conduct circles of energy generation where in the meditative state you gather together in a certain location considered by you to be efficacious for such ceremony and find a manner of expressing your love of that which you have done as an offering to the One so that it becomes a sort of mirror reflecting to you that which has come from you, to be able to serve others. At this time, we shall thank each present for offering his or her love and light to us. We feel your love greatly within our own heart chakras, and we are appreciative of that love which you have so generously offered to us. We hope that our humble words have aided you in some degree in like manner for it is our great desire to be of service to such loving and sympathetically creative entities. We are aware that each of you has a great deal of commitment to being of service to others and this service is like unto a beacon that reaches into the atmosphere around you and moves to infinity to become a demonstration of that love and light that comes from you to those who are experiencing it coming to them.

2019/02/09: There is the feeling within the open heart that this loss, this damage, this defect, is sad, is not to be desired, that there is not wholeness within it, that there is not the way through it to a brighter experience, to a more fulfilling experience of unity and love with this quantity or quality or entity. Thus, within your own heart, as you look within to see how this love has grown within you and has identified with that with which you feel grief, you then see that larger view, that panoramic view, the universal view that places each of us and each of our experiences within the love and the light and the unity of the One Infinite Creator. You are able to utilize this realization in order to fully disclose the love and the light that is within you, that flow forth freely from you when you are able to realize who you are in truth, that you are but in this illusion a limited portion of the infinity of yourself that exists beyond all illusion, for authentically you are the love and the light and the unity of the One Infinite Creator.

2019/03/23: The commitment of the heart is that which each of you within this third-density illusion is attempting to make, for the heart is the center of unconditional love, which is the goal of each third-density entity to realize within the life pattern. For the unconditional love of all is that being that is able to find a means by which the One Creator moves through its essence, through its energy centers, through its daily round of activities. As you take this unconditional love and let it move into individual expression of another entity in what you may call the romantic sense, in the sense of commitment to a journey together in some fashion, then you are making a change, shall we say, a directional change, in the unconditional love, so that that which is called the "bonding between two hearts" may occur and may provide each entity with the type of inspiration and partnership in cooperation that each will be able to aid the other as this journey of seeking continues with two becoming one. This is the type of commitment which is the expression of the unconditional love for all that has been funneled or pointed in a certain direction for a certain purpose, and this is the means by which many upon your plane of the third-density illusion begin the process of the total opening of the heart chakra to express love without condition to each entity and experience which one meets throughout the lifetime of experience. We are aware that many entities find themselves seemingly thrown into a loving relationship with another in which there seems to be no conscious choice in the matter. There is rather the recognition upon the level of the basic being that this love exists without there having been any previous desire or expectation that such would occur. However, as a choice has seemingly been made upon the unconscious level, and the conscious mind must simply recognize it in one fashion or another, then the choice is to be made by determining within your meditative state, the appropriate direction that can be taken in each instance in which the experience is shared with the other self, which is the object of the loving affections. As each seeker of truth makes itself available to the fourth-density cosmic streamings of love and understanding that are engulfing your

to bring me back to my heart because I love Jesus. Love. We are attempting to become a vehicle for the radiance of the one great original Thought—unconditional love. We are in the incredibly wonderful position of being a little place to anchor into this earthly vibration the infinite love of the one Creator. He said, "Lord, I pray that our energy exchange may offer to you a life in love and a love of life." So, the enhancement that occurs when you invite the Creator into your energy exchange, into your sexuality, is enormously moving, intimate, and poignant. It is the single most useful conscious exercise for those who would like to live in love at all times and keep their hearts open. And it's all muddy down there, you're not getting up into the heart the infinite love and light of the one Creator. So you need to have this concept of appreciating and loving every single energy of your body. Let's find our own ways to love life. Let's find our own ways to love ourselves. Let's find our own ways to love the creation. The moment contains love. The exercise is to consciously see that love in awareness and understanding distortions." [footnote end][footnote start] Wikipedia says about Señor Wences, "Wenceslao Moreno (April 17, 1896 - April 20, 1999), better known as Señor Wences, was a Spanish ventriloquist.

2010/09/05: But we remember the difficulties and the challenges that we faced when we must find love by faith alone, and find faith by love alone. And may we say to each of you, thank you for the decision to come together—may we even say to come home—for just a little while, to experience a safe place and an energy that is alive with the love of the one great original Thought. Find that place within you that loves yourself. And accept yourself, because that makes of you a co-Creator that will love others and accept others. This is your greatest gift to your self, to your loved ones, and to the planet. It is not that you mean to wear the mask, or to don the costume, but it is impossible to express your true self, which is unconditional love. If you change your thoughts to those of love and laughter, acceptance, compassion and understanding, your behavior will take care of itself. All of you at this time are great healers by your love. My friends, your feast is love itself. Walk the fields of your consciousness and find ever new those growing wild things that, when plucked young, shall make ever tastier the feast of love. You have decided upon your present—and we do mean that pun, my friends, staying in the present moment and being a creature of love; seeing with eyes of love; thinking with thoughts of love and having an understanding heart. Ask of yourself not how much you have done today, but how much have you loved today. If one were able closely and carefully to (see what is happening, these cells) are being enhanced in a manner which will allow a greater experience of the Density of Love and Understanding which is now beckoning and shall shortly be that predominant experience of this illusion. This is your faith, shall we say, at this time a great transition upon your beloved Planet Earth. And yet, as each responds to these requests for service, the Creator is served, the Creator is seen, the Creator is loved.

2010/09/11: We are members of the Confederation of Angels and Planets in the Service of the Infinite Creator, and it is our pleasure to have been called to this group for there is a call for information that is compatible with the vibration of information which we offer, that is, the vibration of service to others and unconditional love. It is as a beloved part of the one creation that you come by this affinity for synchronicity. It is the consciousness of love, the Logos, the one Creator. Yet they are those which not only guard the treasures of love and understanding, but also guard you, each of you, careful to support you as you seek along the King's Highway, which is entirely in the abyss of midair. When you have taken your leap into faith, when you have realized the power of your intention and your will and your desire, and when you have begun to set your intention to seek, to set your will to be a servant of the light and the love of the one infinite Creator, when you have awakened that magical part of yourself that knows that you can create your own creation and that which is forgiven by you is forgiven, and that which is not forgiven by you remains unforgiven, then you begin to be aware of the dance of Creation. You are now awake, vibrant, magical, dancing with the energies around you, knowing that you are a part of all that there is and that all that there is loves you as you love all that there is. It creates within you a feeling of validation and support and you would like all of those for whom you love and care to have that same experience. Close your mouth, open your eyes of love and listen to your loved ones,

your acquaintances, those whom you would help. Relate to them with love and respect. You still are a being whose very essence is love. Let the love shine. It is that which shines through you, the love of the Creator. There are some who love this experience of the silence so much that they spend much time there and there are others who find it challenging to dwell in the silence without some focus. And then when you come out of that silence, sing, my friends! Laugh and love and feel the joy of being in this creation, a child and heir of the infinite One. It's a matter of taking a day or two, or however (long) that which you call asthma might ask you to take, and gently, without judgment for yourself, move into that silence and let yourself be flooded with love. Then it is a matter of opening your arms and embracing yourself, loving yourself through and through, precisely the way you are. It is an exercise in acceptance, love, blessing and inclusion. See her clearly, love her dearly, and tell her the best truth you know. In order to serve, you have to begin with yourself, so see yourself clearly, love yourself dearly, and tell yourself the best truth you know.

2010/09/25: The Logos was with God and the Logos was God." The Logos is with God because the infinite Creator is beyond any manifestation, even the manifestation of the one great original Thought or Logos of unconditional and absolute love. Yet all things are distortions of love. The challenge is always to find the love, to see through the chaos that surrounds confused entities' relationships and so forth. And there the Creator lies, beyond all manifestation, beyond all images, beyond all ideas of what is real—ready to heal, ready to nurture, ready to love. Further, it is instinct as well as enculturation that offers to women an absolute and usually complete access to mother love, the love that is above and beyond all loves. That love touches into infinity, which is commensurate with the great gift that women carry within them. Love holds the male and the female principles together. Only by loving each other and moving into that locked design that is the Star of David does this third density come to life. Each polarity loves and desires love, yet to the masculine principle is given more aggression, more linear thinking, logic and such characteristics. To love, to nurture, to be patient, to forgive. And yet if they are holding each other in love, if they are keeping alive the excitement that bonded them into the Star of David in the first place, then their whole life is richer and fuller. Your incarnation is largely about loving. And learning to love as the Creator loves is a challenge. Thusly, we encourage you to glorify and find ever better ways to express that divine principle which is love, distorted according to your sexuality, while at the same time realizing that this polarity is a dance or a game that you are playing in order to learn. Your game is to create love from hatred, unity from disharmony, joy from sadness, hope from fear, consolation from distress, and the polarity you seem to have feeds into that wonderful goal only insofar as it gives you the pathways that you may walk to find the truth within you. The seeking entity gazes upon that judgment and asks itself, "Where is the love in this thought?" For there is love in every corner, cranny and nook of creation. Thusly, in a way you could see judgment as an indication of spiritual illness—and solution to that judgment that separates as the medicament of love that does not vary from the truth one iota, and yet finds the harmony in disparate things.

2010/10/16: What you do not learn in this lifetime, you shall once again take up, and study that which you have not yet completed once again, and if necessary, once again, until in the fullness of time you move through the densities of Choice, Love, Light and Unity, and finally that density of Foreverness that is a mystery even to us. And as a creature of third density, the density of Choice, you have within you that consciousness that is the consciousness of the Creator, the Logos, the one original Thought of unconditional love. You are love. You are capable of offering love through yourself—not your love, but the love of the one Creator that flows through you in an unending stream. There is only one thing in the universe and that is love. Indeed, you are seeking at this time to reduce the level of distortion in your thinking so that you may become more and more aware of that consciousness that lies closer to you than breathing, nearer than your hands and feet: the consciousness of unconditional love that is your true nature. Now, how shall an entity whose consciousness is that of pure love feed its body. And as you contact this animal, you express your love of this animal and your appreciation for all that the animal has gone through in order to give you its

energy, its consciousness, such as it is, and its love, which is very real. When one considers oneself to be a unit moving alone, in the crowd but not of the crowd, bouncing off of other entities but not joining with them or even harmonizing with them, the world becomes meaningless, as the existentialists have so beautifully pointed out in so many works of art.³ And if you assume that the world has meaning and that you are worthy to be a part of Creation, to be a part of love itself, then everything has meaning. And whatever your personality, we encourage you to believe in yourself, to know that you are loved beyond all understanding by the infinite Creator, and to know that you are capable of offering through yourself and out into the world with your blessing that same creative energy, not from your own self, never from that seemingly limited personality where you shall soon run out of love and simply be exhausted, but allow the energy of the one Creator to flow through you and out your eyes, out your mouth, out your hands, so that you see with eyes of love, you speak with words of love, and your hands contain love as they move. But for those who choose to stay present and attentive to a need within their family, it is a great blessing to be able to share love for that entity which has shared so much love with you, however imperfectly that love was shared. The intent is almost always there within the parent to love and care for the young one and in the fullness of time that pattern is repeated and balanced as the young one cares for the failing parent. And if the one who restores and heals and loves the self is the self, then so be it. For you are capable of healing, loving and restoring yourself. All of those things which you have not integrated into your daylight personality and have left in the shadows, unseen, unacknowledged and unredeemed, show themselves to you in the actions and words of other people and they hurt you because you have not worked with yourself to bring that shadow-self into your heart and to redeem it with your love, respect and understanding. In this way, anger becomes stubbornness—the ability to stick to a plan, the ability to continue to love, and so forth. But it is work which you will find to be very rewarding, because as you reduce the distortions within yourself, as you become more balanced and able to see love, hope, faith and consolation, so you are more able to offer to those whose eyes you meet an awareness of them as loved, consoled and forgiven.

2010/10/23: Are you too heavily a creature of love. If so, then you may examine those patterns that repeat in your incarnation, analyzing those patterns for the possibility of an imbalance between power and love or an imbalance between power and wisdom. You were looking to find the love within that relationship and to open to that. And that is the Logos, the great original Thought of love that is the Creator. Each of you are part of that Creator and the deepest portion of you that there is is made entirely of love. It is a love that waits for you beyond the reaches of personality. And when you penetrate into your own open heart, and you experience the love of the Creator that lies therein, it is indeed the Balm of Gilead. She would have said that loving sweets was as much a part of her as breathing and now she has found that she is free of the craving for sweets, although she still enjoys them. You have not experienced, perhaps, in your lifetime, what it is to be fully known, fully accepted, and fully loved. After being cast under a spell for a hundred years, Sleeping Beauty is rescued by the handsome Prince with a kiss of love.

2010/11/13: Indeed, my friends, you cannot help but be about your business because you have carefully set your life up so that the issues which you felt would help you to balance the energies of love, wisdom and power would be with you throughout the incarnation. Never fear that you have somehow been left out of that wonderful feeling of having a purpose and being about the Creator's business on this Earth, for you are the Creator's eyes of love. You are the Creator's hands of love. You are the Creator's words of love. You are the Creator's thoughts of love. We would suggest to you that the very first job of all of you, because you are human, because you are part of third-density Earth, is to hold the frequency of love and allow a space for it to flow through you. My friends, do not attempt to love from your yellow-ray energy center. Do not use your will to bring forth your human love. Use that precious commodity of will and desire to allow the Creator's love to flow through you. Unlike your surface emotions, the Creator's love is not limited. Consequently, you have only to hold the frequency of love. Hold your heart open, let your mind and your emotions be at peace, and feel the love flow through you and out into the

world. As you feel the love flowing through you, bless it. In fact, the only way it shows is that when you are loving, love flows back to you from the most unexpected sources, ten-fold, a hundred-fold, and a thousand-fold. Love is reflected in love. The Creator is love. And you are part of that love. If you clean the bathroom with love in your heart, it is as much a service as if you heal or channel or teach with love in your heart and indeed if one who teaches or heals does not have love in her heart, you who clean the bathroom are serving more efficiently, more efficaciously and to a higher degree of beauty. A man may feel that he is on fire with a love of music and may achieve preeminence in his field and suddenly discover, after many years of being sure that his nature is to be a performer, that mechanical problems cause him to be unable to play any longer. We encourage you to appreciate your own efforts, to respect your own intentions even when they do not seem to result in the service that you thought was yours, for all things are of service to one who loves. Call them and thank them and ask them to help and heal, for they live to be asked and they love to work with you. Your greatest companion, the one who loves you without stint, lies directly out your window. Mother Earth, the world of nature, first and second density, loves you without stint and knows no other way to be. And when you feel that beauty within you, celebrate it, enjoy it, and let yourself feel the joy of loveliness. It is not always appreciated by others but there is a tremendous balance in being able to laugh, to love, to appreciate. Yet when a service-to-others entity is mentioned, smiles break out from all who know that person, for there is a loveliness to that person's company and a rest and a healing in their presence, and whether or not what they do in the outer sense seems to be a direct line of service, it is indeed the service that they came to do. When we speak of loving from the yellow-ray energy center, we are speaking of willing oneself to love. They can be exhausted and we do not encourage the attempt to love and to serve from the yellow ray. Now, the one who heals from the green ray empties the self of all but the intent to act as an instrument for the infinite love and light of the one Creator and it allows itself to be used as an instrument of healing by spirit, which moves through that precious nexus that you represent, that place where infinite energies can come into a finite world. It is the same way, my brother, with love itself. You can school your behavior to imitate loving others, but you cannot force yourself to love others for you become exhausted. However, if you open your heart against all odds sometimes, against the resistance of the surrounding ambience, and simply rest in the open heart, love can flow through you on a continuing basis. It is necessary only to intend to keep the heart open and serve, and hold, above all, that frequency of the infinite love and light of the one Creator. You are loved, you are needed, you are full of purpose, and you simply need to let go of any preconceived notions as to how that works and simply engage in life to the best of your ability, as a conscious seeker that understands the power of choice, the power of desire, the power of intention. You understand about love. It is that you have become one who enjoys the surprises of life and who knows that even in the darkest hour, there is light and love aplenty for one whose mind is stayed upon the truth of love. Each time your heart beats and sends the blood through your veins, it beats in love. Love is the essence of your being at all levels. Love is the health of your body, the strength of your spirit, the deepener of your emotions. Seek to love and remember to allow yourself to be loved in return.

2010/11/27: I see that the cause of it lies in my difficulty in expressing my true nature, which is love, compassion and appreciation toward other selves. You hoped in this lifetime to discipline your personality by bringing it more into balance with itself among the three energies of love, wisdom and power. Often those who are wanderers, that is, (who) come from another density elsewhere in the creation of the Father, will find themselves to be uninterested in wisdom and interested only in the keenest and most compassionate love. Yet this is somewhat of a distorted balance, for compassion and love are balanced by wisdom so that there is compassionate wisdom and wise love. There are also those who are concerned with that called power, which is created in love and in wisdom by the discipline of the personality. And that may link either into love or into wisdom or into both. The reason is the desire of the self before incarnation to work on the balance of love, wisdom and power. There is the voice of your mother, your father, the voice of your teacher and an-

that there is the freely given and received love and communication and inspiration from and to such an entity. Thus, our recommendation that for most entities and most occasions, that freely shared love and light through words and actions be the process by which each seeker moves further and further along the journey of unity with the One Infinite Creator. We always take a great deal of pleasure in immersing ourselves in the joy that is part and parcel of this group at all times, for when you come together in love and in light, and in the seeking of the Creator in all, there is a natural release of some portion of that indwelling love and light and unity that signifies the One Infinite Creator in all so that there is a blending of energies producing light that moves as a beacon into the heavens high above this dwelling place.

2018/11/17: When you are able to give praise and thanksgiving for this entire process, you are casting the process into the light of the One Creator 1 and the love that resides within your being awaiting potentiation as you are able to access those portions of your analytical mind and your unconscious. If you can see your life experience within this framework of the infinity of beingness that has formed you, and the infinity of beingness that is within you, and the infinity of beingness that draws you forward, you shall move forward with solid and stately steps of realization and experience that has been gained through the moving into the unknown areas with that praise and thanksgiving that brings forth light and love to illumine your journey. Thus, that which was broken, or imbalanced, becomes made whole, or balanced, or bathed in the love and the light of the One Creator so that there is the reception of a different configuration by the one to be healed. We would suggest that in most true healings, that which is necessary for the healing to be accomplished, or for another entity to be served in any fashion whatsoever, is accomplished by giving of those energies of the love, of the light, of the unity, of the harmony of all things, that can be seen as infinite in nature, moving through any entity which wishes to be of service to another in an infinite fashion. This experience of utilizing such catalyst in an ascending fashion is that which requires that the meditative state be utilized in order to examine the catalyst of the day; and each catalyst of the day which has moved the entity away from its center of love and balance as a response to all catalyst, then, is in its turn, balanced, so that it further allows the movement of the intelligent energy further up or along the energy centers. Thus, as each energy center, then, is balanced and crystalized, the indigo-ray energy center may then begin the activation of that shuttle of the spirit which can move through the indigo ray, into the violet ray, transforming the intelligent energy of the indigo ray into the intelligent infinity of the violet ray so that the love that is activated within the indigo ray—that creative force that is within each entity—becomes able to contact the One Infinite Creator and thus, the sacrament of the fully experienced presence of the One Creator is had by the seeker of truth. However, we would also suggest that the indigo ray is the seat of that self which is the One Creator manifested as the creative power of Love. You bless us with your love, and we hope that we have been able to bless you with ours. There is no outward shelter in your illusion from the gusts, flurries, and blizzards of quick and cruel catalyst. However, to the pure, all that is encountered speaks of the love and the light of the One Infinite Creator.

