

The Q'uo Transcripts 2007

by Carla L. Rueckert channeling the Q'uo group

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Sunday Meditation

January 7, 2007

Group question: The question today, Q'uo, has to do with how the seeker that desires to be of service affects both the service and him or herself by either doubting the service, doubting the self, or feeling a little bit too good about it, like maybe he or she did a really good thing. How does the attitude of the one who seeks to serve affect the server and the service?

(Carla channeling)

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

We thank you for taking the time and the energy to create a circle of seeking. We thank you for calling us to share our thoughts with you. It is a great blessing and privilege and it fills our heart with joy to be asked to offer our opinions on the subject of the effect on service of attitudes such as pride and doubt.

We, as always, first, however, would request for all of those listening to these words or reading them, that you be aware of how powerful a person that you are. You are the only person capable of distinguishing for yourself between those things that are useful for you in your spiritual process and those things that are not useful for you at this time, no matter how sensible they may be or how well they sound.

You are the guardian of the temple of your process. Please guard well our thoughts as they come to you. If they resonate then by all means take them and use them as you can. If they do not resonate please do not attempt to make use of them but simply lay them aside and move on. We thank you for this consideration for it will enable us to speak without being concerned that we might infringe upon your free will or impede the directness of your progress.

We thank the one known as R for this query. In order to respond to the question about the effect of attitude on service, we must take many steps backwards from the specificity of that question. For such a question begins with the deepest question of all philosophical questions, "Who am I?"

Who are you, my friends? Are you the entity that thinks? Are you the entity that sits in a chair in this room, has clothes on, looks a certain way and has come to this moment of pondering with a personality, a history, and an incarnation's worth of memory?

Are you the roles that you play? Are you the things that you say?

The one known as D pointed out that in the metaphysical world, our thoughts are things, so that that which you do in the world is not at all, metaphysically speaking, the whole of

[who] you are, when you have thought upon thought upon thought that has been generated by you, followed by you, and either dropped or used as a tool for transformation or cyclical worry.

Who are you? Who are we? 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. Because we are all one. So your question is asked against our background of being aware that all of us are one interacting, interpenetrating union of various foci or points which the Creator may use to observe, to process, and to harvest experience. Therefore, when you serve another, you are serving yourself.

However, in a sense of being able to use that information to work spiritually, we realize that there needs to be more discussion. And so we move a step closer to the question and talk about you and those with whom you interact. We have just noted that you and all others are part of a unitary creation. However, as with all good spiritual principles, there is a paradox involved. That paradox is that each of you exists in his own universe. You are the Creator of that inner universe.

Therefore, it is as if you were a sun, radiant and unimaginably full of the love and the light of the one infinite Creator. Others are also suns with their own radiance and effulgence.[1] Between you, just as there seems to be a great distance between suns, there is a great distance, shall we say, a sea of in-between.

Each who is incarnated in a physical body such as you are is deeply aware of that great water of otherness that seems to exist between one person and another. While it is true that all of this “otherness” is an illusion, nevertheless it is also true that the sense of being different from the rest of creation was carefully set up for you in order to create an atmosphere in which you could do spiritual work.

The Creator has attempted creations in which each entity in third density was aware of the truth of unity. It was discovered that in this atmosphere of being completely aware of who they were, entities were not motivated to seek further. The veiling of this awareness of the unitary nature of all creation was discovered to be an improvement on the design of, shall we say, the schoolroom of third density.

Your particular creation, then, is a creation in which you are veiled from that stunning awareness of your identity with all that exists. And it is as though you live in a body which is a barrier or a defense and certainly a limitation and a demarcation between you and the rest of the world.

When you come into contact with other people, it is as though those two stars become two ships that are sailing closer and closer together. Naturally, they do not wish to run into each other. They navigate around each other with some care.

There is that within each which yearns, however, to come into right relationship with others. There is a deep desire to find harmony, peace, relaxation and mutual affection when you reach out to another person.

How you think about yourself does impact the way that other people see you in a subconscious manner. This is because actions speak louder than words. Your body language, your gestures, your speech, the expression on your face, the look in your eye, all come across to other people in ways you cannot imagine looking in the mirror.

You do not see the self that others see when they look at you. You shall never know how beautiful some people think you are and hopefully you shall never know how unattractive others think you are. You are encased in your own opinion of yourself and while others' opinions of you may batter against that bastion, they cannot bring it down. What you think about yourself is what is in your creation and in your universe.

There is a moment in the seeker's life when the seeker chooses his way of life. When that moment comes—and, indeed, for many entities upon the surface of your planet at this time, that moment has not yet come and may not come at all—something changes about the way you see yourself. When you decide you wish to be of service to others and you wish to polarize in that sense, you create an expectation, a hope, and a goal.

Naturally, you cannot imagine precisely what being of service to others will entail. But you set your intention. And with that intention your ship has now formed a rudder. Your star has now formed its orbit. You have created in your universe a Pole Star [2] of hope.

This creates, metaphysically speaking, a passage from the spiritually immature person to the spiritually mature person. This is not to say that there is not always work to do in ripening the fruit of self but that until you take yourself seriously enough to make that life decision to offer all that you are in service to others, metaphysically speaking, you have not yet awakened from the dream of incarnation.

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. You know who you are to a greater extent than anyone could who has not yet come to the point of making that choice.

As you go about your life after that point, there may be no obvious difference in the services that you render to others. Nevertheless, to you there is a difference! There is a profound difference in that you have taken responsibility to seek resources and materials that will help you to investigate how to be of service and how to be of service more skillfully.

So, in a way, you put yourself under the gun. We use that idiomatic expression because in a way the decision to be of service to others is like the starting gun of a race. It is a marathon. It is more than a marathon. It is a lifetime. And you seek to move steadily, running a "straight race with God's good grace," as this instrument's hymn has it.

This same hymn brings us to our next point. The next words of that particular poem are, "Lift up thine eyes and seek His face." [3] You are under grace, my friends, when you choose to be of service. A tremendous amount of help surrounds you in that choice. Grace abounds, for when you choose to love, you choose to express the nature of the creation and the Creator. Your choice is in direct alignment with the truth, that truth that is such a great mystery that no one has ever been able to articulate it.

When you lift up from gazing at your own thoughts, your own processes, and the details of your conscious existence, you lift yourself into a goodly company. You lift yourself to a level of concept.

Now let us look at that a moment. Selfhood is in itself a concept and you are asking about this concept when you ask about how attitude can change your service. Lifting up from the concept of self is not looking away from the self, it is seeking a deeper and more informative and helpful kind of awareness of what that self is.

So, as a servant of the light who wishes to serve others, you have a dual awareness of self in that a part of yourself is aware that you are one with all with whom you interact.

The other part of yourself is self-conscious, self-aware and self-bounded by the limits of the thoughts within the brain, the shape of the body, and the shape of the concept of the physical self that you have.

Both of these concepts of self are useful and accurate and you play with them your whole life long. 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. You are at the same time sublime and endlessly and tediously detailed and worldly.

Letting those two concepts of self harmonize themselves is an art. And we encourage you always to make room for the sleepy one who is going out and fetching the morning paper to see the news of the day. As you progress spiritually, do not scorn the everyday and the ordinary. For those are moments of sacredness also.

Indeed, our answer is couched in the concept of allowing the self to become aware, slowly and gradually, of the depth and the richness of your own self. Not shunning or eschewing any part of the self, any part of the veneer of civilization and culture, or the slightly deeper natures of race and teaching and culture. Never shunning sexual differences, but embracing them and acknowledging them. You incarnated just as you are for good reasons. Do not turn your back upon them but appreciate them and see what they have to give you in order to help you be of service to others.

Service to others can be seen to consist of two parts, simplistically speaking. That is, the service you intend to give and the service that you give. In addition to those two parts, there is a third part which is entirely private and important only to yourself.

The service that you intend to give is in line with your decision to be of service to others in the first place. You have set your intention for your lifetime in that cornerstone decision. Each time that you repeat that decision in choosing consciously to be of service to another, you are doubling your polarity. You are creating a more and more powerful self, a self more and more capable of achieving changes in consciousness at will.

You are becoming a magician in the most high sense of that word. You have left your mailbox and your home town behind and you are relating directly to the star of hope. How glorious and how beautiful that upliftment is as we see you repeatedly attempting to set your intention and to serve. Those intentions cannot be taken away. What happens in the world “out there,” shall we say, is of no consequence, in terms of what is happening metaphysically.

Service to others’ second part, shall we say, is the service itself. When you serve another person it is as if you gave a gift. You cannot help but wrap that gift in a certain kind of paper with a certain kind of ribbon and a certain kind of bow. You are who you are. Your gifts are generally wrapped in biases that constitute the wrapping of the present. That person’s reaction to the package will, to some extent, affect his use of the present itself.

We do not say this so that you will be concerned about it. We say this so that you will understand that you are not responsible for the way people take what you offer with a pure and good heart. You are responsible only for the offering and for crafting that offering to be as beautiful as possible.

When you have given that service, whether it be a word, a gesture, a gift of money, a gift of time and attention, or whatever your service to others is, it is completely out of your hands. Your baby has left the dwelling place, never to return. And in someone else’s universe, a gift has been given.

What that entity does with your gift is of no concern to you. Many, many times that which you intend occurs, and there is rejoicing between the two of you. Many other times, my friends, your gifts will not be recognized for what they are. They will be trampled into the dust. They will be taken for the opposite of which you intended. Or any other number of things may occur to that gift.

You have to let that be all right. You cannot be chasing after your service to others and shaping it up, altering a bit here and spiffing up there. You must let it go.

If you find resistance to your gift, we suggest that you study that, sit with that, as the one known as R said earlier. Allow that to be part of your awareness as you ask yourself, “How may I better serve?”

That third and inward part of service to others has to do with the attitudes with which you approach service. As long as you remain within your personality shell, you will always be second-guessing your service. You will always, according to your nature, either be

concerned that it was not enough or proud of yourself because you have done such a good job of serving others.

This has little to no impact on the service itself. The service itself has been moved into another entity's creation. You cannot affect your service by doubting yourself. The service continues unimpeded. You cannot affect the service that you give by being proud of it.

However, everything, my friends, is grist for the mill, including the thoughts that you have about what you do, what you think, and what you say. In the intellectual reaches of your creation, you can chase your tail in an endless number of ways. You can doubt yourself, congratulate yourself, feel guilty, wonder if you could have done better and any number of other emotions, thoughts and feelings which, in turn, become that at which you are now looking.

If you simply continue to watch yourself think and become conscious of the process, you shall eventually achieve realization. We always encourage each to spend time in the silence and to sink down into that silence to receive its riches.

Part of the sinking down into the silence is letting go of your self-concept. With us now, visualize yourself, each of you, in a small room. It is bare, monk-like, and yet when you go to that room, you are happy. For it is the room where you pray and ask. It is the room in which you are fed in that muscular silence of the inner heart. Kneel down upon that bare floor and remove from yourself the concept that you have of who you are. Take it down, my friends. 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.

Who are you then, my friends?

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. You will sense the air humming around you as if to welcome you to the world.

And you will know who you are.

You will feel that livingness without the need to identify it, define it or describe it. Because you are no longer your personal self when you rise from your knees in that inner room. You are a very impersonal self, that self that all entities truly are beneath the many

layers of self that have been taught, the poses that have been struck, and the decisions about details that have limited you this way and that until you have painted yourself into the corner of who you describe yourself as being.

You have burst free of all of that when you become the “I” that serves. And then, my friends, you do not have to wonder how you did. You do not have to doubt yourself and it will not occur to you to pat yourself upon the back.

You cannot stay within that state of mind on a continuing basis if you are like most of those upon your planet. And you are not intended to stay there. For you have work to do that you gave yourself to do, that did not have to do with service to others as much as it had to do with growing your own mature balance of self.

Balance is a very helpful word when it comes to attempting to envision and focus your energies and spend them wisely. There is always a dynamic balance that is going on in your life, no matter what issue you take up. Look for the balance, not for the right or the wrong. Look for the resonance and the sense of deep confidence within that says, “Yes, this is where I should be. This is how I wish to serve. This is my best environment.”

When you feel that you are in the right place at the right time, then there is a relaxation within you.

(Side one of tape ends.)

(Carla channeling)

And you do not strain or stretch in the space which the world has for you. You have made your space by identifying yourself as the “I” that serves. Take your Christhood upon you. Wear it well. Wear it humbly. Wear it proudly. You shall serve, my friends, with excellence.

We are aware that we have but scratched the surface of this topic and yet we are also aware that this instrument is suggesting to us that we move on, and we would ask at this time if there are further questions that you have or a follow-up to the query that has already been asked. We are those of Q’uo.

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 are those of Q’uo, and we believe we understand your query, my brother. We said earlier through this instrument that when you have offered a service, it is no longer your own. This is a harsh truth sometimes, because sometimes your offering falls upon stony ground.

This has nothing to do with your offering, my brother. For that which you have offered with a full heart and a pure intention is as it is. It cannot be scorned or taken down in the

world of concept and metaphysical truth, although in the illusory world which you call consensus reality there is no guarantee that anyone will ever understand any gift that you may give.

We believe that this is the kind of situation about which the one known as Jesus the Christ was attempting to talk when he was speaking of the blessings of being poor in mind, of being in grief, of crying, of being in so many difficult situations and yet before every description of a sad situation—sad seeming to the world—the one known as Jesus said, “Blessed are those...” 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. In your grief, there is a beauty that is unmistakable. And all we can suggest to you, my brother, at this time is that you focus on the blessing of this situation and allow it to sweeten you as it humbles you.

Out of that humility and sweetness come the sprouts of new hope, new life, new energies to meet, new loves to greet.

May we answer you further, my brother?

S: No, thank you for that.

We are those of Q’uo, and we thank you as well, my brother. May we ask if there is another query at this time? We are those of Q’uo.

T: Yes, I would like to ask a question. We spoke earlier of meditation and the difficulties of sitting in meditation and finding the time or just going and doing it and I have been working with programming before I go to sleep at night with thoughts that I want to explore or just various things. I guess that I would like to have some comment on the efficacy of doing that. I feel it’s beneficial but I would just like to have some comment on that if you would please.

We are those of Q’uo, and believe we understand your query, my brother. It may seem an unspiritual thing to say, but in truth, a good deal of what is processed through your instrument as a spiritual seeker is much like work on the computer. There is programming involved. You have a set of defaults, in general, in your life. You were born with some of them. Others of them were taught to you by those who wanted to tell you who you are. This constitutes the original programming for the kind of query the one known as R was asking earlier, about how does your attitude affect the service.

When you ask yourself to program for a certain intention before you get to bed at night, you are overriding the original programming and making it your own. This is an excellent thing. As you set your intention, then, set your intention truly, mean it sincerely, ask it humbly, and release it.

Now, it is very important that you release it. Because it will grow if you allow it to grow. That programming alerts other programming deep in your bio-computer, shall we say, programming having to do with accepting help and becoming more sensitive and attentive to guidance. And as you continue to move along one line of intention, you are accelerating the rate of your spiritual growth greatly.

To balance the excellence of this we would simply offer you the corresponding and balancing dynamic to all intentions to accelerate the pace of your spiritual growth. That is, that the more skillfully you program yourself for opening up to transformation, the more change will seem to occur in your life. Change is often very difficult to process. And so you may feel, if you contemplate this, that you have done yourself a disservice. This is not true. You have simply asked of yourself that you move more quickly than the earthly part of you might perhaps feel comfortable in moving.

So, as you move into doing this programming before sleep as a steady and stable practice you may well find that various things in your life seem to jump up at you and say, "I am a problem. I need to be dealt with." Yes, you have asked this of yourself! These are the little ten-minute quizzes you get when you are in the midst of transformation. This does not mean that it is not a good idea to do what you were doing, it is simply that it is well to mention that there is a corresponding dynamic when you are being the most successful, shall we say, at becoming more what you would wish to be, in that each effort in that direction is balanced by the challenges or catalyst that will appear in just such a shape and form as to be sure that you meant what you said.

May we answer you further, my brother?

T: No, thank you.

We thank you, my brother. Is there a final query at this time?

Jim: The instrument is attempting to write articles to explain the archetypes to people who would like to study them. What would be the philosophy concerning archetypes that would be the most important to get across?

We are those of Q'uo, and are aware of your query, my sister. In this effort, my sister, your art, pallid though it may be, is the art that must be used; your words, inefficacious that they may be, must be the words used. As you are attempting to learn how to teach and as this information is very active in your life at this time, we cannot infringe upon your free will be attempting to make decisions for you.

We know that you understand and that you were aware that this may be the outcome of such a question. We may, however, share with you our encouragement and encourage you further to relax your mind and to pray before you begin to write each day. There are times that you have forgotten to do this, my sister. Do not forget it. Opening to that guidance is doing a good deal more than you can possibly imagine.

You have an excellent mind, as do many artists. And yet the burden that you wish to sing is beyond your instrument, as it is beyond all human instruments. Therefore, open yourself to the inspiration and the intuition that come from that movement towards prayer, that movement towards the asking, "How may I serve?"

At this time, we would take our leave of this instrument and this group, with great regrets, we must say, for we have greatly enjoyed your company. Your beauty astounds us. The sacred space you have built together houses us too. Thank you.

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

[1] effulgence: radiant brightness.

[2] The Pole Star is also known as the North Star and is the brightest star in Ursa Minor. Pole stars are often used in the navigation of ships because the pole stars' position in the sky doesn't change throughout the night and thus dependably indicates north.

[3] The second verse of J. S. B. Monsell's 1863 poem, "Fight the Good Fight," is:

Run the straight race through God's good grace.
Lift up thine eyes and seek his face.
Life with its way before us lies.
Christ is the path and Christ the prize.

Sunday Meditation

January 21, 2007

Group question: We saw a movie last week [1] where the hero gave his life to save a friend from a gang of bad guys but he killed a number of bad guys in the process. His intentions were pure to serve and save his friend but his actions were mixed. We would like to ask Q'uo how our polarity is affected when our intentions are good but our actions are mixed.

(Carla channeling)

We are those known to you as Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for asking us to join your circle of seeking and to share our thoughts on the workings of intention, action and polarity. Certainly today, my friends, you ask a rich question and we will attempt to mine this lode of questing as best as we can.

As always, we would ask for you to be guardians of your own temple, to be the lions at the gate that do not accept information unless it resonates. If our thoughts resonate to you, then they are yours to work with. If they do not, my friends, please leave them aside. In this way you will safeguard your own free will and make sure that we do not have an undue influence upon your spiritual process. We thank you for this consideration as it allows us to rest in the knowledge that we are not infringing upon free will.

You ask this day concerning the motion picture which this instrument calls *The Ninth Configuration* and the issues which it raises. Many are the times, when violence is involved, that the intention is relatively pure, as was the anti-hero's in *The Ninth Configuration*.

Most entities involved in violence, whether personally or on behalf of a group such as a nation-state, are not habitually in a state of rage, anger or other violent emotions. Most have responded to the need to defend that which they hold dear. 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. Your entire planet has a population with ideals and intentions that are far purer and more positive than the actions which they undertake might lead one to believe.

In this regard we would note that your culture, with its menu of television shows and motion pictures which demonstrate and even glorify violence, is not geared to aiding its population in the ways of spiritual seeking. Your young ones have violence shown to

them in their toys, their programs and movies, the stories of heroism and valor on the battleground and their video games, in which they are able to achieve a sense of invulnerability as they pretend to kill target after target after target, thereby predisposing their growing minds to the numbing affects of the acceptance of violence as a way of behavior.

And indeed, how many of you have seen violent acts? How many of you, my friends, have had parents who abused either you or those near to you? How many of you in your school days have experienced the bullying on the playground or the less obvious but equal violence of words, meanness, pettiness and rumor spread with delight by those who enjoy victimizing the outsider, the one who does not fit in?

This adds up to an atmosphere or environment which is pervasively accepting of violence. We do not wish here to move into discussion of a nation's right to make war in order to defend its principles. This is not the place for that discussion. We look at violence here from the standpoint of the soldier in the trenches and the person on the street, not the society or the governing institutions which help to create the environment which you find yourselves enjoying at this time.

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. The clouds of glory depart, the veil falls, and the young child begins to wend its way from absolute unawareness, unconsciousness and ignorance towards consciousness, awareness and understanding.

You are not your environment. Your heritage is not only Earthly. Your genealogy is not only of the blood of Earth. You are citizens of the starry heavens. You hold within you the truth you seek. Safely is it buried beneath the drifts of memory and habit that you have accumulated in this incarnation.

Some of you have investigated yourselves enough to have become aware of who you are and why you are here. Some of you have scented that prey of understanding and awareness that you seek and you are after it like a dog on the scent of a fox.

We would encourage all of you to persevere in your seeking, taking each day as it comes and letting wisdom and understanding drip into your environment as the dew of heaven falls upon the grass, just as manna fell upon the grass for those who followed Moses.

You are not your surroundings or the ideas of those around you. You are one who can take nourishment directly from spirit. You do have a plethora of what this instrument would call bad information. Some of you wonder if there is any possibility of an entity being a truly ethical human being, so compromised is each soul in his own estimation. However, you have sources of good information as well. And so we ask you to take heart.

There are several ways to look at ethics. There is the Rhadamanthine [3] way. It is severe and stark. In that system of judgment, which is completely earthly and not at all taking the characteristics of consciousness or infinity, a man who has murdered another is guilty.

In this Rhadamanthine system which informs your present system of courts, justice, checks and balances and so forth, there would be a representative from the victim stating that this man was guilty because he had committed murder. There would be another entity defending the rights of the man on trial saying that this man was acting in self-defense. In this system of justice, the twelve good men and true, as the jury in your legal system is often called, would weigh the sin of murder against the extenuating circumstances and call the entity either guilty or not guilty.

In your Earth world, such questions must be settled one way or another, even if there is truth on both sides. And so a judgment would have been made, the entity undoubtedly being imprisoned for his crime and perhaps himself being killed as part of the severe justice of this type of system.

There is a second way of valuing: intentions versus actions. The one known as Jim was speaking earlier of that segment within the sessions of this group with the one known as Ra where the Ra group stated that the one known as Jesus the Christ was only absolved of his childhood violence when he forgave the thief on the cross beside him and said to him, "This day shall you be with me in paradise."

At this level of looking at the workings of polarity, the one known as Jesus the Christ was in karmic debt from the point in his boyhood where he had done violence to another human being, however unintentionally. Because he had not forgiven himself for that action, he was karmically tied to that action and that entity because of his unwillingness to release himself from the burden of guilt. He was unwilling to forgive himself of his sin. And we use that word "sin" advisedly. That would be a topic upon which we could speak in and of itself! Perhaps you could substitute the word "error" in order to create a more neutrally emotional word for a lapse in judgment that results in unfortunate consequences.

When the one known as Jesus was faced with this self-confessed thief and murderer who asked him for forgiveness, Jesus the Christ not only forgave him but he realized with a flash of insight that pierced his very heart that he had the ability to forgive all others in the world but he was holding himself away from the redemptive power of the forgiveness that he himself came, in his own intention, to offer to the world. And so, finally, joyfully, thankfully, he released himself from his mistake. He forgave himself and he was free.

Note here that we are not talking about the level in which some things are right and some things are wrong and the wrong things must be punished. That is the Rhadamanthine system of justice upon your planet. We are talking here about the world of karma where bonds are made between people when they interact in an unbalanced way and do not work out that imbalance. The workings of karma are only very partially outward.

In other words, the entity known as Jesus could go to the family of the entity whom he hurt in his childhood and ask them to forgive him. It would be hoped that they would find it in their hearts to do so. But the wheels of karma are stopped not by the forgiveness of another but by the forgiveness of the self by the self.

There is a curious unwillingness in entities to let go of their guilt. What is past is past and what was wrong will never be right in the earthly sense. But it is fear that keeps the soul from standing in the light of ethical day and confessing that error, that darkness within, to the infinite Creator and asking forgiveness. That is an externalization of the process in which you ask yourself for forgiveness.

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. Yet, in truth, this process is internal and the Creator you ask for forgiveness dwells already in your heart of hearts.

Thusly, on this level of karma, the disposition of this anti-hero who had striven with all of his heart to be totally positive and yet had, in the end, acted out tremendous violence and done murder, would hinge upon whether he forgave himself as he died. He had condemned himself by refusing to allow anyone to know that he was hurt. He wished to die for that which he had done. Thusly he drew down judgment upon his own head in the Rhadamanthine fashion, in this instrument's mind, at least.

The film did not make it clear whether or not the anti-hero forgave himself. If he did not forgive himself, he remained tied through karmic bonds to those whom he hurt and killed. If he forgave himself, karmically speaking, he was no longer in karmic debt, for such debts are put "Paid" when forgiveness offers its redemptive value to the equation.

There is a third level upon one which may consider intention and action and how that affects polarity. And this is perhaps closer to the crux of your query than either of the other two levels we have discussed. This level of consideration is entirely metaphysical.

At this level of consideration, one is not looking at the facts on the surface. "Who did what to whom?" is not a consideration here. For at this level, each entity is dwelling within its own completely whole and three-dimensional creation.

It is no shadow world, this world that you are in, metaphysically. It is indeed an environment more real than the consensus reality of planet Earth in terms of your being a citizen of eternity.