2018/12/15: The veil of forgetting works quite handily to shield each entity from the true knowledge of the universality and unity of all creation, the love that forms it from light, and how each is a portion of the One Creator. This is the goal of your incarnation and of this illusion, to eventually find the path to the heart that connects you both, to the heart that connects you with all things; for it is the heart, the ability to love without condition all those about you and all things about you which is the path to the fourth density of love and understanding. Thus, it takes a great deal of effort to make that which is unclear, clear; to find love where there seems to be none; to find companionship where there seems to be only argumentation. Indeed, if you are able to utilize the ability to tune into another entity's heart or being in any fashion whatsoever, this will give you the chance to share in a more deep manner that loving essence that is within your own heart, for as you are more familiar with another entity, then that familiarity can create a path of communication that is clearer than a path that does not have this type of familiarity and awareness of the being of another entity. Indeed, as

what you call time moves forward in its progression of beingness, there is within this planetary influence the continuing engulfing of the planet by those vibrations which are significant in heralding the fourth density of love and understanding. The subconscious perception of such energies is utilized by those entities who have not yet become consciously aware that what they are doing on this planet at this time is to utilize all catalyst for the purpose of opening their own hearts in love and service to others. However, for those who are not consciously aware that these energies are available to enhance their own spiritual path, there is oftentimes the difficult of an entity in facing the self as it is, balanced or imbalanced, so that whatever healing might be available through the application of the vibrations of love and understanding to the imbalance is perhaps not perceived clearly, and the self then is not also perceived but realizes that there is some effort necessary in order to be able to achieve a more harmonious existence with its fellow beings. Yes, among the energies at play at present, there is one prominent thread catalyzing many people that I've crossed paths with, and it seems to do with intimacy, love, transparency, openness, vulnerability, and the question about the boundaries of relationships. Indeed, it is a possibility that many entities may become aware of the expanded ability to share love and light with each entity around one. However, in many cases, the beginnings of this sharing of love, of comradeship, of intimacy, of dedication to similar goals, of seeing the life path as joining in one fashion or another, begins in the realm of the multiplicity of partners in order that the beginnings of the sharing of love and light may be started, shall we say. These are oftentimes the first inkings of the nature of true all-compassionate love and acceptance of the entities about one. However, after the certain portion of your time has elapsed and experience has shown that there are difficulties of communication or problems of perception that persist with the, shall we say, third-density experience of companionship that is now attempting to be transmuted to the fourth-density experience of unconditional love, oftentimes there are misperceptions of the ability of an entity to give this unconditional love, even unto the point of the romantic experience and expression of love, to more than one entity; for it is inculcated into the third-density experience that the fidelity of one mate to another is to be desired. The fourth-density experience of this loving expression of companionship and dedication to fidelity is oftentimes made more difficult to express in a manner which is efficient in the polarization of each entity's consciousness. We are aware that this is a concept that is not absolutely clear within the mind of each entity that pursues the expression of love and commitment to more than one entity. Each must discover for itself that which is most efficient for the self to move forward in the opening of the heart and the sharing of the love therein. The communication, the ability to express love, the far-sightedness that sees new ways of approaching old problems, and the ability to enhance the growth of the vibrations of love wherever seen within the environment, are those means by which individual entities form group projects and group expressions of higher consciousness that then produce the fruits of the heart: the cooperative communities, the giving and receiving of love and inspiration from all about one, the ability to accept that which seems unacceptable, to have the feeling of love to be the end result of all interactions with other entities that no interaction is allowed to stop its transformation until the ability to give the love and light of the One Creator is experienced by all within the vicinity of each project or person that is able to shine this love and light from within its own being.

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2019/01/19: Your group has been a great blessing to us over the years, as you have steadfastly hewn to the course of service to others in helping the self to the love and the light to the One who is All. And within the heart chakra begin to feel the unconditional love for all entities and for all creation about you. Is it the case that the greater one's balance at each, for instances, chakra, the more love/light one can embody, and therefore, the closer one may become to embodying the One Infinite Creator.

2019/02/04: We are most pleased and gratified to be asked to join this circle of seeking, where you have much

spoke in the previous query, to enhance their own process of seeking so that they are able to open their hearts more and more in the love vibration, and this vibration is that which then adds its healing energy to that of Gaia and her needs, for as you grow, so does she grow. As more and more seek the love and the light of the One Creator within their own hearts and experiences, so then is further healing offered to your Mother Earth. To any seeker of truth such as yourself, who wishes to enhance the process of seeking and the efficiency of the service of others through the sharing of the bounty that is possible in seeking, the bounty of love and of light, we would again, as has been offered by Confederation sources for many of your years, recommend the using of the meditative state to begin to make deeper and deeper contact with your own subconscious or unconscious mind. We also suggest that the ability of each seeker of truth to consciously ask the higher self for guidance within the dream state, within the meditative state, and even within the conscious state, is also a means by which entities may be of service to others, for at this time there is the enhanced ability to utilize contact with other portions of the being—be it the higher self, the guides, and angelic presences, the loved ones who have passed over into the world of the spirit, and, indeed, the mind/body/spirit totality. That which one sees and feels and experiences and encounters in the daily round of activities are opportunities to serve in even a small way, or a large way, it matters not, for each way of serving shares the love and the light of the one with all—for, indeed, you are all one being. If you can provide a loving service to any entity, then all entities, not only that entity, benefit, for your love vibrates in service to all, with all, because all have this same love within them. Fox Q’uo, would you speak to how fear may be a necessary component in our incarnation, and in our polarization that allows us the opportunity to choose to release fear, and choose love. It is the portion of the self that is most often feared and which takes the form of that in the outer world or illusion that then forms itself in the means by which the seeker may be able to utilize this form of fear to grow further into love and light by realizing in truth there is no thing to fear, for all is one. Love and light can be shared with all and benefit all without the need to fear any portion of the allness of one’s being. We thank you all, once again, for offering your queries, your love and your light to us. We are those of Q’uo, and we thank you again, my friends, for your love and light.

2018/10/06: All of those who seek in the conscious fashion the One Creator, without discriminating the name of such a Creator, or the qualities of such a Creator, or the source of such a Creator, but simply realize that such a Creator exists, and that there is the great desire within the self to serve that Creator in whatever way possible, is an entity which is making itself available for the harvest into your fourth density of love and understanding. As time continues to move forward into the fourth-density vibrations of love and understanding, there will be a decreasing population due to many factors that will allow entities to pass from this incarnation and to move through the cycle of light into the tunnel of light that measures the vibration of each entity so that it may be determined by each entity’s ability to welcome and enjoy an increasing intensity of light whether or not this entity shall, indeed, move into the fourth density that is now forming upon this planetary sphere. As more and more entities, then, become aware of their new environment, there is the opening of each heart to each other heart, the opening of each mind to each other mind, the blending of the spirit, so that there is the ability to give and receive love in a fashion that is harmonious to all entities engaged in this group process. Your Mother Earth has been central in this process of growth through the first three densities, and shall continue to be central in this movement into the fourth density of love and understanding. Thus, all move together within this illusion to the next illusion of the fourth density of love and understanding. Practice upon these techniques of realizing these qualities of opening the heart, of expanding the point of view, of sharing service and love, of seeing the self as one with all other selves, and as seeing the self as one with the Creator, for these are helpful frames of reference that may be utilized to an increasingly efficient degree by those who have the capability of mental visualization and practice of these procedures. It is a great inspiration to us and for us, as always, for you are sincere in your seeking and in your sharing of the love and the light of the One Infinite Creator, each with the other, and each with all whom you meet in your daily round of activities.

2018/10/20: At some point, this Infinite Creator made a choice—the choice was the first movement away from complete unity, and is called a distortion of that unity—a freewill distortion in which the Creator decided that it would know itself in ways that would not be possible if it did not create other intelligences and give them this same freewill which the One Creator exercised to begin the creation of a multitude of galaxies, each of which took the creative energy of the One Creator, that which you call love, or Logos, and from this primal Logos, extended the desire to know itself to an infinity of other Logoi, each of which created its own galaxy of experience. Then there was a further transformation, or quantum leap, into the third density, that of the yellow ray, in which you now live and move and have your being, and have self-consciousness expressed to its greatest degree, calling forth the quality of the spirit so that that spirit, which was latent within second density, is now activated within your third-density illusion, so that you are a completed being, having the mind, the body, and the spirit, with which to process the catalyst of this illusion with the purpose of opening the green ray energy center, and moving into that harvest into the fourth density of love and understanding, which is the process which your Mother Earth and its population is now engaged in. When the seeker then discovers the spiritual journey, then all seems to fall into place, as the pieces of the puzzle are more able to be placed in the proper location within the mind/body/spirit complex of the new-born seeker of love and light. The way that we, of the Confederation of Planets in the Service of the One Infinite Creator, have always suggested that the spiritual seeker pursue the path of service to others is to attempt to exemplify those qualities of that path, which are fundamentally the love of the Creator within all beings, sharing the light of this Creator with all with whom each entity comes in contact on a daily basis, and attempting to see the unity of all creation before one, whether it seems an illusory separation of entities pursuing various means of control and manipulation of others, or seeming to give that which is needed to others, when it is needed. Attempt to love with a whole heart when you’re confused as to the nature of the experience confronting you. Move forward in love and in light at all times.

2018/11/03: But if entities are not consciously seeking to expand their awareness and find the openhearted love, that unconditional love that signals the harvestability into the fourth density of love and understanding, then often-times such entities will retreat into their own being, into the orange-ray energy center, so that they may defend themselves against what they see as being a kind of losing of the personality, a losing of that which they cherish, that which they cannot see beyond. You are showing the way and making it more likely that others shall follow, as they see the fruits of your labors, being that which is love and light freely shared with all. There is this quality of love and light within all entities, for the Creator exists within all entities. Thus, even those who have shut themselves off in a conscious fashion, from each other, still have that love and light within and can feel the resonance of it with your love and light as it is expressed in a group manner. Thus, we encourage the telling of stories—the telling of stories that come from the heart, and speak to other hearts, for each heart within this illusion has the ability to open itself completely in unconditional love to all other entities about one and to the self as well, seeing the One Infinite Creator indwelling in all entities, in all essences, in all things, and within the self, because the story so told speaks to that which is true, to that which is known, at the heart of every being: that we are, indeed, all one. Thus is the entity prepared to move even further along, or upward along, the energy centers, so that the catalyst, the food for growth in the daily round of activities that is processed by each conscious seeker may then offer the seeker the opportunity to move into the heart, or the green-ray energy center, and begin to expand its ability to receive and transmit the unconditional love of the One Infinite Creator. Thus, paying attention to what is occurring in the life experience is the surest means by which to become aware of those choices one has made with the hopes that the learning of them will move the entity further along the path of the evolution of mind, body, and spirit, eventually resulting in the opening of the heart, and the movement into the fourth density of love and understanding. We would suggest a spontaneous response in the clearest possible blue ray activity of the entity speaking to itself and to others, balanced by the green ray compassion, so

other teacher and yet another; a voice of a friend, a lover, a mate, a child. The voices that try to tear away at that concept of self that sees and respects the self and loves the self are deleterious to the wellness of that integrated mind and body and spirit. You have not asked it to work with you for the good, for the light, for the love of the infinite Creator. Just as negative emotions are based in fear, so positive emotions are based in love. It may take some time at first but soon you will find that you have a knack for this and are able to hold in your mind the feeling of the fear-based emotion of impatience and irritation and the positive, love-based emotions of compassion and serenity. This instrument has often described the desired result of such work as falling in love with the self. When you are in love with someone, they can do no wrong. The essence of that person is so appreciated and seen in such a strong and clear light that there are simply ways to love that entity based on their imperfections as well as their perfections. It is easier for the thoughtful and sensitive seeker to love another with that kind of romantic glow than it is to love the self with that same aura of deep appreciation and respect and yet, dear one, you deserve it. You have said that you have difficulty in expressing love. Express love to yourself. Work until you find yourself moving through an entire day without one single time that you say to yourself, “That was stupid, I didn’t do that right.” Let yourself love yourself. And if you can say to yourself, “I love you, I respect you, I honor you, I support you,” you shall soon be able to say it to others.

2010/12/18: (overview) Jim: The question this evening has to do with the possible types of growth of mind, body and spirit that would be possible at this time of year in particular, with the darkness of the day reaching its longest at the twenty-first and light beginning to grow more strongly then with the worship of Jesus the Christ, who came with the message of unconditional love, overcame the death of the physical body, exemplified resurrection, the giving and receiving of gifts one to another, and the opening of hearts. That Word, that Logos, was an active principle of unconditional love and so it remains to the present day. There are many, many entities who never have been Christian and never will be Christian but who love the sayings and the parables of Jesus the Christ because of their purity and their clarity. Jesus’ voice was a true voice of love. They have never grasped Jesus’ simple teaching that all are one in love. He wished to be and he became the exemplar of unconditional and absolute love. Can you see the tiny infant who came because he loved and wanted to love us, held in his mother’s arms. And do you have the love of Mary, to pick yourself up and rock yourself and give yourself the opportunity to take on the cloak of love. Can you encourage this being of love that is your spirit within to grow and thrive and blossom. Can you help that baby within you, that baby-spiritual-self, to become able to look upon a world that is often dark, often chaotic, often incomprehensible, and love it. Jesus the Christ would have you love it. There is nothing further from the minds of those who rule the political scene than encouraging love, opening the heart, and nourishing the soul of love within every human being. And yet, at this particular time of year, people all over the globe are seized by the infectious image of the infant Christ, Lord of Love, utterly dependent upon Mary mild, lying in the rough straw of a manger, sharing [the stable] with the beasts of the field and the shepherds, while above that stable floats the star of hope. You have come into this world to magnify love, to be a focus for the infinite love and light of the one Creator. In all of the civilization that produces corporations and military war and (in which] aggression flows around you as the rivers you experience within the world yet they cannot drown out the voice of love. Jesus expected each of those who followed him to take up the cloak of Christhood and become voices of love, thoughts of love, hands and feet of love, wills and intellects of love. This was a wise and compassionate human being, a being that drew unconditional and absolute love from those who followed him. Imagine the surprise and consternation of simple fishermen being told, “Come, I will make you fishers of men.”⁶ Imagine the humble tax collector planning his next raid upon some poor farmer being called from his tax collecting to serve all of humankind.⁷ Yes, they were startled, but yes, they agreed, taken in by a wild and almost unbelievable concept; the concept of unconditional love. Insofar as your heart is open and you love those whom you meet and allow them to love you, you are on track for graduation from third density and you will do it with ease, because it is

all about love. But only love remains as it always has and it always shall, for it is a universe made entirely of love. Enjoy the giving of presents and the receiving of them, for they are love given and love received. Enjoy giving and know that there is a fundamental rightness to all of this because it all remembers one tiny entity who could not speak, who could not act, but who entered his incarnation loving everyone. All you need to know, my friends, is what Jesus offered in the stable—love. Then shall you be heirs apparent of the love and the light of the one infinite Creator.

2010/12/25: We thank this instrument for caring about us, as we are intangible, yet it is a very sweet thing to be loved and remembered even by those who are unable to see us. Indeed, the majority of those who come from elsewhere to Planet Earth come to lighten the consciousness of Planet Earth by holding their hearts open and allowing the love/light of the one infinite Creator to move through their energy bodies into their hearts. So it is unknown to us without probing further as to what any wanderer’s particular chosen work before incarnation might be, but it is known to us that all entities of whatever origin have one basic purpose and that is to love, to seek, and to share the love and the light of the one infinite Creator. Questioner Love and light to you, known as Q’uo. From your point of view, however, it is certainly alarming to see the activity change upon your sun and we would simply say that the more that one is able to live by fourth-density values such as compassion, understanding, forgiveness and open-hearted love, (the more) the physical vehicles connected with each of you will be able more sturdily to deal with the qualities of the light of your sun as time goes on.³ May we answer you further, my sister. We thank you my sister, and we thank you for our Christmas present, that you wished us love and light. It is the light of love and understanding and the burden of information that it carries is heavy. You came here to love things—to love yourself and to love those around you, to love all of the tribe of humankind and, above all, to love the Creator. Once those energies are dedicated to self-judgment and related energies, those energies are no longer free to be used for love’s service. The energy expenditures that you are called to are those of love. You are not yet done loving this planet and its people. Consequently, waste no time in judgment on yourself or on others but only spend your energy on the inner planes for those purposes of dedicating all that you are and all that you have to the service of the one Creator; to being that entity of love that you intended to be when you chose to come here. We wish you and all of those in this circle of seeking a very Merry Christmas also, for this is season of love, love unutterable, love undefiled, and love forever true. To one who seeks in a spiritual sense, the enlightened being might be a religious figure or a spiritual figure such as the one known as Jesus the Christ or a beloved minister, pastor or priest. You cannot feel that you are a creature of love. Yet, my brother, you are indeed a creature of love. And as a creature of love, you came into this miasma asking yourself to penetrate it enough to remember that you are a creature of love and that you wish to behave as though you were, so that your energies are those of love, compassion and forgiveness.

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2011/01/22: Indeed it is a very deep act of will, reaching down into the roots of consciousness, for the will is turned over to the Creator, the Creator of love, that Logos, the one original Thought that created all that there is. Yet we may offer thoughts about who that third member of the unity of the Creator may be, for the one known as Jesus, the Christ, related to the infinite Creator as “Papa.” In the Aramaic language “Abba” does not simply mean “Father.” It means “Daddy” or “Papa.” It is a name of great affection and love. When the one known as Jesus the Christ gave over his will to the one infinite Creator, he gave over his will to his beloved “Daddy.” This was His perception of the Creator. Yet there is great truth in this relationship for all because, from the standpoint of what this instrument calls the Law of One, the Creator is indeed a “Daddy,” a near and loving Father, or shall we say a Parent, for there are very feminine aspects of the Creator in that the Creator birthed the stars, the planets, the suns and moons, as well as each and every particle and iota of life within the infinite Creation. The Creator is both a Father

and a Mother in that the Creation is the result of the attraction between free will and the essence of the Creator, which is Love. When Light was added to Love and manifestation occurred, it was far down the line from the original Thought. The mystery deepens because there are many levels upon which balance can occur so that one could never predict accurately where balance lies; where wisdom lies, where the highest and best expression of love lies. For the Holy Spirit's essence is the energy of Jesus that was left behind on the inner planes when the one known as Jesus departed from the outer planes, so that the energy of the one known as Jesus, the Christ, that fructified Love, would always be available until the end of third density. There is that hunger and thirst for the most balanced situation possible to flow and the willingness to cooperate when the stage is set and it is discovered what the cues are, what the situation is, and what the love is in the moment that can be found and shared. Shall it be a creation of love or a creation of judgment. Both are positive and loving actions.

2011/02/12: Your consciousness takes its information from love itself. Your other foot is in the inner world, in consciousness, in love. You bring, if you choose, limitless and infinite love into a world that is starving for love. You become aware that you do not know yourself very well and that you have been giving yourself a difficult time of it, looking with eyes of judgment rather than eyes of love upon what you do, what you think and how you feel. You become aware that you have allowed a clutter of meaningless details to distract you from love itself, from the devotion of your deepest heart, from the hopes and dreams that you carry like treasure within yourself. And in the fullness of time you fall in love with yourself. They have never departed from the one original Thought of unconditional love. Angels are love. Angels are love responsible for realms in a hierarchical manner. You may not feel beautiful, dear ones, especially when you are struggling, yet to those who vibrate in unconditional love, the qualities of one who is seeking to learn and to serve are irresistible. One is the simple energy of love itself and the other is a feeling of safety, which could be called a healing energy. As this instrument mentioned before the meditation began, it is critical, if you wish to work with angels, to thank them, and to ask them to participate in your life, to be with you and to share their love and their healing and their feeling of safety. And if asked, angels can place healing energy into the bathwater or shower so that the water carries the vibration of love and of healing. If you ask the angels to help with the preparation of a food, they are able to help you magnetize love into the food. Homely chores such as chopping wood or cleaning house are ennobled by the angels as they aid you in magnetizing love to the motions that you make with your body and the thoughts that you think with your mind. We find it stupendous to contemplate the generosity of the infinite Creator in enriching the experience of each of those it has sent out to gain experience by making sure that there is no corner of the Creation that is not full of love, not only on a passive level, but on the active level of those who love, those who care. Questioner I have a question, Q'uo, but I would first like to thank you for sharing that and sharing your love with us. The most effective spiritual practice is to believe in the spiritual practice and to seek it as does a lover its mate. You have that presence within you, yet it is a journey over desert and mountain and ocean, finally to come to that magic island at the center of your heart where lives love, unrestrained, wild and free. Yet she persisted and moved to a level where she was able to see the love pouring out of every heart, every instrument, every note. There you are loved. There you shall become capable of loving.

2011/02/19: The act of leaving the third density while in one's body and going elsewhere is called ascension because in the Old Testament and the New Testament, those of seemingly greatly advanced wisdom or love were able to be taken from the Earth. Many there are who wished to have incarnations upon Planet Earth at this time, either to help raise the consciousness of Planet Earth with their love, or to do the work of third density in achieving a satisfactory balance between love and wisdom, love and power, or wisdom and power. It is the consciousness of complete and unconditional love. (It is) not love as known to the poets who speak of romance. (It is) not the love of brother for brother. (It is) not the love that is sentimentalized in valentines tied up with ribbons, gifted with pretty gems. This is a love that creates and destroys. The vibration of love is the vibration upon

which the planets turn in their courses, the suns rotate in the galaxies ever so slowly to your eyes (as they) climb the heavens. You do not mean to subvert or dilute this consciousness of love. There will be a measurable dynamic betwixt the vibration of love and the vibration of your being at this moment. You are seeking to lessen that distortion so that you may avail yourself of the vibration of love and be taken into the waters of that consciousness. Those who would be priests among all peoples have generally sought to work with consciousness itself, to work with their thoughts, both on a moment-to-moment basis and on the deeper level of work in consciousness, to tune their thoughts to the pitch of love. In many, many ways there has been the dedication to devotion of the beloved One. There has been time set aside to tabernacle with the Creator, to come in from the desert of everyday life into the oasis of grace and mercy, to enter the tent of prayer and to rest in silence with the Beloved, blind to the world, open to the spirit. For those who find these methods of seeking the love and the light of the infinite Creator such a seeking to cleanse the body, furnish the mind, understand what is happening and so forth, all of these various efforts can be very helpful. Therefore, it is easier to be love than to be able to speak of love. Feel the love in that consciousness. For the infinite One is ever awaiting you to companion you, to love you and to empower you for service. We love you and we thank you for being you.

2011/03/05: The times, shall we say, are unsettled and it is easy to feel apprehensive for you know not what is to come, yet now is the time when those energies of love, power and peace are needed most of all. The infinite love and the light of the one Creator flows through your body and as you bless its infinite energy you send it out into the world, and that light says to those about you, "There is love, there is safety, there is intimacy, there is that peace that passeth understanding." A world hungering sees light such as yours and they are fed, for that which is coming through you is infinite, it cannot be exhausted. Each time that you meditate you rest in unconditional love, tabernacled with the infinite One. Pay it forward to serve others with such style, affection, humor and elan vital that you infect others with the desire to share that light and that love, so that they begin radiating, they begin serving, and they infect others in turn. Visualize the love and the light of the infinite One becoming pandemic in this new Planet Earth so that, instead of a poor harvest or a small harvest, you are able to affect a large part of the population of Planet Earth. And you can, with every fiber of your being, enter into the moments of your life in such a way as to share the love and the light of the one infinite Creator. But remember that your main job is to be a channel for the light and the love of the one infinite Creator. Rest in the effulgence of that love and ask for the fire of love to be kindled in your hearts from spirit that you may with the utmost passion and intensity do your best with this incarnation of service, of learning. It can be said that some things simply are not spiritual, and yet all that there is composed of love, so how can anything not be spiritual.

2011/03/19: And this increasing desire to serve has brought people together into groups that respond to the less fortunate developments upon your planet with the balm of their light and their prayers and their loving thoughts. We indeed thank those who are engaged in such groups and who are proactively sending light and love to all those places and all those entities who need the balm of that light and that love. It is easy for people to say, "I will pray for you," when they hear challenging news about a friend or loved one. Simply offer your love and your light and let your prayers move like incense to those who are affected, that the sacred may be all around them and that they may meet those challenges that they face bathed in the radiance of your prayers. Perceive yourself as powerful in this situation and use that power to love. In point of fact, my brother, there is a natural pressure towards evolution built into the very fabric of the universe, which is love. These streams of melody, words, inspiration and love are part of the positive unseen environment in which you live.

2011/04/02: To one, knowing that his kingdom was not of this world, he nevertheless entered into the world with all of his heart and soul and nothing in his heart but love for all he saw. The teachings of the one known as Jesus appeal to those who enjoy the feeling of an open heart, a heart open to love. Yet, the compassionate follower of Christ and the compassionate follower of Buddha meet in the middle where

dislocation that in the end the only thing you have to guide you is your resolve to keep on going in love. And so, let us say you have committed to a mode of service which has put you in relation to others, and you find, at some point, that the circumstances are such that an undertaking begun in love has reached a point of vexation where love is hardly recognizable any longer as a sustaining energy, and it has been so overridden with feelings of frustration or anger, that you cannot find a way forward. It is then that a retreat into a position of meditation is always appropriate, but it is also the case that you can continue in service with those with whom you have made common cause, providing you are prepared to allow the unexpected manifestation of these vagrant loves within your own person, within the relationships you have undertaken, so that these experiences may catalyze you to a more eloquent relation to your loving instincts, to your loving efforts to reach out to supply what a world in desperate need of love calls for you to supply. So, to serve in love is to first and foremost, love. And to love is to enter into a world of relations in which you are also asking for something in return: you are asking to be loved. You are asking to be loved even knowing that this may fail to come to pass. You are opening yourself up to the vulnerability that you experience in the failure of love, and as one who is committed to the polarity of serving others rather than the self, you are committed to the primary importance to be attached to the love which you bring forth on offer to the world. You are willing to allow that portion of yourself that wants to be loved to be shown no love at all. You have agreed that the want of love that you almost certainly will experience in your efforts to serve will be your destiny, and that that would be taken deeply into your being where you may find that, despite all expectations to the contrary, despite all evidence to the contrary, that you do have bubbling up from a deep place within resources precisely able to heal the wound of the unlove which you have taken in. If, for example, you find yourself in interaction with other selves that have found you to be inadequate or of an unsavory nature, and in responding to this judgment held very often aggressively against you, you mirror back acceptance, love. It will not always be the case that you are so situated that you can return love for anger, love for hate, love for aggression. Many have come in recent times also from other third-density planets who have made the graduation there, and are incarnating in what you may call the "doubly-activated bodies" in order to be of service in helping this planet make its transition into the fourth density of love and understanding. Steve Yes, I wonder if there's a mirror effect, then, of this process, taking place on the part of those who love the entity in question. Ra spoke of the mutual strengthening energy transfer which happens in a couple during lovemaking, which physically revitalizes the female and provides inspiration to feed the spirit of the male.

2018/04/07: The beginning nature of the physical orgasm is that which is initiated by two entities that are sharing that quality of love for each other and for themselves in the red ray energy center.

2018/05/12: Within this illusion that you now experience that has been created as it is because of the existence of what you call "the veil of forgetting", there is, indeed a choice that can be made, and must needs be made, if entities are to be, shall we say, graduated into the fourth density of love and understanding. The Creator has made all that is, and has provided free will in the ultimate sense for each portion of its own being—both those portions which seek to radiate the love and light of the One Creator, and those which seek to absorb the love and light of the One Creator—and yet both deal with the love and the light of the One Creator for the purpose of moving back into unity with the One Creator. However, it could be said that because there was no veil, there was no opportunity to proceed as quickly as was later possible after the implementation of the veil of forgetting, for when it is not easily apparent to a third-density entity that it is the One Creator, that all of the facets of unity of love and of light that belong to the One Creator and each of its portions are not obvious, then it is that the entity in third density must work in the conscious sense to exercise its own will and faith that such possibilities are true and can be realized by each entity. There is no fear or love so great as to motivate a change in attitude or position. Again, we do not mean to be obscure, but we would suggest that this is true in the larger sense of removing the distortions or the qualities or facets of the being which are less reflective of the unity of the One Cre-

ator, of the radiance of the light of the One that is in the self, and the sharing of the love from the open heart. So, there is the progress in evolution of mind, body, and spirit that is enhanced as the blockages, or distortions of each energy center, are ameliorated and balanced so that there is the clear reflection of the Creator's love and light as it moves through the crystalized centers of the individualized entity seeking its own evolution. The negative path is that which attempts to use the love and the light of the One Creator in the opposite sense, as does the positive path. However, as each present is aware, this is not possible past a certain level of the evolutionary process, for as the sixth density is approached and entered, the love and the light of the One Creator that has been compacted by the negative entity for itself alone must be released in order that further progress can be made, for within the sixth density, the balance between love and light must be achieved in the sense that each other self is seen, not only as the One Creator, but is seen the same as the self, whether that self is positively or negatively oriented, for each self is each other self, and the One Creator. The meditative state is that state of consciousness which allows that which is significant or true—in the basic sense of unity, of shared consciousness, and of equal participation in love and light—to be glimpsed and realized in some degree by the one who meditates. (footnote start)Following the exercises to consciously become aware of love in the moment, and to see the Creator in self, other-self, and creation, Ra says, "The foundation or prerequisite of these exercises is a predilection towards what may be called meditation, contemplation, or prayer.

2018/05/26: The great number of souls at this time that are incarnated upon Planet Earth, is due to the, shall we say, rapid approach of the ending of the harvest period of time, so that all entities who have been upon this planet in its previous cycles of evolution are now taking advantage of the remaining years for attempting to achieve the fourth-density vibration of love. The Second Distortion of the Love is that which we would correlate most closely with what you call the mind, for the Love of the Logos is that which is consciousness itself and begins to form the creation that will allow the first distortion to be fulfilled in knowledge of itself. When this time comes, those, then, who pass through the death process will find it necessary to be placed by their etheric or form-making bodies into another third-density planet, perhaps in another galaxy or position, in order to begin again a new third-density cycle that will allow further processing of catalyst that will hopefully, at some point, allow the mind/body/spirit complex to open the green-ray energy center in unconditional love that will provide the passport, shall we say, to fourth density. The Second Distortion they call the Law of Love or the Logos.

2018/09/01: We have observed your circle and your being over the past two days, as you would call them, and have been most inspired by the open hearts that we have noted sharing the love and the light of the One Creator who resides in all, with all, and we join you in rejoicing in that love and in that light, and in the comradeship that you have built this weekend. As we, in the realms of the spirit, look upon you with many other beings of light, we see gathered before us our other selves who are so eager to learn, so full of the optimism and energy of inspiration, that we ourselves are filled with inspiration with love for you, and shed light upon you to join you upon your journeys. For there is nothing but love and light, my friends, in various configurations in this illusion in which you inhabit and indeed within the entire creation.

2018/09/15: We have long accompanied this group upon a significant portion of its spiritual path, and we are always most honored to be able to join you in yet another effort to expand the love in your heart, the understanding in your minds, and the inspiration in your souls—for we are, like you, seekers of truth. For as you know well, these two portions of your unified mind are divided or separated by what you have called the "veil of forgetting." This veil of forgetting provides you with the means by which your process of polarization may be enhanced as it requires that you constantly seek in a conscious fashion, that which seems hidden from you: that is, more of the unity, the love, and the light, of the One Creator. In your daily round of activities, as you consciously see and experience those events that populate your day and interact with those people that are a portion of your day, you are then able to begin processing the catalyst that they provide for you in the form of any movement in your being away from unconditional love. The perhaps is given to those entities who are able to utilize their catalyst in the sense by which we just

is, at a more visceral level, a matter of taking in the negative catalyst that is on offer to you, and transmuting that negative energy into simple un presupposing love. That, we can say, surely is true, but as we also must add, it is not always possible for you, for there can come occasions when the strength of the negative catalyst that has been presented to you is so overwhelming that it exceeds your capacity to transmute it into love, and there is great danger for you, that it would have a tendency so to distort your process should you allow it to come in, that you, yourself, could be thrown dramatically off your center. And you may discover that as you become more experienced with this manner of aiding the planet, you are able to take in a little bit more, and a little bit more, and a little bit more of this negative, or disharmonious, or chaotic energy which your planet is currently exuding, and to work to heal it, simply by holding it in your heart and allowing the loving energy of your heart center to infiltrate this fragment of planetary disturbance; and to infuse it with that love which you bring forth from the Creator such that within you, the Creator is able to find it meets the Creator and to return to wholeness that which has been fractured by holding yourself in a resolute, clear, and humble way, available for little bits of disturbed life energy. We find great strength, great comfort, great love, and with that thought, that love is simply the best answer we can supply for the most difficult question one can ask. Oftentimes this occurs between two entities which share the emotion that you call love or concern for each other. However, with this veil of forgetting (that brings true forgetting of all of the unity of the creation and the love and the light that forms every portion of the creation) also comes the ability to learn much more quickly that which is desired to be learned. The grounding that you speak of, we perceive to be that which is likened unto planting the feet within the Earth in order to receive the vibrations of your Mother Earth in the sense of making its transition into the fourth density of love and understanding. Metaphorically and metaphorically, if you can plant your feet in such a manner as they may reach even unto the core of the Earth, and opened the heart and the mind and the spirit to the vibrations therein perceived, it is possible that you, in your desire to aid the planet itself, may send your heartfelt love and concern to the heart of your Mother Earth, for she is always receptive to such loving sendings, and responds quite vitally in its ability to receive and intensify these loving vibrations. This is one means by which healing of your Mother Earth is possible, for entities to visualize in whatever manner has meaning for them, the enveloping of your planet within the vibration of love. The love that you share with each other is obvious to us.

2018/02/17: Many of you are from elsewhere, as it is said, having come to this planet over the previous many thousands of years, others more frequently, and frequently returning again and again to aid this planet in its transition to the fourth density of love and understanding. Your needs, your desires, your hopes come from some place that typically you know not where, come from some depths that few within your realm of experience have plumbed, but that you may learn to plumb little by little, and one of the best ways to go about doing this, is, indeed, to reflect on how it has come about that you have managed to cross paths with those who stimulate you in just the way they do, and in that stimulus, you find the workings of love, we would suggest; although quite frequently the experience of the stimulus, or what we call the catalyst, may, indeed, seem anything but that of love, for you can be challenged, you can find yourself repeatedly pushed off your center. And, thus it happens that you are able to avoid finding these resonances within yourself that lead you into contact and communion with those you are prepared to love. If, for example, the yellow-ray energy center is bright, and the green-ray energy center is somewhat dimmer, yet active, this would suggest that this particular soul or seeker is working to move from the third ray of group consciousness (that is that which denotes the third-density experience) into the fourth density that expands the definition or experience of the group energy into universal energies of love that is unconditional and all encompassing. Thus, these choices are more pure in their seeking of love to experience and to give unconditional love, for this is the requirement of this particular density in order to allow those who are able to do so to be graduated or harvested into the fourth density of love and understanding. Thus, there is a base of this general concept of love that each conscious third-

density being stands upon, shall we say, symbolically, and attempts more or less consciously, usually in the unconscious sense, to move forward from. If there can be, for a great number of entities in this state of blockage, a quality of perception or realization that unifies such entities at a more basic level of their very being, then it is possible for a mass population of a planet to be able to be unified in its ability to perceive a worldwide catalyst of a significant nature that can cause blockages to be unbound, and this basic energy of love to be released into the conscious mind. It would be hoped that a unified philosophy of love and acceptance of others could begin to take root and spread throughout the planetary cultures. However, those types of experiences that can unify consciousness can also come from that which is traumatic—from wars, and death, and destruction in a certain location that is of such cataclysmic quality that the entire planet is focused upon it for the length of its experiencing, and the blockages that have kept the green ray energy from being released, are, for the moment, released, as your communication systems provide in-depth coverage of that which is the great disaster; whether it be of wars, of environmental geophysical difficulty, or whatever the traumatic nature of the disaster is, for just an instant it would be possible for an entire population, due to your communication systems, to become aware of the dire situation being experienced by a portion of the planetary consciousness, so that sympathetic vibrations of love, and understanding, and concern, would be released upon a planetary scale; and for that moment, perhaps, the entire population could grasp the needle of the compass and point it in one direction. They wish to learn the lessons of love, but they incarnate and there are blockages and divisions.

2018/03/03: However, you have found that this is but a symbol, and a means by which you may apprehend a larger reality, that which does not lie about you, but within you, and as you seek more and more proficiently, you begin to reflect this inner realization of love, of light, and of unity, to those about you. For this illusion has many such tangles to offer the spiritual seeker—how to insert the self, or if to insert the self, into these tangles and confusions of how, or whether, to love this or that person, group, or idea. Indeed, it is the case that by the end of the incarnation, you will have lost all, you will not take any of what you have gathered here into that life which beckons beyond this; not any, we say, but what is actually the most important, and that is simply the love that you have gleaned, the love that you have learned to give in response. And so you can feel that your need to withdraw is motivated by your sense that there is, in this world, no love on offer to you, nothing of the nature of love coming forward to you, and so you withdraw into an inner sanctum where you can, at least, have the privacy to lick your wounds. We use the word “love,” but that can be misleading if you have a certain set of expectations placed upon what you would feel that normally to be; for it can be registered in ways that, once again, tend to push you off your center, and make you feel disoriented. And even if you are willing to call them the energies of love, it is a love which you do not recognize; it is a love which makes you feel lost or disoriented. But within the tangle and confusion of loves and dis-loves, and angry, and sorrowful, and grievous energies you experience on a daily basis in third density, the question of what polarity is what. You wanted, perhaps, to reach out in love and succor to those who are hurting, those who have been marginalized, those who have been unjustly done by, and you have found that there is little that you could do on their behalf by yourself and, therefore, have undertaken to make common cause with others of like mind that similarly are oriented to helping the dispossessed. Love has turned to anger, to disdain, to hate. How could one not hate that which is unlovable. How could one not hate that which is a block to your expression of love. And even if it is the case—as, my friends, we assure you that the choice is imperfectly made, that it contains elements which are not pure, that it is situated in a context in which a great deal of confusion still remains—even if these things are in place as we say they will be, the act of choosing to serve others with an open heart makes more difference than you can possibly imagine, for it changes everything upon an instant if you can find love in the moment. And finding love in the moment puts you in a position of being the fool who loves, for you don’t know where this love will take you. All of these considerations that may constitute what you think of as a stable way to be in a difficult world will be subject to such

love and wisdom are balanced. Remember that it is not to the extreme that awareness comes, but to the one who has been able to balance the energies of love and the energies of wisdom. This simple turning away, this freeing of the self from the prison of things, stands as a beacon, letting others know that it is possible to free the self of the burden of the love of things.

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2015/09/19: [Pause] I am Q’uo and as it appears that we have exhausted the queries for the nonce we shall say how delighted we have been to be able to speak to this group and to express—we correct this instrument—and to experience the collective energies of seeking of joy and of the sharing of love and light that is within this circle today. The light which you have generated may be seen on the inner realms of this planet as a beacon that shines brightly forth into the time/space portion and alerts all the angelic presences of your song of seeking, your expression of joy and your open hearts of love. Go forth, each of you, in joy, in peace, in love and in light.