In the environment of consciousness and the heart, we are looking not at manifestation but at energy expenditures. We are looking at the vibration which an entity has. This vibratory complex is as your fingerprint or your DNA, on a metaphysical level. Let us explain this briefly.

Consciousness is, at base, precisely the same in all of you. 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. Each of you has this consciousness and works, either fitfully or steadily, with this consciousness in moments of insight, in dreaming, and so forth.

That which you are doing at any particular moment may be affecting your vibration. You have the ability and the capacity to change your vibratory nature, to lift it up. Indeed, you will gradually change in vibration through the effects of life experience, whether or not you intend to progress. If you do intend to progress and take steps to focus in on your energy body, the expenditures of energy for which you are responsible, and the decisions which have ethical implications, you are accelerating the pace of your spiritual evolution.

The more ways that you can find to bring ethical considerations into your thinking, the more lucid your ability to evaluate situations will become. The more you ask for guidance in looking at ethical questions, the more accurate your web of perceptions can become.

Yet in the end you are responsible only for doing your best. You cannot entirely corral or control your own vibrations. They are like your breathing or your heartbeat. You can consciously stop breathing for awhile but unconsciousness will soon come and you will begin breathing again. You can race your heart until it is beating as fast as two hundred times a minute by doing intense physical exercise but when you stop that exercise it will find again its own level.

However, if you hold your breath repeatedly you will eventually develop that system of lungs that will therefore be stronger because of your practice. And if you exercise regularly, running your heart up and letting it cool back down again, you'll find that your heart is pumping more efficiently and is able to move the blood around your body with fewer beats of the pump of that heart per minute.

So you have some effect, as a physical person, upon how your body works. But you are cooperating with nature. You do not have the final decision as to whether your heart shall beat and your breath shall respire. It is the same kind of situation in your energy body. You can be attentive and watchful and look as the hunter for his prey for situations that can be considered for their ethical values. You can ask your highest and best self, your guidance system, to help you make ethical choices that lift you from where you were to a new level of acting out the thoughts that you understand to represent virtue.

You are able to walk your talk. 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.

In this system of judging the dynamic between intention and manifestation, it is not precisely that intention is all. It is that intention is the only metaphysical portion of the

equation. So intention figures into the vibratory nature of yourself as a result of the action that you have done.

In this system of evaluating the anti-hero's situation, we would say that this entity was clearly vibrating in service to others at the time of his death and would guess that the screenwriter intended to portray an entity who was extremely service-to-others oriented by nature. So dealing with this hypothetical and fictional anti-hero, we would say that, undoubtedly, as he was represented by the author and the actor that acted his part in the motion picture, this entity graduated in service-to-others polarity.

And indeed, again, it was not simply his intention that moves into that estimation by us but rather his entire being as it vibrated naturally beyond his control, expressing the truth of himself, including all of the mysteries and the secrets that he had not discovered yet about himself or had discovered and then buried.

It is a relativistic ethic indeed that we offer you for consideration this day. Pure ethic, that Kantian search for the categorical imperative where, if something is right once, it is right always, cannot work either in Earth or in the starry heavens.

Certainly, ideals themselves are pure. But ideals are called ideals because they are not earthly. They are the thoughts that lift us up and inspire us. They are those fields of purity that attract us and enchant us but their nature is such that they are entities, living entities. Living, certainly, not as humans, but as the angels or fairies or gods and goddesses of myths. They are ideas and concepts. And in their own world they are living beings.

You may dip into truth, dip into justice, dip into fairness, and so forth, to take on the energy of that pure idea. But as it moves into your energy body, it is colored by your presuppositions and biases, the distortions that you have made in this consciousness that is common to all.

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. It is good to invite them to be through you a beacon unto the world.

But it is well to realize that in a very complex series of energy exchanges, the finished product of what you have done by praying is a minute but significant adjustment in the balances, the clarity, the amount of energy, and so forth in your energy body. And it is your energy body, specifically the read-out of the entire energy body that is seen within the seventh chakra or energy center, that determines your polarity at any given moment.

You cannot bank polarity. You cannot do so many good things and so many bad things and add up the difference. You are involved in an illusory progress through time. The one known as Thales [4] said, "You cannot step in the same river twice." And we say to you [that] you cannot step in the same action or thought twice. It happens and you move on. It is gone forever. That chance that you had to think, to pray, and to act is gone forever. In

its place is an equally precious present moment. And so this continues throughout each heartbeat of your incarnation.

You are always experiencing the final moment of your life and then discovering that you have outlived that moment. But it is well to act as if each moment were your final moment. For this points out the gravity and the substance of your ethical choices and how important it is to pay attention to them. For only by making these ethical choices, one upon another upon another, so that you get the habit of fielding the ethical implications of the present moment, can you maximize the use of your time.

(Side one of tape ends.)

When you go to graduation you shall not have a grade of 100% of service to others. However, the Creator seems to grade on a curve here. If you even have 51% of service to others, you are ready to graduate. Each time you consciously choose to serve others, you have moved above 51% and into positive polarization comfortably sufficient to graduate from planet Earth. 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.

You shall never be able to untangle the good from the evil within humankind, my friends, because you, as a member of the human race, are both good and evil. You contain all the shades of virtue and vice within one global entity.

By a series of choices, you have found ways to be yourself to the outer world and to yourself. You have shut much of the shadow side of your nature away because it is unpleasant to see and it is very difficult to bear. Unusual situations such as occurred in the case of this anti-hero in *The Ninth Configuration* create situations that take us all by surprise, as this fight took the anti-hero by surprise.

We ask you, then, not to dwell in judgment of yourself or others. You cannot help being judgmental and we do not discourage the practice of judgment. We simply ask that you begin with the judgment that is inherent in your nature as a human being, but that you do not stop there. 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.

This instrument is informing us that we need to move on. We must admit that we are sorry to leave this interesting question! As so often we are sorry to get off of our soapbox, tuck it under our arm, and trundle out of Hyde Park.

May we ask if there are any follow-up queries or any other queries at this time?

R: Not from me, Q'uo.

(Pause)

We are those of Q'uo, and we find that we have exhausted the curiosity of those present in this circle of seeking for now. We reiterate that it is a blessing to us to be with you. You help us in our service to others at this time by asking for our humble opinions and it opens our heart to be able to share thoughts with you.

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. And the blessing of being with you and of seeing the beauty of your articulated energy is wonderful. We are amazed at the courage and the goodness within each of you.

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

[1] "The Ninth Configuration," written, directed and produced by William Peter Blatty and starring Stacey Keach, was originally released in 1979. It was one of Don Elkins' favorite movies and we screened it so that Gary could see it. The title reflects the film's thesis, which is that the very presence of life on earth, which required such a specific set of conditions and molecules in the scientific "ninth configuration," must imply the existence of some higher force or purpose.

[2] This quotation is from a poem by William Wordsworth, written from 1803 to 1806, entitled "Intimations of Immortality from Recollections of Early Childhood." The quotation above is from the fifth stanza, which begins thusly:

Our birth is but a sleep and a forgetting:
The Soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home:
Heaven lies about us in our infancy!

[3] Rhadamanthys, in Greek mythology, is the son of Zeus and Europa. He exemplifies justice during his Earthly life and after his death is made a judge of the underworld. His name has been given to systems of justice which are inflexibly just or severe.

[4] Wikipedia: “Heraclitus is famous for (allegedly) expressing the notion that no man can cross the same river twice: *We both step and do not step in the same rivers. We are and are not.*”

Q’uo attributes the same notion to Thales, who lived seven centuries before the time of Christ in Miletus. He was the first recorded Greek philosopher and was considered one of the Seven Wise Men of Greece for his exhortation on Unity. He was the first man to attempt to explain the nature of the physical world philosophically—by the natural processes of human thought—rather than mythologically—by the supernatural. Thales’ basic theory is that everything in nature is one thing. He thought that one thing was water; hence the significance of this statement attributed to him by Q’uo.

Sunday Meditation

February 4, 2007

Archetypes Gathering II

Group question: Q'uo, today the question concerns the study we've been doing for the past weekend on the archetypical mind. These are concepts that are very intellectually challenging and we would like to know, as we go back to our daily round of activities and our normal lives, how best to apply these concepts in our daily lives. How can we attempt to use them to better open our hearts and to understand the Creator and each other and ourselves? What's really happening in our space/time environment, our daily lives, and what's happening in the metaphysical realms, in the spiritual realms, as we attempt to apply these principles to catalyst and circumstance that comes our way?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank you for the privilege and the pleasure of being called to join your circle of seeking.

Indeed, we thank each of you for somehow finding the time, the attention, and the room in your very busy lives to turn from all other pursuits and seek the truth. In humbleness and in sincerity have you come to form this circle and your beauty is astounding, my friends.

We would appreciate, as always, your using your powers of discrimination in listening to our thoughts. If they are resonant to you then they are yours to work with as you wish. If they are not resonant to you for some reason, please assume that we have missed the mark and lay those thoughts aside so that you may go forward to meet the resonant information that is coming your way. For we are not the only source of useful information and inspiration. The entire universe speaks to the one who has the listening ear and the understanding heart.

You ask this day concerning the use of the archetypes, and the archetypical mind in general, as you move from this sheltered and protected environment wherein you have been able more deeply to study and ponder these things than is possible within the helter-skelter of your daily routine. There are many approaches in answering this question and we see virtue in several of them. So, if you will allow us the rambling, we will approach this question from several different angles. Perhaps in that process you may find useful material at various levels of your process at this time. That indeed is our hope.

Become aware of yourself at this moment, as you are resting against your chair. Feel your lips, your eyelids as they are gently closed over your eyes, the lashes resting on your cheeks. Feel the relaxation and comfort of this seated figure that you are. Feel the

articulation of your fingers and your toes. Be aware of yourself as a being poised in this moment of the present.

Who are you? Why are you here? Rest and ask. We pause.

(Pause)

(Carla channeling)

We are those of Q'uo, and are again with this instrument. Our desire was to bring you to a point of focus wherein you were exquisitely aware of the reality of yourself. It is something that is easy to take for granted, for you are always with yourself, waking and sleeping. Yet you are a miracle and a wonder.

My friends, you are a focus within which the Creator can know Itself. You are precious. Think of the value of a rare gem and then realize that there is only one of you. How precious are you, my friends? 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.

You are an instrument. Each of you has a tune, a melody, an air that you play the best. And you share that lilt with the world. There are other melodies within you which you wish to discover and become able to play with the instrument of your beingness. You are not satisfied with that which is yours at this moment, for there is a seeking in you that wishes to go deeper, to become more aware and to open to that which can not be known but only experienced of spirit in manifestation.

Because you wish to seek further, go deeper, and look with more intensity, you have come together to help each other, to encourage each other and to support each other with the respect and the validation that you give to each other. Beneath the clothing of the behaviors of society, my friends, you have experienced within this weekend true charity, true affection, true friendship, and as you have expressed as you talked about the circle before this channeling, a true feeling of home.

Strengthened from this time together, you are ready now to soar upon your way. For each of you has unique items to address in your personal agendas, both in the inner world of seeking and in the outer world of manifestation, work and play.

Gather your wings! Indeed, my friends, feel them! Feel the wings of spirit that help you to soar. Feel them knit themselves to your very flesh, for you are spirit in manifestation and you have both the Earth and the starry heavens in your makeup. You can indeed claim your wings and fly.

And whither shall you fly but to do the will of the Creator? "And what is that will?" says the flesh that does not soar. "Tell me what shall I do? Where shall I soar? What is my

mission?” And we say to you, take wing, knowing that all has been prepared for you this day and henceforward.

When you ask yourself what to do, open your eyes and see what it is at which you look. What you see before you is the gift of the present moment. And as this instrument often asks, “Where is the love in this moment?” This is the starting place for everything, this present moment. And not just this one as this circle sits in focused sacredness but every moment of every day.

We ask you to move in mind now with us to a larger point of view, for we wish to create a context in which you may see the workings of the archetypical mind and mind in general both against the backdrop of the everyday and the backdrop of eternity.

Each of you has limitations that distract your mind from perfect awareness, perfect peace, and perfect focus. The distraction may be physical. It may be emotional. It may be buried in mental distortions inherited from other lifetimes or from periods earlier within this lifetime when certain relationships of energies became entangled, so that there is a seeming difficulty in separating out the strands of being and doing.

For any entity within third density there is every expectation that you shall experience these limitations in an ongoing fashion; not necessarily continuously but nearly constantly, throughout your incarnation.

Take a moment to give thanks for these limitations and distractions. They move you by their creating in you discomfort and hunger. They keep you from being placid. And most of all they awaken you to the song of the bird, the rush of the wind, the glow of the stars, and the heat of the sun.

It is easy to feel that you are living an inconsequential life because of these limitations. And it is well if you encourage yourself when you feel that you are beginning to drown in your own banality, to lift yourself up from that point of view and refocus your attention upon the beauty in your environment. This refocusing awakens you in a sense in which spirit, mind and body function together. Allow yourself to be the enlivener of yourself.

As we suggest that you do this, we are suggesting that you spend time with archetypical energies. We realize that each of you has struggled with the concept of invoking the archetype or becoming the archetype. So let us look more carefully at what it is to awaken oneself up from the dream of life and to become alert to the listings [1] of spirit.

You dwell in a universe in which all things whatever are connected and knitted up together in love. That which you know that you are is interpenetrated and surrounded by that which you know not that you are; that remainder of your whole self that ultimately includes every iota of consciousness in the universe.

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.

Were you all clever and full of fourth-density's lack of a veil, you would see the dance that you dance together. But in fourth density, my friends, you would only be able to do the dance that you created for yourself in the third density that you now experience. Now, in this lifetime, at this moment, you are creating for yourself the choice of polarity and the balance of the energies surrounding that choice which shall be your starting point for all of the evolution that you shall experience as a soul for the next densities of experience. This time is most precious and we encourage you to embrace it with gusto and joy.

As you move into the everyday activities of your daily life, leaving this domicile and going back to your own, moving on with those patterns which are in progress in your life, encourage yourself to continue to feel the connection between yourself and all other consciousness, especially the points of consciousness with whom you have had moments of real connection during this weekend together. Let that feeling of family, validation and support linger and be a part of your heart. 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.

The archetypal level of mind is a level of consciousness in which you become exquisitely aware that you are the link between the everyday of space/time—morning, afternoon, and evening, the rising and the setting of the sun—and utter infinity and mystery.

Because of your unique vantage point, you are able to dip up into the ocean of consciousness that is common to all of you in such a way as to receive from that consciousness gifts that no one else has ever received or ever will. With your colorations and your biases, you do not go further away from perfection, but closer to it. The shades and the colorations of your feelings, your thoughts, and your actions create for you a unique experience of dipping up into that common river system which is the archetypal mind.

We have never been able fully to describe the archetypal mind because it is an infinite, ever-shifting ocean which is fed by all the rivers of all the energies that are possible to expend in creation. When you seek up into an archetype, you are attempting to join the creation itself as it dances its dance of creation. You are slipping into an already proceeding dance and moving into the flow where you can feel where to whirl and where to turn and where to leap and where to bow. For it is a stately dance at times, and at times a merry jig, and at other times the saddest of dirges with the most deeply expressive woe.

Dance all of your tunes, my friends, and dance them with all of your heart. The difference between the everyday and the magical is the difference between the entity who sees and hears no music and feels no desire to dance, and the entity who, hearing and seeing no music, and feeling no urge to dance, nevertheless rises up and invokes the dance.

There will always be entropy [2] that will encourage you to stop and not go further today. There will always be inertia that encourages your wheels to grind to a halt. You can always say, as this instrument said earlier, “I am weary. I am exhausted.”

Seek beneath those feelings for the will and the faith that is yours. Who are you? Ask and continue to ask. The answer is not half as important as the question.

In a way, life is a puzzle. There is often a feeling of pieces missing, as if the fellow who ran the jigsaw finished cutting the picture up into its component puzzle pieces and then slipped off with two or three of them in his pocket. You shall always be missing a few pieces of the puzzle until you call upon that which you know not.

In choosing to call, you join the dance.

In stopping to pay attention, you join the dance.

In becoming aware for a split second of the beauty of your own self, you join the dance.

We do not ask you to dance beyond exhaustion. We encourage you to rest when it is time to rest. We also encourage you always to lift up your heart and listen for the new song, the new energy, the new moment, the new life. You have a new life every moment if you will claim it and if you will direct it. You do not run out of chances to work spiritually. You may work in prison, in sickness, in any limitation whatsoever, to enlarge your ability to allow the energy of the one infinite Creator to flow through you and out into the world around you.

To touch up into the archetypal is to ask for the generality, of which you are a specific case, to inform you of your own nature. This incarnation, this third density in which you have enjoyed so many incarnations, and this day are all about choosing the point of balance in your life and then choosing it again and choosing it again.

Different people have different ways of describing what it is they seek. This instrument asks for the highest and the best. She will say, “What is the highest and the best way that I can meet this catalyst?” Find your own way to place yourself in that powerful position of one who chooses. This is the dance of the archetypes. Your third density is about choice.

There are many levels of choice. The fundamental level is the choice of polarity. 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.

You know which way you wish to go. Each of you here is deeply committed to seeking how to become more and more polarized in service to others. This does not mean that the choices that you make are simple. Third density is very good at presenting you with

complicated polarizing choices, choices in which part of your choice is to polarize towards service to others and part of it is polarizing backwards towards service to self.

As you rock back and forth in choice, find your sweet spot of surety and choose your own version of the highest and best. And then move off to court the feminine principle of nurturing, healing and pure affection that you are invoking by making this choice.

Allow yourself the encouragements of energies too deep for words. Listen for the brush of angel wings. For as you know that you are choosing, you become the magician, or as this instrument would [say], the Hierophant. You become the actor and the chooser.

We greet you, citizens of eternity! We, as you, are stars that twinkle in the Creator's eye. We, as you, are points of focus within the infinite vibrations of the Creator's universe so that the Creator may know Itself.

As you attempt to bring home with you the blessing of those feelings that you have enjoyed in this workshop, in this time together, know and rely upon the truth of what you have experienced and your complete ability and capacity to move forward with grace and intelligence, pursuing your polarity, pursuing your lessons and pursuing your service.

(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. For your guidance is ever with you. But it cannot speak with you until you ask. If there is one thing we would leave you with as we leave this subject, it would be the importance of asking, for help is ever near and your guidance is ever with you.

As always, we are sorry that we need to leave this fascinating question. Yet this instrument has asked us to close that particular subject for this day and ask if there are other questions or follow-ups that you may have at this time. We are those of Q'uo.

T: I do. My question is, if two entities are committed to deepening the relationship in seeking each other and the Creator to be a service and a light, what is happening metaphysically in the process of that third entity between them in the Creator? And then please discuss any practical ways to facilitate growing consciously in everyday life.

We are those of Q'uo, and are aware of your query, my sister. When any two entities who are aware that they are spiritual beings choose to seek together, there is created immediately an oversoul made up of their two incarnate energies connected to their guidance systems. In many cases, also connected to the entities and their guidance systems are the families or social memory complexes with which they have traveled to be of service to this planet. 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 may be seen not only to be helpful in and of itself but also to constitute a gift to the planet, to those about the self upon the planet and to the Creator. 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. The end result of entities forming connections with each other and with larger groups is the shift of consciousness of the entire planetary population. Therefore, it is big work that you are speaking of doing when you ask this question.

It is very helpful in everyday life to have made a conscious commitment to working spiritually as one being. There is no ducking away from the responsibility to treat each other as the Creator but the embracing of that challenge. And each time there comes the inevitable uncomfortable energy exchange, there is the opportunity boldly to go where few people have gone before upon your planet and that is into the thick of the disagreement between you, into the very thing you least want to look at between you.

Because in that very thing at which you least want to look is the gift that you have given yourself to unravel, that gift where you may untangle the ribbons of self and find how the energies can flow again. You find tremendous rivers of forgiveness and understanding flowing where there was dry land before and thirst and desert simply because you have turned and faced that seeming disharmony.

It may only be a small thing, yet the smallest of disharmonies is worth the attention, the respect, and the honor. It does not matter that the disagreement may be about nothing. It does not matter about perceived rightness and wrongness. When you, working together, allow light to shine through both of you as one, you are moving beyond yourself and entering a deeper portion of yourself which is ultimately impersonal. Yet it contains all of your heart and all of your soul.

It is a misapprehension that as you go deeper and become more closely allied to the Godhead principle that you lose yourself. You cannot lose yourself. You are part of the Creator. You are here to stay. Yet, in letting the boundaries drop and asking for healing and understanding, you find yourself growing in strength, in courage and in that feeling that you have in your heart that may be called respect for yourself. For you are taking yourself seriously and you are attempting to expand the energies of this incarnation in a profitable and efficient way for the service of the one infinite Creator.

This is true of any two people, but when entities are mated, they have awakened and shared with each other one of the most primal means of expressing the unity of the one infinite Creator that is available to the incarnate being within third density. And as they allow the harmony between them to be absolutely primary in their concerns, they are creating an energy pathway which leads to not only a mutual experience of sacred oneness as the Holy Eucharist of the red ray is shared and brought up into the heart in

green-ray energy exchange, there is also that which stems from such substantial energy exchange, that being the ability to offer understanding, compassion and shared worship.

Worship, my friends, devotion, those deep levels of feeling that is purified: these things explode into a blooming of energies that is as the light upon the hill. And those mated entities who are able to sustain the challenges of the ever-advancing ego and its self-centered concerns will find themselves able, without even intending to do so, to be a light for others that is very helpful to them.

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.

May we answer you further, my sister?

T: That was perfect.

We are those of Q’uo and we thank you. Is there another query at this time?

(No further queries.)

We find that we have exhausted the supply of questions that entities are ready to ask at this time and this is well, for certainly the energy of this instrument wanes and it is a good time for us to say farewell to this instrument and this group.

We say again what a pleasure and a privilege it is to behold your beauty and to share your meditations. We are known to you as those of Q’uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] This usage is quite archaic and means the “tendencies or leanings” of spirit, much as a ship or boat lists to one side or another, to port or starboard.

[2] Entropy has several meanings, the most general of which applies here: inevitable decline and degeneration.

Sunday Meditation

February 11, 2007

Group question: Our question this week, Q'uo, is: Each year, for many years now, we see at least one channeled source that says, "This is the year that the big changes will happen in consciousness." Some now say that 2007 is when this age will change instead of having to wait for the year 2012. We want to know what spiritual principles could help us look at this situation when channels get this kind of information.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We thank you so much for inviting us to join in your circle of seeking and to share our thoughts with you this day on the subject of these predictions of the shift of the ages and how they cycle.

However, as always, before we begin we would encourage each of you to take responsibility for your spiritual process. It is not wise to accept any information without examining it closely to see if you resonate to it personally. Many are the true thoughts that help someone; few are the true thoughts that help you. You need to distinguish those thoughts that are truly helpful to you at this time and those which are interesting but do not resonate. If you will take the time to do this, it will reassure us that you are taking responsibility for your own process and therefore we need not be concerned about infringing upon your free will. We thank you for this consideration, my friends.

You ask this day concerning the repetitive predictions of transformational times either immediately following the channeling or predicted within the channeling to take place within the near future, usually between two and five years. You ask how it happens that this information is repetitively offered, always with good rationales and always with interesting and supporting material offered by the channeled source.

There are a couple of different levels to the response because there are a couple of different spiritual principles involved in why this happens and what kind of information you truly are receiving.

In the first instance, the spiritual principle involved is that any spiritually oriented entity, once awakened to the situation of the present moment, has consulted those questions so important to spiritual seekers:

"Who am I?"

"Why am I here?"

"What should I be doing?"

There comes a realization, either slowly or quickly, that the time for equivocation has passed and the time for spiritual work is now. This is a non-local feeling of urgency, not connected with time and space. And yet you, as third-density entities, dwell in space/time. Naturally, you as a human being are going to think about these sensings that you have from your meditations or your contemplations and feel that they indicate an event.

In the largest sense, this event has been building since well before the time of Jesus the Christ. This entity came to help the shift of the ages more than 2,000 years ago and this entity was already feeling the urgency of taking up the work and moving forward on choosing service to self or service to others as a way of life.

The one known as Jesus the Christ felt a sense of urgency, as did the one known as John the Baptist. The apocalyptic content of their messages is substantial as it is given in your Holy Bible in the New Testament. 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.

At that level, you may see that it is an archetypal energy, when an entity awakens, to project his own awakening upon the world at large. And this is a legitimate and valid viewpoint from a certain point of view. Each entity is the author of his particular creation. Admittedly, there are points of reference which are common to most people's creations, including data about the society and the culture in which they live.

Yet each entity's creation is his own. The biases that he encourages in his life become the biases of his world. Entities are people of great power. They are part of the godhead principle. All entities, even the elements, the animals, and all of nature, have this power. But they do not know that they have it. And consequently they use it effortlessly and without any impurity, being incapable of altering their nature and only capable of fulfilling it.

You, as self-conscious entities, have far greater ability to create because you are conscious of yourself. You are aware that you are a being that is seeking. You have an observer function. Indeed, many entities have a very complex observer function, where the observer is watching the observer who is watching what's happening. You can create a lot of complexity in terms of how you perceive things and what you choose upon which to focus.

Consequently, your particular creation has sometimes a dramatic difference in coloration from the creations of some about you as you walk through your everyday experience. When you have achieved a sense of your own power and are dedicated to using that power rightly, you become a force beyond the normal run of human energy. Because you have awakened to your potential as the creator of your universe and because you have begun to enter into creating the universe as you feel you would wish it to be by acting in an ethical manner at times of choice, you begin to develop an energy about you that is the

energy not only of your personality but of the creation which has become imagined into being within your life.

Consequently, insofar as you have entered into this conscious development of yourself and your creation, you work not only for yourself but on the level of planetary energy. The situation is not that what you think becomes something others think. It is that that vibration which supports your work radiates as would the light of a lighthouse shining out across the dark and stormy sea.

As you allow your light and your universe to shine, you are, in your beingness, fulfilling one of your deepest purposes: you are changing and shifting consciousness at the planetary level. We would emphasize that, at this level of perception, we are not speaking of those things which can be pointed to and spoken of in words. We are talking about the shift of a point of view.

There is a point of view with which each entity looks at the world. Before the awakening process has begun, that point of view is reliably somewhat limited. The concerns of the instinctual animal that you are, as a descendent of the great ape family, are concerns about your family and your tribe. You want them to be safe, clothed, warm and fed. You want to gather those resources which you will need for them and not run out. And if you feel that they are threatened, you want to defend them.

These are the big bones of the skeleton of the typical concerns of one who is unawakened and functioning as a member of society at large without regard to any spiritual aspects of that life or those thoughts that the entity has. Therefore your work, while done privately, and not necessarily ever spoken into words, is magical, powerful work and well worth the doing.

There is an entirely different level which is a transition between the first level and the third. That transition level is that point at which the situation as regards your planetary dealings has become noted. As this instrument and others in the circle of seeking were speaking in the round-robin discussion that precedes these meditations, they were discussing the repetitiveness with which our most basic observed themes repeat. Those themes are those themes of empire which have dominated this particular planet's history for its entire run of recorded history.

And indeed, paleontologists and archaeologists indicate that, long before history was being written, the energies which aim towards empire were alive and well in one of the earliest pre-human bodies discovered. The entity had been killed by a blow to the back of the head.

The energy of solving problems by means of resorting to violence is an old one upon your planet. It indeed predates your particular planetary energy, for you have, in the course of the last 75,000 years, received entities from several planets which have been unable to complete their own third-density school or classroom because of creating changes in their planets by means of violence on a mass scale which rendered the planet

uninhabitable or because of outright destroying it by blowing it up. All of these entities are here, now, and are working to break old habits.

So there is a spiritual entropy [1] that happens when progress is not made. Energies become less and less organized and more and more chaotic because the energy is unusable after a certain point. Further, there is the energy of inertia, which means that even those who are not particularly involved in the tendency to resort to violence to solve problems yet still do not have sensors that send up the red flags of warning when they hear thoughts of empire being discussed.

They know that something is off when they hear discussion of how we should all be living in fear upon planet Earth. At the same time, they have no defense against what sounds like reasonable prudence. This seeming reasonableness can be attributed firstly to the fact that each of you upon planet Earth has gone through this cycle several times and has become used to it and secondly to that inertia within you which does not want to wake up because awakening is uncomfortable.

When you awaken and you see that things are not as you thought they were, you then feel that you wish to respond to that awareness. And the more that you make responses with the dedication in intent towards becoming more aware, more yourself, and more a part of the godhead principle, the more you are asking for change to occur at the deepest levels of your personality.

When you ask to awaken, to transform, and truly to serve at the deepest level of which you are capable, you are asking for the forces of transformation to come into your life. The one known as M was talking earlier concerning the efficacy of water used as a cleansing mechanism. And we would note that many are those entities who have found the use of water or other cleansing protocols helpful and useful because, as you change, you are dumping a good deal of toxic spiritual, emotional and mental material.

And whether it comes through the physical body, which some of it does, or whether it comes through the energy body, as some of it does, it needs to be processed and allowed its natural flow through you and out.

When entities do awaken and do realize that it is an urgent matter for them to shift their consciousness, they can feel that it is needed for others also to shift their consciousness. There comes into play a tendency towards what we might call spiritual materialism, in which you want everyone to form up and live in a new way.

In this regard we would suggest that the skillful choice is always to work on the self without regard for working with other entities. Service to others, working upon what you perceive needs to be done in the world, begins and ends within yourself. Until the point at which you are asked specific questions that you may answer in what you hope is a spiritually helpful manner, the work you do on yourself is sufficient and more than adequate in terms of how you may affect the consciousness of planet Earth. Change yourself and you change the world. That is how powerful you really are.

The third level that we would address is a level in time/space and space/time where these changes are actually occurring for your planet. And here we will need to take some time to discuss the mechanics of your situation, insofar as we can express them through this instrument. We hope you will bear with us as we work with a non-scientific channel in this regard.

There is a point early in your third density at which it was observed that the harvest of third density upon planet Earth was far behind schedule and indeed was not developing at all well. It was seen that the introduction of entities from other planets, and further introduction of changes within some of the templates improving upon the human genome, created unforeseen consequences that deepened the power of entities to use free will without the spiritual ability to see where that free will power was headed.

Another consequence was the enhanced ability to amuse and enchant the self by means of stories of power and empire. The culture as a whole, then, by its use of free will, had moved into a situation that concerned the guardians of this planet enough that it created for this planet a time lateral, a kind of track parallel to the main track of time and space as it is naturally developing in your physical environment.

You have never experienced life in your totally natural physical environment because you have been on a time lateral in quarantine for thousands of years. It was hoped, by quarantining the planet from further outside influences of any kind, that the free will of the body of the tribe of humankind would gather itself and would begin to address realizations of how ethical choices might be made in a way that progressed from the basic feeling that, when threatened, the proper response was likely to be violent, for that got the job done—and right quickly.

Consequently, riding upon this time lateral as you have, you have experienced repeated waves of empire as they have flourished and fallen only to see another empire rise and fall and another and another. If you look at your outer environment you may see these forces at work even now, moving in a repetitive manner, satisfying that portion of the tribe of humankind's deeper mind which is used to these energies and feels comfortable with them, not because they are good but because they are what planet Earth is all about.

The breaking forth of new life into this dark world is a common occurrence because the light cannot be put out by darkness. And person after person after person has moments of brilliant insight in which they see that responding to violence with violence is not a wise move.

More and more of your entities are investing time, talent and treasure in finding different responses to the surrounding darkness based not upon the darkness itself but upon the light that comes from within the darkness and which the darkness cannot extinguish. Entities focus upon that first candle of light. And that tiny illumination illumines more. And then that illumines more. And a process of lightening the consciousness of yourself begins.

The time is coming and indeed is nigh at hand when something you might call a tipping point is imminent. And indeed it stands before you at this time. What is that tipping point? That tipping point is a straw vote, shall we say, an informal poll, if you will, of the tribes of humankind, to see if the majority of entities want to separate themselves forever from any path except violence or if they want to progress into fourth density and beyond.

There are entities from fifth density on the service-to-self path that are attempting a coup, shall we say, of this train of humankind running along this parallel time track. They would like it not to rejoin the main track. The guardians of this planet and those light givers within your planetary forces, both seen and unseen, have all moved heaven and Earth, literally, to create a slowing of the forces of time so that every possible instant may be given to the development of planet Earth's human population to the point where the vote of the straw poll is for service to others and not for service to self; for radiance, peace and harmony rather than contraction, war and hostility as a background to the everyday life.

We are very hopeful. If that last moment were this very day, the straw poll indicates that your planet will rejoin the typical, normal progression of space/time. What the negative entities would like to do is to have that tipping point go the other way and to have people say, "No, no, it's important to war because we want to gain resources, because we want to defend our family," and because of the whole laundry list of those things that the great apes are instinctually bound to consider priorities.

At that level, there is almost no time/space or space/time wherein a third-density entity may make that primal choice for service to others on third-density planet Earth. Your density has now become fourth density. It has not waited until this year or even several years before this but has been vibrating in fourth density to the exclusion of creating more third-density light.

Therefore, those third-density entities who now walk the planet are more and more sensitive because they do not have the support of third-density light which hides most of the truth. Rather they have fourth-density light interpenetrating their third-density understanding of their world, creating an environment where it seems and indeed is happening that wave after wave of truth and light and understanding is washing over this planet.

The fourth density is the density of love. But it is also called the density of understanding. What is happening to entities now is that that which is in their thoughts and in their unexamined assumptions is being mirrored out to them in everyday life for them to see clearly. They no longer have so much of a cushion of easy untruth because if they are awakening spiritually there are forces within them that have determined and intended to challenge those unspoken assumptions which are not serving the greater good.

So, insofar as you as a third-density entity are unawakened, you will simply find life getting harder. It seems that more extremes are taking place. You are not feeling as well. You lose more jobs. Whatever it is that you are working on [in] this life, there become

problems with it that seem harder than they used to be. This is because you are not protected from your truth as you once were.

Now, entities who are awakened are experiencing the identical situation, are experiencing an increase in suffering and are experiencing more difficult times. However, what they have on their side is that they have set their intention to serve others and to know the truth in order to serve others. This creates a fourth-density support system that is powerful indeed and can take the place of the previous comforts of the unawakened.

However, when you become awakened and set your intention to be an ethical being that is worthy of fourth density, you also ask of yourself that you begin to live the life that reflects those fourth-density values that are implicit and explicit when you think about service to others.

The principles involved in service to others are implicit in all that is done in that when you meet the moment, you are meeting it as one who serves. That is a general standpoint and that basic viewpoint brings to you a wider point of view which is based upon the guidance that you are receiving which is activated by your desire to serve. When you ask for the truth, the truth is there before you. Ask and you truly shall receive.

And then you are responsible for your actions in a way which was inconceivable when you did not know and had no knowledge of how the spiritual forces of evolution work. That of which you are ignorant, you cannot be held responsible. When you become aware of the spiritual principles involved in natural evolution, then you become also responsible for acting upon that knowledge.

This is not an easy time because of these factors. As the song before this meditation says, entities may often be standing knee-deep in the river of love and light and dying of thirst [2] because they do not know how to scoop that life-giving liquid up into their bodies, their minds, and their spirits. How do you crack up an earthly life and let the sun shine in?

Fortunately, my friends, it is not a matter of cracking open your life to let the sun shine in. It is a matter of cracking open your personality to become aware of the sun that is already shining, in an infinite supply, into your heart, your mind, and your consciousness, into every fiber and cell of your being, both physically and non-physically.

To sum up this third level, we would say that to the best of our knowledge—which is not without error but is only opinion—the timetable of your planet is a set one. The planet itself, minus the time lateral, will completely shift into fourth density at the winter solstice of 2011.

There is an area around this time that is not clock time because the change is not in space/time but in time/space. That penumbra, shall we say, of the time of shift began approximately in 1998.

As we give this instrument dates, be aware that we are not particularly good with numbers. There was in the planetary energy system an adjustment made at one point that would simply remove the planetary population through natural means because it was failing to come to harvest. This pole shift was averted in 1998 by many groups such as this one [that] were aware that consciousness needed to be lightened and [that] spent a good deal of time and energy as light bringers and those who spoke about these energies, these times, and the spiritual principles involved in evolution.

This work has enabled this planet to have the added physical space/time for those entities within incarnation at this time to come to harvest on their own and also in order to give entities who graduated early the opportunity to come back into this planetary environment you call Earth and help accelerate the shift in consciousness. They, more or less, shall we say, have stacked the deck, making the tipping point ever closer towards rejoining the main line of space/time.

We confidently believe that your planet will rejoin that natural movement and progression of your planet into fourth-density space/time.

(Side one of tape ends.)

(Carla channeling)

We do not believe that the entities who attempted this coup will be able to convince the majority of entities upon planet Earth that a fear-based and violence-ridden solution is the correct solution to the ethical dilemmas of this time.

If entities convinced themselves that the forces of war are the correct forces in which to invest, your planet would be lost and would become a feeding ground for fifth-density entities who feed off of fear and suffering. This would be a slavery which all the slaves agreed was needed.

We believe that your people will throw off the yoke of slavery to violence and begin to sustain responsible efforts to become truly free, to evolve, and progress. It is, as always, the choice of those of planet Earth and none other may vote in this particular referendum.

So, it is in your hands. 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. In an irregular manner, however, they also offer unique and sometimes highly discomfiting waves of energy.

These are energies of the shining, glorious, honest truth. Embrace them insofar as you can. See how you might cooperate with these energies. If they bring things up in your life that you have not wanted to face, give yourself a smile, because you need it, and then sit down to do your work, my friends.

Remember who you are and why you came here. Remember what it is that you think you want to do in order to serve. 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.

Do not allow yourself the easy way of projecting that concern onto other people or a situation that is beyond you. Bring it into your own life. Bring it into your own heart. And take responsibility for dealing with that energy that disturbs you.

You are fully capable of doing this, my friends. You have every faculty available to you: your intellect, your intuition, your support system, however you see that to be, and your choices as you move through life. You could say indeed that 2007 was the year of shift and you could be right. You could have also been right in 1962 when this instrument first became aware of a channeled group that predicted Armageddon and the need to get to safe places, and every year since then.

At every point that is now, there is a branching off into an infinite number of possibilities. The world you make is the world you choose at each of those moments of now. You have accumulated a good many of them in your lifetime but they are as nothing compared to the choices that you make once you become aware that choice is a very blessed and central way of embracing your truth, your progression, and your acceleration of your evolution, spiritually speaking.

Let the time be now. Come to the river, as John the Baptist had it in the New Testament, and offer yourself to his rough ministrations. Make straight in the desert a highway for unconditional love. Repent and return. Repent of your ignorance and return to the truth as you see it, know it, ask for it, and seek it.

You need never be satisfied with where you are nor need you ever be unsatisfied. You are on a long, sometimes arduous but always powerfully exciting journey. Once you realize that you ride forth as a knight for the light, may your banners shine. May they speak of love, beauty, truth and compassion. May you polish your metal, that armor of light, with every decision you ever make to try to do your best and to serve the one infinite Creator.

And then go forth. Do not see yourself as one who fights against anything, but one who stands for the light. And let all of the gifts that are yours flow through you and out into the world. The time is now. The time has always been now.

This instrument is asking us if we would please move on, for there is limited energy and perhaps there are queries at this time that we may answer. We would ask if there is another query at this time. We are those of Q'uo.

R: I have a question, Q'uo. I am curious about how the process of the time lateral rejoining the main path of Earth happens. Is it something that the guardians watch over after this straw poll that you have mentioned is taken?

We are those of Q'uo, and are aware of your query, my brother. It is indeed the design of the guardians. However, it is automatic. 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.

It is automatic and what occurs is what you are seeing now where more and more entities have become aware that something is happening, that this planet is not functioning as it had been used to and that it is suffering from [humankind's] uncaring ministry and stewardship of its resources.

Therefore, the energy for a pole shift or some other natural kind of disaster cannot be ruled out to express the roughness of the transition over to the main line from the parallel line. Any time a fast-moving vehicle such as a train moves through a shunt from one track to another, there is a bobble in the environment of the people onboard the train. And certainly your people are feeling that bobbling already. And it will continue. And at its end, those who remain upon planet Earth are those who are at least partially capable of dealing with fourth-density energy.

Many entities have already been removed from the Earth scene because of the increasingly powerful bursts of truth that have been bombarding the planet, creating ways to see the truth out in front of the eyes. Those who have reacted with the most distress to these energies are those who have been brought through the gates into larger life because of illnesses that hit them when they were relatively young. These illnesses include everything from heart trouble to cancer to many of your designer diseases, shall we say, like sexually transmitted diseases and other diseases that were designed to be agents of removal of certain energies from the Earth scene.

May we answer you any further, my brother? We are those of Q'uo.

R: No, Q'uo. That was interesting to hear. And I wanted to say that the Confederation speaks of these things without fear. Fear is often heard, so I think many of us who listen to the messages appreciate your efforts at fidelity.

We are those of Q'uo, and we thank you, my brother. We indeed have absolutely no fear, for we see from our vantage point that each spirit is legitimate, sacred and worthy, regardless of how that spirit is acting at this particular moment that you experience in space/time upon your planet. At the soul level, all entities are the Creator.

When the time lateral ends and those who are still breathing third-density air upon Earth are still around to pick up the pieces—which you are already doing, my friends—those

who were not able to make the transition with you will all have been picked up as they enter larger life through the gates of death and with infinite care, cherished and supported through their own process of discovering what lay behind the veil of forgetting. They will be given every chance to consider their lives and what they wish to do next. They will go to a third-density planet somewhere that is not Earth and they will take up the third-density classroom once again, attempting to learn to make that choice and to set the intention not just for third density but for so many densities to come, all the way through the middle of sixth density.

What you are doing here is so important in terms of your extended work. You set here the benchmark of choice which you cannot do in fourth density, fifth density, or sixth density. We would not wish for any to be lost and indeed it is impossible for any to be lost. 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.

Momentary difficulties loom large if the viewpoint is short. We see that all are cared for. Every consideration is given equally to those who are striding forth to seek the light in fourth density positive and, just as importantly, to those who have chosen to stay longer at these lessons and learn them better. These are also completely provided for in that they have all the room they need to make every choice with their own free will.

There is no cause, in our view, for any fear. This is simply what is happening upon your planet at this time. How it will play out in the Earth scene, in the manifested world, we do not know. Each and every one of you has the say in that. And we know that you are setting your intention, setting your sail on this journey of the waters of spirituality and asking for the wind of the spirit to be behind you and to send you where you need to go.

May you rejoice, my friends, in this moment. We are always with you. If you would wish for us to deepen your meditations, simply ask mentally as you sit down to meditate and we are glad to help you to deepen the state of your consciousness.

We shall leave this instrument and this group at this time, for the energy wanes rather dramatically. We leave you, as we found you, glorying in the beauty of each of you, your courage, the love in your hearts, and the color of your passions. Never could we see a more beautiful sight than all of you together, blending colors and making harmonious palettes of beauty for us to behold. Thank you for asking us to be with you once again. It has been a pleasure and a privilege. We leave this instrument and you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai.

[1] entropy: “A doctrine of inevitable social decline and degeneration.” In thermodynamics, the word means, “A measure of the energy that is not available for work during a thermodynamic process. A closed system evolves toward a state of maximum entropy.”

[2] The song played is by Lacey J. Dalton. The lyrics to which the Q’uo group refers are as follows:

If the game’s getting old,
and you’re cold and exhausted and maybe
You’d just like to cop-out and crumble,
or lay down and die;
If you come to a time when you need to decide,
Friend, you might want to ask yourself first,
“Am I standin’ knee deep in the river and dyin’ of thirst?”
'Cause a great river runs from the heart of the sun
Through the soul of the whole universe
From the limitless light that brings order and might
To the substance of Heaven and Earth.

Sunday Meditation

February 18, 2007

Group question: The question this week has to do with the various religions that we have on planet Earth. They all seem to have a center of truth, but each religion also seems to have a number of adherents who interpret it their own way and who become fanatic in one way or another, trying make the religion into a dogma, to say this is the way and the only way. Is this a human trait? And how can we really know what is the true path for each of us? It seems like each of us has that spark of the Creator in us that recognizes truth and we are more reminded of truth than informed of truth. Can Q'uo give us some general principles as to how look at the various religions and how to find what is “the way” for us?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings, my friends, in the love and in the light of the one infinite Creator, in Whose service we come to you this day. Thank you for creating a circle of seeking. Thank you for inviting us to join that circle. Thank you for the excellent question concerning how each seeker may find his own way amidst the welter of seemingly disparate theories of who God is and what the nature of creation is. It is our privilege to share our thoughts with you on this interesting subject.

As always, we would ask that each entity listen carefully for resonance, not only in the things we have to say but in listening to all opinion from whatever source. You are fully able to feel that resonance and that spark of interest and we would encourage you to wait for that resonance and that spark rather than taking everything that we have to say as being equally useful.

We thank you for this discrimination on each of your parts. It allows us to speak our thoughts to you without being concerned that we will inadvertently infringe upon your free will or disturb your sacred process of evolution in mind, body and spirit.

You ask this day concerning how to wend your way amidst the amazing array of religious and philosophical opinion concerning the nature of the godhead, the nature of creation, and the nature and purpose of human life. In former days we would not have been able to have such a simple beginning to a discourse upon this subject. The progress of your science has enabled us to have a fairly straightforward entry into the doorway of the nature of the created universe.

Investigation has shown that which seems to be solid matter is actually made up largely of a plenum [1] or a space in which there is no mass, very thinly populated by energy vortices. These energy vortices are the atoms and molecules that make up the cells of your body as well as the material of all other things that you can see, feel, touch, taste and smell.

These energy fields cooperate together and nest within one another in various ways according to the nature of attraction and repulsion, forming the universe that you see. Scientific inquiry has proven that all parts of the universe communicate and are connected with all other parts of the universe, so that the universe is one thing. This is not given to you by priests or prophets but by your scientists, who have become the priests and prophets of your culture, if we may give it that name.

What is the nature, then, of these vibratory patterns that arrange themselves hierarchically so as to create orders of magnitude, creating everything from the atoms and molecules within the cells [of] your body to the star systems within your galaxy? 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. There's nothing from which to contrast it. In its undistorted form it is forever a mystery, unable to be plumbed by centers of consciousness which are aware of themselves. 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.

Yet the universe is unitive. And it is unitive in a certain way. It is unitive holographically. Any one spark of the infinite Creator contains the entire nature of the one infinite Creator. Every cell of your body sings the song of the one infinite Creator. The suns in their courses sing the song 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.

You experience life as you breathe in and breathe out. And you ask what this experience is, for you are aware of yourself. And certainly you have many, many voices in your ear, happy to explain precisely what life is and how to live that life in a good way.

Please understand, as you look back over some of your more difficult experiences with authority figures who have attempted to tell you what to believe, that every entity who seeks to serve the infinite Creator can fall into what the one known as T called "the trap" of teaching in such a way as to constrict the energies of those listening to his words.

Let us look at that energy of the authority figure who wishes to teach well, in order to come into a more compassionate and charitable understanding of what drives such an entity.

An entity who is moved and inspired by whatever agency, personality or inspired writing becomes aware of himself in a special way. He becomes aware of how alive he is, and he thinks, "I must give this gift, this wonderful life I feel, to others! I must pass on this wonderful inspiration that is given to me!" There is generally no intention of doing anything other than the purest of good. However, the trap of dogma is always waiting for the teacher.

It is a wise teacher indeed who is able to differentiate between his personal experiences with the divine and that which is helpfully expressed concerning seeking the divine. In a world that wishes to codify, organize and arrange life in an orderly manner, the mystical view, which is found at the heart of all religions and many philosophies as well, while greatly appealing, is found cumbersome and awkward to teach. When you're speaking of something that is indescribable and ineffable, words fail.

The human tendency, then, is to apply an organization to the mystery of the one Creator. And different religions have had different reasons to create different structures of belief, which have hardened into dogma.

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. Consciousness is continuously expanding. The problem with any dogma, then, is that it cannot re-form itself to hold the new truth that is flowing forth at every moment from the creative principle.

As the seasons change, as the grass blooms and withers again and again, so the consciousness of humankind evolves and grows. You are a point of that consciousness. You have access in your very nature, in every cell of your body, in every thought that you think to the one infinite Creator in its undistorted form.

Yet that truth lies deeply protected in you. It is protected from your casual thoughts. It is protected from the stormy seas of your daily, conscious experience. It is protected by its placement within your heart. The mind and all of its intellectual forces cannot storm the bastion of the open heart.

Entities, then, seeking to share bits of their truth with others, become invested in this codified, formalized, organized structure of thoughts that add up to a way to seek the one infinite Creator. With the gift of hindsight, scholars have often pontificated as to where a certain religion went wrong or how a certain religion has everything right. Yet as soon as the seeking for the one infinite Creator becomes codified and organized beyond a certain point, it can be a delimiting influence rather than an expansive influence.

Many churches and many different religions decide to bypass the intellect and rest upon the opening of the heart. They engage in song after song that praises the one infinite Creator within the language and clothing of that particular religion. Their members are perhaps encouraged to pray out loud and to become ecstatic. 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. And therefore the experience of those seeking the Creator in these ways has a certain amount of purity to it which is missing from those more intellectually organized religions where the mind is the tool used to probe at the meaning of life, of what it is to be a human being and what it is to serve the one infinite Creator.

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. That one Thought is the creation. And you have a port on the ocean of that Thought in your heart of hearts. Therefore, you are as equipped as any entity in the universe to seek the one infinite Creator. You have primary access to the direct experience of the Creator.

And indeed, it was for that purpose that you came into this illusion. You are gathering information. You are working with that information according to the biases of your personality and your desires. And as you gather your life experiences, each of you makes choices which open to you a way to move forward and to progress.

And each of you has had this experience of awakening and coming to the realization that you are a truly powerful entity, able to question and able to seek.

Once an entity has awakened and has begun to ask the deeper questions, a rhythm begins to occur between Creator and created. The asking and the answering becoming as entwined as a heartbeat, in and out, pulsing, pulsing, pulsing, so that as you ask, so you receive; as you ask, so you receive.