2015/10/03: Before the incarnation began, you made these plans to offer yourselves these challenges to learn how to love and accept all about you when it seems quite unlovable to even have to deal with some situations. For upon all journeys, these qualities exist, especially for those who are able to open their hearts in love and compassion for those times which are most difficult—those times in which it would seem a better choice to ignore or run away from the difficulties. So how do you go about opening your hearts, to allow the divine guidance, the divine presence, the one Creator, a heart of love—whatever you wish to call it—this quality that may aid you on your journey by changing your point of view, by changing the nature of your beingness, by making you able to channel through your being those loving energies which encircle and enwrap all difficulties, and destroy them with love by making them also love. For each of you, my friends, receives this intelligent energy, or love, from the one Creator upon a daily basis. And which expresses itself as well in your sexual nature where you are able to reproduce your species, able to refresh your being and that of your mate, and allow those energies to move even higher so that the intelligent energy or love of the one Creator begins to make a pathway or channel through your system of chakras. Thus, day in and day out, one deals with events, some of a nature that gives promise and gives hope and gives love and gives life, and some of the nature that, to all outward appearance, works in a direction quite opposite to these. And one very often feels this sense of purpose in the responsibility one takes for those other selves that one has learned to love along the way. To love is an activity that begins a process of opening the heart. And in the moment lies love. A little act of loving acceptance, that is the key. Thus we would suggest that each look for those areas within the life experience which can be simplified, that the focus of one’s mind, body and spirit might be centered upon the ineffable and infinite qualities of love, wisdom, and sharing these qualities with all whom one meets in the daily round of activities. Indeed for most of the population of your planet, the opportunity to achieve that which you have called graduation of harvest into the density of love, has brought into that realm of experience a great many types of busyness that need some kind of attention. At this time we would thank each present for offering the energies which have made this circle of seeking possible, for blending your love and desire to be of service to all others here and all others around the planetary surface, so that there are many, many beacons of light joining their energies together at this time and the net of light grows upon and within your planetary surface. There are many seekers such as yourselves which offer a great deal of love and support to all entities who wish to open their hearts in love in an unconditional fashion, to all about them, to all other entities, to all other surfaces of the planet, shall we say, to the things, to the trees, to the birds, to the flowers, to the air—seeing the Creator everywhere. As one moves further and further along this path, there is the ability to see the Creator more and more fully and frequently, and to experience the love of the Creator within all things, all entities, all times and places.

2015/10/17: They describe the “mind of the heart” as being a consciousness of love. With every additional act of acceptance of self by self, the crust begins to thin so that, over time, when this process is consciously empowered, eventually the crust may become thin enough that it no longer holds the heart in a constricted space, and the heart is allowed to expand and to inform the world with its love. When the heart reaches outward to the world in love, the world is reflected back as love, lovingly, and heart then begins to sing that song which is its native tongue, so to speak. It opens the gateway to a world which is loving at its core, but we will say that there are, in this love, many layers of what you experience as emotion, and the emotion does not always seem immediately to be of a loving nature or to be of the nature of that which encourages a further opening of the heart. Use these in conjunction with further mentation and meditation until you feel that you have equipped your heart center with the trappings, shall we say, of unconditional love, of the giving and receiving of this love. Perhaps you could make it a personal experience in that you could then find a friend or family member who would perhaps enjoy and appreciate further discussion and elaboration of a mental nature upon these crystallized feelings and expressions of unconditional love. That which perhaps has been neglected or repressed in past experience, allow it to come forward and to be able to share this burgeoning energy of acceptance, of love, within your own being before another being or situation. However, we are also quite sure that each entity has within its own realm of personal experience those areas that could benefit by receiving the love offerings of your heart center. What we are recommending is that you become more and more familiar with the qualities of love in an unconditional sense, and what they might feel like after having considered their mentally descriptive parameters. As you exercise its qualities of unconditional and all compassionate love, these qualities are enhanced and your ability to experience and express them are also enhanced. It is always helpful to any healing process to engage in the meditative and prayerful state of mind and being which sends love and healing thoughts and energies to the one wishing the healing. It is such a joy to us to see dedicated spirits joined together with hearts and minds open and sharing, creating the most beautiful vibrations of love upon the time/space planes that does indeed reach to your heavens.

2015/11/07: My friends, it is a great privilege for us to be with you, for we have listened to your circle of seeking, we see your hearts have laid bare your journey into that limitless love that lies before each of you. This is a journey which is not meant to be made, shall we say, entirely by oneself, although in its very essence it is a singular journey which no one else can travel for you, however, those friends and associates who are on similar journeys can lend an assistance of inspiration, or of example, so that each within the group is bolstered and strengthened by such sharing of the love of the seeking, the love of the journey, and the love of those within the group. Such an entity will see the Creator and give the Creator the love that is the Creator’s own given to this entity and shared back and forth. For such a seeker, the daily round of activities is a continuing opportunity to seek and share the love of the One Infinite Creator.

2015/11/21: There is a great movement of thought energy into these realms by many upon the surface of your planet, as the experiences, the times, the intensities, and the varieties shift and increase, and move from entity to entity, from country to country, allowing the hoped-for expansion of the green-ray energy center that will be able to share its unconditional love and understanding with all about upon the surface of the planet. Thus, each entity has programmed, shall we say, the opportunities for the learning of those lessons which will allow for the opening of the heart chakra, so that unconditional love may move through from the red, through the orange, the yellow, and to the green heart ray, and therefrom shine outwardly to those about each entity. It seems to us, my friends, that the second path is the more useful for those who would open the heart, but we will admit that the second path is, in many respects, more challenging, because this requires that you take on those portions of the self, those portions of your own personality that have learned to dwell in the shadows, that have learned to embrace the shadows, that have learned to love the shadows, and have learned to speak from the shadows, and to call these portions of the self part of yourself—to acknowledge

these portions of the self as part of yourself, to accept these portions of the self that to you now seem unacceptable, as indeed, acceptable. Now, that is not to say that you are now inclined to celebrate the little mischievous imps that dwell inside your personality; that is not to say that you wish to embrace—as a principle of your own future development—any of these stray darkens that yet reside within you, but it is to say that these voices that speak out in anguish are voices that are also in need of love. When one finds the news, shall we say, disturbing and disharmonious to the extreme, one may send the light-filled vibrations of healing and love to such areas or entities in need of such, or indeed may send it to the entire planet, for that which you see upon your news is only a small portion of the difficulties that are being expressed on a planetary scale. (Long pause.) I am Q’uo, and as it appears that we have exhausted the queries for the night, we shall once again express our great gratitude to each present in this circle of seeking for sharing your love and your light with us, and allowing us the opportunity to partake within your circle of seeking.

2015/12/05: So when you are in the midst of the service, shall we say, interacting with another who is requesting of you—by perhaps word or deed or previous arrangement—to be able to take advantage of that which you have to offer, it is well to see this other being as another portion of yourself, as a portion of the Creator, and to look upon this entity with love as the foundation of that which you wish to offer. If you can color or imbue that which you offer with the quality of love, you have done the greatest preparation possible and have made the situation far more amenable to a successful service, shall we say. Thus, when you give of yourself in this fashion, based upon love, sharing freely from the blue ray (or throat chakra) as well, you are offering in a balanced fashion that which is the best of what you have for this particular moment, calling upon those inner reserves and resources which have been dearly bought by your own study in service. We feel that we have, through the instrument known as Jim, come to the heart of the matter in saying that the nature of service is of the nature of love, and that where there is love, there is no mistake in service. Therefore, it is well to take into account those anticipations which you may have of areas of difficulty widely experienced, either by another self or another group of selves, such that a service which could well come from the heart, may well be grounded in love, might yet be seen to be unlikely of a positive reception on the part of the other. It is a part of the significance of the life experience which you currently enjoy that these elements of your being shall be ferreted out, shall come to light, shall be given an opportunity to discover themselves, and in discovering themselves begin a process of being transformed by the loving energies with which they may be surrounded. These loving energies are already well underway to the extent that you have dedicated yourself to a life of service, and having dedicated yourself to a life of service, have brought yourself to the point of the difficult enterprise of opening the heart. If this is understood in the process of forming the group and admitting new members, then it would be possible to explain to any member who was not able to express the necessities, shall we say, the ways of performing or behaving, shall we say, that are required of each group member, then in a loving fashion, it could be suggested that the entity take a break.

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2016/01/02: We are very appreciative that you have taken the time from your day to work through the various catalysts that are yours to make your way here to this circle of seeking where each joins with each other, in love and in light and in seeking, to be of service, and of seeking to know more of the love and light of the One Creator in order that your service may be enhanced. They have attempted to learn the lessons of love either of self or of other selves, elsewhere within the infinite creation, and as their planetary cycles revolved and graduations approached, were not able to make the graduation upon their home planet. So you seek in prayer, in contemplation, in meditation, in your daily round of activities attempting to take this attitude or vibration of unity with you so that when you pass another on the street in some fashion you can share your love, you can share your concerns, you can share your desire to be of service; for make no mistake,

my friends, if you desire to share your service, chances will come your way. If you want nothing more in your life than to know what it is to do, to serve, to love, to be, to share, to experience that which you came to experience, these answers will come to you. That which you seek shall come to you and that which you seek in the ultimate sense of love, and light, and unity, will not only come to you, but will come into you, so that it will become you and you will become it. The conscious seeker of truth, (as we have heard it called), of love, of light, of the One, of service, puts these qualities first in their life pattern, lets these become the foundation upon which the rest of the life is built. If you are, at your heart, experiencing the love and the light of the One Creator first and foremost, all the rest will be added unto you. We are aware that you have begun a great undertaking in becoming what may be called a “satellite” of this particular group, that known as L/L Research, and we are most appreciative of your great desire to serve in this fashion, for as entities such as yourself (who) take upon themselves the responsibilities of making information concerning love, light and unity, available to those who seek it, this is seen as a great service by those of the angelic realms, and there is a great feeling of gladness and rejoicing as each entity such as yourself upon the planetary surface finds more ways of sharing the love and the light of the One Creator that grows within the self. As the love and the light grow within you and you become aware of it, it is a natural function of this love and light to move from you to others, to discover love and light, within, makes possible the sharing of it with others, and as it moves through you, it is magnified. There is no end to this love and light. The opportunity which you have mentioned is one which is accentuated in its ability to challenge the seeker to share the love and the light and “the One” with one who seems not to be of the seeker, or of the One.” In your meditations take the one who would have the gun and point it at another and take the life, and look beneath the surface of that entity, look to all the times in this entity’s life that it has been molded in such and such a fashion by forces perhaps beyond its control (such) that it has become itself a victim of such manipulation that it cannot find within itself the love and light of the One Creator. Cannot you feel such great compassion and sorrow for an entity that does not have room for the Creator, or love or light, within its own mind, within its own being, within its life. At this time we shall thank each entity here within this circle of seeking for being here in this circle of seeking, for by your presence, by your love, by your questions, by your concerns, by your conscious attention, you make room for us here with you to provide a service to you; and by allowing us to serve you, you serve us, giving and receiving an unending circle of being. We cannot thank you enough for providing this light which attracts our attention, this love that imbues the light with compassion, concern, and all of those qualities which, as seekers of truth, you value so highly.

2016/01/16: Your mind, of course, can play its role and it does indeed have a role to play as you are, as has been noted, a mind, a body, and a spirit complex, which means that you have at your disposal, at the level of the soul, you have these three instruments which you may use in your seeking of what you call the truth: the true nature of the reality in which you find yourselves, and the nature of that toward which you move into, that which has been called the Fourth Density of Love and Understanding. You have asked this day how you may use this spirit, this mind, and this body, in a smoothly functioning fashion in order to promote your own journeys of seeking the truth in the positive polarity, that which seeks to serve others, that which is radiant, that which gives of itself to all who ask, and whose very being radiates those qualities of love, of light, of unity, of joy, about which you have queried this day. Thus, each soul begins with a portion of the One Creator as his guiding star, that which leads the way through the third-density darkness that must be experienced as you move through the veil of forgetting, that veil which that allows you to forget that you are one with all, that love made you all, that light guides you all. Thus, if you are successful in one incarnation after another, you begin to accumulate a body of knowledge, a reservoir of information upon which you may draw, either consciously or subconsciously, as you continue to utilize the incarnational process and learn more about your own nature as the Creator; and how you have been able to express it previously: whether you have been able to love effectively, fully, appropriately; whether you have been able to give and receive love; whether you have been able to take

as you seek to share the riches of your selfhood with those around you whom you have come to love, whom you have come to respect, and to whose needs you have felt the impulse to serve. But, so long as you are willing to understand that what you have to offer is not a matter of right thinking, true information, proper perspective, but rather only a matter of simple open-hearted love, there you cannot go wrong. This may be a planet that has moved through the first 25,000 year cycle, perhaps the second, as well, so that these entities may well find themselves within the third and final 25,000 cycle, and be able to insert themselves, shall we say, into this cycle, in order to continue their learning of the ways of love, and opening the heart to all those about them. Some will find it necessary to exist within the second 25,000 cycle, and some may even find it necessary to begin at the beginning of a 75,000 cycle, although this is far less likely, for those incarnated now within your third-density illusion, are here by means of what is called “the seniority of vibration,” so that all here have some hope of making the harvest if there is the ability to open the heart sufficiently to allow the love within to manifest as service to others in at least 51

2017/12/16: Each of you in this circle of seeking has become consciously aware that what you desire at the foundation of your being is to be a conscious seeker, is to realize within yourself the nature of love within the open heart, and to be able to share this love with each entity that you meet in your daily round of activities, for you are consciously aware that all is one, that the Creator exists within each of these entities that you shall meet, and that the Creator within yourself seeks expression as you allow it to. We feel that there is some suggestion within this query that the difficulties of the planetary population to be able to utilize the catalyst of the daily round of activities in order to open the heart and share in love and light with all others about one, would be a correlation to this impairment of the pineal gland. We find that the difficulties suffered by this population’s need for more attention being given to the possibilities of the heart center, are due to previous inability to open the heart in unconditional love that have been experienced in previous third density experiences, for many upon your sphere have had this difficulty previous to this 75,000 year cycle that is now ending upon your planet and have come to this planet for the purpose of repeating the third-density experience.

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2018/01/06: There may be features of certain relationships—of parent to child, of sibling to sibling, of friend to neighbor, and so forth—where it is the desirable nature of the relationship to express it freely and openly, and yet for some reason, which is perhaps not apparent or visible to the seeker of truth, this relationship has developed certain blockages, or diversions of freely expressed energy, thus making clear communication difficult and open-hearted love non-existent. These lower three energy centers are critical for each seeker of truth to clear so that the energy of the One Creator may move freely through them and begin to open the heart center of universal love and understanding. When this is done, then there is the opportunity for the entity to move from the third density to the fourth density of love and understanding. At some point, each seeker of truth must realize that this shadow side is a good friend, and has much to teach, for it is holding in reserve those areas of blockage which, when dealt with clearly, release the energy that is held in place by the blockage, that it might move upward along the line of energy centers, and release a certain kind of experiential energy at each level, for you all have planned, previous to this life experience, those lessons which are necessary for you, in your own estimation, to complete in order to become the whole human being that you desire to be, that being which sees all as love, gives and receives freely with each, the quality of universal love and acceptance. The effort that you make to uncover those hidden areas within you that can offer you learning to achieve this goal, is what is called the process of the polarization of your consciousness, for as those who are devoted to seeking and serving other selves, this positive polarization becomes the means by which you might open the heart energy center and release the unconditional love that abides therein. Embrace it with open-hearted love. Then, simply accept yourself and love yourself for having both of

these qualities within your being as means to teach you love. Each seeker of truth must realize that it is a being of completeness, that its mind contains all things, and as you discover more and more qualities appearing in your daily round of activities that knock you off your center of love and understanding, then it is necessary to balance each quality with its opposite—the good as well as the bad, shall we say, for the wheel of karma moves through good and bad. Once you are able to balance these qualities, then you are off the wheel of duality, the wheel of karma, and may move forward unimpeded in your expression of the love and the light of the One Infinite Creator. We are, of course, not always able to join many of those upon your planet who do seek truth, but we can observe, from what you would call a distance, that there is a growing number of those conscious seekers of truth that move into realms of expression of love and light that are equal to those we find here.

2018/01/20: (overview) From love and acceptance to control and manipulation, there is a spectrum of response to catalyst. What would relationship of love and acceptance toward our planet look like, and how might we more effectively manifest that. Thus, the two paths that have been described in your query this afternoon—that of giving and revealing the love and light of the Creator to all, and that of controlling and refusing to become part of the oneness of all—are the boundaries, shall we say, within which action occurs upon your planetary surface. Thus, we would recommend that within your own daily round of activities you take time, perhaps at the beginning, or the end, or both, of the day, to center yourself in a mindful manner, which reduces the sensory inputs into your brain/mind complex, and returns you again to that quality which we find those of Ra had referred to as the “unfed conscious mind,” the mind of the beginner, the mind which has only consciousness as a resource, the mind which can calm the jangled nerves, and can allow the confusion to dissolve, the mind which can reveal once again, the basic purpose of each seeker of truth in the positive sense, that is, to reach within the heart and find the love residing there, to open that door to that love and bring it forth to share as one’s response to any situation which may confront one. This will take, in some cases, a good deal of consideration, for in a world of confusion, the expression of love is very often lost upon those to whom you send it. Thus, one cannot be dedicated, shall we say, to a certain outcome, but must have begun the exercise of faith that that love, which is sent, will reach its destination, and will have its effect upon what you would call “the world condition,” the apparent misdirection and misapprehension of energies by those of the negative nature who seek at this time to use the small amount of time remaining within your third density to polarize sufficiently for their own graduation. So, our recommendation is meditation, centering, mindfulness, and love. Thus, you are, shall we say, closing up shop so that there may be a graduation into the fourth density of love and understanding at the end of this incarnation. However, such mysteries and such confusions draw you forward into that which is awaiting for you within each mystery and confusion, for in truth, all is one, and all teaches unity, love and light.

2018/02/03: This illusion has a purpose of eventually providing a means by which each entity upon your planet could turn from the trinkets of the world, shall we say, to the inner seeking of the love and the light of the One Creator which binds all people. This not only leads to furthering the inability to grasp unifying principles, and to open the heart in unconditional love as is the necessity for graduation into fourth density, but it also accentuates the lower energy centers’ tendency to separate from other people, groups, and cultures, so that there is a continuing fostering of the rejection of any possibility of reconciliation. And so, if we say then further that within a disharmonious planetary experience, your sleep may perchance be vexed to nightmare, we would hasten to add that there is that energy, that love of the Creator, animating even the experience of nightmare. And so, we come to the question then, of what one who seeks in the name of love, who seeks in the name of serving others, and, in a state of humility as the innermost calling of the seeking, may do when confronted with those who seem to be so benighted in their conduct that darkness is built upon darkness, and anguish is built upon anguish, and hate builds itself upon hate. It is not simply a question of shining your light, which you may do; it is not simply a question of sharing with others that wisdom which it has been yours to discover; but it

and signals, shall we say, by means of which their difference can be registered. You may offer them love and light, but it is safe to do so chiefly behind a strong curtain of protective light—a curtain of protective light, we would add, which is always available to you to invoke. So, even within circled wagons you will find apparent hostility, and we ask that you consider carefully whether these negative expressions—expressions of anger, hostility, prejudice, ill-feeling—could not, after all, be healed, could not, after all be offered the love which it is your best and highest gift to be able to offer, and with that thought, we would return the contact to the one known as Jim. Souls of this planet have a great variety of sources upon other third-density planets which have not been able to, shall we say, make the harvest there, and have journeyed to Earth in order to make another attempt at this transition into the fourth density of love and understanding. We would address this query by suggesting that there is more than one way to ask for assistance from the unseen realms of those who are guides, friends, inner planes teachers, and beloved family members who have passed on. We are always most grateful to be able to feel the love within a circle such as this, to see the light emanating from it to the high heavens, and to rejoice with those great angelic beings who are called to you by the mere production of light and the expression of love.

2017/09/16: It is that which has been created by the One Infinite Creator delegating, shall we say, the love that is so much a part of the One Creator to those entities that you call suns or stars. Logoi which reflect the love of the Creator in their activity of furthering the creation in which it holds true that all is well. Now, the adventure of the creation involves a double movement, shall we say, a movement outward into the vulnerability of individuation, and a movement inward, into the invulnerability of unity, which we might also call love. The vulnerability, therefore, we might call “unlove,” or the feeling of the loss of love. Now, love, itself—to the extent that it prevails, to the extent that it embraces the creature, to the extent that it constitutes a kind of energy so encapsulating the creature that the creature knows no other reality and it feels no separation—such a love as this, can, from a certain point of view, be seen as confining. The vulnerability that is felt by a positively-oriented entity is that vulnerability which has been pre-incarnatively recognized, shall we say, for your third density is one which, as we mentioned, is pursued on the other side of the veil of forgetting, and yet, each soul which enters third density is aware that it will forget the perfection of the creation, the love in every moment, and the light which forms each portion of the creation. I think some people on the positive path find it easier to forgive things done to themselves versus things done to other people, and there are some things that just seem unforgivable, and understanding that this is a process of evolution, and growing love to more and more acceptance, do you have any advice on what to do if we find something unforgivable, and we just can't seem to break through and offer love to something that seems so abhorrent to us.