It [is] instantaneous and constant in your life. You have at each heartbeat, at each breath, the opportunity to ask and the opportunity to receive an answer. The sticking point here is that that answer comes within the mystery of silence. And it oozes up into your conscious experience almost as a surprise to you. You have learned by osmosis. You have soaked up the truth.

And as you live out your life you discover what you are learning as it shows up in your thinking. 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.

You are consciousness. It is not something you possess. It is not a characteristic of you. Consciousness lives your life to the extent you can get the details of your personality out of the way. And yet the details of your personality are all valuable. Therefore, the perfectly natural desire of the intensely devoted student to cast aside the personality and devote the self entirely to the silence is, for most entities, a solution that shall not be satisfying. For most entities, each coloration and quirk of the personality is there for a reason. Each seeming challenge, difficulty and sorrow that occurs in the life has been placed there not to make you stumble but to help you learn.

Entities who give themselves over to a religion and accept its dogma simplify their path in a certain way. And if they are able to dwell within that simplified structure of thought without falling into the trap of judgment of the self and other selves when they do not

believe as do you, they are very likely to be able to use that religion as a way to the infinite Creator that works well. 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. The choices to serve others has been made. The work is good.

More and more, however, as entities have matured after many, many incarnations within third density, entities find themselves unable to restrict themselves to the dogma and the canon law of a particular religion. And when entities find themselves unable to do this, then they are set on a new path, a path of their own choosing, a path which they will create themselves. Any entity can create within himself a way, a truth, and a life if he begins and ends with love.

We would not for all the world criticize or undermine those who are in any religion or believe any philosophy. The paths to the one infinite Creator are as many as the self-conscious beings who seek that Creator. Your way will be unique to you, just as everyone else's way is unique to them.

It helps to see religion for the kind of powerful influence that it is. If you may see the forces of religion to include that of the world as well as that of the starry heavens, then you may see how quickly the energy of a new religion can become heavy and bogged down with dogma and politics.

Look at the religion that this instrument understands the best, for it is her own: the Christian church. It began in the mysticism of the Essenes. The one known as Jesus the Christ was trained and trained in the Essene way as well as in the scholarship of the Jewish religion.

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.

Jesus asked entities to care for each other and to hold all things in common. There was not in any of his teaching instruction on making a church. Indeed, this entity had no home, and during his peripatetic [2] ministry, he walked on dusty trails with very little of worldly goods at all.

In his name, and in his memory, humankind has created a monstrous, rich, arrogant, political organization with many beautiful buildings which reach to the heavens with their spires and their crosses. Yet within them there is no virtue, except in the hearts of those who still seek the infinite Creator and use those sacred spaces to do so.

Look at any new idea and it is alive! It has a dynamic energy to it that excites people, and people want to capture that and pass that on to their children and their children's children. And so they make another building, another religion, another code to try to capture that which cannot be captured.

At the same time you must appreciate what religion has done for entities on planet Earth. It has given the intellect something to gnaw on. In many different ways it offers people a chance to meet the Creator.

Whether you seek within the bounds of a religion or whether the path upon which you walk is one you have created yourself, your very nature demands that you will meet the Creator, again and again. Things will happen to you that are meaningful to you personally and that move your consciousness from one point to another. Whether you are an indigenous entity that has never read a book, an auto mechanic, a college professor, or the most rarified mystic meditating upon the roof of the world in Nepal or Tibet, you have an equal opportunity to meet the Creator upon the road of your everyday life.

Appreciate religion for what it has offered, to you and to all. In the mystery of the one infinite Creator there are no roads. There is no way to think upon the sacred. The only opportunity you have is to be the sacred, and therefore to know it from the inside out.

Within churches and temples and synagogues and mosques the world over, you have entities and groups of entities who are dedicated to preserving a certain structure which has been helpful to many entities in their search for the infinite Creator. This instrument, for example, chose long ago, in her childhood, to live a life of faith within the Christian church as the path of her life.

As she understands it—as she understood it then and as she understands it now—there was a particular virtue to dedicating her life to Christ. This entity was a devotee in a religion that does not usually have devotees, of that particular kind which this entity is. That is, she was not hungry to soak up the dogma, but rather hungry for the mystery that she felt bursting the bonds of dogma.

(Side one of tape ends.)

(Carla channeling)

And she understood that, in any sacred writing, there is a database of inspired thought which bursts the bonds of words when heard again and again in different circumstances of life. And so this entity lives her “rule of life.” She continues to study the same database, the *Holy Bible*, which she has studied for her entire life. And yet she has rejected all dogma by conscious decision.

Now, each entity can make this kind of choice for himself. And indeed it is necessary to look carefully, and with the artist’s eye, at how to live a rule of life. We do recommend that each entity create a kind of rule of life for himself. What we cannot recommend is how that rule of life goes. You need to walk your own path, paying attention for that which the moment brings to you.

Some entities are drawn irresistibly to the Christian faith. Some entities are drawn just as irresistibly to the Buddhist faith. There is a path for just about every personality type.

And yet all of these paths hold the barest skeleton of truth in its ineffable and mysterious form. All of those structures of thought that religions represent fail. None of them satisfies that thirst to know the truth.

This instrument is informing us that we must stop this discussion at this point, so we would end with this thought: you are the possessor of truth, but you do not know that you are. However, the Creator is generous in arranging for you within third density an illusion in which nothing can be known, and yet in which you can come to know with a particularly resonant awareness what your path is or what your truth is.

You cannot make it happen. What you can do is to set yourself up in an environment which is capable of holding *gnosis*, or knowing. Therefore, trust in your own senses, sensings, thoughts and feelings. As you seek to awaken, to seek and to serve, listen and look for the resonances that tell you that you are on the path that is for you. Once you start looking for resonance, you will find that the creation is full of information for you. And the more that you practice listening, the more that you can hear of the voices that are speaking to you in every moment.

We lift you up and honor you in our thoughts and in our hearts. For you have the courage to probe the darkness, knowing that there is nothing but light. We wish you well on your seeking, and thank you for the opportunity to share these humble thoughts with you as you go upon your way.

May we ask if there are other queries at this time? We are those of Q'uo.

(No further queries.)

We are those of Q'uo, and find that we have exhausted the questions of this group at this time. This leaves us only to say what a pleasure and a privilege it has been to be with you this evening. Your beauty astounds us. Your love of the Creator encourages us. And to be a part of this circle of seeking is a great blessing to us.

We leave this instrument and this group in the love and the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai.

[1] plenum: the whole of space regarded as being filled with matter, as opposed to a vacuum.

[2] peripatetic: walking or traveling about; itinerant.

Sunday Meditation

March 18, 2007

Question from Carla: *(Read by Jim)* The question today is from Carla, and it states: “Q’uo, I have been writing a book about Confederation principles. It is about how third density works. In discussing these principles, I have found it helpful to offer them as information helpful to playing the ‘Game of Life.’ It is a sacred game yet it is definitely a game.

“The issue of self-worth and dignity has been much on my mind of late. In a way, one could say that in framing life as a game, I have taken away its dignity and taken it lightly. I do not mean to do so. I believe this game to be most worthy. Could you offer me any spiritual principles that may aid me in finding the best way to talk about the worthiness of the game board?”

(Carla channeling)

We are those known to you as Q’uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is, as always, a blessing and a privilege to be with this circle of seeking. We appreciate your calling us to be a part of your meditation and we are happy to share our thoughts with you at this time.

As always, we would request that each who hears these words uses his powers of discrimination to distinguish between those thoughts that are helpful and those that are not. We appreciate your consideration in this regard.

Your query this day is an interesting one. There is a certain amount of care which we shall need to take in responding because of the part of the puzzle that must be worked by the one asking the question. We do not wish to infringe upon the free will of the asker of the question and we will refrain from doing so. However, there is, because of your asking about spiritual principles, much upon which we can comment. We shall do so in ways that do not infringe upon the free will of this instrument, who is the asker of the question.

The concept of games is indeed normally associated with some form of amusement or entertainment. However, the entertainment and amusement value of a game is only part of its appeal to a player of a game. There is in humankind a tendency to wish to associate in groups. Once a group associates, it will spontaneously develop at first a rough and then, as time goes on, a more and more refined set of rules to govern the interactions of the members of that group.

Your third density is a relentlessly social density. There is literally no way an entity can avoid interacting with other entities of your species. Living upon the third density of planet Earth requires a society.

There is an inevitable tendency within the mind of humankind towards creating games; that is, groups of people who are attempting to win something or to gain in some way and who are attempting to do so together. When this instrument chose the image of the game and extended it as a metaphor throughout the writing of the book, the fit was good because of the fact that, in terms of winning a common goal—that is, graduation from third density to fourth density positive—there is a process which follows a certain set of rules in which an entity can succeed in penetrating the game by means of learning, understanding and applying the rules of the game.

Therefore, from our point of view, using the image and the figure of the game is a good decision in terms of communicating, by means of familiar and comfortable structures, the massive structure of the Game of Life, as this instrument has termed it in her book. If one looks carefully at the great systems of thought that have attempted to describe the nature of life on planet Earth, the nature of humanity's place in the cosmos or the nature of being itself, one may find in many different authors of many different systems of thought a structure emerging which defines the rules of the game which that particular philosophy set out to solve.

There is a stigma attached to the word “game” because of its association with amusement and entertainment. And yet it is likely that each entity who reads these words will have systematically played games with himself as a means of coping and moving through life.

For instance, in school a student may decide that if a paper is ten pages long and is due in two weeks, the student will do a certain amount of work each day, fulfilling the game plan of being ready to write and then producing the paper on time. The strategy of how to get the paper written is a kind of game and yet it is a quite serious game with a firm intention which has no aspect of entertainment or amusement in it. Rather, it is that which needs to be done in order to fulfill the requirements of the class.

One can look at certain situations in life in the same way. For instance, to extend that particular situation, say that the student who is taking that class in college is also a parent and is attempting to work and go to school and take care of a child at the same time. In order to fulfill all of her duties, she will need to arrange her time carefully and if she is wise, this student, mother and adult will create a game plan where there is a certain amount of time for this and a certain amount of time for that.

Using the figure of the game, the author enables the reader to slip into the story of what this game is about. We can not estimate how entities will respond to the finished product that is streaming forth from the instrument's cyber-pen. We cannot know precisely how spirit and she will interact. What we do know, in a sturdy and certain way, is that the worthiness of the game board will be expressed in the way the author and spirit present the material.

Coming from a place of infinite respect and devotion to the infinite Creator, it is, in our humble opinion, extremely unlikely that whatever is written will fail in the end to inspire entities with the sense of the sacredness of the game being played.

Sometimes a creative entity can become too close to a project and can begin to question and doubt that which has gone into the creation of the project so far. We encourage the instrument to plow right into any doubts that come her way. And indeed, in general, when there is a second-guessing of a situation, when there is a wondering if something was the right thing to do, by all means give that concern its due. Give it time. Rest with that thought and see where it takes you when you are calm and serene in your mind and in your heart, so that whatever you discover from examining and reexamining an idea will not seem to be a negative thing but a positive thing, even if it causes changes.

We are not suggesting that this instrument should change anything. We are simply suggesting that if she is concerned, or indeed if any who create are concerned, that rather than quickly erasing and deleting and doing things over, there is a time allowed where the entity simply rests in the silence.

Indeed, if there is one thing that is most helpful to any who attempts to create spiritually uplifting material, it is to embrace and use the silence. There is a tremendous amount of information that streams into each seeker's mind and heart every moment. When the intention is set to hear that silent information, the result is instantaneous and enhanced guidance is immediately with the entity who is asking for that silent information. It does not necessarily result in an immediate and conscious realization of something specific that needs to be done. Rather, the nature of spiritual information and insight is that it balances and sets into perspective the events and situations that are being examined.

The making of the choice of polarity, either service to others or service to self, is indeed the central aspect of what this instrument has been calling in her book, "The Game of Life." There is a common goal for all of humankind and that goal is to make The Choice. It is a simple concept and indeed it is such a simple concept that it has escaped serious consideration except in those institutions which this instrument would call religious.

Therefore, in our opinion, the use of this construction is a positive thing. We believe that the worth of that game, in the end, will speak for itself. For in the end, one sees a majestic, rainbow-colored structure of spiritual evolution that begins with this choice. Making this choice is the key to the spiritual development of each seeker for many, many lifetimes to come. And when this instrument chose to create this book, her desire was to get the information across in a simple manner. Consequently, we would encourage this instrument to persevere, without doubting the self, to strive for excellence and to tell the story truly and honestly. The story of love is worth the telling.

We would note before we leave the subject that although it is excellent for this instrument to write this book and for all who wish to serve to share their vision of helpful information, we feel that underlying all such efforts is one's spirit. If it did not come through this instrument, it would come through another and another, for we do not speak any words that are unique to us except in the precise arrangement of the metaphysics of the information we offer.

All of those concepts which are part of stating that the universe is unitary in nature and that, at this point in the development of humankind, it is time to make the choice of service to others or service to self, can be found in many different repositories of inspirational knowledge.

Consequently, we suggest working through inspiration, rather than through any heavy feelings that there is an urgency or that time is short. These energies will not serve a spiritually oriented project, for they are the energies of fear. We would instead suggest, to all who wish to serve, serenity and acceptance of any given limitations in an absolute determination to see the project through to its natural end, in order that the baby that has been created may be birthed and shared with the world.

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

Jim: D asks: “I read a little of Walter Russell’s work and he mentioned in his treatise on light that our universe expands and contracts in 14-billion-year cycles. Could Q’uo comment on this?”

We are those of Q’uo, and are aware of your query, my brother. May we say that it is good to touch into your wonderful energy.[\[1\]](#) As to this time period suggested by Walter Russell, it is certainly accurate and is a portion of the cyclical energies that create the heartbeat of the one infinite Creator.

We would also note that time is a slippery and plastic thing when it is being applied to spiritual time as opposed to physical time. The inadequacies of such measurements are due to that factor.

Is there another query at this time?

Jim: Just one more. A lady by the name of F was asking: “Why have I developed a sensitivity to electromagnetic fields? Is the sensitivity associated with spiritual growth or healing? Can it be used to assist others? Are there any spiritual principles involved which would help me contemplate this question?”

We are those of Q’uo, and are aware of your query, my sister. That which is occurring to you, my sister, is a result of what we might call the thinning of the veil, as you have made the choice to awaken and to live life consciously if you can. 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.

Spiritual work is expressed in each seeker’s physical body in different ways. Some people experience electrical energy moving over their body. Some people experience similar sensations but rather than the sensations being electrical, they are those of being

much larger than they actually are, as if, seated in the chair, their bulk became balloon-like and almost floated in the room.

There are as many reactions to increased awareness, and therefore increased energy, as there are people. Your response to the constant bombardment of third-density Earth with fourth-density waves of energy has caused you to have this particular reaction. There is no particular spiritual credit or debit to such sensations. They are a fairly mechanical part of your consciousness waking up and beginning to investigate who it is, who you are, what you are doing here, and so forth. We encourage you, my sister, to move right along with your investigation and not to be dismayed by the variations in your awareness of electromagnetic energies.

You will of course need to find out how to be comfortable with these sensations but we would suggest encouraging cooperation in a fearless and joyful way with the symptoms when they occur.

As to their being useful, this is something which we cannot discuss other than to say that it is a good question for you to ask yourself. It is a good avenue of inquiry to pursue in your personal process.

We wish you and all of those who are awakening and feeling somewhat disquieting symptoms of this type the courage to move forward without fear. For these are momentary and light symptoms of an awakening heart and nervous system, shall we say. It is as though, when you awaken spiritually, your energy body gets a chance to stretch and breathe and bloom. So you are in the process of helping your energy body to achieve a real maturity and many-petaled beauty. And we encourage you, and all who would seek, to serve and to learn.

Is there a final query at this time?

(Pause)

If there is no further query at this time, we will take our leave of this instrument and this group, leaving each in the love and the light, the power and the peace, of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai.

[1] D has been a long-time meditation group member and supporter of L/L Research, and the Q'uo group was acknowledging him.

Sunday Meditation

March 25, 2007

Group question: By the physical construction of the male and the female, it seem like in sexual intercourse there is a bias towards the male having an orgasm and the female not having an orgasm. Is there a metaphysical reason for this seeming difference?

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is our pleasure and our privilege to be called to your circle of seeking and we greet those who are non-local in creating a global circle of seeking as well as a local one.[1] We thank you so much for creating time in this day for seeking the truth and we are humbled by your hope that we may be helpful in our thoughts. And we will share them gladly.

As always, however, we would ask that each of you be responsible for his own perception of these thoughts. If you wish to use them and they are resonant to you, then by all means, follow the path of that resonance. If they simply seem to you to be fair words but those which do not move you particularly, then they are not yours. For when you come across information that is subjectively helpful to your spiritual process, it sets up a kind of resonance. If you will follow the path of that resonance when you are receiving information, you will find that you cannot go wrong.

We thank you for this discrimination because we wish for you to reject the thoughts that we offer that do not help you. In this way we can be sure that we are not infringing upon your free will.

Free will is very much the lifeblood of the human experience, shall we say. In perfect free will, you have placed yourselves in an incarnation which is a heavier kind of illusion than that illusion in which entities who are part of the creation of the Father generally dwell. It is more difficult to know the truth because the truth is carefully hidden by the veil between the conscious and the subconscious mind. You do not remember why you came, or how to complete the lifetime that you hoped to complete before you took birth. You are in the position of having complete free will and yet finding that that means that you are responsible also for defining the game that you are going to play with your life, its rules, and its rewards.

Coming into heavy chemical bodies that reproduce by means of sexual relations, sexual congress, or sexual intercourse—these three terms being used interchangeably—you have come into a world of intense emotions, desires, expectations and fears. The tendency of people with free will who do not have the desire to create families is to avoid the experiences of sexual intercourse with partners who do indeed wish to become mated and to raise a family. Through your early history upon this sphere, there was a very clear-cut and definitive rule: if you had sexual relations, you were prone to have a child as a result

of that sexual congress. If you wished not to have children, you did not have sexual congress.

The technology which your science has given you has created ways in which the function of bearing children is avoided during sexual congress by means of birth control. This creates a different situation in terms of energy expenditure. In the first instance, when there was no birth control, if you wished to treat a woman well and you were a gentleman, defined by the culture of the times, you wooed the woman, married the woman, and created a family with that woman. It was, in fact, in many early cultures part of the measure of a man that he could maintain a happy family.

Similarly, in those early times, the defined position of a female in society was that of a mate who was to be the helpmate of the male energy, the husband, the provider, the go-getter. The archetypical organization of male and female was kept fairly close to the archetype in conscious living by virtue of the male going forth and hunting and gathering and bringing home what was needed while the female energy of nurturing and inspiration kept a happy home, raised children, and created that atmosphere which produces a happy body, a happy mind, and a happy spirit.

The reason that this seemingly unbalanced situation worked so well for the spiritual benefit of all was simply this: that which male and female lost by playing the roles that they played was balanced by their mutual enjoyment of a happy home and the awareness that they had created that happy home from their affection for each other and for the Creator.

The times which you experience now are times in which birth control is generally available. Consequently, the attraction between male and female, whatever their seeming gender physically, is between those who care for each other. This is a potentially good impulse that could create energy exchanges that are of service to each other and of service to the Creator. When there is no need to be concerned about conceiving children the atmosphere of sexual congress changes in that it is known to be shared by two people who simply wish to create an exchange of energy rather than by two people who wish to have a family. Those vibrations are quite different, one from the other.

In the first instance, when there is always the awareness that a sexual congress might result in the birth of a child there is an instinctual awareness of the power of sexuality. Man and woman together in sexual intercourse know that they are using the power of their sexuality to create life. This creates an atmosphere that is potentially more conducive to transfers of energy which approach sacredness.

The playing field now has been leveled. Those who wish to have sexual intercourse may do so without fear of creating children. And consequently that first reason for valuing sexuality is gone. You are not using your power to create life, at least not physical life, if you are using birth control or have, by some other means, rendered yourself sterile. What are you, then, doing in terms of the exchange of energy that entities experience, without a doubt, when they do have sexual intercourse?

What they experience, potentially, is the right use of power and, to be specific, the right use of the power of sexuality. Now let us look at this from a couple of different angles, for this is not a simple subject.

In the first place, the reason that you have power is that you are a portion of the one great original Thought, a spark of the original fire, a glint in the Creator's eye. You are a focuser and a station which receives and transmits vibrations. You can receive from the world of space/time and you can receive from the world of time/space. 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.

The power of sexuality does not go away because there is no intention to reproduce the species. That reproductive function is an helpful function to a certain extent but it is not that with which spirit has anything whatsoever to do. That instinct of reproducing the species as thickly as possible is a pure red-ray instinct. When you begin talking about the power of sexuality and you are not talking about having children, then you are beginning to talk about the possibility of sacred sexuality.

There is no function for the woman having an orgasm during sexual relations if the desire begins and ends in the sacred mission of creating a child. Therefore, the easy access, shall we say, to stimulation which would result naturally in orgasm, was covered over by folds which one could think of as petals of a rose. They are not defensive but they are protective and in an archetypal way. Just as the archetype of the potentiator [2] has a cover over the book of wisdom that she holds to her heart, so a woman's womanhood has a veil that protects it from the casual stimulation of sexual congress.

In order to create a female orgasm, it is most often necessary for the mated pair to go about that in a careful and conscious manner. You have heard the phrase about pearls before swine, and we do not mean to insinuate or in any suggest that your physical bodies are swine. What we do mean to suggest is that the energy of red ray is an energy that cannot function as an energy transfer in the same sense in which we speak when we are talking about sacred sex.

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. The only kind of energy exchange that is possible at this level is a one-way exchange from one entity to another. This has been experienced by many within personal relationships and within marriages.

And we feel it is safe to say that, in most people's experience, this kind of sexual intercourse, left at the level of the relationship and without opening the heart to a great deal more than is suggested by the simple running of orange or yellow-ray energy, results in the typical exchange of energy, where one entity manipulates, uses or otherwise

dominates another entity. Therefore, one is indeed giving energy to the other and the other is accepting that energy. It is an exchange of a kind but is tremendously prone to being abused and becoming a toxic kind of energy exchange where the honor, dignity and self-worth of the entity that is being controlled and manipulated comes into question by both mates.

Consequently, when we speak of true energy exchange, we must consider that the energy between two people has moved a very long way from that beginning red-ray attraction which eventually initiates sexual congress. It has gone from lust to a personal relationship and then often to a legal relationship or a committed relationship which is mated. And then the couple has the opportunity to ask for the Creator Itself to enter the sexual relationship through the open heart.

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.

This is green-ray affection and it is at this point that the female orgasm becomes useful. There are more miles to go indeed in exploring sacred sexuality, but this is where it begins.

When true affection has been established in a sexual relationship and when that sexuality has been dedicated to the Creator, to each other, and to planet Earth, then the path of progression, for a sexually maturing mated pair, is to spend a good deal of time working with the blue-ray energy of communication. Each entity that is involved in personal relationships and sexual relationships is an oddity, a one-of-a-kind item. That is why entities are so specific about whom they love. They become used to a certain flavor of being that this entity exudes or vibrates. And so they prefer that entity's company.

Therefore, in communicating with each other, history is shared. The reasons for this quirk and that quirk become available, either because the mate understands herself or himself, or because you observe and become able to understand your mate all on your own.

Every piece of intelligence that you have, then, you see, is a kind of piece of power, as this song today was suggesting, "a golden feather, a heart of stone"[3]. What shall you do with this knowledge of each other? Shall you use it kindly or shall you use it to make points the next time you become upset over a trifle?

When working with sexual energy, it is very important to realize that you are dealing with enormously powerful forces, and therefore, as you become more intimate with your partner, you need to become ever more careful, ever more affectionate, and ever more thoughtful about how you say things as well as what you say. For you have become a

powerful person to your mate and you wish to treat this mate with all the honor and respect that you would give to the Creator Himself or Herself.

You see, if you are a man, your mate is the feminine energy of the Creator. If you are a woman, your mate is the male energy of the Creator. Together, you make the full 360 degrees of Creatorship that takes in all the polarities that you both express. You have shared all that you are and you have become one with the Creator.

How can you, then, value the female orgasm? You value it by creating a safe atmosphere in which such a thing can take place. You value it by continuing an atmosphere of gentleness, honor, romance, if you will: those small things that, to the feminine temperament, indicate a genuine and deep interest and not simply the red-ray sexual energy of lust.

If you are a woman, you treasure yourself. You do not worry about having an orgasm, as if it were the same thing as a man's orgasm for, my friends, it is not. Certainly it can be made rough and primitive. It can have the energy simply of sexual congress in the red ray. However, it is far more likely for the feminine temperament to appreciate what's going on when that orgasm happens to her. For a woman tends to have more of a connection with the unseen world. So, she is actually more aware of the kind of energy that is pouring through her when she is expressing an orgasm physically.

Consequently, a woman in that position is a priestess, just as a man is a priest, in sexual intercourse when they are working together sacredly. But to the man goes that kind of energy that is called by this instrument "yang," to the woman goes the energy that is considered by this instrument "yin," so that, in the sexual energy exchange that is sacred in nature, from the man comes that powerful energy of physical wellness and vitality—that which you think of when you think of the word "masculine."

What the feminine offers is the inspiration from spirit. That is the other portion of that male expression of strength, power and virility. The woman is expressing acceptance, unconditional love, and the energy of the Creator Itself. For you see, the woman, unlike man, is possessed of a direct route or connection to the womb of, shall we say, Mother Nature or the red-ray energy of planet Earth.

The woman has that sea of infinity and eternity flowing through her. She is much closer to her priestliness because she must tend to the circumstances of her menses monthly and she feels the pull of the moon, the tides, and her passions in a way that, generally speaking, men are not encouraged to do in your culture.

Consequently, if two entities choose to become magical in their sexual practice, they have the ability to become great ambassadors, if you will, of light. For as they consciously call up this power that they have together and give it to each other, when they are completely saturated and filled up with this energy of orgasm, they then allow that orgasm to shine, both into the world of time/space and the world of space/time.

In the world of time/space, it is a kind of birth of created light. You have, in your own way, lightened that expression of the Creator that is occurring upon your Earth at this particular moment. You have energized and healed, with your magically offered energy, the natural function of your sexuality. It is a long way from the red-ray disturbance of the senses that adds fire and color to the life by creating sexual desire and by giving a way for it to be fulfilled to the work in indigo where entities become sacred to each other in a very formal way, so that what they offer to the Creator and to the world is very consciously offered.

This female orgasm, then, is hidden on purpose from easy access and it is immediately available to the mated pair who chooses to value the creation of the female orgasm as something that is not simply a add-on, shall we say, to the experience of sexual intercourse, but is part of an extended, romantic and affectionate time together in which the Creator is very much present.

Is there a follow up to this query? We are those of Q'uo.

Jim: We have another question, Q'uo. As this month marks the birthday of the Prophet Muhammad, peace and blessings be upon him, and we in the West have so little unbiased information about him and his way, I was wondering if you could add to what those of Ra said about this entity being a Messenger of the Law of One. I also would like to ask about the nature of his spiritual transmission, which is still so evident within the many Sufi orders today.

We are those of Q'uo, my brother, and we believe that we are aware of your query. The one known as Mohammed is one with the same energy that created Moses, Elijah, Nahum, Jeremiah, Isaiah and all of the other prophets and priests that responded to the call of that entity which we may call Yahweh, the “name” of the Creator that cannot be said because it is too sacred.[4] This Mohammed also was a prophet of this one God.

The problems resulting from the Koran are the same problems resulting from a good, solid reading of the Old Testament and those two works should be considered together when forming an opinion concerning these matters, for there is much in all the literature, not only of the Koran and the Old Testament but in those books and writings which did not make it into the final versions of those sacred works but had a good deal of information along those lines to share about this creation of the “One God” which, instead of being the one infinite Creator, was a kind of artifact made up of those of one of the groups that were guardians of your planet in an attempt to create a more spiritually capable human being.

Those whom they altered genetically, prior to placing them upon this planet in times gone by, they felt the need to follow. It is ironic, indeed, my friends, that those in your Middle East—the followers of Jesus, the followers of Yahweh, and the followers of Allah—are in a state of mortal combat. They are all of one blood. They are all of one teaching. It is a mark of the inefficacy of making physical changes in order to create more viable spiritual workers that this is so. That which was created to improve the genetic pool of gifts of the

humans thus altered were the mind to be more intelligent, the body to be more strong, and the will to be more powerful. What no entity can put into a gene is any code that has to do with spirituality, for this is that which can only be chosen by free will.

Free will is where we began in this discussion and free will is where this question also takes us. By free will, entities following these teachers have chosen to focus upon judgment and justice: an eye for an eye and a tooth for a tooth; and someone being right and someone being wrong; someone being the holy people and the rest of the world not being the holy people. Followers have focused upon this rather than the inclusive gifts of the spirit that are equally obvious in the holy works themselves.

There is no more hospitable a book than the Koran or the Old Testament. The fatted calf is offered in many, many stories; not just one but sometimes thousands of them, because of the glory and the joy of certain meetings and certain occasions. Hospitality, indeed, to this day is a very, very important part of the culture of these entities who worship this "One God."

We would suggest that it would be helpful to look for the positive gifts of the one known as Mohammed in the mysticism of the Sufi's, just as one may most likely find the most positive aspects of the Old Testament writing and prophets in that small circle of entities who have worked with the Kabala to develop the Tree of Life. In both cases the outer husks of religion, the dogma, the exclusiveness, and so forth, have been cast aside to get to the heart of the fruit of spirituality which is the same in any religion or system of worship. And that is simply the adoration of the one infinite Creator by the creation that has been made. The Creator responds with Its adoration for that which It has created. This combination creates an infinite atmosphere of unconditional love. Those who focus down to this point from any road, whether it be Christian, Jewish, Islam or any other, are doing the same good work.

Is there another query at this time?

Jim: Concerning the same time of evolution within the religious practices of humans here. Ra said that the Hebrew sounds had a special meaning or a very natural way of falling from the creation into use by humans. Is that because the Hebrew sounds are associated with the light spectrum or are they encoded with any human genetic code? What makes the Hebrew alphabet so special?

We are those of Q'uo, and are aware of your query, my brother. We apologize for not being able completely to respond to your query. There are two problems that we have with this query. Firstly the instrument herself is not a scientist and in order to speak in a way that would be helpful to you technically we would need to be able to use her instrument with her having embedded some terms and simple awareness about how light works which she does not have. What we generally do with this instrument when talking about light and the use of sacred sound is to call upon this instrument's experience as a singer.

We will say, this being understood, that sound is song. Any song an entity makes has a certain vibratory signature. However, each has perhaps experienced the difference between singing a popular song and singing a sacred song when you are attempting to worship.

When you are using sacred words and sacred language, and when you produce the sound consciously, aware of the sacredness of that sound, the voice brings to life underlying time/space-oriented or non-local energies that alert certain areas of vibration throughout the infinite universe of the one Creator. You can look at these simply as vibrations or you can look at them as Cherubim, Seraphim, and all of the other designations of unseen but very powerful and very real entities which are involved in the worship of the one infinite Creator.

These energies have been built up since the beginning of the energy of this octave of creation, with thousands and thousand of lifetimes and thousands and thousands of repetitions of various sounds.

(Side one of tape ends.)

(Carla channeling)

Certain sounds are therefore more sacred than others. The Lord's Prayer is a good example of this type of constantly repeated set of words.

It is interesting to note that perhaps the most deeply felt prayers, by those who have worshipped in the past in your Roman Catholic churches, have been those words that they did not understand but that they knew to be holy, the vibration of those Latin words by priests who did not even understand what they were saying, nevertheless, by their sheer repetition in the ears of the faithful, generation after generation, [they] became magical, and the use of them was powerful.

When an entity uses language consciously, he becomes a priest. And indeed, we say to you: everything that you say may be seen to be sacred or deliberately chosen not to be sacred, because the default setting of speech of any kind of utterance is that it is sacred. Yet that beginning nature of sound itself, when involved with the human breath, is not used by most entities in most applications. Most people are not aware that, when they open their mouth and speak, they are people of power, and so they do not concern themselves precisely with what they say. And they may throw away many, many words which mean very little, simply having a good time communicating small facts and enjoying life.

However, in the case of two languages, the Sanskrit and the Hebrew, those involved in the early creation of the tongues and the writing down of them into a form of notation which you would call writing were working from the premise that their sounds were sacred. And this makes them sacred.

It is not that there is a code involved or that there is some statistical relationship betwixt the genetic code and certain vowels or syllables. It is that the intention of those who created and notated those two languages was to create a set of sacred vibrations.

These were unique in the creation of languages upon your sphere because of the fact that most languages have been created by those who wish to do business. And therefore the whole vibrational energy of words in most cultures is not that energy of sacredness, at least not consciously. 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. Using your voice sacredly is a great service.

Is there a follow up to this query, my brother?

Jim: No more questions here.

We are those of Q'uo. Is there a final query before we leave this instrument?

R: Not from me, Q'uo.

We are those of Q'uo. It has been a great pleasure to be with you this afternoon, my friends. The beauty of your vibrations is astounding and we thank you for sharing this time with us. We leave you in the love, the light, the power, and the peace of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai, my friends. Adonai.

[1] This channeling meditation was broadcast live on the internet as part of a six-month trial of offering this service. The other sessions in 2007 are April 8 and 22 and May 6 and 20. There is a webcast navigation button on the L/L Research site.

[2] Q'uo is speaking of the Potentiator of the Mind, one of the twenty-two archetypes of the Egyptian tarot. In this image or "concept complex" the woman who is the potentiator-figure is holding a book of wisdom to her bosom. The book is only partially seen, as she is wearing a veil over herself and the book as well.

[3] This Robbie Robertson lyric, in part, goes like this:

In the autumn night
When there's no wind blowing
I could hear the stars falling in the dark
When you find what's worth keeping
With a breath of kindness
Blow the rest away.

I gave my love a golden feather
I gave my love a heart of stone
And when you find a golden feather
It means you'll never lose your way back home.

[4] The formal “name of the Creator” to Jews is “Yod Heh Vau Heh,” which is never spoken. For the sake of convenience, the Name is rendered Jehovah or Yahweh when spoken.

Sunday Meditation

April 8, 2007, Easter Sunday

Question from D: I feel as though something is out of order as far as time and the perception of time. The days don't feel like they are supposed to be. It is as if something is out of sync. We are wondering if Q'uo could give us any information about the energies that affect our illusion at this time. Is there any particular reason why people who are sensitive to such things might be feeling that there is something not quite right with the way we are perceiving time; with the way time is being experienced in our illusion? Are there any spiritual principles here that Q'uo could speak to that might help us understand this situation?

(Carla channeling)

We are those of the principle Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a pleasure to be called to your circle of seeking and a privilege to be asked to share our humble opinions with you on the subject of perception of time at this time.

As always, we ask you to be governors and guardians of the temple of your minds and hearts. Listen to our words with an ear for that thought which reverberates and resonates to you. That thought would be the one most likely to yield results if you work with it. If the thoughts that we share do not have that resonant feeling, we would suggest that you lay them aside and move on. For that which you seek is waiting for you to discover it. Pay attention, therefore, to the path of resonance rather than to your high opinion of any particular speaker. We thank you for this consideration, as it enables us to speak freely without being concerned that we will infringe upon your free will or disturb the process of your spiritual evolution.

You ask this day concerning time, or the perception of time. It is indeed so that there are various ways in which the stream of time is plastic, and we would discuss them without giving one distortion priority over another in terms of whom they affect and so forth.

By far, at this time, the largest proportion of entities experiencing variation in time are those entities who are experiencing a simple speeding-up of time. Hours don't seem to be hours and days don't seem to be days. And the year goes by too fast. There is nothing metaphysical about this time distortion. It is, rather, an artifact of the changes in your environment over the last two hundred years.

Over the last two hundred years, a great deal has changed in your environment as a species, and we speak to those primarily in the first world, shall we say, and the new world, who have the conveniences of civilization in its corporate glory at this time and have come through the process of the industrial revolution. Two hundred years ago, if one wished to travel from Philadelphia to St. Louis, one boarded a wooden wagon,

sprung on wheels and pulled by horses or oxen, or one traveled by horse, by cart, or on foot, in real time, to those places where one wished to go.

Naturally this made everyone think carefully about where they wished to go, because they would have to devote whatever time it took to walk there, do the business that was to be done there and walk back, or alternatively to ride a horse there or harness the horse to a buggy of some kind. All of these things slowed down events. They had to happen at the speed of the human body's ability to move, or, at the very most, at the ability of a horse or ox to move.

A hundred years ago, things advanced considerably in that century. You were now able to travel by getting on a train. You were able to traverse the distance from Philadelphia to St. Louis in a thirtieth of the time it had previously taken. Nevertheless, you were earthbound. You gazed out the window and saw every speck of country between Philadelphia and St. Louis that lay along that track. You were still in real time, in terms of being in a tactile, sensual relationship with that which came between one place and another.

At your present time, if you traverse the distance from Philadelphia to St. Louis, you can get upon an airplane in Philadelphia and you can, in the same afternoon, land in the airport at your destination in St. Louis, having had no actual experience of travel, except that which is related to the peculiar experience of riding on an airplane which, at least in this instrument's mind, does not count as actual travel, for there is, besides a beautiful sky, no sense of where one is, no sense of the land between point A and point B.

Looking at another aspect of life two hundred years ago, if you wished to write and communicate with people, you took your pen and your foolscap [1] and you carefully wrote out that which you wished to say in a fair hand. You then gave that letter to the postal carrier who was working by horse and eventually that letter would be received. In local letter writing, entities simply sent messengers from one house to another with notes, and those notes were returned by those same messages on foot. Eventually, plans were made, associations were formed, and business was conducted.

A hundred years ago entities communicated by typewriter and could send the speedily written documents to their destinations on the train. The telephone was in its early days at that time and so people could communicate from place to place in certain areas where there were telephone systems. The cable and the wire were also ways of communicating rapidly and business and communication had sped up.

In your day entities tend to go through life with their cell phones on so that they are completely available at any moment from any where in the globe by anyone who has the telephone number of their cell phone. Computers send information using light as their medium. Needless to say, this communication is fast. Entities now are completely overwhelmed with information, communication and an intimacy that is global. The irony of having such massive communication is that entities feel more isolated than they did a hundred years ago, just as entities then feeling things speed up around them felt isolated by the change.

This is the major experience of people, and as we said there is nothing metaphysical about it. It is that which happens when people have too much to cross off their lists before they can rest. As life has gotten more assisted and entities are free from the drudgery of washing by hand, scrubbing on their knees the floor, having appliances, and so forth, more and more options have opened up. There are more and more expectations in more and more areas.

And the center that there was to life in a simple survival mode has been lost, because there are many assists to survival these days. Food is prepared for you and you can buy it ready-made or take it home frozen and zap it in your microwave oven. Yet at the same time you have lost that feeling of connection with the land and the crop growing from the land, going out in the dawning to harvest your crop, preserving it carefully, and enjoying the food that is yours, that grew on your land and that is for you. This has been lost. This kind of center has been lost in many different areas, so that entities are flying high and doing a great many things, but there is a tendency not to have a center that makes sense of existence or is the pivot around which the wheel of your life can turn.

The solution for correcting this distortion is to remove from yourself the necessity to respond to all of the different facets of possibility within modern life as you know it. And when you do each thing that you do it, do it with that feeling of a center to things.

What is your center? From what center are you working?

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. You can take the time to dedicate your efforts, no matter how humble or how grand, to the one infinite Creator. And this normalizes your time. It may still go quickly, but you have more of a sense of being there and being an active and conscious part of your own life. Without that center there is a tendency to feel that life has overwhelmed and overtaken you and you can never catch up.

There is another way in which time is being distorted, and we can only touch upon this generally because of this instrument’s lack of knowledge of science, especially physics.

Two densities of Earth are existing simultaneously as they have always. However, up until approximately fifty years ago, by far the more powerful of the two densities that were shaping time/space was the third density, the density you now experience. At about that time, fifty years ago, the fourth-density planet Earth began to activate.

These things come in stages, coming from the very highest realms of manifestation and filtering down through the tree of life, shall we say, to individual galaxies, individual sun systems, and individual planets. But just as the turning of wheel that moves the clock from one o’clock to two o’clock, the hand of time began waking up fourth-density planet Earth, to activate and become, in its turn, the manifesting density of this particular planet.

So, you exist at this time in a between-time, where third density's energy is all but gone and fourth density's energy is bursting forth. However, this is still a third-density experience for each of you who is experiencing Earth on what is called a time lateral.

The nearness of fourth density to third at this time means that there is a bleed-through. When one is operating on default third-density values, such as protecting the home and tribe and being the winner and that sort of value, the experience of this intermixing of vibrations is simply a feeling of being weary, cranky, sick or in some way "out of kilter." Rather than beginning to welcome these fourth-density vibrations they simply seem to be toxic.

The reason for this of course is that entities vibrate at a certain level. It is not a simple matter of the electromagnetic properties of your body. Your thoughts are very powerful and there is a kind of vibration that you create by your thoughts.

When you are tuning your thoughts towards thankfulness, joy and worship, your vibration is moving upwards. Your frequency of vibration is increasing. When you allow thoughts of depression, disappointment, grief, anger, resentment and other such negative emotions to persist in your consciousness, and especially when you allow them to become habitual, you begin to vibrate at a lower rate of vibration. You simply cannot enjoy fourth-density vibrations. They seem to be attacking the body.

Those who are conscious, awake and on the path of spiritual seeking do not feel these vibrations as toxic. They do not feel them as that which makes them sick. However, they may well feel them as challenging. For these vibrations are vibrations of shining truth. They demand truth. They live in truth.

You may say, "What is truth?" And we say to you that to each person it is something different. What the fourth density does is make transparent everyone's truth. One may see not only one's own center—which one cannot see now in the third density in which you live—one may also see the center of each other person.

It is a wonderfully normalizing thing to be at a fourth density level and to see the Earth populated by flower after flower after flower of the Creator's sons and daughters who are coming into bloom in incarnation. That is the true nature of each of you, and that is how you would see each other, were you living completely in fourth density.

It is not that you would be better. It is that it would be transparent as to who you are. And it would be transparent to you as to who everyone else is. All the imperfections that now hold you back and pull you down into self-judgment mean nothing. Because it is obvious that every attempt is being made not to err. And yet error is inevitable. For when one is learning, one learns from one's errors. One must make the errors in order to progress.

Therefore, there is an inclusive feeling of one being one tribe when one is gazing at the other selves around one. Entities within third density often come very close to achieving this kind of fourth-density experience in special moments such as this meditation and

such as the Easter services and the Passover feasts and all of the other holy occasions that mark this time of the year, for many there are, different religions and spiritual practices such as Wicca, which take this time to observe the rites of spring.

At these moments entities can almost see the promised land of utter equality, utter compassion, and the utter embracing of each other. They can almost taste that desire to move forward as a tribe and not to play off against each other but to serve each other, becoming the least in order to lead, as the one known as Jesus taught so well.

But for the most part it remains a challenging kind of vibration where you, in third-density bodies, with the third-density veil still down, are asked to look at everything that is keeping you from becoming a fourth-density being, everything that is holding you back from polarizing more and more towards service-to-others.

What is holding you back? It isn't going to be the same for any two people. In general what holds entities back is that which causes them not to pay attention to who they are and why they are in incarnation. It is easy to lose track of the big picture. If you can maintain a hold on the big picture and when you discover that you have strayed from it, move back to it, you will have the best chance possible of being able to cooperate and enjoy the revelations of truth that this fourth-density energy is bringing you.

If you see that which do you not like, take special care to embrace and examine it and research that which you are seeing. Do not say, "Oh! That could not be me!" Rather, dig deep and find out, within yourself, which is the echo and the shadow of what you are seeing in the mirror of someone else or some relationship of which you have heard that horrifies you. Do not turn your back on that and say, "That could never be me!" Rather, find that portion of yourself that resonates with the dark side of that which you have seen, and bring that dark image of yourself up.

When you face the darkness within you, you can ask it to work for you. You can say, "I need you. I need you, anger. I need you, grief. I need you, all seemingly negative emotions, because I need to persevere. I need to keep going. And you are my grit. You are my resolve. You are the iron that strengthens my will and encourages me to return to my faith. Come with me on this journey. 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?

We do not say these are easy times for anyone, but they are interesting times. And each of you is here because you wanted to incarnate at this time very badly. You wanted to make a difference. You wanted to serve. And you want now to graduate at the end of your incarnation here.

Use these odd feelings of time being perceived crookedly to remind you that you are in this period of shining truth, which is being rained down on you in a sideways and circuitous manner because of the interaction of third density and fourth density. Their space/times are enough different that there is a challenging dynamic to the times.

There is another way in which we may look at time at this time, and we mentioned this earlier in passing. Because of the fact that your Earth is on a time lateral, time has deliberately been slowed in order that there would be more opportunity for members of the tribe of humankind to reach graduation with a polarity that will enable them to move on to fourth density. And we may honestly say that many, many entities have literally moved heaven and earth in order to maximize this possibility.

It is not only those from outside the planet or the planetary influence which have contributed to this effect of time dilation. 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.

And those wanderers have infected and spread the light so that many, many of those who are not wanderers at all have also awakened and become wanderers themselves, shedding and spreading light in turn on others, who in turn catch it and pass it on. This also has greatly ameliorated the severity of this shift from third density to fourth density.

And lastly, there is an experience which is very rare, but about which we feel that the one known as D is inquiring. When entities focus into the world of spirit past the point in thinking in words, generally they are entering into silence. So the one known as D is atypical in that she has not come into the heart of the mystery by entering the silence so profoundly that the doors open. This entity has done so by sinking down into the roots of language, almost as if she were able to take an electron microscope to the human voice or the human breath and discover what sacred act may be achieved by the use of symbol and breath.

And so this entity, too, has broken through a kind of barrier that, once broken through, opens up a vista that is infinite. When realizations of this nature occur, there is a mark left in the pond of local time. It is as if each realization is a pebble being dropped into that local, personal time experience, so that there are waves and ripples and disturbances. They are local. They are not dangerous. But they are definitely there. And they will only be found or be perceived by entities who are able to tune into the warp and woof of space/time.

Space/time is due to a mismatch; there is a bit more of space than time in space/time and a bit more of time than space in time/space, which is what creates, in both space/time and time/space, the ability of certain entities with certain organs designed to do this to be able to make sense out of vibration. Thusly, the mismatch between space and time in favor of

time brings your illusion into focus. Your eyes are then able to interpret bits of information that they collect about that which is in front of them. They send it to a place in the brain which forms it into a kind of guess at what they are seeing and they are able to move forward as if they were seeing everything perfectly when in fact very little of a person's environment is usually in focus, and entities eyes are generally in focus upon the face of the person to whom they are talking, or some object which is the center of attention, and everything else is more or less seen but not seen.

When an entity is able to penetrate this mismatch, there is a still point, an astonishing experience which is full of possibility. And when this particular time distortion occurs, we encourage the entity that experiences it to pay very close attention to that which occurs and to ask for that which is one's heart's desire.

We thank you for this query and would like to know at this time if there is a follow-up to this question? We are those of Q'uo.

(Pause)

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

R: I have a question, Q'uo, that is somewhat personal, so I ask you to comment as you are able. The question is about my perceived lack of questions for entities such as the Confederation. As I keep learning my spiritual lessons I have noticed that when I was new to the seeking or consciously new to the seeking I had lots of questions. And as I have spent more time in silence I seem to have fewer and fewer questions, even though I am still just as grateful for the information and contact from the Confederation as I was in the beginning. Others have observed a similar process. My question is: is this the normal progress of spiritual seeking, which is turning inwards?

We are those of Q'uo, and are aware of your query, my brother. Indeed, it is normal for entities who begin to seek to be very active in the constant process of questioning everything. In spiritual seeking the first thing an entity must do is tear down a good deal of misconception that has limited his growth without his even knowing it. As an entity begins to awaken he discovers many things that did not occur to him before because he is not ready for these concepts.

It is an exciting time and it is an important time for entities—that beginning, that waking up! And it is to be encouraged. Then there is a longer period in which, as you say, there are fewer and fewer questions, but you continue having questions and it almost seems as though you finish one layer of questions only to find a deeper layer of questions.

And then, my brother, finally, as one continues to seek, one reaches a level where there is a great appreciation for the information that is within the silence, and the tendency is to be hungry not so much for words, which are the creation of humankind, but for the concepts that are full of the mystery of the one Creator, that can be communicated from heart to heart rather than from mind to mind.

My we ask you have a follow-up query, my brother?

R: No, thank you for your comments, I appreciate that very much.

We are those of Q'uo, and we always appreciate your vibrations as well. Is there a final query at this time?

(No further queries.)

We are those of Q'uo, and since we have seem to have exhausted the supply of questions at this particular circle of seeking, we shall take our leave of this instrument and this group, thanking each for the true pleasure of being a part of the beauty of this sacred gathering of souls.

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

[1] foolscap: a type of inexpensive writing paper, especially legal-size, lined, yellow sheets, bound in tablet form. It got its name from its watermark, which in the seventeenth and eighteenth centuries was, literally, a fool's cap.

[2] These words are part of a closing prayer in the Episcopal Church's Holy Eucharist Service, Rite Two, found in The Book of Common Prayer, page 365. In that Eucharist, the words, "through Christ our Lord" immediately follow that text. In our Morning Offerings the closing prayer, of which this is a part, has a lot more to it and other thoughts of praise, prayer, devotion, thanksgiving and requests for guidance intervene before the closing of the prayer. However, our prayers are always concluded in the same manner, "through Christ our Lord" or some variation of that phrase.

Special Meditation

April 14, 2007

Jim: The first question from T is: “What exactly is the time lateral of Earth? Does it indicate an illusion within a more real illusion? Or is it like the holo-deck on Star Trek’s fictional world? Then are all the stars and planets except Earth all holograms because Earth is in the time lateral? Or, on the other end, if there was no such thing as a time lateral in the beginning, what would the third-density Earth be like?”