2017/10/07: We are always glad to receive your call, for we know that within your circle of seeking you have opened your hearts to the concept of universal love, and share it freely with all of the creation, of which we are but a small portion. And yet, we feel your love as if you were a massive generator pumping out the power of universal love throughout the entire creation of the One Infinite Creator. There are truths that speak more deeply, more eloquently of love than others, it is true. And it may be apparently clear to you that some of your fellow travelers have got caught up in false conceptions of truth such that they are moving further away, rather than closer to, the center, and risk finding themselves bereft of the very love which they seek to experience, and which they seek to share. They are finding their ways, and will most likely be best served by those who are able to reach out a hand in friendship and in love that is not judgmental and that provides only such direction as can be provided by example. This is one of the means by which we hope to share more and more of our vibrations of love and of light with these types of groups that gather to do the same. To those of your social culture, we may offer that vibration of love which is requested from us by entities who are unaware of such vibrations emanating from specific sources, and yet who feel the need within the heart of their own being to be nourished by these kinds of energies to alleviate the pain and suffering of confusion and division that are so prevalent upon

your planet today. A simple cry of distress is enough for us to send our love and light to those who so cry. It is so that your planet itself has achieved the fourth-density vibration of love.

2017/10/21: You may ask “Where is the love in this situation, and how may I serve that love to the best of my capacity?” We say that is a simple question, but it is not one which is easily answered, for when you carefully contemplate what is involved in the question, you can see that it calls for a good deal of self-knowledge. For, when all else fails, you do have the love that resides within you, and when you allow yourself to be reminded that you are a creature of love, you have come into this creation to love, and that for better or for worse, you are resolved to enter the world lovingly, bringing to it the gift of your love—that, my friends, is the greatest protection we have found may be discovered. There is love on offer, but it is very often the case that it is not offered unconditionally. You must find a way to sort out where the love really does lie; where the potential for service really does reside; and how you might effectively attune yourself to those potentials and to that love, while, at the same time, dealing with a great many other selves who may or may not be so attuned. Thus, if you give yourself this opportunity on a daily basis, you will find that like any muscle within your physical body, your ability to perceive a greater picture, and to offer more and more of that quality of your open-hearted love to the picture is enhanced. This is the means by which each seeker of truth can access some portion of that One Creator, whether it be to feel some of the presence of the Creator, to feel the grace of the Creator and to live by that grace, to feel the love of the Creator and to share that love with all about one, including oneself, to feel the light of the Creator, the power that has made all that is made, to feel the unity of the One Creator, so that the self is seen as the One Creator, for indeed, you are here to be the One Creator to those around you, as they are here to be the One Creator to you. There is not only love in every moment, as has been previously said, there is the One Creator in every moment and in everything, for there is nothing but the One Creator in all of the one creation. Q’uo, Ra has told us that there is a center to infinity, and from this center all spreads.¹ And another time Ra has said that they have opened their hearts in radiation of love to the entire creation, and that approximately 90% there is far more of the one creation that is, indeed, any or all of these qualities, and may perceive the love that is sent by any other entity, for all is as the body of the One Creator, and the communication is from cell to cell of the body of the One Creator. Thus you may see your query as being over-general in concept.” – 82.7(footnote end)[footnote start]Ra: “We have opened our hearts in radiation of love to the entire creation. All of the infinite Logoi are one in the consciousness of love.

2017/11/04: This we would call the “expressive phase of wisdom.” When you are considering information, possibilities, that you are unsure about, you might ask yourself “What would be the significance of taking this information up into my process so that as it works to engage my own process, so that it works to augment my possibilities of self-realization in the complex of energies which constitute the environment around me, the society to which I belong, how might all of this contribute to creating a more accepting, a more loving environment?” Now, on many occasions that which is negative in its innermost tendency will masquerade, so to speak, as positive, and it can lead one astray to take up bits and pieces of information which have a tendency to promote fear or separation, and together with those tendencies, be emotional by-products of them, such as hostility, hate, or distrust. The choice is yours, and it is important to have a practice, which is regular, according to which you avail yourself of the possibility of carefully examining every last uptake into your own being, so that when it comes to manifesting that being, you can be clear that it will bear the mark of your love, that it will bear the mark of your compassion, that it will bear the mark of your resolve that nothing should come through you that has not been tested in the depths of your own being and found to be consistent with the value for which you stand. We are always amazed at the amount of light that is generated by the quality of seeking, and the pure-hearted sharing of love and light, that comes from this group, each time we are with you.

2017/12/02: Therefore, you are richly supplied with opinions and perspectives, and also a host of initiatives that you may pursue as you seek to become a better self, and

the larger point of view or have honed in on specific points with a laser-like beam discovering the minutest of details in one area of endeavor or another. The indigo-ray center contains the ability of the entity to experience its true beingness, which is a being of unity made by the One Creator from the power of the Creator's love which has condensed into light and formed the Creation as it is known, and that which is unknown as well, for the Creation, my friends, is infinite. We are most gratified to join you in your love and in your light, that which you produce by your very beings in your daily round of activities; that which, when you join in a circle of seeking such as this one, produces a great brilliance of light that reaches far into the heavens and is noticed by many who are appreciative also of being able to see this love and light emanating from this weary world of yours which seeks so diligently to become able to move into the fourth-density illusion which beckons.

2016/02/06: This afternoon you asked about the harvest upon your planet earth, that great time when souls are able to be graduated from the third density, that density of conscious choice-making, into the density of love and understanding, as many have called it. With that simple choice made, much study and learning is possible, within the great reaches of the fourth density that is now surrounding and imbuing your planet and its population with the energies of all compassionate love. Those entities who are able to experience and express this love in their lives are those which are making themselves available for this harvest, and indeed the planet itself shall be harvested into the fourth density, for it, as an entity, is progressing as well. The harvest is that which begins first in those minds and especially in those hearts that are prepared to welcome and enjoy the vibrations of love and understanding. And those who have become as the gathering choir that sings the glorious “Hallelujah” to the One Creator welcome others who also pass through the doors of death only to be reborn into the love and light of the One in another illusion, a grander illusion more densely packed with light, with love, with understanding, with cooperation, with community, with a joint effort towards further seeking of the One Creator. This, my friends, is that which is the question for all entities who observe now the little planet earth upon which you dwell, for there is much confusion within the populations of your planet at this time, and there is the free will of so many entities, cultures and nationalities, creeds, religions, sects and so forth, that see this great time, each through individual eyes, though all share the feeling, the desire, the promise of the One Creator to welcome the children home to a grander home, a more loving home, where all are welcome eventually. All compassionate love shall find not only its day, but its cycle upon this planet, and this planet shall be as bright as a star in the heavens of a new creation. It is our conviction, and the conviction of all those who have sought their seeking along the lines of positivity, of love, of compassion, that it is love and it is compassion which in the end will embrace even its opposite, and that the polarities will inevitably be recombined in a glorious union which will speak in the most eloquent and the most searching ways to the Creator of the nature of that Creator, which nature is continually being plumbed, which nature is continually being queried by the Creator itself. When you gather together in groups such as this, you are doing more work than simply the work of your own destiny as an individual; you are doing work which aids in the planet and in its aspiration to a future which will be fourth density, will be positive, will be an ambience of love in which the veil of consciousness will, little by little, fall away. We encourage you in your meditations to send light and love to the planet itself, and to all who are in need of such, for it is the call of sorrow that brings us here—the call of that which is in distress, for it is much liken unto a part of our own being that calls for assistance.

2016/02/20: Love may enjoy the name of this unity at the point at which desire has found its direction. In many cases it would seem as if this direction takes the form of a specific object of that love, takes the form of the beloved. There are many things to love, and it is easy for the soul which is learning to find its way, to fit from flower to flower, so to speak, somewhat harder to discover that there is within a single flower enough reflection of the infinite to occupy a lifetime. One looks into the eyes of the beloved and what does one see but the Creator looking back at one. Gary Q’uo, I will take this opportunity then and ask: is it possible that the intelligent infinity may end, or conclude this particular ex-

periment that started with three distortions—free will, love and light—and move on, so to speak, to a new experiment with new distortions that may be beyond any possible conceptualization of our minds.

2016/03/05: We have been chosen to respond to this query, for it is one which deals with our speciality, which is the quality that you call love—unconditional and all compassionate love. Learning to love under all possible circumstances is indeed the goal which each of you seeks. The ability, however, to open the heart to an energy which is not of a great deal of comfort is, in fact, a part of the process of learning to be a channel to sources of information, and sources of love offering that are a portion of the vast and diverse creation. At this point, it is useful for the one who would offer aid to take a small step back, shall we say, and to ask whether in the innermost heart of the one proposing to aid, there are resources previously unknown but which, in the circumstance at hand, seem to bubble up to the surface, seem to announce themselves in those tender places of the heart where the heart-strings may be tugged; where there is an actual experience of the creation in its creative moment of reaching out in love to one who asks simply for love. For in truth it has been our experience that love is the greatest gift that one may give, and that love is the most healing energy abroad in this universe, and that where love abounds, no error truly can be made. Now, having said that, we will say also, that the mere act of opening the heart in love to another will not automatically override all suffering. What it does do, however, is to allow one who wishes to offer service to share in that suffering, to let a little bit of that suffering to be one's own; to feel within one's own person the drawing inward of these energies of the other self that are distraught, that are in a disorganized condition; and to feel within one's own heart the ability to absorb this tidbit of chaos, if you will, to absorb this pain, to let the pain have its sway in an alternate frame of reference (which is), if you will, capable of absorbing it, capable of drawing it inward, capable of digesting it, capable of transmuting it to that which is no longer pain, that which is no longer distraught, that which is no longer chaotic but rather is of the order of love. One finds at that moment that love itself is not what one thought it was, but more. That within the heart of love there is to be found a resource resonant with the deepest sorrow, a resource in relation to which the deepest sorrow may find its joy. Secondly, we would say that one does well to acknowledge that the freewill of the other is never something to be abrogated, and thus, if the other does not wish to share that suffering—which you, in your love, would so gladly absorb—that this too must be respected, that it must be allowed to follow its own course, its own destiny to that conclusion which feels right to the one whose suffering it is. “They must then deserve their fate,” it is said in the heart, “since they have not been able to recognize the great gift of the love which I have made available for them.” This, my friends, if it should come to pass, should be an indication to you that it is you that has overstepped the mark. Perhaps the desire is to so feel the pain of another—that there is a greater degree of love for that other and perhaps for all others in general—generated within the heart, the mind, and the spirit of the one witnessing the suffering. Perhaps there is for the one suffering a certain kind of relief or sense of being appreciated and loved when it knows that another loves it enough to witness the suffering and to be with it in the suffering and to provide companionship. Though the suffering cannot be ameliorated, the companionship can be offered, the love can be given, and the experience of a comradeship which has known great trials is shared; and upon the deeper level of both entities there is the satisfaction of knowing that there was a united effort put forward in that experience which had no hope of physical third-dimensional resolution in any convenient sense, shall we say, in any final triumph of suffering being vanquished. What is the mechanism of sun gazing and why or how does sun gazing help us to become more open as a channel for universal love?” Hatonn I am Hatonn and we must admit that we do not know the answer to this question, for we are unaware of the benefit of such an experience.

2016/03/26: In Moscow and concerns the relationship between love and wisdom, specifically, can wisdom suppress or impede in some way an opening of the green energy center. On one hand, Ra says that love and wisdom not oppose each other, but rather constitute two sides of the same coin. It is our great privilege to be able to speak to you upon your topic of love and wisdom, however, we would first ask that

you use your own discrimination for each word that we may utter, for we do not wish to place any stumbling block before you. We offer it with love and, indeed, with light; with both the love and the light, or the wisdom, about which the query deals this day. To be able to open the heart in what is called “unconditional love” in more than 51Q’uo I am Q’uo and am aware of your query, my brother, and of the query known to the one known as Misha. We find that the entities that are sending the love and light to those who have deceased from the action of the terrorists are in a, what you might call, “state of shock.” The loving energies that are surrounding them are available to them as a kind of pool or resource that can be used by these entities.

2016/04/02: Can you imbue the business of your being with a certain kind of love and compassion that is as, shall we say, the atmosphere that you breathe. Can you find a way to open your heart in all of your endeavors of the day, so that the love and compassion that exists there might color and make whole that which you are engaged in with all those around you. Can you make it a practice to find ways to share the love that is within you with all those that are about you. If you can find time for an extra meditation, an extra contemplation, an extra consideration of some kind that will refocus you, that is also a great assistance, but if the time is truly so short that you feel it is not possible to do anything worthwhile in the time that you have, then look upon the possibility of using your refocused conscious intention to open your heart and share what is there, so that what you do in your daily round of activities is, shall we say, marinated in this loving vibration that each of you has. Ask, and then let that energy of love and acceptance of compassion flow through you so that you may imbue all that you do with it. This instrument has requested a wall of light be placed around this group that it might feel the freedom and the safety of blending open hearts in a mutual seeking and, shall we say, celebration of the love of the open heart. We would put to the deepest of these resources a simple word, and that is love, and we would say that as you turn your attention to the effort to process catalyst which can come upon you as apparently unprocessable, that you begin by recognizing that it is you, my friends, you who are all things, and the disturbance in your force field, shall we say, is your disturbance, and as your disturbance, it is subject to that wee small will to heal, which arises within you as your innermost desire, your innermost aspiration. By loving that little bit of energy which is present to you as unlovable, you subtly begin a process whereby that energy is transformed (so) that catalyst may be moved to a higher plane of encounter, shall we say. And just as when your own difficulties and your own traumas are given the opportunity to be expressed, to be felt, to be loved, you can find also that those that have entered the general admixture of energies which constitute your social matrix² can find themselves also healed, and sometimes in a rather abrupt way. However, we find that those entities within the circle have refused to be tempted, to be stopped, or to be swayed in their journeys forward, thus they are able to send love and light energy to the negative oriented entities and thus blunt their attempt at stopping positive movement forward. Thus a portion of that One Creator in your personality moves in the murky waters of the third-density experience and does a great service to all of us who observe this movement as you ask for our assistance, as you continue your own movement, and as you are so carefully focused in your efforts to seek love and light within all that you see, within all that you are, and with all that you serve. When you stuff your money in a mattress, you secrete it there. (footnote end)[footnote start] “the general admixture of energies which constitute your social matrix”: presumably referring to the relationships of your life, from family, friends, loved ones, colleagues, neighbors, frenemies, etc.[footnote end].

2016/04/16: (overview) In our question today, we are looking to learn more about the metaphysical dynamics behind love. Ra mentions love in many contexts, including saying things such as “the great healer of distortions is love” (62.26) and “love is the great protector.” [63.5] We’d like to know, metaphysically speaking, how love can do these things such as protect and heal. Many there are who rejoice at your gathering, your questioning, your seeking, your sharing, your very being of who you are, each a portion of the One Creator venturing out into the illusion of third density to find there the love and the light that are everywhere, and yet within your density seem to be so well hidden that many

doubt their existence. We assure you, my friends, that when you gather together as you do today, you bring that love and light to the fore that all may see and share in its sharing of love, of healing, of protection, and of those qualities that you may call the intuitive perception of the nature of reality, for love has made all that there is. If you look upon love as being the primary energizing creative force of the One Creator, and that love is that which is the fabric of creation, and you see that unity that is reflected everywhere outside and inside of yourself for in all places is the One Creator. Therefore, you asked this afternoon a number of queries concerning the qualities of love to be able to heal, to protect, to be able to express itself in both your third-density illusion of space/time, and in the spiritual or metaphysical realms of time/space. My friends, it is possible for you to look upon love and see a force which can do all things and not just those which you have mentioned, for there are no limits upon love in its basic nature. Love may be seen as the concept of what you may call the Logos, the primary energy or mover of the Creation in various portions that you would see as star systems and galaxies, for there are infinite Logoi scattered throughout the one creation that are themselves the creation of the One Creator. So how can the concept of love, then, that which you see as the open-hearted sharing of compassion and understanding, of acceptance, be able to protect one, shall we say, to heal one. In essence, these are two facets of one ability of the concept of love that moves from the green-ray energy center within each being who has opened the heart in the giving and receiving of love. When you love, you are awakening this same quality in entities around you, in the forces of nature, shall we say, that also surround you. If you can open your heart in the ability to love those entities, those experiences, and those qualities of yourself that you see reflected to you by all around you, then you are creating a vibration not only in your own heart and your own being, but a vibration which moves outward to those that are in your vicinity, those that are in the direction of your will, of your being, of the nature of who you are. There is a sympathetic vibration then set up so that the love that you feel for others is reflected back to you from them, for love speaks to itself, your love and their love is one love. This love, then, if you direct it to do so, may provide you with a kind of vibratory shield, shall we say, that allows in only other qualities of love that you may be desirous of experiencing in the form of protection or of healing. For each of you has chosen those experiences within your incarnation, and have chosen them previous to the incarnation in order that you might be able to discover more of the nature of love as it exists within your being, and as it can exist as you move further and further into the spiritual journey, into the reunification with the One Creator that you see all about you. The love then, that moves out from you as a function of your free will to offer it to others, then sets up this sympathetic vibration that is able to vibrate in this quality of understanding, this quality of wholeness, this quality of healing, so that it moves back to you, and offers to you a sense of well-being, reawakens in you the sense of knowing that all is truly well, that if it does not seem to be so in your perceptions, then there is the necessity for reassessing, perhaps, your own perceptions within the meditative state. If these distortions cause you seeming harm, disease, or lack of the feeling of well-being then there is work that you may do, profitably, in the process of furthering your own evolution as you come more and more into harmony with the basic quality of love that exists everywhere, my friends, most especially within each heart that seeks it. We would begin our communication through this instrument by thanking all here present, as well as this instrument, for the love expressed in the intent that caused each to arrive at this place of seeking, for in this convergence, we feel a love reaching out into the heavens, and this gives us a kind of carrier wave into your dimension that we may perform that service which it is our lot to be able to give for your peoples. This love, we would say, is a transdimensional kind of energy that is able to cross barriers or thresholds, shall we say, of light that otherwise maintain an existence which is discrete so that experiences may unfold within separate domains without being encumbered or overridden by experiences which, if they were taken on, would be a source of great confusion to those who are attempting to find their way. It is an unusual or extraordinary circumstance to engage in communications of this nature which cross dimensions, and we would suggest to you that the possibility of this kind of contact is one which is