(Carla channeling)

We are those known to you as the principle of Q’uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this evening. We wish to thank you for the privilege of being included in your circle of seeking and are happy to share our opinions with you about the queries with which you come this evening.

As always, we would ask for you to use your discrimination, listening carefully and distinguishing between those thoughts that seem helpful and resonant to you and those thoughts that do not. Please abandon those that do not ring true to you and work with the ones that seem helpful. In this way, you have protected your own process of evolution and have used your free will in order to distinguish between thoughts helpful to you and those not. We thank you for this consideration.

As always, when we speak through this instrument concerning those questions which have to do with physics and the whole realm of science, we express the surety that we shall not be able to be precise in our response, for this instrument does not have the knowledge or the vocabulary of mathematics and physics at her command. Nevertheless, we shall attempt to share our thoughts with you in the best way which is open to us.

At the end of the second minor cycle of harvest in third density upon planet Earth, the Council of Saturn became concerned that the solar system as a whole had been able to bring to a normal graduation only one of the planets in this particular solar system that you call the Sun. It decided that it would be helpful to create a time lateral and to place the planet under strict quarantine. It was further decided that all of those entities whose third densities had been interrupted be brought to Earth to join Earth’s cycle leading to harvest.

Accordingly, the metaphysical or time/space portion of your third-density Earth was reconnected to the main track, shall we say, of the progression of time/space and space/time in such a way that it was as isolated and protected a hotbed or greenhouse for growing souls as could be devised.

It is precisely as real as the main track of time/space. And indeed, it is equal to the main track in time/space. It is a carefully created alternative track which naturally feeds back into the main track of time/space and space/time progression.

At the conclusion of this time lateral, then, the population of planet Earth shall be ready to take advantage of the opportunity to end the third sub-cycle of harvest and greet the end of that seventy-six-or-so-thousand-year cycle that is a third-density cycle in its completion.

Because this is not a physical alteration but a metaphysical alteration, there is no physical marker for the end of the time lateral. And indeed, this time lateral has been very successful compared to experiments in the past. The accumulation of awakening interest in altering the course of the vibration of planet Earth has been late in starting but has rapidly spread and gained strength in all parts of your globe, in all peoples, cultures and places. Your world is truly waking up.

Again, because of the fact that such activities are primarily metaphysical rather than physical in nature, the effects of the improvement in the vibration of planet Earth are not physically obvious except for the fact that your Earth is still functioning without the need to experience a polar shift. It was thought at one time to be probable that your Earth would, by the end of your twentieth century, have found it necessary, in order to express the heaviness of the vibration of Earth, to destroy the Earth once again in terms of it being habitable for human life, as you call your third-density species.

However, the work of many groups such as this one has created the possibility of a strengthened and lengthened track in the time lateral so that the maximum number of entities may awaken and choose whether to serve others or to serve the self before the time of such choice has passed. Once again, there will be no physical change when this time has passed. There will only be a change in the core vibration of the atoms of your universe, atom by atom, cell by cell, being by being.

You have asked if the experience of the time lateral is like the holo-deck and we would say that, indeed, whether you speak of the time lateral that you have experienced, with its careful isolation and insulation from the full spectrum of thought available in the infinite creation of the Father, or whether you speak of the main track, you have the same material and one single agenda for moving forward and fulfilling your hopes for progress within your present lifetime within third density.

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

Jim: The second question is: "In such a vast Milky Way, did the time lateral experiment happen in other planets before? If so, are the results always positively successful?"

We are those of Q'uo, and are aware of your query, my brother. Such experiments have occurred from time to time in the past and the results have been checkered.[1] There is, perhaps, nearly an even division between those experiments in which the various groupings of entities upon the planet turned from strife to a more unified view of the planetary population as one tribe and those that were not able to achieve graduation in either polarity.

Some of those experiments succeeded. There have been other attempts at, shall we say, cleaning up the energies of an entire planetary system where it was not possible to bring entities into one united spiritual being that could be called a social complex.

The difference in planet Earth's experiment is that the sub-Logos chose an experiment which was extremely rich in the full play and travel of free will, so that the veil was quite thick and almost impenetrable. This heavy veiling and full play of free will has resulted in entities turning not to the Creator but to their own intellects and to their own abilities to find solutions to what they perceive as challenges or problems.

In previous experiments, the veil was thinner because there was not so heavy a veiling and there was not so much free will. The nature of third-density entities upon your planet is, therefore, somewhat more primitive or has a tendency to remain primitive longer than on planetary experiments where the veil has been thinner and it has been more obvious to entities, by virtue of the thinning of the veil, that all are one.

In the absence of any hint from the outer world that all entities are one interconnected being, the tendency has been, upon planet Earth during this cycle, for entities to find reasons to separate rather than unite and to disagree and come to embattlement rather than seeking with all diligence for points of commonality that become a consensus for gradual and global change. At this point, we can say that the probability is that your experiment shall, to some extent, be successful.

The outcome which those of negative polarity in higher densities would like to have occur upon planet Earth is that the majority of entities upon planet Earth decide that they are only safe and in proper spiritual alignment if they can live in fear and continuously find enemies to fight in order to express the feelings of winning the day and controlling what is seen as available sources of power, and we mean this not only physically but also metaphysically.

If a planetary social complex became involved in what you could call a "knot of fear," then they might voluntarily choose not to rejoin the main track. This would mean that this particular planet would be locked in a permanent third-density cycle without the third-density energy needed to progress. This would make this planet a slave planet in which entities fought and suffered endlessly and created food for the fifth-density entities who have long eyed this planet with greed and the hope of conquest.

Again, we cannot know the outcome of that which is completely at your free will. We can only tell you that the probability/possibility vortices have greatly opened in a favorable way within the past generation or half century of this planet's history. Things look hopeful, shall we say, that the rapidly increasing awareness of the need to choose a better way than strife for relating to one's fellow beings is needed. 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.

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

Jim: The third question is: “Evolving to the fourth density seems a distant goal. Is there a simple way to measure how close we are to the threshold of the fourth density? Living on Earth by faith alone, we are prone to losing our faith. What spiritual principles are involved? What practical advice can you offer?”

We are those of Q’uo, and are aware of your query. Your question is in two parts and so we would prefer to respond in two separate communications. Therefore, when we conclude our thoughts upon faith, we would ask that you repeat the first part of your query. We would like to respond to your question upon faith first.

My brother, faith is that which is a product of the use of will to choose to know that all is well. It is not faith in anything. It is not tangible. It is not measurable or quantifiable in any way. Yet all entities know what faith is because when they see it, they are drawn to it, transfixed by it, and blessed by the light that is expressed from faithful eyes, faithful voices, and faithful hands.

The spiritual principle involved is very close to the beginning of creation. For the principle involved is a mature understanding of the function of free will and the structure or makeup of your mind, body and spirit in third density. Because of the thickness of the veil, it is indeed not only difficult but impossible to prove any reason for faith.

Faith is truly faith. It is not faith in something proven, no matter how religious leaders like to use logic and words to create an atmosphere where they may convince believers that there is only one tortuous path to follow in order to find salvation.

Indeed, faith is born within each entity’s heart as he decides or chooses to rest without varying in the vibration of absolute faith that all is well. It is an activity and a choice which is strengthened as it is used. Like any muscle, it gets stronger with every repetition.

There are those strains within entities which would prefer not to be powerful. There are ways of thinking endemic to the human condition, shall we say, that would like to lean upon an outer support, such as that which religion offers.

And to our way of thinking, all such endeavors are potentially helpful. We always encourage entities to seek amongst the various ways of seeking the Creator that are present upon your planet to find a good fit for outer work, such as attending services with a group, acting as a spiritual community, studying a body of sacred literature, and other ways in which religion attempts to help entities mature spiritually.

However, when entities give their power to others and say, “I must listen to an intermediary. I must cast my hopes upon the kindness and compassion and saving grace of an intermediary,” they have not yet grasped and accepted the responsibility for their own power.

This instrument has been reading a work by an entity named Joshiah [2] and this entity's work is very congruent with that point that we are attempting to make. The one known as Joshiah says over and over that each entity makes its own reality.

We agree completely with the one known as Joshiah. You, as an individual, create your reality and you as a tribe of humankind create together a global or Earthly reality. If you do not like your reality, you are able to change your reality.

However, in order to change your reality, you must believe that you are capable of doing so. You must believe in the power of your own choices. As you polarize, choice by choice by choice, we ask you to look for the light that is given to you. Seek out the wisdom that is available. Dig deeply within yourself to discover the heart of compassion that lies within you, inviolate and untouched by any human error.

For you are one with the Creator. 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.

In a minor way, each entity does this. Entities choose to pursue various ends in a worldly sense and are able to see the results of those choices. However, we are talking about power at the level of changing the vibration of your being. For as you tune your thoughts and as you persevere in the outworking of faith within you, you can become a part of the shift of thinking that lightens not only your vibration but the vibration of the entire planet.

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.

May we ask at this time for the remainder of the query to be repeated? We are those of Q'uo.

Jim: "Evolving to the fourth density seems a distant goal. Is there a simple way to measure how close we are to the threshold of the fourth density?"

We are those of Q'uo, and are aware of your query, my brother. From the preceding answer, you may perhaps guess that we shall inform you that there is a very easy way to judge as to how close you are to fourth density. You are in fourth density, my friends. You are in third-density bodies and so are not able to see the incredibly beautiful infant fourth-density Earth that interpenetrates third density at this time.

However, far below the level of conscious awareness, you are more and more aware of your power, your truth, and your beauty. The thinning of the veil has been occurring for some time, as these energies interpenetrate more and more. At this time there is virtually nothing of third-density energy left. 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.

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

Jim: “During my recent study I found a small paradox regarding Latwii’s home. I’m not being picky, I just want to make sure if dwelling in a sun body indefinitely is strictly a hallmark of sixth-density beings?”

We are those of Q’uo, and are aware of your query, my brother. It is indeed so that it is the sixth-density habit to dwell as part of sun bodies. Those of fifth density cannot sustain the vibratory purity necessary to dwell within the sun body.

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.

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

Jim: “I wish to know the opinions of Q’uo regarding the Oriental wisdom. For example, the Buddhism, Taoism, Feng-shui, Chinese medicine, fortune telling, etc.”

We are those of Q’uo, and are aware of this query. There are portions of this query which we must tread carefully in answering, due to our desire not to infringe upon free will. However, in general, we may say that in our opinion the religious practices and folk practices of the Orient are worthy, just as are the practices of the West. You may guess from what we have said earlier concerning churches that we feel that all organized attempts to understand the infinite Creator, the self, and one’s place in the creation are worthy.

We would not rate one strain of pursuit of the truth as being more worthy than another. We note that some entities are drawn to intellectual discussion and contemplation, while other entities are more drawn to a pure emanation of love. Other entities are drawn to expressions of power and wish to align themselves with that power.

Each religious practice and folk practice follows one of these three strains of study: either the intellectual and increasingly abstruse consideration of truth, the non-intellectual pursuit of insight, realization or gnosis, or the manipulation of the forces of the natural

world for the benefit and safety of the self. Some religions have only one of these strains. Most have two and some have all three.

Lying beneath, above, on all sides of, and interpenetrating all of these structures lies that which may be called the truth. The truth lies within you. It is a creature without words. It speaks in silence. It gives information that is far richer and more powerful than any words. It is to that entity who finds his way to the silence that speaks that realization will come. To us it matters not how that entity forms itself up or follows ways to tune itself in order to seek the truth. The fundamental matter of importance is to reach the heart of the self where the silence speaks.

Is there another query at this time?

Jim: “In our last meeting, we discussed the red chakra and sexual energy. So I wish to ask Q’uo some advice to raise or unblock the energy flow of the red chakra. Since most of my energy is supporting my brain, I think that my lower three chakras are weaker. I wish to boost the energy into my red chakra so that my energy flow can be raised from the indigo chakra to the crown chakra.”

We are those of Q’uo, and are aware of your query, my brother. Again, we shall need to tread somewhat carefully in our response in order to avoid infringement upon free will.

There are misconceptions wrapped into the question that has been asked. And so we must spend a bit of time looking at the question from various angles.

Firstly we would correct the misperception that the reason for unblocking the red chakra is to enable the energy to move into the crown chakra. This is not correct. The reason for opening the red-ray chakra is to bring power through into the heart. There is not a direct connection between opening the red-ray chakra and opening higher chakras.

(Side one of tape ends.)

(Carla channeling)

It is something that must be done not once but again and again. Indeed, the chakras can become blocked many times in one day, either by fear or by over-activity of desire.

The second misconception within the query has to do with the comment concerning energy moving mostly to the mind. It is easy to think of the energy body as having some dynamic between mind and heart. However, in terms of the movement of energy through the body, there is not an entity which could be called “mind.” Rather, there are various kinds of energy within the energy body. The energy of the mind could be seen primarily to be that energy of the orange-ray chakra and the yellow-ray chakra which together form what is known among your peoples as the ego.

The ego or the personality shell dwells within those two energies. And so let us speak briefly of these two energies.

The energy of the orange-ray energy center is that energy in which the individual expresses its power as an individual. The orange-ray chakra can be blocked by the feeling that one does not like oneself or does not feel that oneself is worthy. It can also be blocked by feeling that other selves are not likeable or are not worthy.

The yellow-ray chakra is a powerful chakra within your system because you are in the yellow-ray density. It is the chakra where you express your power as part of a group and as your humankind is a very social group, interdependent upon one another for the necessities of life, there is the tendency to find ways to think of oneself as powerful in third-density ways, such as religious groups, birth families, and mated families.

When you say that the primary power in your energy body is going to your mind, you are really saying that you are blocking and/or over-activating the orange-ray and the yellow-ray energy centers of your energy body. This means that energy is not getting through to the heart in its full spate.

In our opinion, working with the energy body is working with a structure which is made of feelings and ways of expressing feelings. When you are successful in keeping your rays open, then you become transparent to the energy flowing through. 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.

How many times this day have you considered the beauty of a thought? Indeed, how many times this day have you considered your thoughts carefully? We encourage a daily examination of those thoughts and feelings that have changed you this day, that have taken your mood and moved it, either in a positive way, according to your judgment, or in a negative way.

What has attracted you this day? What has repelled you this day? These are the images you wish to balance so that you may see that you are all things and that there is nothing that is foreign to you. Thusly you may gather together your entire self and know its worth, despite surface appearances to the contrary.

We ask that you consider, my brother, the possibility that dwelling within one chakra or another is not the goal of a spiritual seeker. Rather, the spiritual seeker's goal is to serve the one infinite Creator. In doing so, all of the notes of this instrument shall be played. None of the chakras is more important than any other. They are all necessary for the functioning of the energy body. It is just as important to have a strong red ray or a strong orange ray as it is to have a strong indigo ray. It is impossible to do work in consciousness before you have begun to have a holistic view of your energy, valuing every aspect of your feelings.

We use this term, feelings or emotions, in a general way, being unable to dig deep down beneath surface emotion to the archetypal rivers of emotion that are true or hold the truth within their flow. Think of it in terms of vibration. Overall, your energy body vibrates at a certain rate. It is a conglomerate rate and the read-out of that rate is your violet-ray chakra.

What you are attempting to do in opening the heart is not to leap from the heart into indigo ray but simply to find yourself able to use the resources of the heart chakra which make work in consciousness ever more possible. 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.

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

Jim: No more questions from T.

May we ask then, before we leave this instrument, if there are any queries in the sitting group at this time?

R: Many questions are on my mind but they are overridden by the appreciation of silence, where the answers lie, Q'uo.

We are those of Q'uo, and are aware of your desire for the silence. And so we shall leave you to that silence, thanking this instrument and this group for creating a circle of seeking and for inviting us to join. We hope that our humble words may be of some use to you. We honor you and leave you in the love and in the light of the one infinite Creator. We are known to you as the principle of Q'uo. Adonai. Adonai vasu.

[1] Checkered means marked by numerous and various shifts and changes; variegated or marked by dubious episodes; suspect in character or quality, according to www.dictionary.com.

[2] Bub Hill, *Joshiah—Conscious Creation*.

Sunday Meditation

April 22, 2007

Group question: Our question today has to do with catalyst and how we process our catalyst. We are wondering how we could really test our feelings or know our feelings or know when we have worked successfully, and when we have perhaps worked with it on a surface level and then maybe buried some of it that really needs some more attention, and thinking that we've gotten it and then we go on and at some point it seems to come around again and we need to work on it again. So, Q'uo, please give us some direction as to how we can take a look at what's happening in our lives with our catalyst, so we know when we are working with it successfully and when there's really more work to be done because we've either ignored it or buried it in some fashion.

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. It is a great privilege to have been asked to join your circle of seeking this day. We cannot thank you enough for the opportunity of being allowed to share our thoughts with you at this time. As always, we would ask that each of you use your discrimination as you listen to what we have to say, keeping those thoughts that seem helpful to you and discarding the rest. This allows us to feel that we are not likely to infringe upon your free will or to interfere with the process of your spiritual evolution. And we appreciate your courtesy in tending your own thoughts and guarding the temple of your heart, your mind, and your spirit.

You have asked this day concerning catalyst and the responses to catalyst and so we would like to begin by sharing some thoughts about the process of catalyst and why it is even necessary to have catalyst.

As the group was discussing earlier, the spiritual path is a path of transformation. There is an archetypal energy that surrounds and integrates your everyday experience with the eternal, the infinite, and the mysterious. You are that meeting point of two worlds and you are that translator that gradually learns to become able to switch back and forth between the two, sometimes surprisingly different, points of view of the two different worlds: that world of time/space where metaphysical realities like concepts and thoughts have the kind of mass that you would think of a person or a chair having, so that they are very real entities within that world; and then coming back into the everyday world where such thoughts and concepts are not at all solid and seem so insubstantial as perhaps to be useless. You are that integrative element in the design which gathers information for the Creator and offers that harvest to the Creator.

The archetypal arrangement of your third density is a hero's journey, let us say. It is a stately journey which is both very simple and amazingly complex. The simplicity of the journey is that the needs of the doughty knight upon the road of seeking are faith and will.

These two energies can fuel an entire lifetime of seeking through thick and thin, as this instrument would say.

At the same time, the shape of this journey is somewhat complex because the energies that you carry are all of the energies that there are. You are a holographic bit of the one infinite Creator, so that in every cell of your body the Creator is at its heart. 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.

Your journey is a journey from the start of the incarnation, where you are not precisely a blank slate but a very uninformed soul, to the end of your life, where you have made decision after decision and met circumstance after circumstance in ways which develop into patterns, which develop into your identifying yourself as an entity who does things this way.

Your choices build upon themselves until you have built for yourself a house in which you live. This house is made of ideas about what is right and what is wrong. And periodically, you clean that house and you sweep out your old ideas and dust up all of those icons that you click on the desktop of your life to open up emotions and feelings that seem good to you.

One such example of this kind of icon is the cross that this instrument wears around her neck. Many different emotions are possible when gazing at this instrument wearing her cross. This instrument has a certain reason for wearing this cross and responds to that image in a way that she feels helps her to become a more faith-filled and service-oriented person. It is a reminder to her that calls to her each time that she gazes down at it as it hangs upon her bosom or sees it in the mirror when she is passing the commode in the bathroom, for instance. It is a kind of constant tuning mechanism for this instrument.

Many things in everyone's life begin to hold that kind of ability to change the tone or the vibration of the moment simply by being seen, heard, smelled or some such sensual cue.

In this archetypal journey, the self is splayed, shall we say, like all of the colors of the rainbow, across the various types of energy that are experienced within the energy body and the various types of expenditures of energy that result from that which is taken into the energy body.

Your incarnation is in a classroom or a school that this instrument has called a "refinery of souls." You are looking, during your incarnational experience, to create for yourself a personal reality that seems to you to be an improvement in terms of service to others, and other ideals that you may have, from how you were vibrating and, shall we say, who you were or who you saw yourself to be when you first awakened to your desire to move forward on the road of seeking to take some proactive part in attempting to encourage yourself, now that you have awakened, to wake up even further.

You do this by receiving catalyst and then by choosing how you shall respond to this catalyst. This is where catalyst comes into this archetypal journey of every soul that seeks to return to the one infinite Creator and to become aware of who he is and why he is here. Catalyst, therefore, has an archetypal and sacred place in the scheme of this school. You may see each time that you are overly disturbed by an event or a thought as being a time of receiving catalyst.

The nature of catalyst is that it, itself, is not changed. But it provokes or triggers a reaction from those chemical elements around it. This is a term used in chemistry and has a fairly precise meaning. That is what catalyst basically is. The one known as R was saying earlier that he realizes that catalyst is received from the mirroring that he receives from those around him, and we feel that this concept is worth investigating a bit further.

Perhaps you have been told at some point that when you are dreaming, whatever story you are dreaming contains several different characters and they look different than you. However, in terms of analyzing your dreams, you understand that at one level or another all of these entities are a part of you, that you have, in your dream, out-pictured and separated these personas from the rest of yourself in order to look at them more carefully.

In your waking life, the dream goes on. However, the structure of it is different because your subconscious is not directly able to organize the agenda for the most helpful things that could happen to you as a spirit seeking to know itself better.

What happens in everyday life is that that same spirit, hovering over all creation, brings to each seeking soul a rich harvest of people and events that contain the seeds of those lessons that you incarnated partially in order to learn.

You have other reasons for incarnating. You desired to be of service and you desired to be in this particular place at this particular time because of the momentous shift in consciousness that is occurring at this time.

But each time that you look into another entity's face, spiritually speaking, you are looking into your face and the face of the one infinite Creator. Therefore, when someone says something that hurts you or makes you feel happy, life has out-pictured the energies that are moving inside of you so that you can look in the mirror of another person and that person's concept of who you are and see things both happy and sorrowful that surprise you and about which you realize that you need to think, because they are new thoughts. They are the seeds that have been given to you this day by your own temperament.

At the end of each day, therefore, it is very helpful to review the catalyst that you have picked up that day. What has moved you towards the positive? What has made you experience negative emotions, so-called in your society, such as anger, guilt and resentment?

The play of these thoughts within your head is tantalizing because your surface thoughts skate away like little insects on the pond, moving too quickly for their movements to be able to be understood or isolated as they are going by. However, in your time alone, you may choose to contemplate the thoughts that you have thought this day. What reactions have you had to the catalyst that you have perceived?

As you keep doing this asking of yourself and then reviewing your daily feelings and thoughts, you will begin to see a very rich array of patterns, so that you can see that, "Okay, at this level, my pattern is this, and as I go deeper, my pattern is this."

And there are two different ways, two different points of view to take, in dealing with the same circumstance. Generally speaking, entities' surface reactions or instantaneous reactions to catalyst tend towards being fear-based and shortsighted. Naturally, enough entities in third density are not hit over the head, shall we say, by the catalyst. They are able to rationalize their reactions to various types of catalyst in ways that do not involve the necessity to change or transform the self.

It is the spiritual seeker who proactively chooses to enter into that transformative road of seeking that can begin to move to layers deeper than instantaneous and sometimes instinctual reactions; to seek further into where in the energy body that over-activation or blockage is occurring, why it may be occurring, and how he can clear that blockage.

As you become more experienced at reviewing your thoughts, you will become ever better at finding the precise triggers that have caused your catalyst. However, as you become more experienced, you will also have been practicing seeing what triggers you without judging what triggers you. When judgment enters the equation of feelings and emotions, the natural tendency of the non-thinking person is to judge what has been thought and to put it away in a slot that, while judgmental, does not put it away for good. It places it in a part of the memory where toxic feelings are periodically recycled, again triggered by another piece of catalyst.

Therefore, in general in doing such subtle work, you basically know that you have finally become balanced on that one piece of catalyst when it occurs to you again, or it occurs to you in memory, and your only reaction to the memory or to the occurrence is to smile and say to yourself, "I remember that lesson. 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. When you remember a piece of catalyst and experience something sad or something said to you, and it puts you back into an emotional state that corresponds with the emotion that you felt at the time of the initial incident of receiving catalyst, then you have not yet concluded your work upon balancing that particular kind of energy expenditure.

When instead you recall the instant, or the remembrance of that experience comes to you, and you do not have a feeling of being there but only of acknowledging the presence of that lesson, then you are probably complete in your dealings with that catalyst.

So it is a matter of observing where your triggers are and, when you are triggered, looking carefully at the thoughts that arise and the feelings that come with those thoughts. What you are doing is a kind of prospecting. You are looking for the gold in the ore of your personal, emotional, psychic and mental mind.

The joy of this kind of work is that you find gold at the heart of each learned lesson and it is a lesson that is, shall we say, a heavenly treasure, a treasure of the soul. It is not something that has any value at all in the outer world. All of its value is within that world in which you are a citizen of eternity and a member of the godhead principle.

We are those of Q'uo, and would wish to know if there is a follow-up to this query at this time?

(Pause)

We find that there are no more queries and yet we find that this instrument has energy yet, so with your permission we would like to continue our conversation with you. Would it be acceptable to each of you if we talked a bit, before we left, on subjects of interest to us? We are those of Q'uo.

(Agreement from the group.)

We are those of Q'uo, and we thank you for your willingness to move with us into what this instrument calls potluck.