2017/05/20: Indeed, my friends, every moment of your life contains love. It is your opportunity, and indeed, responsibility as seekers of truth to find that love in the moment, especially in those moments in which there seems to be so little love—in moments of disharmony, in moments of confusion, in moments of pain and suffering, in moments that seem to have so little to do with the spiritual path. And yet, my friends, depending upon how you view such moments, each contains a great revelation for you: an opportunity for you to take that which is dark and make it light, to take that which is anger and make it acceptance, to take that which is confusion, and make it a sure path to the heart of love that resides in each soul on this planet, and indeed upon all planets in the infinite creation. So, we would suggest to you that you look through the eyes, or shall we say, the lens, of love as a regular means by which you perceive that experience that you find yourself in from moment to moment. If you can remain conscious of those values and standards and principles by which you are guided in the most sacred moments of your spiritual journey, and take them with you into the mundane world, where those about you may not have any inkling or idea of how one might be inspired by love, (then you) might be desirous of sharing it with others through something as simple as a smile, through something as simple as speaking a hello, of looking for opportunities to give that which you have in abundance: your love, your understanding, your compassion, your desire to be of service wherever possible. Each day’s round of activities will provide to you the means by which you can use the transforming energies of the fourth density of love and understanding that are now available to everyone upon the planet, and use them to give love to another. And when you give love to another, you give it also to yourself—for are you not that other as well. The third-density illusion in which you find yourselves moving now is the only place within the universe in which there is a forgetting that all is one, that all is created by the power of love forming light. This illusion gives you the opportunity to refine and rediscover these basic truths of all of the creation, for if it were immediately obvious to you that all is one, that love is the great power of the universe, that all is made of light, what value would it be in your total beingness to have discovered that which is obvious. However, there is great value in your total beingness when you can find that love, that light, and that unity, in every situation about you. Now, there are also ways in which you may enhance this realization of love and light and unity about you. In your meditations, whether at the beginning, the middle, or the end of the day, you may look upon the experience, and see what about it might have momentarily knocked you off your center of love. Was there some misperception upon your part that caused you for a short while to be unable to perceive the love that stood before you, the other self that stood before you, the Creator that stood before you. For each of you has a lesson, or a variety of lessons that is, you might call, the key of your incarnation—a certain way of perceiving the catalyst, or the experiences, that come to you, so that there might be a momentarily baffling of your ability to perceive the truth of love, of unity, and of light. If you had a problem with love, or being unable to feel love, then see that love growing. See the lack of love that you experienced, in its outrageous form, balanced by the love that grows and grows to equal that lack of love in the situation in which you seek now to balance. Then, as you feel both the lack of love, and the love before you in equal proportions, accept yourself as the doughty seeker of truth, the hearty soul traveling a long and dusty road, and accept yourself for having both of these experiences contained within you, as means by which the One Creator might come to know itself better. And within your meditation you might also conclude such a meditation with the feelings of gratitude that are a natural outgrowth of the full realization, or even the partial realization, that you have, within you, the ability to learn, to grow, to serve, to love, to become one with the Creator in each entity that you seek, in each entity that you exchange your experiences with. This sense of gratitude, combined with the ability to balance all momentary fluctuations away from perceiving the love about you, are helpful tools—indeed, the rod and the staff upon your journey to the valley of the shadow of death, as it would seem; where, within this illusion, there is much that partakes of what seems to be negative experience, of anti-life behaviors, of ignorance of how to promote the welfare of entities about you, of the planet itself having suffered thousands of years of degradation due to the bellicose ac-

tions of many different cultures, and peoples, and times. We encourage each of you, as seekers of truth, and servants of the One Creator, to open your hearts as fully as you can, and share that love therein so that it might find its resonance in the love that does exist in each heart that you shall face, whether the entity that you shall face is aware of that love or not. By sharing your love, you cause a resonant vibration to be set up between you and all others that you come in contact with, so that this love vibration is enhanced in all entities that are open to the possibilities of change. For change is that which is your daily experience, though the change, over a period of time, is simply the movement from one level of vibration of love to another. Each of you travels this long and dusty road, bringing with you the love that the Creator has given to all the children of the one creation. This solar system is governed, shall we say, by a sub-Logos, a creative entity of love that you would see as your sun body. The sub-conscious mind of each has been programmed by the soul to look with a certain bias upon catalyst that comes in the notice of the seeker, so that at some point the heart chakra might be opened enough to experience a sense of loving those about one, of loving the self, of loving the universe about one. This type of transformation is possible when one is able to be alert and aware of the pre-incarnate lessons so that when catalyst comes one’s way, it can be seen in a certain fashion, so that no two entities would look at the same catalyst in the same way, since all are unique, and all have programmed certain lessons that are indeed unique, though they may include the lesson of love in some facet or fashion for each entity. Thus, it is our hope that as the fourth-density vibrations continue to engulf the planet, that those entities who have not yet been able to find a conscious realization of their purpose in this life pattern might be able to open the door to their own hearts, so that there is the ability to experience the love therein, and to share it with those about one. It seems animals don’t have any trouble loving and bonding with other species, given the right circumstances. However, the vibrations of love are such that they speak to the love in each other portion of the creation within the third density. There is that, what we have mentioned before, as harmonic vibration set up between those forms of life that you call second-density animals, and indeed, even the plants as well, and indeed the rocks and soil, and so forth, all have this quality of love within them, and this quality of love is beginning to vibrate upon all levels of the third, as well as the second, and first densities. However, the entire creation, we assure you, is alive, and is able to respond to the vibrations of love which are now so easily observable moving about the planet and within the heart of each entity upon planet Earth. Your light is most impressive as it reaches into the heavens, as a beacon calling unto all light beings around, to observe the love and light created here.

2017/09/03: It is a great joy and privilege for us to blend our energies with your own, as you are such beautiful and brilliant sources of light and love this day; and for the entire time during which you have shared your experiences this weekend, and throughout your lives indeed, you are those spoken of in the song just heard as tuning for this session.¹ Each of you have wandered far, not only in this life, as you move about in service to others, but in many previous lives on many other planets such as this one—those planetary beings which have called for your assistance to aid in the harvest of souls as is occurring now upon Planet Earth. For you see that many of the seekers of truth upon your planet have yet to awaken to the fact that they are those who are here to move forward in the evolution of their minds, their bodies, and their spirits, that journey of what you call seeking the truth: the truth of unity of all things, the truth of light that has made all things, the truth of love that permeates all things and all entities. The question put forth today for us to consider is how those entities who have oriented themselves in service to others may look upon the harvest of those who have oriented themselves towards service to self, for all now have the opportunity to move forward in their evolution, as the transition into the density of love and understanding is underway upon your planet. They have chosen, shall we say, a darker and more restricted expression of the infinite love and light of the One Creator. You have the distinction, for example, between good and evil; you have the distinction, for example, between the way of love and the way of hate, the way of hope and the way of fear; and we could go on and on in indicating differences that the two pathways represent,

your complex of beingness. We have focused on the orange and the yellow rays because these are the places in third density where you typically do find blockages that prevent an opening into the green-ray energy center, where unconditional love may be discovered. But what better work for this unconditional love to do than to reach back to those small conditions which have been placed within the heart of one's seeking, such as to dissolve from within these conditions. In a recent session, those of Q'uo said, "We see the love and the light when you come together as a tower of power that is flamingly bright, reaching to the heavens, calling to all who seek the light and serve the light." My question is: in many past sessions those of the Confederation have commented on how the energy of our group appears in the metaphysical realm. We thank you each and every one, for lending your energies, your vibrations, your desire, your love and your seeking, to this circle this afternoon.

2017/03/18: All that is made is made of the love of the Creator, the light of the Creator, and the unity of the Creator, so that when you enter your meditative state, and let the cares of the day fall away—and this my friends, may take a while, depending upon the nature of your mind, the nature of your emotions, and the nature of the previous experience that preceded the meditation, or worries you may have on your mind. You have learned how to be self-conscious and a conscious seeker of truth, and now, within this school, you have the challenge of finding the love that exists in every moment, for indeed, that is the challenge of your third-density illusion. Love has become the moving force, the creative energy that has made all that there is out of that which is called light, and yet, within your illusion it seems that there is so little of either love or light that you are challenged at every moment by what seems to be separation—a separation between yourself and others selves, between yourself and the world around you, between yourself and everything that exists. This illusion has the purpose of giving you the opportunity to find the unity, the love and the light, in each moment. If there is any experience that throws you from your centered feeling of loving all of the creation and of feeling one with the Creator that you achieve in your meditation, then that is grist for the mill, food for thought, catalyst for being processed into an experience that can give you information as to how the creation about you actually functions, about how love is embedded in each moment. This is not an easy program for advancement, for you have, of necessity, needed to forget all of the truths of how the creation is made and how you are a part of it—the truth of unity, the truth of love being all present, the truth of light being that from which all is made. For when you experience it in a ridiculously large manner, and then see the opposite coming toward you, if you are angry, seeing love coming toward you, and allow it to become as large in proportion as was the anger to begin with, then this process of balancing will give you an even keel, shall we say, according to that situation so that you see it as an opportunity for you to know yourself more fully, for you to know the Creator more fully, and for the Creator to know itself more fully. This illusion is for your experience, for your growth, for your ascension, eventually, into the fourth density of love and understanding. As each energy proceeds from its point of origin to the point at which there is no blockage restraining its further progress, the energy does, indeed, stop at that point, and expresses itself as the either universal love of the heart, the inspiration of the blue-ray energy center, or the state of beingness, the magical nature of the indigo-ray energy center. This is the work of the adept; this is the work of a lifetime; this is the work that requires great dedication, concentration, repetition, and, shall we say, imagination, for that which stands before the doughy seeker of truth is a gauntlet of catalyst that shall test one's ability to be able to find love where there seems to be no love at all; to find wisdom where there seems to be only ignorance; to find companionship where there seems to be only separation; to find unity where there is nothing but separation.

2017/04/01: You asked today how those who fall in battle, and give their lives in the earthly sense, may be ministered to, both by those upon the inner planes—as you would say—to which they travel, and those upon the third-density material world that have compassion, concern, and love for those who are, shall we say, needlessly slaughtered in battle, the casualties of the conflict that are often seen as unavoidable by those who promote such engagements. We can assure you my friends that there is much that is done for such

entities, and much also that you can do, for your love and your light are actual things, forces, energies, healing energies, that you may send to all those who are in need of such. The sending may be done most effectively in your prayerful states, your contemplative states, or in your meditative states, where your mind becomes settled, calm, and focused upon one point, and that one-pointed focus then is used to direct the love and the light from your heart, your being, your soul, to all who fall by battle's wicked edge of the sword, the bullet, and the bomb. This love and light needs only the intention for those who so fall to find its mark—better than any bullet, any missile or arrow could emulate. Your intention is what is of most importance here, fueled by perhaps your heartfelt love and compassion, as these pour forth from your very being. Make this, if you wish, a daily ritual to include in your prayers, your meditations, in your images, those who need the healing effects of love, of light, of your empathy, and your thoughts, directed to them by your intentions. Thus, when you send this love and light to all who need it, it is as though one portion of the body responds to another portion of the body: the needs, medications or ministrations to heal a shared wound, for there is no wound that wounds any that does not also wound all. Thus, any act of kindness, generosity, or compassion that you have for another, redounds to the entire creation, most especially to your planetary sphere, to those who are far and near who cannot give love without all becoming aware of it at some level, for again, we are one. Why in a creation of love should there be that which feels lost, confused, unloved, even to the point of being utterly unlovable. Is there a means that is efficacious for gifting the tree with love in a way that can be best received at the tree's own level of intelligence. You may simply speak to the tree in words that have meaning to you, not so much as a prayer, but as an offering of love and of joy to the entity that is the tree, knowing that these words will be understood by the tree in their very essence so that the word "love," becomes translated into a feeling of being, a quality of expanded awareness that includes compassion, joy, inspiration, and so forth.

2017/04/15: You ask about the nature of your being and the manifestation that is your physical vehicle in those centers of energy that process the prana, or the intelligent energy from your sun, your sub-Logos—that portion of the Creator which has created that bit of the creation in which you dwell and have your being, and move about freely to explore the nature of yourself, the nature of your reality—and how you might proceed as a conscious being through this illusion, and discover more of the One Creator, the love and the light of the Creator, and how they blend together into a creation of unity. The efficient use of the catalyst that comes your way in each day's experiences allows you to activate, to balance, and to harmonize your energy centers over a period of what you would call a great series of incarnations in which you seek to learn how to move the meeting place of this intelligent energy higher and higher in your chakra system, so that you are able to give and receive that quality of love that signifies the open heart—the all compassionate love for the creation, that becomes the standard, shall we say, by which the light is able to manifest within your being. The energies are also available to move higher when the conscious seeker of truth has mastered the ability to give and receive love from all those about one, and give it as well to those who surround the entity. This love is not only given to those intelligent beings which the seeker of truth interacts with on a daily basis, but to the entire creation; for at this level of being, the seeker of truth becomes aware that the entire creation is made of that quality that vibrates in harmony with the green-ray energy center, that being the love vibration. Thus, this vibration of love begins to find a resonance within the total system of energy centers and causes the tones of each center to be raised to a minimum, shall we say, graduation frequency, so that there becomes within the seeker a kind of sacred choral hymn, emanating on a constant basis that becomes, what you might say, the identifying vibration of the entity.

2017/04/30: This is the means by which fourth-density entities are able to transmit concepts of love and acceptance, of understanding and forgiveness, to entities within the third density. We are inspired by your dedication, your love, and your light.

2017/05/06: The green ray being the opening of the heart energy center, and the experience of universal love, being able to both give and receive that love.

supplied by love itself. When you reflect on the nature of love, then, you may say that it is an energy of a high nature which precedes those distinctions which make individual experiences possible. And in this regard you may say that love is a concept which has more than one meaning. In that experience which you enjoy, love can be seen as an activity which engages you and in which you engage. You love another, you feel loved by another, and in this kind of mutual engagement you are able to participate in a dance which enables you to discover moment by moment, day by day, year by year, incarnation by incarnation, that you are more and more fully that which you love, more and more fully that which loves you. Now, the kind of love which is expressed and experienced by those who are individuated—those who are enjoying lifetimes in dimensions which have been ordered, as you say, by time and space—are those who participate in a kind of being which has its roots prior to time and space having arisen in the first place. It is for that very reason that love itself can be seen as a sort of transport from one domain or dimension to another, and it can also be seen as that characteristic which most clearly and most deeply defines the one original thought within the one original Creator. The creation is a continuous event placed within love, such that love goes out from itself with the express intent of returning to itself. But as this process has been reiterated time upon time upon time upon time, there has been created a system of illusions by means of which it has been possible for these scintillas of love gone out from the source to articulate themselves, to refine their balances inwardly so that the intelligence of the original love they bring back to that source may be more eloquent, may be more refined, and in that sense may be more informative. As it happens, the very structures, according to which the individual source points of love may be further and further articulated, also give the possibility that each of these source points, each of these little Logoi such as you are, shall discover themselves to be without love, to be abandoned as entities floating on a vast sea surrounded on all sides by strangeness. And when each of these lost scintilla of love/light begin to find within themselves those resources which enable them to make a beginning of a journey back to the Creator, they can learn to give the name "love" to that energy which fuels them along the way, starting from this beginning and looking toward the end. Now, as a matter of fact, love is of such a nature that it can find itself directed in many different ways, and can find itself caught up in many different configurations, and can find itself frustrated because in the very many-ness of its directions, it can discover confusion; it can lose its way; it can feel that it has no way home. And in this extremity, love—and searching within for the end for that resource which can be its only healing, which can be its only sense of direction—can feel like, for the first time, it is sounding out depths in the nature of love that have lain long concealed, that have, in fact, in a way, never yet been revealed. And it is true, my friends, that each here has a secret love that is unique to it alone, and a secret love, shall we say, that the Creator, the one original source of all love, longs to have returned to itself as revealed. For there is a sense, grounded in the nature of love itself, in which all time is always all together. That points to a quality of love which is rather difficult to grasp, particularly for one whose experience is measured out moment by moment, particularly for one who carries a sense of past time as memory and dwells in relation to future time as anticipation, and situates the self between past and future in such a way as to suggest that time itself is a fleeting phenomenon, an ever-moving phenomenon. Movement is an expression of energy that itself takes on structure, and these structures have proven to be rather useful in giving context for those intrepid souls who venture forth into the Creation, having lost the sense of where they came from, having willingly yielded the primary sense of connectedness to all that is, so that the particular features of being an individual center of love could be more distinctly explored, could be more distinctly refined, could be more distinctly related to other points of distinct loving. The first effect of forgetting is the loss of the sense of who you are as a being connected in love to the whole. And it is for that reason that, for you, the experience of love itself generally involves an overcoming of a feeling of being unloved, and it often involves a feeling of engaging in activities that are not themselves of a loving nature. You will note that prior to the advent of the veiling—which was itself a possibility that had to be discovered—there were no entities which had undertaken to polarize to the negative;

there was no concept of being able to serve exclusively the self, for there was enough of a residual awareness of being connected in the primary energy of love that the complete sense of separation was not even felt as a possibility. So to have not only the possibility but the actualization of a way of expressing the Creator's love as love of self exclusively was a piece of news, shall we say, brought to the Creator reflecting on a sense of itself that it had not previously had. Now, it is our understanding that that love which confines itself to love of self is a love which is, in fact, self limiting, and which must, at some point in its development, learn to move past that configuration, and in doing so, acquires again, the polarity of other love primarily. But something in the meantime has been learned, something in the meantime of the nature of the Creation, of the nature of the Creator, of the nature of love has been learned, and will be learned more and more as the Creator itself expands in its awareness of what it means to be a source of love capable of differentiating itself into loved and loving, capable of being the one who loves, the one who is loved. And since that capability is grounded in the original creative act of freewill, it gives also the possibility of being the one who is not loved or the one who does not love. In the ultimate sense, love has no opposite, and yet when love is conceived as an activity, it does exist in a world of possible opposition. And so, love, rediscovering itself as unity, finds that it is through the overcoming of opposition, through the overcoming of displacement, through the overcoming of a sense of being lost, that love finds a depth previously unreachable within its very self. So it can easily seem to be a paradox that love, in order to be love, has needed to traverse the realms of the unloving, has needed to lose itself in order to find itself, but we find that this is precisely the nature of the Creation, as best we have been able to understand. What you call your realm of time/space is a realm in which the sense of unity is more prevalent, the sense of being surrounded by love is more prevalent, and it is a place where those who have ventured forth into those domains of space/time in which they work in a more focused fashion, may find respite and restoration. There are many in this group who are avid gardeners and I was wondering if you could just give us a few words of the metaphysical dynamics behind gardening and sharing love and communion with second-density plants. Indeed the second density is as aware of love as is the third density though perhaps able only to express it in certain limited functions and fashions. As you partake in the gardening experience, the tending of the plants, the planting, the weeding, the tilling and the sending of your own love to these entities, they are aware upon a very basic level of the nature of love itself, and are able to connect this reception of love with your presence, and are able to then shine forth this love in their production of the flowers, the fruits, and the very quality of their own being that is a beauty of balance and of the second-density approximation of the One Creator. F I'm not quite sure if I'm going to say this right, but when we are in our gardens, or when we're feeling love for a person, or having these types of experiences, there's a spaciousness, an openness, that we sense and which also happens in meditation sometimes. The veil of forgetting is very helpful for the third-density entity, for it allows you to have experiences that would not be as likely to have in the higher densities, for in the higher densities you are quite aware of the unity of all Creation, of the love that is the energizing force of all Creation, but in that particular type of environment, it is oftentimes more difficult to find a reason to move from the perfection in which you exist into new expressions of your own being. Thus, the third density, where you forget that perfection offers you the opportunity to move into more intense polarization, shall we say, more intense expressions of the love vibration as you respond to the difficulties in your own life experience. The problems and the challenges of your life experience are those gifts that allow you to call upon the spiritual nature of your own being in order to solve them, to balance them, and to internalize the love and light that you find all about you.

2016/05/07: Or if, perhaps, it is your obligation as a seeker of truth to bring more harmony into your life, to let your life exemplify those qualities of the truth, the peace, the love, and the power of the One Creator. When these patterns move around in the spiral of endlessness that is your incarnation, into and through and beyond the third-density illusion, you may rest assured, my friends, that you have found a pattern that was put in place previous to the incarnation and

that this pattern has within it the opportunity for you to be more than you thought you were; to exhibit those qualities that you were not that sure you had; to find love where there seems to be none; to find harmony where there is disharmony; to find healing of wounds that are deep; to make clear the communication which has been stifled and muffled and distorted. The more you are able to discover within even those situations which give difficulty, even those situations which tend to elicit from you a rejection—a feeling of being hurt, a feeling of anger, a feeling of hate—even these we say, can, if allowed to develop into a deeper sense of love which one does achieve through acceptance, suggest that the catalyst that has been on offer is indeed serving its function well. All of those activities which reflect the inspiration to betterment, the inspiration to expression of love, the inspiration to a resolve to heal—all of these are indications of a good and proper use of catalyst. Gary Q'uo, Todd asks: "When loved ones of ours have passed on, is it possible for them to hear our thoughts and sense our feelings for them. For example, if we visit the grave of a grandparent or parent and we focus our thoughts and feelings upon them, if we then 'talk' to them in our mind, is there any chance they will receive our messages of love?" Q'uo I am Q'uo and am aware of your query, my brother. It is indeed so that those who have made their transition from the third-density illusion into the world of the spirit remain in contact with those they have left behind, for those times which, as you have said, there is a concern, a worry, a sense of love wishing to be communicated, or the like, for their ties are with entities of their own kind, not only within the world of the third-density illusion, but within the world of the spirit where there are also families and grouping of entities that move in harmony together, learning the various lessons of this density in which the choice is made to serve others or the self. We are sorry not to be able to offer more concrete examples or how such an entity may be approached in a loving manner, but entities program such experiences in order to see how they may exist without that quality which you would call love, and how they will be able to bring forth other qualities within themselves that may perhaps compensate in such a manner (as) to offer them a substitute.

2016/09/04: (overview) The Confederation sources stress the importance of seeing the love in the moment, any moment. Can you help us by suggesting approaches or strategies for making a positive identification of love when it's not readily apparent. You ask how to make the seeking of love possible in those situations in which it is not obviously present to the outward eye. This, my friends, is a very good question for each of you and for us to consider, for most of the illusion which you inhabit does not appear to contain much of that quality which you call love. That part of you which is the one Creator, which resides within all of the creation, has fashioned this illusion in such a way that the quality of love, of total acceptance of another, of giving the energies of your being to another freely without expectation of return, are hidden within each portion of this creation in order that in some way, and at some time, those entities such as yourselves that are taking their existence now here, in this illusion, may learn certain lessons related to love by finding it through their own efforts—those efforts which are put forward each day as you go about your daily round of activities. It is most helpful if you are conscious that what you do in this illusion is indeed the seeking to find love and to give love at all times. There is no other activity which has value in your spiritual journey other than this seeking and finding and giving of love. Those activities with which you busy yourself as a part of your profession, your hobbies, your activities, your leisure time—all of these are vehicles through which you move in a certain fashion to discover love, whether consciously as a conscious seeker of truth, or whether in a manner which may seem to be accidental as one which moves in a less conscious fashion through the daily rounds of activities. All have the opportunity to seek and to find love. As we have said before, this creation is made of love. It only seems to be other than love, in order to provide you, shall we say, a challenge that allows you to increase your polarity of positive seeking to serve others by finding the love in those situations in which you find yourself engaged in your daily round of activities. The more difficult it is to find the love, the more positively polarized in every situation in which you are able to perceive it. It is well to begin your day, shall we say, in a conscious remembrance that this is your purpose: to seek love, to find love, to

give love, to be love. We would sum up those words which we have had to offer through the one known as Jim by simply saying that this is a creation of love, and that you are within this creation in such a way that love is called forth from you. It's quite simple to pose the question of the purpose of the creation by suggesting that it is from love and to love that all originates and is directed. But, there is inevitably a question that will arise upon the minds of those who seek, and it is "Why should there need to be, in a creation of love, an effort made to love. Why should there need to be, in a creation of love, an experience of impediments to love. Why should there need to be—in a creation in which love is Alpha and Omega, source and destiny—an experience so bereft of love that love itself can at times seem to be the most impossible result, the most difficult task that one can be required to do?" And to ask this question is to focus on love as a particular kind of activity in which you can engage. You may engage indeed in many kinds of activities, and it is easy to list love upon a long list of things you might accomplish in the course of the day. There is another sense of love, however, which we would invite you to consider. We have suggested that, in the nature of the creation itself, love may be counted as one of the early distortions that permit differentiated experience, that permit individuated souls to find their way, to have experiences in a diverse creation and to bring back to the Creator the fruits of these experiences. Now, the first distortion in this creation we have called free will, so it may well seem that love is a dimension of the nature of the way things are that comes about as a result of a first innovation, shall we say, in the creation, involving the development of free will. To some extent it is true that love follows upon free will as a possible activity of those who embody free will in relation to one another, and one could say, in a larger sense, in relation to the creation as whole. In this sense it would seem then that a proper consideration of the nature of loving would require a fuller consideration of what it means to have free will. Therefore, already in the first act of creating, the distortion towards not being the creator is already at hand, and then we may say, secondly, that the need to return to the creator is also suggested and hence the second distortion, that which we have called Love, may be seen as incident to the first distortion we have called free will. To return then to the concept of Love as it is separated from the first distortion, called free will, we would say this: we would say that Love comes in a secondary position in relation to free will, only in a rather limited sense, because there is another sense of love which is prior yet to the sense of love we have suggested as the second distortion, and that sense can be used to describe a quality or a feature or a face of the One Creator conceived as completely undistorted, completely unhampered, undifferentiated, unseparated from Itself. This mystery is available for participating in, and to our experience, limited though it may be, love is always the most eloquent, the most searching, and the most fulfilling way of participating in the one central mystery which is the Creator Itself. The making available of that magical moment goes by the simple name of love. And so when you are able to love your neighbor, when you are able to love yourself, when you are able to love the entirety of the creation with all of the shortcomings that you may perceive in it, with all of the difficult people that you may know, with all of the flaws which you may be able easily to see within your own self, then you have the greatest gift to give the Creator that the Creator ever could want. The Creator then becomes known to the Creator, just as when you love someone, that someone becomes known to you in a deeper way than they ever could be if the carrier wave of that relationship was anything else but love. Now, in truth of course, there is really nothing else but love that could be the carrier wave, and yet we may talk about love in diminished capacity, and we may talk about love in more fulsome capacity. Now, one could easily suppose that were it the case that in one bright, shining day, all were able to return fulsome love back to the Creator, that the Creator would stand fully exposed to itself, and would know itself finally in its completeness. And that inexhaustibility is something which you may sense in a small way in your experiences of love for your fellow creatures. For when you love your beloved, when you love your wife, when you love your husband, when you love your children, when you love your friends, when you love your groups, when you love your planet, you do so in such a way that it does not diminish that which is love. In fact, strangely, it seems to augment that which is love, and once again we face a paradox

culture, religion, or color of skin. However, all provide catalyst to the seeker to love. It is one that is learned over many lifetimes, perhaps (even from) previous third-density experiences which have not yielded the proper polarity and ability to see all as the Creator and as the other self, and therefore, to love all others as such. Thus, it is a long road for some, or, indeed, most upon your planet, and yet for those who are able to make this journey within their own hearts, the qualities of loving others unconditionally are unmistakable in their appearance and in their effect, not only upon the seeker of truth itself, but on those with whom this seeker touches in its daily round of activities. Thus, there are many, shall we say, seeds of love floating about within every country and section of this planet that will be able to show, by example, the qualities of love that are indicative of the open heart. Therefore, it is hoped that as yeast allows the bread to rise, that the yeast of these loving hearts will have their effect upon the bread of humanity, will cause humanity to rise to a greater level, to be able to include each entity within all experience in the heart. This is what is necessary for any entity to be graduated into the fourth density of love and understanding. And it is well to remember this possibility as one moves through one's daily rounds of activities, for if the heart is able to be opened in a larger and larger sense among the populations of this planet, then many of the problems of this troubled earth can begin to be solved by compassion, by giving and receiving that known as love. Cannot the entity who has opened its heart in love see this truth. Austin Q'uo, you just spoke about it seeming to be easier to love those who are more similar to us, or seem to be within the same tribe, and there are some in the scientific community who believe that the basis for this is biological as a result of the evolutionary path that we've taken as second-density creatures into third density. Go forth in love and light. When in doubt, love.

2017/02/18: Before this incarnation, you, as a seeking aspirant of unity, of love and of light, set before yourself the possibility of learning those lessons that are most important to you in your ability to be of service to others, to polarize in a positive sense toward your seeking of the One Creator, and to be able to express the unity of all the creation that lives within you and without you. For indeed, within your third-density illusion, there is love in every moment, in every event, in every entity, and it is your task, your challenge, your joy to find that love there. But the open heart is a most elusive phenomenon, because you can set out to express hope, joy, and love, and yet find that the very qualities which you have consciously embraced and have sought to bring to expression are received in a way that either rejects these qualities, or rejects your particular expression of them. In the case of the other with whom you have essentially a loving relationship, this process can prove to be very helpful for both parties. The doughty seeker, however, will, having been thrown off, take this not as a rejection, not as something to be fought, not as something to be destroyed, but as a gift, as an offer of an opportunity to reach to a level and dimension of acceptance, reach to a level and dimension of positivity, reach to a level and dimension of love not yet discovered within yourself. When this discovery has been made, and when the fruits of this discovery have been through the slow work of meditation, of outreach, and of simple loving seated in the depths of your being, you will then find that you have to offer a deeper and greater gift to a very, very hungry world. It is sent because the positively-oriented entity feels true love and light for this other self that is the Creator, that has traveled another path from the positive entity's own choice. Further, the positively oriented entity shall send this love and light to itself, as a wall of light about itself, spiraling in clockwise fashion, as the upward spiraling line of light of all Creation does. To complete the process, the positively oriented entity will send this love and light to the Creator which exists in all things everywhere at all times. Those entities who are able, in the meditative state, to hold their mind upon one image for a series of minutes, shall we say, may then use this ability to focus their concentration, to send love and light to any place, person, group or situation upon the planet's surface. In this way, there is a, shall we say, providing of a general kind of assistance of an unseen nature that is, however, felt in the mind/body/spirit complex of those entities receiving such sendings of love and light. There are also entities in the Confederation of Planets in the Service of the One Infinite Creator who do nothing but send this love and light to this planet as well as to many others. Sending such love and light

to those areas within the universe that are experiencing difficulties and are unable to resolve these difficulties with their own efforts and need the support of those who recall their own experiences at the same level of evolution, and reach their hands in a manner of giving that love and light to those who need it. This dedication of service of love and of light and of power to the One Creator calls upon energies within each entity so engaging in the sexual energy transfer, such that these energies are called for in a fashion which magnifies that which could be seen as the abstractly practical or measurable energies, multiplies them in a fashion which increases their vibrancy, their brilliance, and their power, so that there is a multiplier effect.

2017/02/26: There are only eyes to see and hearts to appreciate this love and this light. Each entity on this planetary sphere is here for the purpose of being able to welcome and enjoy more of the love and the light of the One Infinite Creator through its own energy centers in a fashion which will allow it to be, shall we say, graduated, or harvested into the fourth density of love and understanding. We realized, or at least I realized, that however the discrete boundary is crossed, however the quantum shift happens—fourth density will be birthed through those doing the work of love and understanding on the ground. The entity—not being consciously aware of its harvestability due to the group choice towards positive polarity—would then move into the form-maker body upon its yellow-ray body's death, and again, move into the light which would gauge the harvestability of the entity, according to the energy centers' ability to stand the impact of the love and light. In 63.8, Ra says: "As the green-ray cycle, or the density of love and understanding, begins to take shape, the yellow-ray plane, or Earth, which you now enjoy in your dance, will cease to be inhabited for some period of your space/time, as the space/time necessary for fourth-density entities to learn their ability to shield their density from that of third density is learned. The red, the orange, and the yellow rays being sufficiently opened, and moving into the green ray, with the opening of the heart center beginning to show itself in those acts of love and understanding which may demonstrate the ability of an entity to welcome and enjoy more of the love and the light of the One Creator. That is not just painful—though it is, indeed, that—but is also joyful, for the one performing this magical act of transformation does so from an intense feeling of love upon a conscious level that few upon your planet obtain within the space/time realms. We cannot thank you enough, my friends, for the dedication to service of others, to the experiencing of the light of the Creator, to the sharing of the love of the Creator, each with the other, and with all about you, that we have noticed and noted for some time within this group.

2017/03/04: Should the spiritual seeker focus on the Creator, unity, love, light, and joy first, and only afterward focus on clearing the blockages in lower energy centers and balancing the self. Your third density is the only such illusion that has these three features of what we may call "the eternal present," for we live, ourselves, in this eternal present, in the spiritual realms, as you would call them, in which all is seen as one, in which love is the shaping force of the universe, which is made of light. If one is a spiritual being, how can such continue without a resolution resulting from the application of love, of light, of consciousness, of intention, of good will, if nothing else. For before the incarnation, you see with clear eyes that which has come before, that which awaits in the future, that which exists at the moment, and you look at those needs that you have for growth of your understanding, shall we say, within the third-density experience—this understanding that will allow you to be harvested into the fourth density of love and understanding, if you are successful in recognizing those pre-incarnate choices, learning them through the catalyst that comes your way each day, and expressing them in your behaviors, in your thoughts, and in your words. Or, if that is too much of a challenge for the moment, look instead for love, for that is the challenge of the third-density illusion, to find love in every moment, for it is there, my friends—the Creation is made of love, made from love. And so, it is always good work when you begin by invoking the Creator in your meditation, to invite the Creator drawn down from that heart which is, even as we speak, struggling to open, and invite it into the lower energy centers as a resource, as a source of love, for that is the healing power in dealing with the blockages that you find within

This is not a quick or easy program, my friends, but if there is no balancing to your distortions, if there is no balancing to your anger in this instance, it shall continue for the rest of your incarnation, and the learning of love will come very, very slowly. If you wish to accelerate the learning and the gathering of love within your being, then use the balancing exercises to do that very thing, for these exercises are that which allow your lower energy centers most especially, and occasionally the higher energy centers, to function more effectively, to allow the intelligent energy or the light, the prana of the One Creator from your Sun body, your Logos, to enter through your feet and lower chakras and to move without hindrance through the entire system of chakras or energy centers. Eventually, it is the goal of each seeker to cause this energy to move through the red of the survival and sexual impulses, the orange of the emotional nature and one-to-one relationships, the yellow of the group involvement of the self, to the green of universal energy of love freely given, to the blue of free communication and inspiration, and to the indigo ray wherein there lies the One Creator, and the intelligent energy of that One Creator, and may be discovered by the seeker who is able to remove the blockages from the lower energy centers through the process of your balancing. The ability to love and serve others about one, more than one loves and serves the self, for this is the positive path of which we speak, and we are well aware that each within this circle of seeking is a positively oriented entity seeking to move the energies higher and higher in the positive sense. You may not be able to see the love and the light that you create when you come together, for your eyes may not yet have opened to it, but we see this love and light.

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2017/01/07: Realize that you entered this incarnation with many choices of lessons wished to be learned, opportunities to be experienced, services to give, joy to be shared, love to be given freely to all. Come out of your meditation, and keeping that open sense of your being in the forefront of your perceptions, move through your daily round of activities, looking always for opportunities to express the love of the Creator to those about you, looking always for ways to serve those who you find in your path of experience for the day. See if there is a way by which you might utilize it as an enhancement of your own deepest nature of one who seeks to know the Creator in all, of one who seeks to love the Creator in all, of one who seeks to serve the Creator in all. You have weathered the difficulties of existing on the other side of the veil of forgetting, not being able to see with clarity the unity of all Creation, the power of love that has formed it, the light out of which it has made it. Though it may seem to stand between you and that which is most beloved, it is that which gives you the opportunity to realize the beloved in your own life, and in the lives of those about you. The path you travel now is the path that will take you to this new vision of the future of your peoples that will pass through the third-density illusion and lead you into the fourth density of love and understanding. Together shall you go there; together shall you rejoice in the love and the light of the One Infinite Creator. Then, the heart energy center is that which signals the ability of the entity to give love to all those about one, even those one does not know, for at this energy center, the expression of love is universal in its sense of being given without expectation of return.

2017/01/21: We all move in unison in a certain step, seeking the love and light of the One in unity with the One, and in all that we do, in all that we say, and in all that we think—for we, who have moved somewhat further along this path than you, have found the truth of unity to be that which is omnipresent. This makes it difficult, as you have carefully framed in your question, to be able to accept and utilize the catalyst that is offered by those who would criticize you for your beliefs, your behaviors; who would judge you for the same in a negative sense, and reject that which you offer, even when you offer it with your heartfelt love. At some point within their incarnational experiences at the end of the third density, most entities are making progress upon this path of removing the veil and beginning to catch a glimpse of the love that created all that there is out of the light of the One Creator. If you can begin to color your relationship with such entities with the color of compassion, to begin first to see that

it is not so much you with which they disagree, it is that which you propose or propound; that which you expose them to: a dimly felt experience of love, of light, of unity which begins to shake their perception of reality. It causes them to fear they shall fall from the shaky craft that floats upon the sea of consciousness and drown in the waters of this so-called “unconditional love and unity” of which you speak. And so you might find that you have taken on a certain heaviness of the world, and for those who have a bit more experience on the path of spiritual seeking, it can sometimes begin to seem that earlier experiences of liberation are hardly a gift at all, for you are now burdened with the realization that much, much more is possible; much more love can be felt; much more harmony can be created than is being created, than is being felt. So long as you approach every new experience with a commitment to love, to healing and to service, we feel confident in telling you that you will emerge from that experience better off than before. And so, it is to these commitments that we would commend you and assure you that from the point of view that we have to offer, you are all doing great service as you bring your love and your light to this planet, which is, indeed, very much in need of that love and that light. Gary Q’uo, there is one more from C who says: “I would love to hear an expansion on the subject of those who will not be harvesting to fourth-density earth and instead entering third-density harvest on other planets. In the context of family and close loved ones, how are these ties connected between those who will be staying in the fourth density positive, and those who need further incarnational lessons in third density. This is important to me because I’ve been feeling a large amount of distress that some of my family members may not be able to rejoice with me in the love of fourth density, although I have faith that we will be reconnected in time.” Q’uo I am Q’uo and am aware of your query, my sister. That is, that the eyes are opened to a certain amount of a larger reality in which the nature of love, of light, of joy, of unity, are appreciated by such an entity.

2017/02/04: There is, shall we say, a kind of reckoning that is being devised by those of the, shall we say, more compassionate nature, in which there shall be a rising of the ability to give in the nurturing, all-compassionate love that has been allowed by the male to the female sex upon your planet. This rising of the love quotient, shall we call it, shall occur not only in the female gender, but also within the male genders of those males who have developed a greater appreciation for a wider point of view. We reach to you with this message of love and of light, as indeed, you have called us to reach to you with our message. And then secondly, they must be loved as that which has been thrust out, and as that which properly belongs in the center. Indeed, it can be a benefit to those who seek to serve primarily themselves to maintain this unintegrated state, to maintain the differentiation between male and female such that rather than coming together in the embrace of love, the two principles vie interminably with each other, and in such a way that it can be seen to be the desire of each for each, which is the very medium of that perpetual contest. This acceptance must begin precisely where it currently finds itself, and that is, you first of all must accept that there is an imbalance, and you must allow that imbalance its sway long enough to begin to love that energy which has felt itself to be pushed out from its center. The third density has, as its sole purpose, the development of that quality which you may call “unconditional love.” This is the quality which is associated with the green-ray energy center, that being the heart-ray energy center. In order to be able to move into this energy center, it is necessary that an entity be able to look upon the world about it and see that which draws forth from it this quality of love, for there is nothing in the creation that has any nature that does not deserve love. Even those most seemingly despicable, questionable, and evil-seeming entities are the Creator in another guise, which also deserves love. To be able to utilize the catalyst of the daily round of activities in a useful manner, one must look to the meditative state and see where there is the lack of love that needs the balance of love, the lack of wisdom that needs the balance both of wisdom and of love, for each day you are presented with catalyst that is covered in a certain fashion, to give you the opportunity to love. Those within one’s family are usually, not always, but usually easier to love than those who are not within one’s own immediate family. Those who seem to be of like mind, religion, culture, or color of skin, are also seemingly easier to love than those who are of a different origin,

or a mystery, because a mystery which is so infinite and so completely mysterious, which seemed to be something that could not become more itself, that is to say, more mysterious, by being loved, and yet, it seems to us that this is exactly what happens. For this circumstance, we can find no better word than mystery, and for the most successful attitude in relation to this circumstance, we can find no better word than love. For it is in any that you do love, the simple mystery of their being that calls that love forth from you. And when you do love, you bring out that in your own being, which is itself of the element of love. Having done so, do you not find it easier to be that love which we are now telling you that you are. And when you do, do you not find it easier when it comes time for you to engage in an activity to allow a little bit of that activity to include the love that you have for yourself to love yourself. To love the others around you that are able to elicit that love from you—that is as great a gift as you will ever be given. To love those that seem to you to be unlovable is strangely enough an even greater gift, for when you are able to find in yourself that resonance of love that can reach out to that which does not solicit it, but rather seems on the contrary to reject it, you have inched, however slightly, towards a wholeness of your whole being, towards a realization of your own being as unified, and every such experience of loving the unlovable, every such experience of unifying the un-unified is an experience of the Creator finding its lost love returning home, returning to its source. And so love heals many a wound, love bridges many a division. Love offers itself both as a possible activity and as a condition of being which is the very stuff, the very source, the very destiny of the entire Creation. (Jim channeling) I am Q’uo and I am again with this instrument, and we appreciate this instrument’s challenging of us in the name of that which it holds most dear, in the name of Jesus the Christ and unconditional love. Yes my friends, you have the veil of forgetting that separates your conscious from your subconscious mind, in order to make the unity of the creation more difficult to perceive, in order to make the love that made all things as difficult to perceive, and the light in which all things are made, again, another mystery to penetrate. Each of your actions reveals more to you of yourself, and if you are conscious of the seeking process, of the Creator itself, it is a journey of lovers, the creator loving you with unending love, you seeking and loving the Creator with a growing love. And indeed, within the fourth density there is the understanding that this is a creation of love, a creation of unity made of light. Thus, entities within the higher densities seek to serve others as well, those of sixth may serve fifth or fourth when they have questions concerning unity and the balancing of love and wisdom. Since we have come to the end of the queries, we would thank each once again for inviting our presence—you have provided us a very great service by allowing us to speak to you, and to share our love for you, and our appreciation of the great light that you have created in this weekend of seeking and sharing and serving each other and the Creator.