We would like to ask all of you take a moment now and to become aware, in the silence that follows these words, of the beauty and the perfection of yourselves and of the fact that you are never alone.

We ask you to rest in the silence and experience yourself.

We would also like you to open yourself to receiving information at the silent level. As the one known as Josiah [1] says, silent communication is by far more eloquent than words, for words are poor attempts to translate the mighty and living power of concept into the flat structures of language.

We shall now pause. We are those known to you as Q'uo.

(Pause)

We thank you, my friends, for moving with us into this space of grace and sacredness. We of Q'uo are most grateful to be able to share with you on these silent levels. And

truly there are many sources of positive information which are also glad to interact with you in the silence. It is, however, always necessary for you to ask for the presence of such entities in your meditations. This is to avoid any infringement upon your free will.

We enjoy this instrument's bewilderment, for she naturally has no idea what we are going to say. And what we wish to say does not take so very long. We would simply encourage each to gaze with more and more willingness to be enraptured at the happenings of the day.

It may seem upon the surface that the life experience is made up of bad news around the world, difficult situations in personal and corporate life, and so on. Yet the great secret to life is to look closer, to move past the surface, with its dazzling array of surface catalyst, and into those quiet woods, waterways and caves of your own being.

We are not encouraging you to withdraw from the world. We are not encouraging you to separate yourself from society. But we are encouraging you to come to appreciate yourself in a different way than society shall ever appreciate you.

Your culture is a very disempowering culture, in our humble opinion. It seems to be bent upon removing from your mind any thoughts that do not have to do with maintaining the status quo of life as a consumer. However, my friends, you are at heart not simply a consumer. Indeed, you are potentially a co-creator and a magical, powerful being, capable of functioning in such a way as to change the true core nature of planet Earth, on the metaphysical level.

It is a real challenge to take oneself seriously when the veil is so thick. Further, it is difficult to take oneself seriously when one makes so many errors, at least self-perceived errors. And yet, beneath the thoughts and the judgments and those surface details of your personality lies a part of yourself which you share with every living being in the universe. You share the consciousness of unconditional love.

This consciousness you have in common with all souls. As the one known as A has noted recently, this is a spiritual democracy. You are precisely equal to all other souls. You are all a part of the infinite Creator. 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. Let the center be consciousness.

What is consciousness? In your spiritual writings, there are various ways of looking at what the ground of being really is. In this instrument's Christian faith the ground of being is embodied in a person, the person of Jesus the Christ. 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 one's life in order to serve others and to make life richer for others.

Again, you see the importance and the sacredness of this catalyst that you receive in life. Many times within each person's life, there is that feeling of being on the cross and

suffering. Remember the rest of the story, my friends, when you feel that way. Christ-consciousness does not stay upon the cross of sacrifice but rather, having accepted that sacrifice which is inherent in growth, transformation and service, the entity known as Jesus the Christ soared to the heaven worlds.

And so may you, as you experience that feeling of being on the cross, that feeling of suffering. Yet you are also consciousness. And consciousness can help you to soar. Consequently, there is tremendous power in your being able to remember, whatever the details of your rule of life, that the very center and heart of your practice is the stunning awareness and constant remembrance of who you are. You are the one infinite Creator in a very young and very untaught form. You are gaining experience. You are beginning to create for yourself, within this incarnation, more and more of a solid feeling of who you are and why you are here.

It is a very good idea to have a rule of life. This instrument's rule of life, for instance, calls her to worship in the morning and in the evening. Briefly in the morning and even more briefly in the evening, this instrument puts down everything else in her mental, emotional and physical life. There is a bell that is rung by pressing the two parts of a gong together to make a beginning to those sacred times. It is a time of remembrance and a time of centering. Such daily devotions are very helpful in a rule of life and we commend the one known as M for stating that he wishes to work further on this.

It is a good technique in working with a rule of life, also, to reflect upon those moments that come to you where you feel that something important or momentous has occurred in a vibrational way rather than in a verbal or conscious way. 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.

When there is a good deal of intellectual capacity in a seeking soul, the times in the silence—which is anti-intellectual and profoundly moving into zones of mystery and paradox—are very helpful in order to balance and make more flexible that personality which carries you through this experience.

It is a definite gift both to take the self seriously, seriously enough to do the work of spiritual seeking, and to take oneself lightly, so that one is not burnt out by the rigors of the road. As you ask yourself to become more disciplined, retain the ability to let all of the discipline go and to enjoy the moment.

You are not a machine. It will not serve you, in the end, to force yourself into devotions which to you are empty. Instead we encourage you to follow, as this instrument often says, the line of resonance in your experience. You shall receive many, many chances to work with your process. They will come at you every day if you let them.

Let yourself also have times of leisure, times when you are a butterfly on the wind, a cloud blowing by, a bubble on the ocean. This instrument enjoys a chant by Paramahansa Yogananda whose words are, “I am a bubble, make me the sea”. This is your journey.

We thank you for allowing us to speak further. It has been our privilege and our blessing to share with you our devotion to the one infinite Creator and our intense desire to be of service to entities such as you, whom we greatly admire for your persistence in seeking the truth.

We are those known to you as the principle of Q’uo. We leave you, as we found you, in the love and in the light of the one infinite Creator. Adonai. Adonai.

[1] *Joshiah—Conscious Creation* is a book of channeling by Bub Hill.

Sunday meditation

May 6, 2007

Group question: The *Bhagavad Gita* and many other positive spiritual teachings speak of self-control as a beneficial and necessary element of the positive seeker's path—self-control in the face of temptation and in directing the will for the purpose of spiritual pursuits versus worldly pursuits. Yet Ra offers an alternative understanding in negating control in favor of acceptance and overall balance. Is there a positive use of control? Does control play any useful role in the discipline of the personality? Can one control, for example, through acceptance, meaning that that which has become accepted is able to be controlled or directed?

(Carla channeling)

We are those known to you as the principle of Q'uo. We greet you in the love and in the light of the one infinite Creator, in Whose service we come to you this day. It is our great privilege and blessing to be called to your circle of seeking and we are glad to share with you our thoughts on the positive uses of control. As always, we would preface our remarks with a request that each of you use your powers of discrimination, choosing those thoughts of ours that are helpful to you and leaving the rest behind. This will enable us to speak more freely and be less concerned with interfering with the process of your spiritual evolution. We would not wish to be a stumbling block in your way. We thank you for this consideration.

The word “control” has a sometimes negatively-oriented feeling behind it, as when one may say a person is too controlling or something of that nature, and yet it is clear that, from the beginning of the life of a human in third density, the learning which you undergo has a great deal to do with control. The infant must learn to control the movements of his mouth and the breath that comes through his voice box in such a way as to reproduce the language that he hears about him in his crib and in his cradle, so that he may ask for food, comfort and relief from wet diapers by doing something besides crying. It is not too long before parents are asking their young children to control their bladder and their bowels so that they can come out of diapers and be free of the need for changing their diapers. One thing after another that the young child meets in his life becomes a matter of learning how to control various parts of his body. He learns carefully how to form letters with his hand and to do other skills that are done with the hands and that promote a more deft and agile use of the fingers.

The mind is asked at a very young age to begin to take in data and organize it into banks of information that can be used readily. The alphabet is learned and the numbers are learned, then words are learned and reading begins. And for the entire travel from childhood to adulthood, skills are taught that the child learns to take in and use. And all of these skills are learned by the student controlling and focusing his mind so that he may wrap that mind around these new thoughts and these new skills.

It is not perhaps thought of as a matter of control and yet all of an adult's preparation for life has to do with control and we do not mean to suggest that there is a negative or a positive spin to this control. The culture in which you live is one in which these skills are considered quite necessary for survival and enjoyment of the finer things of life, such as indoor plumbing and the comfort and convenience of life as you are aware of and are used to living in.

Certainly, the idea of control can be very negative. The tendency of entities in third density to manipulate and control the circumstances around them can turn into a very dark way of handling life. And each of you has perhaps known those whose life is spent in plotting and scheming ways to control the outcome of events that are important to such people. Usually such control is over small things and yet the sum of one person controlling another over a period of time is a very strong negative polarization towards service to self and it is definitely a service to self energy to think of or to contemplate the self as a person setting out to control circumstances that have to do with other people and indeed are not, in terms of positive polarization, available for such control. On the other hand, there are indeed very positive uses of control and this instrument would call it self-control.

There is a nuance in the term self-control that we wish to explore. For, as the one known as T1 said, there is a, "Which came first?" question here. There is a chicken and an egg. Is an entity controlling the self and therefore learning more about how to control the self? Or does the person wait for some wisdom as to precisely how to control the self? And in order to remove ourselves from this conundrum, we would like to take this idea back a bit and look at it from a wider and perhaps a more spacious point of view.

The one known as G is quite correct in saying that, in the view of those of the Confederation who speak with you this day, the universe is a self-generating system whereby there is no need to control circumstances whatsoever in terms of your incarnation being fruitful for you have set up a system of redundant possibility/probability vortices so that if the incarnational lessons that you have chosen to ponder in your particular incarnation do not gel for you in one instance and you may have perhaps missed that catalyst, there will be another circumstance that will come your way very soon that will offer you the same kind of catalyst, the same kind of challenge, and the same kind of questions that you may ask yourself about, "Why is this happening to me and what should I do with it?"

You do not have to control your life in terms of knowing that you will be fed with spiritual food at all times. This is not a cause for concern. And this perhaps can rest your mind, for when you do not need to reach and grasp for the spirituality of your day or the cogency of the catalyst that is being presented to you, then you can relax and focus simply on paying attention to the present moment.

Let us go further back than this, for we wish to set you on the stage of your incarnational experience and we have not yet done so to our satisfaction. Who are you? My friends, you are the one infinite Creator. That is the heart of your reality. You are a spark of the

infinite oneness of all creation. That spark is your consciousness which has been wrapped into flesh and bone so that you may experience life within this particular illusion.

Therefore, you are spiritual beings dwelling in a material and physical world. Everything that is at the center of your being calls out for the Creator and sees life from the point of view of spirit. Yet, you have been brought into a culture which encourages precisely the opposite bent of thought. Your culture encourages you to release thoughts of spirituality in favor of thoughts of functionality, economics, socialization, doing what is expected, and so forth. These two energies are a dynamic that are with each entity within third density to one extent or another for his entire incarnation. The minute that a spirit forgets the heart of his being, he may well be able to convince himself of a number of things. He may be able to convince himself that he may control others for their own good. He may be able to convince himself that those things which he believes are such good beliefs that other entities need to believe that way too and so he may become one who bullies or coaxes entities into worshipping a certain way or believing in a certain system of dogma. All of these are subtly but markedly negative or service to self in that they are using the power of the human spirit in order to change others.

Yet, an entity which is a part of the godhead principle need be concerned only with controlling himself. The work of the spiritual entity is always upon the self. The seeking of a spiritually-oriented entity is always an inner seeking. 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.

But a part of the godhead principle in actuality needs nothing from the outside. There is no need to reach, there is no need to grasp. All that is needed is already lying within your heart of hearts.

The Confederation talks about acceptance rather than control because, from our point of view, once an entity has come into a full acceptance or awareness of who he is and why he is here, that initial acceptance forms up into vectors: each thought and opinion that occurs within the awareness of being a spiritual entity has a direction to it that is spiritual in nature.

As entities accept completely that they are a part of the Creator, they become aware that beneath the level of constant and unremitting human error, they are worthy. They are as worthy as a star, or a tree, or the wind that blows, or the grass that grows. They are worthy in a final and ultimate way. They have not found the heart of that worth. It takes many densities of experience to refine the self to the point where the self is transparent to the self and that worth of self is clearly seen by the self.

But there are helps to you, my friends, in everyday life. For you see the worth of others and that is a strong help to you. Every time that you see an entity whom you feel is worthy, we ask you to remember that you are looking in the mirror when you look at any other soul. As you look into that entity's eyes, you and that entity are both the Creator. That which you see as good in that other entity, you may stop and mark because you have

just seen that particular kind of goodness in yourself. Were you not sensitive to that goodness, you would not have seen it in the other self.

So let your own experiences of the goodness of others about you reflect back to you the truth of yourself: you are infinitely worthy, you are a citizen of eternity. Your stay upon the Earth plane is a short one and you came to give yourself the gift of learning and worshipping and being a part of the movement that is taking place upon the planet at this time: to lift and transform the energy of planet Earth. And you are worthy to do this.

Control helps you—or perhaps we would use the word discipline—discipline helps you to maintain the focus of who you are and why you are here. It is not that this discipline is a judging discipline or an attempt to whip yourself into shape. You are not here to judge; you are here to love. And so the work of each and every seeker is primarily and fundamentally the work of being.

We find that this is a very difficult concept for your people to grasp. What is it to be? To breathe in and to breathe out? What is the worth of simply being? And yet the universe as a whole is one great, interactive being of which you are a focal point in a vast array of other sentient, intelligent points of awareness that are gathering experience for the infinite Creator that It may know more about Itself.

This gift of being is always your most fundamental work as a spiritually-oriented seeker. For the doing is at the surface of things; it is the being that gives the doing depth, breadth, meaning and strength.

Control is definitely necessary, for without self-control and discipline, the spiritual seeker may constantly find itself forgetting to keep the focus. Let us talk a bit about that focus that we would encourage you to keep.

Each of you around the circle this day has discussed feelings concerning one's place in life and in some cases the incredible rapidity of time fleeing past almost too quickly to grasp. Yet there is within each of you a center. And there is great skill in finding ways to remind yourself to move back from the outskirts of truth and beauty in your life, always in towards the center again. Life will spin you out constantly. Catalyst will hit you—strong catalyst, illness, the loss of jobs, all of those difficulties that challenge entities who breathe in and breathe out and must find a way to keep a roof over their heads. And your job always is to see yourself spinning and gently, very gently, encourage your spirit to spiral inward again to the place of power that lies within, to the place of comfort that lies deeply within, to the one infinite Creator who waits patiently for you in your heart of hearts.

The more time that you put into resting in your beingness, the more you will become aware of who you truly are and how powerful a being you truly are. And when you sense that power, then of course you want to use that power rightly and that calls for every discipline of the personality and makes such disciplines attractive to you. 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.

And so you turn to those disciplines that have served you before: meditation, prayer, contemplation, inspired reading, walks in nature, and all of those ways in which you can come back to the truth that truly does set you free.

So, the question of acceptance or control, in a way, is a question of how you wish to look at who you are. Our approach to the awakening seeker is simply to ask that seeker to become aware of who and what he is. And to become aware of the fact that he is creating his own reality.

When an entity has been on the spiritual path for a while, he may well begin to sense that there is one particular outer work that he has the cluster of skills to accomplish. And that may spark in him the desire to ask for guidance and when an entity asks for guidance, that guidance is there instantly, there is no lag time. You may not be able to hear the voice of guidance but the energy of that guidance and the gentle pressure of that vibration is with you from that point on. This instrument opens her day by asking the one she calls Jesus the Christ, "What would you wish of me this day?" This is her way of centering and offering her day. And if that question seems to be answered by something that she did not expect, that is alright, that is acceptable.

But it is always within the choice of the seeker as to how that seeker shall proceed. In a society which has a tendency towards loudness, meaninglessness and chaos, it is perhaps well recommended that the spiritually-oriented seeker gaze within into the mystery that lies between every cell of your body, and gaze without, not at the creations of humankind, but at the creation of the Father. For there you see not control but a plan that is so vast that it is inconceivable and yet complete and perfect so that the organism of planet Earth as a whole and all of the biota upon it move in a dance of rhythm and harmony in which all needs are met.

We offer to this instrument the vision of the rolling tide. It does not seem to be controlled, but rather it rushes in abandonment towards the shore and then pulls out again towards the deeps of the ocean. Yet if you think about the tides and the moon, you begin to see that there is an order and a balance which keeps the moon in its orbit and the Earth in its orbit; which keeps the sunlight and the stars moving in their cycles. And this moon energy moves through everyone's blood so that your blood wanes and flows just as do the tides. You are a part of something that is in exquisite balance. You are in touch with the spirit world and the highest energies and at the same time you are in touch with the Earth and its heaviest energies. You know of everything from angels and cherubim to the degradation of war, murder, torture and the evil that entities can do to each other. And your gaze is that gaze which orders things in your world.

So perhaps we would say that your most creative means of control is to create the world that you would like to see and live it. For you truly are a co-creator and you truly can create the reality that you wish to see.

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

Jim: No follow-up, Q'uo.

Very well, my brother. Then we would ask if there is another query at this time?

T2: I'm feeling a very strong connection to you right now and I'm wondering if there is a way that I can carry this connection when I'm on my own because I'm not in Kentucky all the time and I'm not sitting in this room all the time. I feel that there is a lot that I can gain to working to reach and touch you in a manner similar to what I feel right now.

We are those of Q'uo, and believe we are aware of your query, my sister. There is indeed a way that you can take us with you. There is a way that all entities may take us to their hearts and that is simply to ask for our presence. We are not bound by time and space as you know them in this illusion. We are in the now as far as relating to your time and space, for we are metaphysical entities and time to us is unified and circular. Consequently, at any time that you ask mentally for us to interact with you, we shall immediately be there.

We shall not speak. We shall simply be with you and you will feel the unconditional love of our vibration. But there is more to it than that, my sister, as you well know. There is in the world of spirit an enormous amount that can never be said in words and while we are using this instrument to create words that hopefully will have some small use to you, we are at the same time doing a much larger job and that is simply to communicate with you in silence—in the silence between the words and underlying all speech. We are sharing with you in that silence those concepts that cannot be brought into words and language without a tremendous amount of loss. As if you were trying to give someone a beautiful gift and it was this round ball of beautiful concept and yet, when you attempt to bring that concept into words, it is as if you have taken the string that has made that ball and pulled it out, so, in a linear fashion, you can see the thread that made up that ball. It is a long and tedious process compared to the wholeness of concept communication. And that is what we hope to offer those who call upon us any time.

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. We hope that you will enjoy our company for we assure you, my sister, we greatly enjoy yours and are privileged to be called to you at any time. And this goes for all who would call upon us or the entities of the Confederation in general. By all means, make use of us for we are here for only one reason and that is to interact with you at this time when you are trying to get your spiritual feet under you and to make the difference that you came here to make. 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.

May we ask if there is a follow-up to that query, my sister? We are those of Q'uo.

T2: The only thing I can say right now is thank you. Thank you.

We are those of Q'uo, and we thank you, my sister. Is there another query at this time?
We are those of Q'uo.

(Side one of tape ends.)

(Carla channeling)

It would seem that we have exhausted those queries that entities wished to ask at this time, and that being so, we shall leave you as we found you, in the love and in the light, the peace and the power of the one infinite Creator. We are known to you as those of the principle of Q'uo.

We thank you once again for the pleasure of your company and the beauty of your sacred space that you have created by your interwoven auras. My friends, we wish you could see how beautiful you truly are. You lift our hearts and we praise you for your courage. Again, we leave you in love and in light. We are those of Q'uo. Adonai. Adonai.

Special Meditation

May 19, 2007

Jim: The first question today from N: “The question is about this new spiritual path that I am on. I would like to know how I got where I am in this place in time, why it took me so long to get here, and where I need to go now to move forward to make the most of things I’m learning and to fully awaken my spirituality to be most useful in service to others and in fulfilling my own spiritual needs.”

(Carla channeling)

We are those known to you as the principle of Q’uo. Greetings in the love and in the light of the one infinite Creator, in Whose name we come to you this day. We wish to thank the one known as N for arranging to have a circle of seeking to invite our humble opinions concerning some questions that she has concerning her spiritual development and her situation at this time. It is our honor and our privilege to interact with you at this time and we thank you for this opportunity to be of service. That is a great blessing to us.

As always, however, we would ask both the one known as N and any others who may hear or read this material to take full charge of your powers of discrimination. You may not think that you have an adequate power of discrimination. Yet, my friends, you do. What is right for you now, today, will resonate to you in a certain way. It will not seem simply interesting. It will seem almost as though we were helping you to remember something that you already knew. For insight trembles upon the brink at all times for all entities who are paying attention.

If something does not resonate to you then, please, lay it down and move on to the next thought. And if what we offer does not help you, please move on to the next source of guidance, the next source of inspiration. For truly the Creator has many voices, of which we are only one. That being understood, it will help us to be able to be assured fully that we may offer our opinions without infringing upon the free will of the one known as N or interfering in any way with her sacred spiritual process.

For those who feel that they have come only lately to the spiritual awareness that they have now, there is always a feeling of needing to catch up. And this is a feeling that we would address before moving onwards, for in the anxiety to catch up there lies a lack of rest, quietness and peace of mind and we would not wish for you to lose these. And so we would share with you our opinion that the present moment finds each seeker in the perfect place to receive new information.

There is not a starting load of information that you somehow need to learn, for spiritual growth is not a curriculum in the sense of there being an intellectually satisfying

procession of lessons which, when learned, suffice to sustain the spiritual seeker. Indeed, this is not the case.

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. I am the most foolish. I lack the most grace."

In a way, it is the way this instrument experiences working with computers. At one time she had the idea that if she could learn enough, she would be able to do whatever she wished to do on the computer. She went to school and took classes on the computer and at the end of all those classes she finally realized that, because of the way this particular electronic gadget works, there will always be more to learn. There will always be new light and new life coming into the world of computers and computer science.

It is precisely the same with the spiritual life. The moment of awakening finds one both a spiritual infant and a very mature and savvy person with life experience and hard-won knowledge about feelings, situations and relationships. Therefore, we ask you and all those who are still feeling a bit new to spiritual seeking to wake up each morning with the knowledge that this is the day, the one day, the one moment, that is before you now.

The American Indians felt that the dawning of a new day was the dawning of a new life for each and every member of the tribe and we would suggest that this is exquisitely true. You of the tribe of humankind can start anew and afresh every morning of your life. For just as the sun rises with new light and new glory, so do you bring all that has happened to you in this incarnation up to the present moment to the unfolding of today.

And that which you have is sufficient for you to be able to pay attention to the happenings of the day and to pick up on the synchronicities and the themes of the day. For somehow it seems that catalyst comes in patterns, and blessings and beauties also come in patterns. You may see the patterns of your suffering and the patterns of your delight.

The one known as N wonders what took her so long to awaken, as she now has discovered late in life, when she is no longer youthful, those remarkable awarenesses that would have indeed transformed her life had she come upon these awarenesses in her youthful years. And we say to you, my sister, that the one known as Paul caught a piece of the truth when he said that it is a long and winding road that leads you to your home.[1] That road is no less sure for being serpentine. 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. The

culture of your people does not encourage awakening or, upon awakening, the commitment to a rule of life that offers time in every day for silence, prayer and devotion.

Do not think, my friend, that those years in your youth are wasted years. For there is nothing in life that is not sacred. There is no action, feeling or piece of suffering that is not sacred. Indeed, you cannot make a mistake in the spiritual path. For every time that you take a turn that was unexpected by your higher self and you walk into a realm of country that you have not seen before, spiritually speaking, there too the Creator has gone before you to offer you chance after chance after redundant chance to pick up that piece of the puzzle that is your next object of seeking.

The one known as N spoke of feeling anxious to move ahead, to learn what there was to learn and to obtain the riches of knowledge that would lead her to insight. We feel that we understand completely the source of this entity's anxiety. It is, in fact, an eagerness to grow, to share, and to be. And that is a good thing.

However, the energy of anxiety is an energy that buys into the thought that there is little time left. Yet indeed, my sister, the present moment is infinite. It is well to ponder the difference between the time progression in space/time, as your everyday life experiences the running of time from past to present to future, and metaphysical time or, as this instrument might say, the Creator's time.

In the metaphysical realm, where thoughts are things and you as a spirit are a citizen of eternity, all time is one; all time is now. Therefore, from that point of view, each spirit or seeker within incarnation exists in two worlds at once. 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.

In this schoolroom, there is a heavy veil between the conscious and the subconscious mind. This means that there is no real awareness in the everyday, waking self of one's true identity as a spark or a piece of the one infinite Creator that is holographic in nature.

This aliveness is present in every cell of your body. Your very cells' hearts are love. It is the action of light upon love that has created this illusory, third-density school of souls. And you have entered this refinery, this furnace, because you desired to do at least two things: you desired to learn and you desired to serve.

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.

This everyday illusion that you experience is an ongoing gift of third density. It is a gift because only in this veiled illusion, when you are intellectually unaware of the rightness of all things and the unity of all that you see, may you make profoundly heartfelt choices.

These choices would not occur to you in such depth of emotion were you fully aware of who you are and why you are here, as are those in other densities of experience.

Many times, there is an agenda built into an incarnation in which incarnational lessons have been set up by you, yourself, before incarnation. They may well involve patterns which do not draw you into the intense phase of spiritual seeking until later in life. This is because, in order for you to complete patterns—as the one known as N has said—existing from prior incarnations, it has been necessary to leave personal spirituality on the back burner, so to speak, while the entity that you are within society and within relationships fulfills the patterns of those relationships and creates closure to those happy tasks that lay before the seeker in her youth.

Indeed, much of spiritual worth has been generated, long before the one known as N came into contact with a series of discoveries and events that brought her to a more conscious awareness of the desirability of the process of seeking the truth in a focused and organized manner.