2016/09/17: We can say quite confidently that this is indeed so, for in a universe of unity in which each portion of each part of the creation is a part of the One Creator, there is indeed nothing but support, love, encouragement and the giving of assistance from one portion to another, for in the creation of the father, each portion serves each other portion. You are creatures of love, for of these two qualities are you made. Within this illusion, the third-density illusion, you have placed yourself in order to be able to make progress that would not be possible without the illusion, for you come from the world of the spirit where all is obviously one, and yet each entity there feels the great need to move in service to the Creator, to polarize the self more positively, to become a greater servant of the Creator in all portions of the creation, and yet they cannot move as they wish, for it is so obvious that all are one that there is not quite the same motivation for movement that there is within your illusion which so carefully covers all the jewels: the basic concepts of unity, love and light of the One Creator of which all are made. Because you exist within this illusion and must use your own free will and your faith to continue your movement, you reap a reward that is not possible in the higher densities of love and light, for there there is no illusion of separation. This, my friends, is what accounts for the delay, the pause in our communication, for this instrument was not going to allow us to speak unless we could attest that we come in love and are willing to acknowledge that Christ is Lord. You do well to ask repeatedly “Where is

the love in this situation—how might I respond in as positive a way as I can sustain?” There are some times in which you are well-advised simply to step back and retreat into that more safe atmosphere, thriving within the envelope you have created, and allow things to settle to the point that you are able once again to open yourself to a world which is not always as welcoming as you would like it to be. These energy sources enliven and enrich the experience of especially the second-density creature so that it is able to move forward in its ability to become self-conscious, to use that consciousness that was begun in the first density of earth, wind, fire and water, and elaborate, shall we say, upon this consciousness, so that it becomes that which is able to individualize itself in a fashion which, toward the end of the second density experience, allows the second-density creature to give and to receive that which you call love, that which you call compassion. This happens as you are aware quite frequently in the case of that creature which you would call the “pet,” that creature which is given love and affection by the third-density entity. By this giving of love and affection, the second-density entity is enhanced in its ability to give and receive love itself, to be able to develop the complex of the spirit, and thus be ennobled in a sense, so that it is perhaps harvestable within its next incarnation into the third density itself at the lowest levels of the third density. Questioner To just extend that further, are we able to help first and second density entities increase their vital energy through loving them and having an intention to help them with their vital energy. Indeed it is so that such an investment may take place between a third-density entity and the second density, and in some cases even within first density places or geographical locations that are venerated and utilized as places of worship and of praising of the One Creator in a continual fashion, these places then take on a kind of quality of investment that enables them to further advance their own spiritual journeys into the second density, so that the third-density entity is indeed able to aid those beings of the first and second density by giving the attention, the love, the care, the continual contact with them on a basis of what you would say, the higher levels of the spiritual seeking and sharing. These energies of the mind, and of the heart and of the spirit that are so sent in this visualization, then, move through the area needing the healing and provide a healing energy of light and of love, that goes to the heart of those that partook in such creations of destruction and turmoil and trauma, and into the area itself, into the geophysical structure of the area, into the stones, the rivers, the ancient byways that were at that time inhabited by those that caused the destruction, for these entities and places and things are also that which continue to exist in a certain fashion upon a certain level of vibration, and you may reach these levels of vibration in your meditative states again, as we say, through the process of visualization.

2016/10/01: You seek to relate yourself to the other selves around you, those whom you have learned to love, those perhaps whom you have learned to fear, to like, to dislike, to avoid, to be attracted to—all of these options of dealing with other selves are indeed a portion of the seeking process. We would illustrate this point by suggesting that you consider how you relate to those people you consider to be friends, those people that you consider to be a part of a larger group to which you also belong, with connections, with ties, that are of the stuff of love itself. Those that you love, if they sorrow, do you not sorrow with them. Those that you love, if they rejoice, do you not rejoice with them. You are our beloved others which we experience as other than ourselves and yet also as having a selfness, an anchor into the beingness of the Creation itself, that we, ourselves, share. Your particular planet is one which is heavily populated by many entities who are finding the need to repeat this density so that their choices of love and service to others may finally be made. His experiences throughout various of his previous incarnations in the mountains of Peru, gave him the opportunity to see how the various qualities of the illusion are so easily accepted by the masses of the population so that there would be a great release of bound-up energy of love and acceptance, shall we say, if one could indeed balance the darkness with the light, the sadness with the joy, the despair with hope, the injury with healing, and so forth. Thus, many experiences within this entity’s incarnational history gave it the inspiration to compose this poem that is such a succinct description of the possibility of forgiveness within this illusion—forgiveness for each heart that seems to have

strayed from love, forgiveness of the self that has followed such straying, and forgiveness of all who have harmed any other self. We have so enjoyed experiencing the love of your open hearts, the light that it creates, and the camaraderie among you as you relate each to the other.

2016/10/15: You have created an harmonious group full of love, of light, of seeking further truths. This desire to bless, to love, and to serve Mother Earth and those fellow entities upon it, then must pass through what you call the “veil of forgetting,” in order that there may be a pure opportunity for making the precarnative choices, possibilities, realities, blessings, offerings of love in the most basic sense of the nurturing of the life force of the planet, of the life force which moves through each entity, of attempting to see the Creator within each other entity, in attempting to relate to each as if you and the other were one. This is not an easy lesson, my friends, as obvious as it is before incarnation, as you pass through the veil of forgetting, indeed there is a forgetting of the basic truths of all of the Creation, that you are all part of the One Creator, that the Creation in which you move and live and have your being is made by the power of love, and is formed of that which you call light, the photon vibrating at various levels and angles of vibration. Most of the time there is the concept of love contained, of making well that which has been broken, of healing that which has become sickened or diseased or distorted in some way because of a difficulty in relating with harmony to all, including the self, and as you pursue these dim recollections to flesh them out, shall we say, to give them color and life and vividness, you share with those about you in what you would call a teaching fashion so that you are able to work together to piece together the puzzle that is the primary aim of the incarnation for all entities, the great puzzle of existence, the great puzzle of being, the great puzzle of progression into unity with all, into unity with the One Creator. By your seeking, by your sowing the seeds of that which you have found within your own life experience and shared with you and by you with other seekers of truth, you provide the opportunity for there to be a revealing of that which has been hidden, a purpose for all entities upon the planet to lend their services to the planet, to plant their own love as a seed in each portion of the planet with which they come in contact. If your desire and your intention is to be of service to others, to aid Mother Earth in her birthing of that fourth-density being which is you and many, many others at a future time, as you would call it, then you may see the opportunity to share love in any amount, in any form, with any entity, at any time, for indeed, each moment contains love. Part of the great riddle of your existence is to find love in all moments. If it seems to you that there is no love in any moment that you experience, perhaps it is your opportunity then to offer your love to that moment. We do not ask you become evangelists or proselytizers; we ask you to simply radiate that which is the heart of your being, for in each heart there beats the rhythm of love, the revelation of light, the truth of unity, the Father there rests within. Seek the Creator within yourself and all other selves in whatever form that has meaning to you, whether it be love, whether it be service, whether it be light, whether it be potential realized, whether it be hopes yet unrealized, whether it be the dreams of a more harmonious experience upon the planet. If you go forth with the light of love within your heart and seek to share as best you can that which is yours to share, then you have done what you can. Go forward to see the Creator in all; to love the Creator in all; to be a person with a large enough mind and an open enough heart to include all within your prayers. This grid of energy about your planet is a network of portals that allows the passing through of energies from what you would call your sun body, the sub-Logos, the intelligent energy of this entity of love. It moves through each portal and is, shall we say, accelerated or enhanced, especially at this time of the transition into the fourth density, so that those who are open to the concept of love and understanding, the primary qualities of the fourth density, may then share those qualities with those about them, especially in the meditative state or the contemplative state using visualization or however you choose to do it. You may see the energy from the Logos, the sub-Logos, your Sun Body, moving through these grids of crisscrossing lines of power and entering the planetary web or surface and becoming available to those who are in need of love, who have a dearth of that quality within their being, who call out for assistance in confusion, in pain, in difficulty. You may see these portals

enhancing the love available to all such entities, and then, in another fashion, these portals are also available for those who are now moving through that transition which you call the dying or the moving into the larger life. It is the ability to welcome and enjoy this enhanced level of light and love coming through the portals that will determine each entity who moves into larger life as to where the entity is placed by its own ability to welcome and enjoy the enhanced love and light. Any time there is a disharmony in any group or individual that has the lack of love, the lack of understanding, the lack of acceptance of such an entity, it produces a pain of a mental nature, a spiritual nature, an emotional nature, a physical nature. Because you have invited us, we are able to have a beingness among you and to enjoy your loving and light-filled vibrations.

2016/11/06: We are well aware of the work each has done this weekend as you, too, seek to become channels of love and light through the impression and speaking of the words of your language, for each of you is a channel in this respect and in many others. The life you live you channel; the love you give you channel; the thoughts you have you channel. There are many blessings upon you that have been given to you because you have drawn them to you as channels of love and light, the blessings of friends that are now gathered here—of those whom we have become close to throughout the years—the times and places, the families of each, the pursuits of your interests. You have come here to discover how to live a life of seeming limitation, and yet, by various types of limitation that seem so real to you, can you truly expand your service to all to the One Creator, your love for all for the One Creator; for when you forget that which you are within this illusion, then little by little you have the opportunity to discover small bits of the truth of yourself and the mystery begins to unfold. It is not easy, but it is valuable, it is powerful, it is full of opportunity to serve, to learn, to love, to become light. So whether you strive for excellence in the job that you have undertaken, whether you strive for excellence in the performance of those services to family members, to loved ones, whether you strive for excellence in personal attainments of a more discrete fashion, shall we say, you strive ultimately to achieve a position which, in your own estimation, counts as worthiness. And yet, this instrument has spent an inordinate amount of time gazing into a sort of abyss, feeling that everything to which it has turned its hand, every goal, every project, every effort to aid those it loved, beyond the measure of the love it had for itself, all this seems to have turned to dust. When you have given your all, when you have opened your heart in love, without reservation, there is no more that could be asked of you, and it is not necessary to carry the heavy weight of judgment if, in your perception, the gifts you have had to offer have borne no fruit. Your love may have effects far beyond their intended range of application. Your loves are always well spent just by being loves. You discover your worthiness in opening your heart to service and opening your heart to love, and allowing that great cosmic energy which is the gift to all who are incarnate to flow through you and, doing so, to find its destination where it will. There is the need to make a contact, shall we say, that is helpful and supportive, whether it be with a guide, with your higher self, with an angelic presence with whom you have previous contact and appreciation, with those entities of a discarnate nature who are of great love vibration themselves and which can impart to you an enlivening equivalent vibration. Thus, you are armed, shall we say, with a sense of yourself that is infinite, that is powerful, that is loving, that is desirous of serving. When the heart can imbue the mind with the limitless love for all Creation, a gift of the Father, then the spirit is reached in such a fashion that it becomes likened to a shuttle to make that penetration of intelligent infinity possible for you in the channeling process. Not just because it is a contact that produces words from those such as are we, but because it allows other energies as well to move within this opening, this contact—the energies of the One Creator, the energies of love, of light, of unity, of power, of service, of seeking, of compassion, of curiosity, of investigation. We feel that whether the information is channeled, is offered, or wherever it comes from, if it is that which speaks of love and light contained within every being, if it speaks of the sharing of that quality of love and light with all others in order that the heart center might be opened, this is the information that is most helpful. There are many, many more entities who have the ability to offer healing practices and

to teach such to others so that the healing may be not only of the body, but of the mind, and perhaps even of the spirit, and may serve as a kind of illustration or symbol to others of these qualities of love and light, for the true healer works with the one to be healed in a loving and compassionate fashion; and aids that entity to be healed in healing itself as the healer is able to offer its contact with intelligent infinity to interrupt the red/violet ray that holds the degree of ease or disease within the one to be healed. Any type of giving of love to another entity in whatever form, be it spoken words, be it written words, be it healing, be it the smile on the street, whatever means of sharing love and light is possible, is that which we see as being most important at this time. There is no way of sharing love and light that is not important. Go forth in the love and light of the One Creator which is what we are preparing to do now.

2016/11/19: When he would meet with his advisors the night before the day of meeting with social, political, spiritual and community leaders, they would plan the day, and if the day was promising to be a long one, he would simply say, “I must arise earlier to meditate longer.” Do not refuse to use any tool that you have, my friends, as long as you use these tools in love, in light, in consideration of the fact that you deal only with the Creator, no matter what the face may present itself to you. We are those of the Confederation of Planets in Service to the Infinite Creator, and our intent is to come in service and in love in the name of an open heart, in the name of being open and helpful to others. So, the work of the self upon the self is a work that, if it is neglected, will inevitably yield a circumstance such that the service that comes forward will be tainted if it is not first washed in love. And the more that the little bits of your interactions with the world are filled with larger and larger bits of your love, the more that love can come to have a place in the world. There is no telling, my friends, what effects a little love will have, and if you do the work that is available for you in the immediacy of your life, in the immediacy of your meditations, in the intimacies of your interactions with your fellow human beings, you may find, you may find, my friends, that a very little can become a very lot. If you bring love, you may find that love reaches out in love and finds itself in response to love offered back. And as predictable as anger is in its response, and as predictable as fear is in its response, even in a completely opposite way is it unpredictable how love will respond to love that has been offered. For it is love that is the creator of energy and it is the energies of anger, of fear, and of judgment, that are restrictive, that are destructive. So, the core of our message to you today, would simply be that those opportunities for engagement with your social energy complex which suggest the possibility that you may bring to this engagement the fullness of your own love, these are opportunities well taken. If, on the other hand, you find that your personal circumstances are such that as you get called forth into these group energies, you feel yourself thrust out from your center, and you feel yourself losing your balance and you fear yourself at a distance from the creative source of your own loving outreach, then it is better to take a step back, to retreat into a safe place, to join yourself with those of like mind and of open heart that you may find renewal, for you will never have the ability to offer positive energy to the social complex if that positive energy is not already what describes your situation. Negativity is not ultimate correctable by equal but opposite negativity, and so the trick of serving in the environment you now face is, to first of all, find the source of the positive love you have within you, and then secondly, to find some pattern of expressing your being that allows you to maintain the thread of that positivity as you wend your way through the complicated pathways of your opportunities to serve your larger society. Those joys will not die, my friends, those joys can serve as a reminder and a beacon that better days will come, and the way that you can keep the home fires burning, is by remembering the love you have for those around you that make it easiest for you to remain within the center of your love, which, once again, is the open heart. Many near-death survivors report with great consistency unconsciously leaving their bodies and being drawn to a non-earthly realm where they meet a spirit entity of infinite unconditional love and light whom they tend to regard as God, or other cultural equivalent deity. Your ability to move in service to others through the love in your heart, the determination of your mind and the infinity of your spirit, will help to determine that which occurs with your realm of

experience. All actions done with love create a far greater probability of realization than those that do not contain this most important quality. Q’uo We thank you, my brother, for your consideration, for your determination, and for your love. This type of balancing may be carried forward into all other aspects of the life which move one away from the center of love for all.

2016/12/03: You have felt a great disillusionment descend into a kind of darkness within your own being and your culture; yet not all see it in this fashion, for some love the darkness, some love the light. Know, however, that you are an unquenchable source of love. This is that which expresses your energies upon a universal nature, in love that is given to all with no expectation of return. This may be seen as a steady state of the One Creator, for all is seen as that which is deserving of love, and able to give love. When you are able to open this center to a sufficient degree, and give more love than you receive, shall we say, then your harvestability grows high. There are some entities, such as the one known as Andrija Puharich, that have a love of the riddle, a love of the untangling of that which is put in symbolic form and not presented, shall we say, in the normal manner. The light that you shine outward and inward is most brilliant and full of the dancing energies of love, of unity, of joy, of experience well achieved, and of the hopes and aspirations for future service to others.

2016/12/17: We are always happy to join you, happy once again to be with this doughty circle of seekers, for always do you bring with you love and light which amazes us, as you live within the darkness of an illusion in which there seems to be so little of these qualities. Where you were before you came here it is obvious that all is one, that the Creator exists in all things, in each entity, that love is the power that made the Creation, and that the Creation is made of light. You wish, in many cases, to improve your appreciation of compassion, of love, of understanding. May we say first of all you do not program more love, more compassion—you program the opposite, my friends, you program the lack of compassion, the lack of love, the lack of understanding, the lack of sympathy, for by so doing, you set into motion within your own soul’s being the desire to solve these riddles; anger being one of the great riddles of your illusion; anger being that which is not possible in the higher densities, for only unity, joy, peace and understanding are possible there. But here, in your third-density illusion, it is possible to experience anger, for it is possible to see one as separate from another self and to feel an emotion that is not love for another self, or perhaps even for the self, for your anger may be pointed in any direction. For the conscious entity who is aware of the process of seeking within the third-density illusion, if there is the desire to achieve more love, more compassion, [then] the lack of that love and compassion—in the form of anger, or non-acceptance of other selves, or irritation, or impatience, whatever form your anger may take—is pointed toward yourself. Perhaps you could make a case, “Well, so-and-so behaved in such-and-such a fashion, and wouldn’t you get angry too?” Such a response might be “Well, I would get angry too if I were attempting to learn the lessons of compassion.” For if you look with the eye of compassion, true heartfelt love, upon any situation and remove yourself from it, look from a distance, you may see, if you see clearly, the Creator experiencing itself through you. So as you look from a distance and see the Creator experiencing itself, for the moment that you are no longer attached to that image and that experience, you feel love, you feel compassion, you feel understanding, you feel acceptance, and then you move again, placing yourself in the role in which the anger has been experienced, and you lose that distant perspective, you lose the knowledge of the Creator experiencing itself, and this is not a bad thing, my friends—this is why you came here, this is what this illusion offers you. We recommend that which those known to you as Ra suggest as a balancing exercise, for in this exercise you take the anger that has disbursed itself about you and colored your emotions with its very being, and you use it in a fashion which can result in the diminishing of the anger and in the increasing of love for yourself and for all the Creation about you. And then, at the height of its power, for just an instant, image its opposite, that is, the love that you wish to develop in this incarnation. As you image that love, rest back and observe it growing within your consciousness, larger and larger, within the inward mental picture, until it equals the ferocity of the anger that you have just created.