To any who feel that they have come to this study of how to live well late in life, we would suggest that they are not at all late. They are precisely on time for themselves. They have gently persevered until all patterns have been fulfilled and they are now aware that it is time for this study.

There is an abundance of inspired reading that is available when studying to be wiser and move loving. We assure all those who feel somewhat intimidated by this sheer mass of material that books and words are excellent tools. We use them in speaking through this instrument. There is always a new thought or a new connection between thoughts to make when one is looking at new material or re-looking at old material, for anything spiritually inspiring will be new every time you read it, no matter how many times you read it. This is because as you progress in your own understanding, you always hear those same words in a new and different way because of the advances that you have made in your own soul-growth.

Nevertheless, far more proficient and profound than these poor offerings of words are the gifts of information and inspiration packed into the silence. Let us speak of the silence a bit, for many times entities have a cluster of questions about meditation: what is the best way to meditate, how often to meditate, and so forth. And we say to each that this is a resource that is given to you. It will be for you to choose when in your day you wish to mediate; when in your day you wish to contemplate your thoughts and perhaps try to assign to those thoughts a particular energy, a chakra, or an issue so that you may begin to see into the patterns of your own learning, your own catalyst, and your own growth. These decisions are up to you. But we would ask that you consider creating for yourself a rule of life in which you have made sure to include time for meditation and contemplation.

If we could communicate through this instrument by concept, the words that we have to offer would become pale and sickly in comparison. We offer to this instrument concepts

telepathically, but this instrument cannot offer the concept. She must then translate the wholeness of our thought into a linear form of words and sentences. There is always a good deal lost when this translation process occurs. Consequently we would suggest to the one known as N and to all who seek that there is a tremendous advantage to incorporating work in the silence into each and every day, because in the silence your subconscious is entirely open to guidance by concept communication.

Therefore, even though you are not consciously aware of having gained this insight, you will find it working itself into your life and expressing itself to you so that you see that you have indeed gained in insight. You have somehow found a broader and more spacious point of view. How did it happen? My sister, it happened in the silence. It happened when you asked. That is a very important key to working with spiritual guidance. Be sure always to ask for the guidance.

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. If indeed you would wish us to speak with you at any time, know that you have only to ask. We shall not offer you any words. We shall offer a vibration that contains many thoughts, many concepts that are tailored to fit into your subconscious processes. That is the way guidance works. Ask, and you shall receive. But whether you shall be consciously aware of that reception is completely uncertain. For the most part, entities are not truly aware of that moment of insight, but only see its reflection in the life as they live it.

We have said earlier in this session that becoming a self-aware and consciously-polarizing spiritual entity is not a process of accumulating knowledge. Indeed, you may begin reading at any point around the perimeter in any of the religions, spiritual systems, or philosophies that offer insight and you shall find it possible to reach that unified center where all things are one as surely from one path as from another. And you will finally be aware that all in your life is perfectly balanced and that you are an instrument in the hands of the one infinite Creator, ready to play the music that can come through you because of the clusters of your gifts and your desires to serve. This is the situation of all those who seek to serve upon planet Earth.

Your mission is magnetized to you by your intent to undertake it. And many things that at first do not seem to be a part of your mission to serve turn out to be necessary turns in your path: if “A” had not have happened, then “B” would not have happened, and although “B” is unfortunate, you had to get through “B” so that you could move on to “C” and “D” and “E.” How can you see the pattern and the order of things in the moment when you are in the process of transformation? You almost never can see the pattern. Indeed, these experiences of the dark night of the soul are wonderful opportunities for you to invoke your faculty of faith.

We do not use the term “faith” in the way people of religion do. We are not talking about having faith in a certain dogmatic system or of having blind faith in the words of prophets, saints or masters. We are talking about having faith that all is well and that all will be well. This is your gift to yourself, to launch yourself out over the edge of what you know

to be, in human terms, a fairly chaotic situation and say, “I know that all is well.” And those words give you wings and you can soar on them into the abyss of mystery, paradox and unknowing.

You do not have to see the pattern. You do not have to be wise. 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 ten-fold, 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.

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

N: Yes, I feel that I might be a wanderer and wish that you would be able to confirm that.

We are those of Q’uo, and, my sister, for what it is worth, you are indeed a wanderer, that is that you have chosen to come here from a higher density in order to be of service at this time of the shift of consciousness upon planet Earth that accompanies the planet’s own transition from third density to fourth density.

May we ask if there is a follow-up to this query, my sister?

N: Yes. I’m concerned that I’ve hurt someone deeply in my patterns of change over the past couple of years and I’m wondering if that hurt that I did by leaving my husband was some type of karmic activity or if in fact there will be more karma involved in my action?

We are those of Q’uo, my sister, and are aware of your query. Let us look at karma itself before we respond more specifically to your query about karma in your life. Entities who come together have planned their relationships before their incarnations began. Perhaps during an entire lifetime, the energies between those two entities have not quite come into balance. When there is imbalance, what is holding the balance up is that there is a lack of forgiveness.

Therefore, when we speak of karma concerning a relationship, we are actually speaking of two different karmas. We are speaking of the karma of your soul path and we are speaking of the karma of the soul path of your mate. 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. Now certainly, the beginning of forgiveness is often obvious. You forgive the entity who has ignored you, abused you, or otherwise not met your needs. This is actually relatively easy to do, especially if you persist in forgiving each time that this cycle of memories which you have about this particular entity is activated or triggered in your own consciousness.

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. I have only appreciation. I have only honor and respect to give to you. I hope that I may help you, whatever it is that you are doing, and if I cannot help you, then I wish you well."

With that closure out of the way, then you start on the real work of forgiveness. Each entity's hardest sell is the self. You can sell almost anyone else upon good ideas, ways to improve the self, and so forth, but when you come to look at your own character, your own secret thoughts and your own tangled and disturbed emotions, you do not know where to start in even grasping the situation entirely, much less forgiving the situation. Yet that is the way you stop the wheel of karma: you forgive.

So we would suggest, my sister, that in order to stop the wheel of karma in your life as it is connected with this entity, it is necessary for you to forgive yourself, again and again and again, every time this trigger is pulled that catapults you back into toxic thoughts concerning your actions. Forgive the thoughts. Forgive the other entity. Forgive the situation. And most of all, forgive yourself.

We do not take lightly the promises that entities make within incarnation. We realize that there is substantial and authentic concern that accumulates around the breaking of a promise such as marriage vows. In another incarnation, in another culture, faced with the same situation, my sister, you might not have had the luxury of freeing yourself from the toxic situation so that you might work out its metaphysical loose ends. You might well have stayed with this entity and your life would have taken a different turning. You still would have found it possible to achieve realization and insight, even in that situation, for entities can learn and can serve anywhere.

Yet, my sister, it is indeed exponentially simpler, when one perceives that one is in an unchangeable and toxic situation and one has done all that one can to no avail, to pack one's bags and remove oneself from the day-to-day friction of such a relationship. Clearly, when you do leave a relationship like that, there is a great relief felt because you are not being buffeted on the daily basis with the suffering patterns that you have previously undergone.

Yet, you still pack yourself in that bag! So you know in your heart of hearts that, because you are not able to balance the pattern with this entity, there will be other relationships that will sound the same theme, that will pop up in your life and offer you the same work again. It may not be a romantic relationship. It may not even be a personal relationship.

There are many, many ways in which you can, once again, receive the catalyst for growth that the mated relationship with your ex-husband represented.

However, the key to proceeding forward is to trust in one's judgment and to validate one's own decisions. This is something you felt deeply to do. How could you be wrong? And as we said before, there are no mistakes. For just like the new GPS machines that tell the driver which turn to take, if you miss a turn the GPS resets and then tells you how to get where you want to go from the new location.

You are on solid ground, metaphysically speaking. You have not erred. You have not sinned. You have not done something that somehow needs to be blessed by the other self that is your mate. You need to forgive yourself, the situation, and all aspects of that situation, including your ex-husband. That will stop the wheels of karma between you and this entity in your creation.

The one who is your ex-husband is responsible for doing the same work. You cannot do this work for him. You may never be able to have a satisfactory discussion about this with him, for it is a relatively advanced concept that one may actually move forward and not be trapped for all the life long in the consideration of what one should or should not have done.

So we would suggest to you, my sister, that you do the very serious work of forgiveness and that you then take a deep breath, square your shoulders, and embrace new life.

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

N: I don't have any other questions. Thank you very much.

Is there a question from any in the circle at this time?

Jim: Not from me, Q'uo.

In that case, my dear friends, it is time for us to pack our own bags and leave this instrument and this group, glorying as always in the love and in the light of the one infinite Creator. We are known to you as those of Q'uo. Adonai. Adonai.

[1] The lyrics to “The Long and Winding Road, by John Lennon and Paul McCartney, are:

The long and winding road that leads to your door
Will never disappear. I’ve seen that road before.
It always leads me here—leads me to your door.

The wild and windy night that the rain washed away has left a pool of tears crying for the day.
Why leave me standing here? Let me know the way.

Many times I’ve been alone and many times I’ve cried.
Anyway you’ll never know the many ways I’ve tried,
And still they lead me back to the long and winding road
You left me standing here a long, long time ago. Don’t leave me waiting here, lead me to your door.

Sunday Meditation

May 20, 2007

Group question: The question today for Q'uo is from G. It is: "Though I go about every day as if I am seeking the Creator, I am seeking something that is entirely a concept in my mind, something for which I have no reference, something which I have never consciously seen nor ever truly experienced as an incarnate being. How does one seek that which is so invisible and completely unknown to the conscious self?"

(Carla channeling)

We are those of the principle known to you as Q'uo. Greetings in the love and in the light of the one infinite Creator, in Whose service we come to you this day. We thank this circle of seeking for inviting us to join their search for the truth. It is our privilege and our pleasure to share our humble thoughts with you.

As always, my friends, we would ask that each of you take full responsibility for choosing, out of those things that we have to say, the material you wish to consider. By that we mean that if our thoughts do not seem resonant to you, we would ask you to leave them behind. If you will guard the gates of your own perception in this way, we will feel much more free to share our thoughts without being concerned that you might take our thoughts to be those of an authority and not those of entities who, like you, walk the circle of seeking through infinity back to the source whence all of us came, the one infinite Creator.

My brother, in asking about how to find the Creator when the Creator has no part in intellectual discussion, you pierce through the thin veneer of civilization and culture to the heart of spiritual seeking. The one known as R was speaking earlier of skating across the pond of life, staying on the surface of things and perhaps avoiding the discomfort of the depths of insight.

Even on the surface of life, even in the most limited of awareness, there lies the one infinite Creator. Yet we will readily agree that in order to begin to penetrate the surface layers of illusion that surround the mystery of the one infinite Creator, it is well to think in terms of moving deeper into that mystery which lies within you.

When you say that there is no objective referent for the one infinite Creator, we understand your thought, we believe. For indeed, the Creator is not an entity that can be invited to parties or dressed in a paper hat; He cannot blow a whistle on New Year's Eve to celebrate the passage of time.

The infinite Creator is intelligent infinity, that which, by definition, cannot be thought. There is no conception in the human mind that can compass infinity and eternity. The human mind is designed to work in space and in time, moving linearly in space and time, step by step, along the path of seeking.

Yet there is much more than your mind to the third-density, incarnate human being that you are. Indeed, you have two minds. You have the mind with which your body was born and the mind which is consciousness. This is a key point when working with the idea of seeking the Creator, because one needs both minds. One does not need to discard the intellect, but rather to understand its place and to understand that each of you as seekers is not your intellect but rather is the charioteer that decides where the steeds of your intellect shall go and how fast you shall take the road.

The intellect is a helpful resource for the spiritual seeker. It has those powers to analyze and synthesize and make new combinations and patterns. This investigative and analytical capacity is very helpful in developing your arsenal of discernment and wideness of thought. With the intellect you can read as widely as you wish, until you are familiar with what a number of other people have said about spiritual seeking.

This constitutes a ready and helpful source of inspiration and we would not denigrate or shortchange the value of your intellectual mind. We only ask that you realize that you need to be in the driver's seat. You often need to hold your intellect under very tight reign, for it will tend to plunge around corners of new thoughts and directly into the ditch, fueled by old mind, old memory, and old assumptions.

The intellect is resistant to change. When one becomes a spiritual seeker, one has chosen to accelerate the pace of change and transformation within the life experience. So, although the intellect can move the spiritual seeker into a situation of becoming more aware of who he is and why he is here, it is generally not the intellect or the capacities of the intellect that are able to keep the seeker in balance and on track as the tides and waves of change and transformation sweep over the seeker who is opening like a flower.

Consciousness is the other mind which you have as a mind/body/spirit complex, as the one known as Ra calls a person on this Earth. Unlike the mind which is particularly and solely your own, you share the faculty of consciousness with all beings. We are not simply saying that you share consciousness with all other human beings. We are saying that you share consciousness with every iota within the infinite creation of the one Creator.

This is the second key. The nature of consciousness is not particular to you. Rather, because of your innate nature as a part of the godhead principle, your heart beats with the pulse of the one infinite Creator.

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.

There is indeed no objective referent to the infinite Creator, in terms of your science. There is no way to prove the existence of a ground of being. Certainly scientists and church fathers alike declare the obviousness of the Creator's existence. Scientists move

from an observation of the way nature works and find, if they are open to deeper contemplation of the vast, intelligent design of the creation, that there is indeed an author of such meticulous clockwork, such brilliant precision and such unimaginable and far-flung creativity.

Those of the church, whatever the type of church, tend to feel that there is no need to prove that the Creator exists because it is obvious that something made all that there is and something stands behind those creations that He has made. That something is defined over and over and over again, through countless millennia, thousands of approaches to religion, and hundreds of basic approaches that various religions and sects share. But the fundamental tenet of those who focus on religion as a way to learn the ways of the infinite Creator is faith.

In religion, it is by faith that the keys are turned in the locks of wisdom and the doors swing open to offer realizations and insight. All of these words only rap at the door of the deeper truth, which is that the objective referent of the one infinite Creator is yourself.

What do you know about yourself? You know your desires and the strength of your desires. You know that one thing has led to another in your life in a path that has seemed anything but straight, and yet as you gaze back over your life experience, you see how everything fell as it did in order to bring you to this present, immaculate moment of now.

What would you say if we asked you who you are? What is the “I” of you? This is the third key.

One ancient name of the Creator is the Hebrew, “I Am.” It is variously interpreted as “I am that I am,” or “I am becoming what I am,” or simply, “I Am, I Am,” and so each of you is an “I Am.”

Naturally, you have been taught to ignore such ways of thinking. You have been taught precisely who you are. You have been told that who you are depends on your age, your sex, your station in life, your accomplishments, the roots of heredity which brought you into this life, and so forth. You are endlessly defined by those who do not know you. Even your parents—who would know you more than anyone else, perhaps—tend to fail to grasp the heart of who you are because they are so close to the outer aspects of who you are, as they raise you and help you to move out into the world as they understand it.

And yet, the whole time, you are also existing in a very profound space of “I Am.” And this space is held in common with all things. Yet, in the flesh that you have taken on for this incarnation, you are able to embody that mystery and that paradox that is the one infinite Creator.

We ask that you practice, perhaps daily for a while, an exercise that the one known as Ra has given through this instrument before. We ask that you look into the mirror at yourself. Gaze into your eyes, not seeing the color and luminosity of your eyes or the face around those eyes, but gazing into that blackness at the heart of the eye which is letting the light into the internal workings of your physical body. It is through that aperture that your soul shines out.

Perhaps you have known people whose gaze instantly made you glad and happy because of the quality of love in their gaze. The Creator shines forth from your eyes when you allow all of the tensions and the worries of the day to fade away, so that you become empty of all the detritus of human life.

Empty your pockets, my friends. Take out the concerns. No matter how cogent and intelligent those concerns are, for now, for the purpose of seeking the heart of the Creator, let the concerns of this day fade away and open your mind to that level of things where that thing which is important today shall still be important ten thousand years from now. This takes you immediately to consciousness.

You might call consciousness the mind of the heart, for indeed, within the human energy body, the seat of consciousness and the intelligence and insight of consciousness is the inner heart. A great deal can conspire to keep you from knowing, feeling and living within your own sacred heart.

Therefore, the seeker may need to restructure his day in such a way as to make time for that reckoning with the deeper self that brings an entity living on the surface of things down into the regions of truth, beauty, virtue and all of those values that are worthy ten thousand years ago, ten thousand years in the future, and in this very moment as well.

It is not that you must cut things out of your life in order to do spiritual seeking. It is rather that you invite that which is not your intellect but that which is consciousness to take its proper place as the other resource that is pulling the chariot of your seeking. You do not have to depend on your intellect alone. Nor do you have to abandon your intellect and depend upon faith and consciousness alone. Rather, the two are yoked together, just as your spirit is yoked to your body for the duration of this incarnation.

There is a purpose for your being here now. Indeed, you have created the lifetime which you are enjoying in terms of choosing the relationships that shall be important to you within this incarnation, choosing the cluster of gifts and skills that you have brought with you to share with the world on the outer or manifested level within this incarnation. And you have chosen those blindnesses, seeming faults, and ways of being uncomfortable that shall offer you catalyst, so that in this valley of the shadow of death that your short life is, you may make straight in that desert a highway for the Creator.

Each time that you encounter a tangled pattern that calls out to you to be solved, remember that this is grist for the mill. This discomfort and suffering is valuable, for in the fiery furnace of this suffering, this very situation that seems so difficult shall shake you and break you open so that the gems hidden within the ore of your personality may be harvested and you may suddenly, for the first time, see a jewel-like and utterly beautiful aspect of your consciousness that you never knew was there. It was only through this catalytic action, this shaking and stirring of the self, that you are able to see more clearly the choices that lie before you.

When you seek the one infinite Creator, we ask you to remember that you have entered the precincts of mystery and paradox. All things are one, yet every single being is different. Even every snowflake is different. That is the kind of paradox that lets you

know that you are on the track of the one infinite Creator. Do not be satisfied with easy answers and the seamless arrangements of thoughts that go into religious, spiritual and philosophical edifices of thoughts. For these are edifices of the mind and the intellect. They shall not bring you to the infinite One. They shall only make you very good at moving symbols around in your mind so that you feel that you have thought upon the divine.

Instead we ask you, if you wish to know the one infinite Creator, to invite that Creator into your life this moment. Ask, and you shall receive. Can you bear the brightness of the face of the one Creator? We believe you can. And in that faceless face that exists and does not exist, in that place of mystery and paradox shall you find a pleasant land indeed opening before you, a land in which you feel that Creator-ship within you.

Another suggestion we might make to the seeker who is working on this deep question is to move from an assumption that is chosen irrespective of its obvious truth. As the one known as G said, he acts as if he were seeking the infinite One. We would ask him to take it a step further. We would ask him to act as if he were the Creator.

He has created everything in his creation. You all have created everything that there is in your creation. You have named every feeling, every object, and every point of view as you choose. Experiment, then, my brother, with acting as though your thoughts had the power of creatorship. This is not a great stretch, for indeed this is true. You are the creator of your universe and your thoughts have the power to adhere to life as you know it.

Therefore we ask you, what shall you create this day with your thoughts?

What kind of creation have you created?

What environment for spirit have you provided for yourself?

When you speak, are you aware that that which you judge is judged and found wanting and that which you approve is acceptable?

We ask you to move from this point of exquisite accountability. At the end of each day, as you assess your thoughts, see what you think you have created this day in terms of a world in which to live, move and have your being.

Have you created an affectionate, compassionate, sweet world in which your soul may bloom? Or have you brought down the blight of intolerance, prejudice and the acceptance of injustice and lack of love?

Have you been at war this day within yourself or with another?

What are your thoughts this day? For you are the Creator and that which you create within yourself is out-pictured into the world.

As we understand the Creator, my brother, there is no entity or image which is the object of your seeking. Rather, as all things are vibration and constantly in motion, you seek the totality of vibration and motion.

And as you become accustomed to this acceptance of the illusion of that which is solid and the reality of that which vibrates and moves endlessly as does light, you become truly aware for the first time of the unified and integrated nature of all that there is.

And you can at last see that the object of your search lies deep within you, not only deep within some part of your body or your mind or your spirit, but deep within every cell of your body, within every cell and iota of your mind, and within every speck of that shuttle which is consciousness in motion, the spirit of the living Creator.

This livingness of the Creator is that livingness of you and all of those around you: all creators, all mirrors of the sacred for you, that you may see the Creator in everyone, in every bush and tree, in all of the elements, in all of nature, and most of all, within yourself.

We are those of Q'uo, and would ask if there is a follow-up to this query?

Jim: No.

We are those of Q'uo, and would ask then if there is another query at this time?

R: I have a question, Q'uo. Could you comment on the similarity between a religion called in our culture Christian Scientology and the concepts in the Law of One, because one of the readers asked if there are similarities and if Scientology is picking up on the same principles that Ra described in speaking of the One?

We are those of Q'uo, and are aware of your query, my brother. We would compare, then, three ways of thought: the Confederation way of thought, the Christian Science way of thought, and Scientology's way of thought.

The structure of that which is called Christian Science or the Church of Christ, Scientist has a very harmonious connection to the Law of One, in that it sees clearly that all things are illusory except for faith, will and the unity of all that there is.

Certainly, there is much baggage that comes with any world religion, shall we say, yet there are aspects of that way of thought that are profoundly united with the basic concept of the Law of One, which is the unity of all things and the transparency of all things to the will of each individual who holds the godhead principle within his consciousness.

The system of Scientology has not the core principles in common with the Law of One but rather various ways of dealing with the world around one, especially in the attempt to lift oneself away from the heavy energy of unforgiven situations and thoughts in the past during the incarnative period. That is, Scientology and the Confederation philosophy alike suggest that it is possible to release pain and to alleviate suffering by digging

through the ore of the human personality until those nuggets of pain that have created patterns of suffering in the incarnation are unearthed.

When those nuggets of ore are seen in the light of day—and by that we mean the light of insight, forgiveness and understanding—it may be seen that the suffering is not necessary, that it is a trouble-bubble, and it needs only to be popped, released and forgotten.

This kind of clarity is helpful to the spiritual seeker and it is this basic tendency and vector of thought which is most congruent with the Law of One philosophy.

May we answer your query in any further way, my brother? We are those of Q'uo.

R: I will extrapolate because I am not familiar with Scientology myself, but you have mentioned that the core principles in the Law of One are not the same for Scientology. Are those core principles the principles of free will, of intelligent infinity, and love/light?

We are those of Q'uo, and, my brother, we would add to these the quality of unity and say that that is completely correct.

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

R: No, not on this subject. And thank you for speaking to it, Q'uo.

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

Jim: I have a question from T: “Q'uo, can you confirm the accuracy of the following conclusions: In about 6,000 to 4,500 B.C.E. an agrarian societal population lived in un-walled towns of respectable size, appeared to have a female deity, focused on crops and husbandry, had no weapons of war, and was matriarchal due to women's ability to give birth.”

We are those of Q'uo, and, my brother, we would agree, not on the date, but on the fact there have been several agrarian cultures that flourished for a time, beginning with what your people call Lemuria and moving into Europe as well as South America and Africa. The most recent of those cultures has remnants of thought that are still active within your culture and that is the society of Celtic beings who were matriarchal in nature and who saw the principle of godhead as being feminine.

Indeed, you will find in old churches in parts of the British Isles to this day, especially Ireland, the symbol of the Yoni [1] or the vagina and the open legs over the church doors, combining the energy of Christianity with the energy of seemingly pagan celebrations of fertility.

And we would note that it is this feminine principle that is so often missing and is so hungered for in your culture at this time. Rather than embracing the power of the feminine principle that can nurture and create life in her womb and bring it forth in affection and joy, the proponents of the “one God” and “chosen people” religions—which include Christianity, the Jewish religion, and Islam, among others—have tended to

demean and denigrate women, denying them not only their spirituality but their worth as human beings. They have consigned them to be second-class citizens. We might note that, in our humble opinion, there is a tremendous amount of fear behind that urge of the male to suppress and control the feminine principle.

Indeed, the opposite needs to occur in terms of your globe's being able to spin itself out of the endless cycles of war and aggression that the unbridled sway of male energy has created within your Earth world.

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

(Pause)

We are those of Q'uo, and find that we have apparently exhausted the queries at this session of working. We thank each of you for taking the time and the space in your incredibly busy lives to seek the truth.

And we thank you for asking us to be part of that search and that seeking. Certainly you teach us every time that we come to your circle. We thank you for that which you have taught us and we humbly hope that we may have offered you some thoughts that may prove fruitful in your own process of seeking the truth which is ever and always the same.

All is one. You are all that there is, including the one infinite Creator. You can fold your tents, you can fold up your life, but you cannot fold up the power and the peace that you carry in your consciousness and in your life.

You can stretch your life out to the heavens and to hell, and yet you cannot compass the power and the peace of the one Creator that lies within you.

We wish you good journey. The trip to the center is a trip of great beauty and upon that trip you are never alone. For entities such as we wait to be asked to partner with you and lend you our affection and our support. Ask, and we shall be there; not with words, but with our love and with that information that goes too deep for words.

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

[1] Yoni is the Sanskrit word for the female reproductive organs, while Lingam is the Sanskrit word for the male reproductive organs.